STEARNS COUNTY SHERIFF'S OFFICE
ADMINISTRATION & SUPPORT STAFF WELLNESS

FUEL FOR THE WORKDAY

Fuel for steady energy and a clear head.

Long days at a desk, meetings and busy stretches make it easy to snack on autopilot. A little planning keeps your energy, focus and mood steady.

MEAL PREP GUIDE

Every meal: a lean protein, a complex carb, a vegetable.

1. Lean protein

Keeps you full, supports muscle and energy.

- Chicken or turkey breast
- Lean beef (sirloin, 93% lean)
- Ground turkey
- Salmon or other fish
- Tuna packets
- Hard-boiled eggs
- Plain Greek yogurt
- Cottage cheese

2. Complex carb

Long-lasting energy that helps you stay sharp all day.

- Brown rice, quinoa
- Sweet potatoes
- Oats (plain or overnight)
- Whole grain bread or wraps
- Ezekiel bread
- Beans and lentils
- Fruit: berries, apple, banana

3. Vegetable

Fiber and nutrients to keep you full longer.

- Broccoli, green beans
- Asparagus
- Bell peppers, carrots
- Cucumber
- Spinach or mixed greens
- Salad kits (watch the dressing)

MEAL PREP EXAMPLES

Chicken, rice and vegetables
Grilled chicken, brown rice, roasted vegetables.

Turkey, sweet potato and green beans
Lean ground turkey, roasted sweet potato, green beans.

Salmon, quinoa and asparagus
Baked salmon, quinoa, roasted asparagus.

AT YOUR DESK

Quiet, mess-free picks for your desk or the fridge

Hard-boiled eggs

String cheese
part-skim

Turkey or beef jerky
low sodium

Fresh fruit cups
berries, melon, grapes

Protein shake
about 30 g protein

Rotisserie chicken, premade salad
light dressing

Greek yogurt
check the sugar

DELIVERY & TAKEOUT

Better picks when food comes to you

Subway

- 6-inch turkey or chicken
- Whole grain bread or wrap
- Extra vegetables
- Mustard, vinegar or light mayo

Chick-fil-A

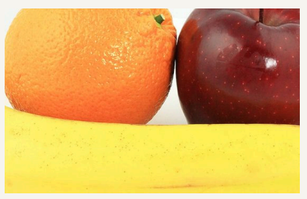
- Grilled chicken sandwich
- Salad with grilled chicken
- Side salad or fruit cup
- Market salad, light dressing
- Unsweetened tea or water

Office pizza

- 1–2 slices, thin crust
- Chicken or veggie toppings
- Start with a side salad
- Skip extra breadsticks, wings and soda
- Put the rest away before you sit back down

SMART SNACKS

Keep some at your desk



Fresh fruit

Nuts
almonds, cashews

Jerky
low sodium

Greek yogurt
plain or low sugar

Veggies and hummus

Rice cake, nut butter

BETTER BEVERAGES

Stay hydrated, skip the spikes and crashes

Water goal: 64+ oz a day	**Black coffee**	**Sparkling water** no sugar
Fruit-infused water citrus, cucumber, berries	**Unsweetened tea**	**Electrolyte drinks** zero sugar
Protein shakes about 30 g protein	**BCAA drinks** check the sugar	**Herbal tea** caffeine-free

QUICK TIPS FOR THE WORKDAY

- ✓ **Plan ahead.** Pack meals and snacks the night before.
- ✓ **Meal prep on a free day.** Prep meals for the next couple of weeks and freeze them.
- ✓ Move when you can: stand, stretch and walk between meetings.
- ✓ Portion snacks into a small bowl or bag. Don't eat from the package.
- ✓ Bored, not hungry? Drink water, stretch or take a short walk first.
- ✓ Office pizza: 1–2 slices with a side salad, then put the rest away.
- ✓ **A catered lunch:** ASK for a healthy option.
- ✓ Small, steady meals and snacks keep your focus, patience and mood level all day.

FOR MORE NUTRITION GUIDANCE, CONTACT
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