

# A Day of Food Mapped Out

Inspiration for your next shift.

## Breakfast

Frittata (can be made in bulk the day before and kept in fridge until ready to eat, can be eaten hot or cold).



## Snack

1 piece of fruit plus raw **OR** dry roasted nuts **OR** lightly seasoned roasted chickpeas.



Sandwich made with wholegrain bread, tuna and vegetables plus a yogurt pouch **OR** a fresh multigrain sandwich or wrap from a service station or your onsite canteen.



## Lunch

Vegetable sticks **OR** cherry tomatoes with wholegrain crackers and hummus.



## Snack

Lentil Bolognese **OR** 1 pack of microwavable rice with ½ cup precooked or rotisserie chicken and 1 pack of microwavable vegetables **OR** choose a dinner meal at a service station that's packed with fresh vegetables (e.g. curry with rice and vegetables).

If available choose from the **Healthy Heads Healthy Choices Menu**- download the **Healthy Heads App** to find participating venues.

## Dinner

**Remember to drink plenty of water throughout the day / night!**