

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 $\frac{1}{2}$ 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!