SHIFT WORKER MEAL PLANNER

Plan around wake time, work blocks, breaks, and packed food.

US LETTER

DAY	SHIFT	PRE-SHIFT	PACKED FOOD	BREAK	POST-SHIFT
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

PACKING CHECKLIST

HYDRATION + BACKUP SNACKS

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A4

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