STEARNS COUNTY SHERIFF'S OFFICE | JAIL & CORRECTIONS WELLNESS

FUEL FOR THE SHIFT

It's all about choices.

Long shifts, overnights and short breaks make it easy to grab whatever is convenient. A little planning keeps your energy, focus and patience 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 alert all shift.

- 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.

BREAK ROOM & LOCKER

Easy to keep in a lunch bag, locker or the break room fridge

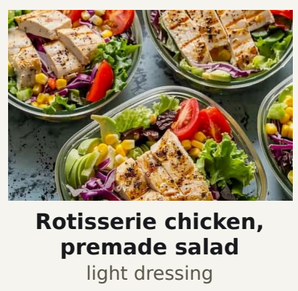
Hard-boiled eggs

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

FAST FOOD

Better picks before or after shift

Subway

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

Chick-fil-A

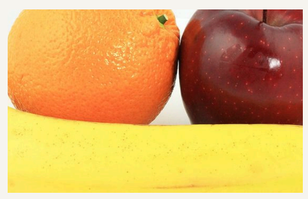
- Grilled chicken sandwich
- Salad with grilled chicken
- Side salad or fruit cup
- Market salad, light dressing
- Unsweetened tea or water

Any drive-thru

- Grilled over fried
- Side salad or fruit for fries
- Ask for extra vegetables
- Order the smaller size
- Skip sugary sauces: BBQ, honey mustard, creamy dressings

SMART SNACKS

Keep some in your locker or bag



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 SHIFT

- ✓ **Plan ahead.** Pack meals and snacks the night before, and check what your facility allows inside.
- ✓ Build every meal with a lean protein, a complex carb and a vegetable.
- ✓ Keep grab-and-go food in your locker or bag: nuts, jerky, protein bars, fruit.
- ✓ Choose water or zero-sugar drinks, and refill at every break.
- ✓ Working overnights? Eat your main meal before shift and keep overnight snacks light.
- ✓ Small, steady meals and snacks keep your focus, patience and mood level all shift.

FOR MORE NUTRITION GUIDANCE, CONTACT

KAMI PRIBNOW

320.309.9020
www.fitmisstraining.com
kami@fitmisstraining.com

SCAN TO SAVE
Get this guide on your phone