

Night shift or Long Hour Shifts
Teachers, Nurses etc.
Preparation Tips

- 1) **PREPARTION IS KEY:** Cut and bag veggies in individual servings for several days.
- 2) **NEVER go longer than 3 hours without eating, period the end!** There are times when a night shifter is transitioning to and from the night shift. Some times they stay up longer, sleep later, etc . Some days may be longer and some may be shorter. There have been times when they may eat 6 small meals/snacks one day and the next day due to the transition only 4. BUT they need to be **eating EVERY 3 hours** (protein and a low Glycemic carb!) Make that “ingrained” into the brain! DO NOT SKIP food for any reason!
- 3) **“Stash & Run”** - Be sure to have "stash & run" snacks Nurses, healthcare providers, law enforcement, EMS, plant workers, teachers etc etc etc are famous for going all day not eating or hitting the “elimination station” (ie: the bathroom) in a 12 hour shift! Make sure you have a baggie with a few carrots, celery, cucumbers, red bell pepper, NO FAT cheese, cut up chicken etc prepared. This is a MUST DO. **(YOU CAN EAT EVERY 3 HOURS!)**
- 4) Carry a **water bottle** where ever you go. Never leave home without it!
- 5) You can stretch the fruit out and most usually do 1/2 servings (1/2 an apple 1/2 a banana etc). Helps you enjoy your fruit but don't have fruit by itself...ever. Always follow with a veggie when on detox and with protein when in Phase 2 or 3. Do not have fruit after dinner or at night. Especially if you are diabetic, it will give you elevated blood sugars in the morning.
- 6) **Weighing & measuring** - always weigh and measure after you've slept.