

Nutrition & Energy

(Fuel for Focus & Stamina)



Healthy Desk Snacks

Keep a small stash of nuts, trail mix, or fruit in your drawer. Pair protein (nuts, cheese, yogurt) with carbs (fruit, crackers) for steady energy,

Why it works: Protein + carbs keeps blood sugar steady, preventing that mid-shift crash.



Hydration Boost

Keep a reusable water bottle at your desk. Add lemon, cucumber, or berries for flavor if plain water gets boring.

Why it works: Even mild dehydration can cause fatigue, headaches, and slower thinking.



Power Breakfast (Even if You're Rushed)

Blend a smoothie with fruit, yogurt, and a scoop of protein powder. Or grab an easy option like a banana with peanut butter.

Why it works: A balanced breakfast jumpstarts metabolism and boosts concentration for the day ahead.



Energy-Boosting Lunch

Choose lean proteins (chicken, beans, tofu) + whole grains (brown rice, quinoa) + colorful veggies.

Avoid overly heavy, greasy meals during work hours. Keeps energy steady instead of causing the “afternoon slump” from heavy, high-fat meals