

THE FIELD GUIDE TO

Fuel

Real food for the 12-hour shift.

From one shift worker to another.

64 RECIPES • BUILT FOR SHIFT WORKERS

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Matt Wilson

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A NOTE FROM MATT

Why I made this

I've been a first responder for fifteen years, and I've worked shift work that entire time. Days, nights, and everything in between. If you work shifts, you already know the part nobody warns you about: trying to eat well when it's 3 a.m. and the only food within reach is fast food. Finding something healthy in the middle of the night is damn near impossible.

For a long time, I didn't fight it. I ate whatever was easy — and I got up to 270 pounds before I finally looked in the mirror and admitted something had to change.

What turned it around wasn't a diet. It was a habit: I started making my own food and bringing it to work. That one thing, more than anything else, is what got me healthy and kept me there.

But here's what you need to know about me — I love food. Real, delicious food. I am not a guy who can live on plain chicken, rice and broccoli, and I'd bet you aren't either. Eating healthy should never mean eating sad.

So that's all this is: my favorite recipes. The stuff I actually prep and bring to work to stay on track — food that tastes like food, hits your macros, and survives a twelve-hour shift.

From one shift worker to another — I hope it makes your shifts a little easier.

— Matt

HOW THIS BOOK WORKS

Cook once. Eat all week.

Every recipe is a **batch**. You cook it once, split it into portions, and grab-and-go food is handled — no more “what do I even eat” sending you to the drive-thru.

— The macros are **per serving, right on the page**, already counted and double-checked. No app, no calculator.

— **Pick the meals that fit your goals.** Cutting? Lean toward the lighter ones. Training hard? Grab the big ones, or stack two.

READING THE TAGS

\$ / \$\$ / \$\$\$ — cost: pantry-cheap, fresh proteins, the occasional premium cut.

EAT COLD / MICROWAVE / EITHER — what survives your shift.

PACKABLE • TIME — rides a cooler; active + total prep.

Don't get sick on the job.

— **The danger zone is 4–60°C (40–140°F).** Food left in it grows bacteria, and the clock is *cumulative* — about **2 hours total** out of the cold across your shift (1 hour if it's hot, above 32°C/90°F). After that, toss it.

— **A cooler with a real ice pack is your best friend.** Pack it cold, keep it cold. A melting pack by hour six is not.

— **Reheating:** hit **165°F (74°C)** all the way through — stir halfway, check the middle. Reheating does *not* reset the clock.

— Rice and cooked meat are the riskiest held warm. Keep them cold until you reheat.

When in doubt, throw it out. No meal is worth a shift in the bathroom.

This book isn't medical or nutrition advice. Macros are calculated from verified food data; your real numbers shift a little with brands and portions. Allergen tags are a guide — check your own labels. Food-safety windows are conservative estimates; use your judgment.

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Breakfasts

Start the shift fed.

The Slab — Sausage, Cheddar & Hash Brown Egg Bake

Diner sausage-egg-and-hash-brown breakfast / McDonald's-style sausage McMuffin, rebuilt as one sliceable slab

320

KCAL

28

PROTEIN

10

CARBS

18

FAT

PER SERVING • MAKES 8 • 65 MIN • MICROWAVE • \$

THE BATCH — MAKES 8

Large whole eggs	10 eggs
Cottage cheese, 2% lowfat	scant 2 cups
Turkey breakfast sausage	12 oz
Frozen shredded hash browns	3 cups
Sharp cheddar, shredded	1 cup
Baby spinach	4 cups
Green onion	3 stalks
Olive oil	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

The Slab — Sausage, Cheddar & Hash Brown Egg Bake

- 1 Heat oven to 375F (190C). Grease a 9×13 inch (3 L) baking dish with a little olive oil. Brown the sausage over medium-high, breaking into crumbles, 6-8 minutes, keeping the rendered fat in. Scrape into the dish.
- 2 In the same pan, add the rest of the oil and the spinach with a pinch of salt; toss until wilted, 1-2 minutes. Squeeze dry and scatter over the sausage.
- 3 Pat the thawed hash browns dry, then scatter them and the green onion evenly over the dish.
- 4 Blend the eggs and cottage cheese until completely smooth (blender, immersion blender, or 60 seconds of hard whisking). Season with 1 tsp salt, plenty of black pepper, and 1 tsp garlic powder.
- 5 Pour the egg mix over everything, jiggle to settle into the gaps, and scatter the cheddar across the top. Bake 35-40 minutes until the center is set and the top is golden.
- 6 Cool 15 minutes, cut into 8 squares, and box individually. Reheat one square 60-90 seconds from the fridge until steaming.

ON SHIFT Cut into 8 squares Sunday night and box them individually — grab one on the way out the door.

KEEP IT SAFE Cool to room temp within 2 hours of baking, then refrigerate at or below 40F (4C).

Chorizo Breakfast Burritos

The gas-station chorizo-egg-and-potato breakfast burrito

524

KCAL

25

PROTEIN

52

CARBS

24

FAT

PER SERVING • MAKES 8 • 50 MIN • MICROWAVE • \$

THE BATCH — MAKES 8

Large eggs, whole	8 eggs
Egg whites	3/4 cup
Fresh pork chorizo	1/2 lb
Russet potatoes	2 medium
Black beans, canned	1 (15 oz) can
Sharp cheddar, shredded	1 1/4 cups
Flour tortillas, 10-inch	8 tortillas
Pickled jalapenos	1/4 cup
Olive oil	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Chorizo Breakfast Burritos

- 1 Dice potatoes into 1 cm cubes, skin on. Heat 1 tbsp olive oil in a large pan over medium-high. Add potatoes and a pinch of salt in one layer; cook 10-12 minutes, stirring occasionally, until golden and crisp. Tip onto a plate.
- 2 In the same pan, cook the chorizo over medium-high 5-6 minutes until no pink remains; keep the rendered fat. Stir in drained black beans and chopped jalapenos, cook 1 minute, then combine with the potatoes.
- 3 Whisk the 8 whole eggs, egg whites, and a pinch of salt. Cook in the pan over medium-low, dragging a spatula across the bottom, and pull off the heat while still slightly wet and soft. Fold the eggs into the potato-chorizo-bean mixture.
- 4 Spread the filling on a sheet pan and cool 10-15 minutes. Warm tortillas 10 seconds in the microwave. Lay one out, add a heaping cup of filling below center, sprinkle with cheddar (divided across all 8), fold bottom and sides, and roll tight. Repeat for all 8.
- 5 To freeze: wrap each burrito in foil, seal in one large freezer bag, label, and freeze up to 3 months.
- 6 To reheat from frozen: remove foil, wrap in a damp paper towel, and microwave 2 minutes. Flip and microwave another 30-60 seconds until steaming hot (165F). Rest 1 minute. From thawed: 60-90 seconds. Add hot sauce or salsa after reheating, never rolled inside.

ON SHIFT These were built for work.

KEEP IT SAFE Cool the cooked filling to room temp within about an hour before rolling, then freeze the same day — do not leave assembled burritos sitting out.

Baked Apple-Cinnamon French Toast Slab

Apple-cinnamon French toast / baked French toast casserole

402

KCAL

25

PROTEIN

52

CARBS

10

FAT

PER SERVING • MAKES 8 • 75 MIN • COLD OR HOT • \$

THE BATCH — MAKES 8

Sourdough bread, cubed	about 8 thick slices
Eggs, large	6 eggs
Cottage cheese, 2%	1.5 cups
Milk, 2%	1.5 cups
Vanilla whey protein powder	2 scoops
Pure maple syrup	1/4 cup
Apples	2 medium
Rolled oats	3/4 cup + 2 tbsp
Butter, melted	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Baked Apple-Cinnamon French Toast Slab

- 1 Heat oven to 350F (175C). Grease a 9×13in dish with 1 tsp of the melted butter; reserve the rest. Spread the cubed sourdough on a sheet pan and toast 8-10 minutes until dry but not browned, then tip into the dish.
- 2 Dice the apples small and toss through the bread with 1 tsp cinnamon (of 2 tsp total).
- 3 Blend the eggs, cottage cheese, milk, vanilla whey, maple syrup, remaining 1 tsp cinnamon, and 1 tsp vanilla 15-20 seconds until smooth. Pour over the bread and apples, press the cubes down, and let stand 10 minutes (or cover and refrigerate overnight).
- 4 Stir the oats into the remaining melted butter with a pinch of cinnamon and scatter over the top.
- 5 Bake 40-45 minutes until the center is set and the top is golden; tent with foil for the last 10 minutes if the oats brown too fast.
- 6 Cool 15 minutes, then cut 2×4 into 8 slices.

ON SHIFT Cut and box all 8 slices on your prep day.

KEEP IT SAFE Cool the bake to room temperature within 2 hours of baking, then refrigerate at or below 40F (4C).

Second-Shift Turkey Sausage, Egg & Cheddar English Muffins

Fast-food sausage-egg-and-cheese breakfast sandwich (the drive-thru muffin), rebuilt with real ground turkey sausage, cottage-cheese-tender baked eggs, and sharp cheddar — freezer-stashed for the locker microwave.

406

KCAL

29

PROTEIN

28

CARBS

18

FAT

PER SERVING · MAKES 8 · 55 MIN · MICROWAVE · \$

THE BATCH — MAKES 8

Large eggs	10 large eggs
Ground turkey breakfast sausage	1 lb
Cottage cheese, lowfat 2%	1/2 cup
Whole-wheat English muffins	8 muffins
Sharp cheddar cheese, sliced	8 slices

→ METHOD CONTINUES ON THE NEXT PAGE

Second-Shift Turkey Sausage, Egg & Cheddar English Muffins

- 1 Heat oven to 375F (190C). Line a quarter sheet pan (about 9×13 in) with parchment, leaving an overhang. Split and toast all 8 English muffins until just golden; set aside to cool.
- 2 Press the 450 g sausage into a thin even layer in a cold nonstick skillet. Cook over medium 4-5 min per side until browned and cooked through. Slide onto a board and cut into 8 muffin-sized squares.
- 3 Whisk all 10 eggs with the 120 g cottage cheese, 1/2 tsp salt, black pepper, and 1/2 tsp garlic powder until mostly smooth. Pour into the parchment-lined pan.
- 4 Bake 18-22 min at 375F until just set with no wet wobble. Lift out by the parchment, cool 10 min, then cut into 8 squares.
- 5 Build each sandwich: muffin bottom, egg square, sausage square, a cheddar slice, then the muffin top. Cool fully to room temp.
- 6 Wrap each sandwich snugly in foil, label, and freeze flat in a freezer bag with air pressed out. Keeps 1 month.
- 7 To reheat from frozen: unwrap the foil, wrap in a lightly damp paper towel, and microwave on high 60-90 sec, flipping once. Thawed in the fridge overnight, reheats in about 45 sec.
- 8 Optional crisp finish: toaster oven or air fryer at 375F for 6-8 min from frozen, foil off.

ON SHIFT Built for the 5am break-room microwave.

KEEP IT SAFE Store frozen at 0F (-18C) for up to 1 month, or fully cooled in the fridge at or below 40F (4C) for up to 4 days if you're eating them that week instead of freezing.

Blueberry Cottage Cheese Protein Pancakes

Sunday-morning blueberry pancakes — the diner short-stack, rebuilt to survive a 12-hour shift

444

KCAL

29

PROTEIN

57

CARBS

12

FAT

PER SERVING • MAKES 4 • 30 MIN • COLD OR HOT • \$

THE BATCH — MAKES 4

Rolled oats (old-fashioned)	2 1/2 cups
Cottage cheese, 2%	2 cups
Eggs	4 large
Banana, ripe	1 medium
Blueberries (fresh or frozen)	1 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Blueberry Cottage Cheese Protein Pancakes

- 1 Blend the oats, cottage cheese, eggs, and banana with 1 tsp baking powder, 1 tsp vanilla, and a pinch of salt for 30 to 45 seconds, just until smooth.
- 2 Let the batter rest 5 minutes to thicken.
- 3 Fold in the blueberries by hand, keeping them whole; add frozen ones straight from the freezer.
- 4 Heat a nonstick pan or griddle over medium with a knob of butter. Pour pancakes about 1/4 cup each, making 12 total.
- 5 Cook 2 to 3 minutes until bubbles form and edges set, flip, then cook 1 to 2 minutes more until deep golden.
- 6 Cool completely, then stack with parchment between each. To freeze, lay flat on a tray for 1 to 2 hours until solid, then transfer to a freezer bag.

ON SHIFT This is the breakfast you actually want at 5 a.m.

KEEP IT SAFE These contain egg and dairy, so treat them as perishable.

Smoky Southwest Sweet Potato & Egg Bowls

Diner Southwest skillet / Tex-Mex breakfast burrito bowl

715

KCAL

36

PROTEIN

71

CARBS

32

FAT

PER SERVING • MAKES 4 • 45 MIN • MICROWAVE • \$

THE BATCH — MAKES 4

Sweet potato	2 medium-large (900 g)
Whole eggs	12 large
Black beans, canned	one 15 oz can (400 g)
Red bell pepper	1 medium (150 g)
Yellow onion	1 small (110 g)
Olive oil	2 Tbsp
Sharp cheddar, shredded	1.25 cups (120 g)
Tomato salsa, chunky	1/2 cup (120 g)

→ METHOD CONTINUES ON THE NEXT PAGE

Smoky Southwest Sweet Potato & Egg Bowls

- 1 Heat oven to 220 C / 425 F. Toss the 900 g cubed sweet potato with the 2 Tbsp olive oil, 2 tsp chili powder, 1.5 tsp smoked paprika, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp fine salt and a few grinds of black pepper. (The oil is counted in the macros, so use all of it — it carries the spices and the fat.) Spread on a sheet pan in a single layer.
- 2 Roast 22-25 minutes, flipping once, until the edges are caramelized and a cube crushes easily with a fork. Roughly 8 minutes before the potatoes are done, scatter the 150 g diced red pepper and 110 g diced onion onto the same pan to roast and soften.
- 3 While the pan roasts, scramble the eggs. Crack all 12 eggs into a bowl, add a pinch of salt, and whisk well. Cook low and slow in a non-stick pan, stirring constantly, and pull them off the heat while they are still slightly wet and glossy — UNDER-cook them on purpose. They finish cooking when you reheat, so soft-set now means tender later instead of rubbery.
- 4 Fold the 400 g drained black beans into the warm roasted potato-and-veg on the sheet pan so they pick up the spice and warm through. The residual heat is plenty — no need to cook them further.
- 5 Divide everything evenly across 4 microwave-safe containers with lids: split the sweet potato/bean/veg mix, then the soft scrambled eggs, then top each with 30 g (a small handful) of the shredded sharp cheddar so it melts into the hot bowl on reheat.
- 6 Cool the bowls uncovered for no more than 20-30 minutes (just until they stop steaming), then seal and refrigerate. Pack the salsa separately — a 30 g spoonful per bowl, added AFTER reheating — so it stays bright and the eggs don't go watery in the fridge.
- 7 To eat: microwave one bowl uncovered at 50% power for about 2 minutes, stirring once at the 1-minute mark so the eggs heat evenly and stay soft. Then spoon the cold salsa over the top. Optional fresh finishers that don't change the macros much: cilantro, a squeeze of lime, or a few slices of avocado added at serve time.

ON SHIFT Built for the back half of a 12-hour shift: roughly 36 g protein and real sweet-potato carbs land it as a substantial breakfast or a savory anytime meal when the truck stop is the only other option.

KEEP IT SAFE Cool the bowls no more than 20-30 minutes at room temp, then refrigerate at or below 4 C / 40 F; eat within 4 days.

Banana-Walnut Baked Oatmeal Squares

Banana bread / banana-nut muffins

287

KCAL

16

PROTEIN

37

CARBS

9

FAT

PER SERVING · MAKES 12 · 55 MIN · COLD OR HOT · \$

THE BATCH — MAKES 12

Rolled oats (old-fashioned)	4 cups
Ripe bananas	3 medium
Whole eggs	3 large
Milk, 2%	2 cups
Plain nonfat Greek yogurt	1 cup
Vanilla whey protein isolate	3 scoops
Pure maple syrup	1/4 cup
Walnuts, chopped	3/4 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Banana-Walnut Baked Oatmeal Squares

- 1 Heat oven to 350F (175C). Grease a 9×13-inch baking dish with butter or olive oil.
- 2 Toast the 90g walnuts on a dry tray for 5-6 minutes, until fragrant. Set aside.
- 3 Mash the 3 bananas (360g) in a large bowl until mostly smooth. Whisk in the 3 eggs, 2 cups milk, 1 cup yogurt, and 1/4 cup maple syrup until smooth.
- 4 Whisk in the 3 scoops whey (90g) with 1.5 tsp cinnamon, 1 tsp baking powder, 1 tsp vanilla, and 1/2 tsp salt until no dry lumps remain.
- 5 Stir in the 4 cups oats and most of the walnuts, reserving a handful. Rest 5 minutes.
- 6 Pour into the dish, level, and press reserved walnuts on top. Bake 35-40 minutes, until golden and the center springs back.
- 7 Cool in the pan at least 20 minutes, then cut into 12 squares and wrap individually.

ON SHIFT This is the easiest meal to bring to work — no reheat required.

KEEP IT SAFE Contains egg and dairy — keep refrigerated at or below 40F (4C); good for 5 days in the fridge, or freeze individually wrapped up to 3 months (thaw overnight in the fridge).

The Night-Shift Box

Everything bagel with lox and a schmear (NYC deli bagel)

512

KCAL

37

PROTEIN

52

CARBS

18

FAT

PER SERVING • MAKES 4 • 15 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Cold-smoked salmon (lox)	12 oz
Cottage cheese, 2% lowfat	1 2/3 cups
Cream cheese, full-fat	1/2 cup
English cucumber	1/2 cucumber
Cherry/grape tomatoes	1 cup
Red onion	1/4 small onion
Capers	2 tbsp
Plain bagels	4 bagels

→ METHOD CONTINUES ON THE NEXT PAGE

The Night-Shift Box

- 1 Make the schmear. In a bowl, stir 400 g cottage cheese with 120 g cream cheese until combined. For a true cream-cheese texture, blitz it smooth with an immersion or regular blender for 20-30 seconds — this is the move that turns lumpy cottage cheese into a glossy, spreadable bagel schmear. Skip the blender and it still tastes great, just rustic.
- 2 Prep the toppings. Dice the cucumber (leave the peel on for crunch and color), halve the tomatoes, finely dice the red onion, and drain the capers. Keep everything separate-ish — you want distinct textures, not a salad.
- 3 Portion four boxes. Into each lidded container, spread one-quarter of the schmear (about 130 g) across the bottom. Lay one-quarter of the smoked salmon (85 g, roughly 3 oz) over the top in loose folds — don't pack it flat.
- 4 Pile the garnish. Scatter one-quarter each of the cucumber, tomato, red onion, and capers over the salmon in each box.
- 5 Hit it with everything seasoning. Shower each box generously with everything bagel seasoning (about 1/2 tsp per box — it's the whole point, don't be shy). This replaces any added salt; the smoked salmon, capers, and seasoning bring plenty.
- 6 Pack the bagel DRY on the side. Slice each bagel, toast it now if you like (it holds fine toasted-then-cooled for 2 days), and bag it separately. Never store the bagel touching the wet schmear or it turns to paste.
- 7 To eat: open the box cold, scoop the loaded schmear straight onto the bagel halves like an open-face deli sandwich, or just eat the box with a fork and the bagel on the side. No heat needed.

ON SHIFT Eats entirely cold — ideal for nights or a no-microwave-available shift.

KEEP IT SAFE Smoked salmon and dairy are perishable, ready-to-eat foods — keep boxes at or below 40 F (4 C) at all times.

Diner Ham, Egg and Cheese Hash-Brown Cups

The greasy-spoon ham-and-cheese hash brown breakfast plate, rebuilt as 12 portable muffin-tin cups

393

KCAL

27

PROTEIN

21

CARBS

23

FAT

PER SERVING • MAKES 6 • 55 MIN • COLD OR HOT • \$

THE BATCH — MAKES 6

Frozen shredded hash-brown potatoes	600 g (about 6 cups)
Large whole eggs	10 eggs
Extra-lean deli ham	250 g (about 2 cups diced)
Sharp cheddar cheese, shredded	120 g (about 1.25 cups)
2% milk	1/2 cup
Olive oil	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Diner Ham, Egg and Cheese Hash-Brown Cups

- 1 Heat oven to 425F (220C). Thaw the hash browns and wring them out hard in a clean towel, squeezing out as much water as possible.
- 2 Toss the squeezed potatoes with the 2 tablespoons olive oil, a big pinch of salt, and black pepper until evenly coated.
- 3 Lightly oil a 12-cup metal muffin tin. Press a heaping 1/4 cup of potato into each cup, firming it across the bottom and up the sides to form a thin, even nest. Bake the empty shells 18-20 minutes until edges and bottoms are golden and crisp.
- 4 Meanwhile, dice the ham small. Whisk the 10 eggs with the 1/2 cup milk, salt, and pepper until smooth, then stir in the ham and three-quarters of the cheddar.
- 5 Pull the shells and turn the oven down to 375F (190C). Stirring as you go, spoon the egg mixture into each shell to just below the rim. Scatter the reserved cheddar on top.
- 6 Bake 15-18 minutes until the centres are set and spring back (160F+). Cool in the tin 5 minutes, run a knife around each cup, and lift out. Makes 12 cups; one portion is 2 cups.

ON SHIFT Two cups is the portion and they reheat best whole: microwave 2 cups 45-60 seconds, or eat cold straight from the cooler - they're firm enough to hold in one hand on the road.

KEEP IT SAFE Cook until the egg centre reaches 160F.

Cinnamon Roll Protein Parfait Jars

Cinnamon roll (the warm bakery-case kind with cream-cheese frosting), rebuilt cold in a jar

541

KCAL

47

PROTEIN

57

CARBS

14

FAT

PER SERVING • MAKES 4 • 25 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Plain nonfat Greek yogurt	4 cups
Cream cheese	4 oz
Pure maple syrup	1/4 cup
Vanilla whey protein powder	3 scoops
Old-fashioned rolled oats	1 3/4 cups

→ METHOD CONTINUES ON THE NEXT PAGE

Cinnamon Roll Protein Parfait Jars

- 1 Pull the cream cheese out first and let it sit on the counter while you toast the oats — soft cream cheese blends smooth, cold cream cheese leaves lumps.
- 2 Toast the oat crunch: melt a small knob of butter in a dry skillet over medium heat (this is your only added fat and it's not counted in the macros — keep it to a teaspoon or two for the whole batch). Add the 160 g rolled oats with a big pinch of cinnamon and a pinch of salt. Stir and toast 5–6 minutes until they smell nutty and turn a shade darker. Tip onto a plate to cool and crisp. They need to be fully cool before they go in the jar or the steam softens them.
- 3 Make the cinnamon-maple swirl: in a small bowl stir together the 80 g maple syrup with 2 teaspoons of cinnamon until it's a loose, dark paste. Set aside.
- 4 Make the frosting yogurt: in a big bowl, beat the softened 120 g cream cheese with a fork or whisk until completely smooth and creamy. Add about a cup of the Greek yogurt and whisk — starting with a little yogurt thins the cream cheese so it won't clump. Add the rest of the 1000 g yogurt, the 90 g vanilla whey, and a teaspoon of vanilla extract if you have it. Whisk until totally smooth and thick. If your whey makes it stiff, loosen with a splash of milk.
- 5 Fold in most of the swirl: drizzle about three-quarters of the cinnamon-maple mix into the yogurt and fold just two or three times so you get ribbons, not a uniform brown. Save the rest for the top.
- 6 Build four jars or containers. Bottom layer: divide HALF the yogurt between the four. Middle: spoon in a little of the leftover swirl and a small handful of the toasted oats. Top with the rest of the yogurt. Smooth the surface.
- 7 Keep the crunch crunchy: divide the remaining toasted oats into four tiny separate bags or the lid cups, and drizzle the last of the swirl over the yogurt surface. Do NOT mix the top oats in — they go on at the moment you eat so they stay crisp. Lid the jars and refrigerate.
- 8 At eat time: tip the reserved oats over the top and eat cold. The yogurt has thickened overnight into something between frosting and cheesecake.

ON SHIFT Built for the grab-and-go end of a night shift.

KEEP IT SAFE This is a dairy-heavy perishable — keep it at or below 40F (4C) in the fridge at home, and in an insulated cooler with an ice pack at work.

Overnight oats

Built the night before. Eaten cold.

PB-Banana "Banana Bread" Protein Oats

Peanut butter banana bread (the PB-and-banana craving, in a jar)

660

KCAL

55

PROTEIN

73

CARBS

19

FAT

PER SERVING • MAKES 5 • 480 MIN • EAT COLD • \$

THE BATCH — MAKES 5

Rolled oats	2.75 cups
Plain nonfat Greek yogurt	3 cups
2% reduced-fat milk	2.5 cups
Vanilla whey protein powder	5 scoops
Chia seeds	5 tbsp
Banana, ripe	2 medium
Natural peanut butter, smooth	5 tbsp
Pure maple syrup	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

PB-Banana "Banana Bread" Protein Oats

- 1 In a large bowl, whisk together the rolled oats, vanilla whey, and chia seeds.
- 2 Mash the bananas with a fork until mostly smooth, then scrape into the bowl.
- 3 Add the Greek yogurt, peanut butter, and maple syrup, then pour in the milk.
- 4 Stir hard for a full minute until it forms a thick, even batter with no dry streaks.
- 5 Divide between 5 jars, roughly 430g each, and seal tight.
- 6 Refrigerate at least 8 hours, ideally overnight. Eat cold; if a jar firms up by day 3 or 4, stir in a splash of milk.

ON SHIFT Grab a jar straight from the fridge on your way out — no reheating, no microwave hunt on shift.

KEEP IT SAFE Store sealed at or below 4°C (40°F).

Apple Pie Overnight Oats

Apple pie à la mode — the diner slice and the scoop of vanilla, turned into a cold spoonable breakfast you build once and grab for five mornings.

578

KCAL

37

PROTEIN

86

CARBS

11

FAT

PER SERVING • MAKES 5 • 480 MIN • EAT COLD • \$

THE BATCH — MAKES 5

Old-fashioned rolled oats	400 g (about 4 1/2 cups)
Plain nonfat Greek yogurt	500 g (about 2 cups)
Vanilla whey protein isolate	90 g (about 3 scoops)
2% reduced-fat milk	600 g (about 2 1/2 cups)
Chia seeds	40 g (about 1/4 cup)
Apple, coarsely grated	300 g (about 2 apples)
Pure maple syrup	40 g (about 2 Tbsp)

→ METHOD CONTINUES ON THE NEXT PAGE

Apple Pie Overnight Oats

- 1 Grate the apples (skin on) on the large holes of a box grater, stopping at the core — about 300 g, roughly two apples.
- 2 In a large bowl, whisk the dry ingredients first: 400 g oats, 90 g vanilla whey, 40 g chia, 2 teaspoons ground cinnamon, and 1/4 teaspoon salt.
- 3 Add 500 g Greek yogurt, 600 g milk, 40 g maple syrup, and 1 teaspoon vanilla extract. Stir hard for a full minute until it looks like a loose, even batter. Fold in the grated apple.
- 4 Divide between 5 jars, about 400 g each, and seal the lids.
- 5 Refrigerate at least 8 hours, ideally overnight.
- 6 Stir each jar; splash in a tablespoon of milk if you want it looser. Eat cold from the jar. Optional: top with chopped walnuts or toasted pecans and a pinch of cinnamon right before eating.

ON SHIFT This is a 4 a.m.

KEEP IT SAFE Dairy-based, so keep it cold: store sealed in the fridge at or below 4°C (40°F) for up to 5 days.

Tiramisu Overnight Oats

Tiramisu — the espresso-and-mascarpone Italian dessert, rebuilt as a grab-and-go breakfast jar

706

KCAL

73

PROTEIN

70

CARBS

15

FAT

PER SERVING · MAKES 4 · 375 MIN · EAT COLD · \$\$

THE BATCH — MAKES 4

Old-fashioned rolled oats	240 g
Vanilla whey protein powder	160 g (4 scoops)
Cottage cheese, 2% milkfat	600 g
Plain nonfat Greek yogurt	480 g
Chia seeds	48 g (4 Tbsp)
Pure maple syrup	60 g (4 tsp)
Unsweetened almond milk	800 g

→ METHOD CONTINUES ON THE NEXT PAGE

Tiramisu Overnight Oats

- 1 Make the strong coffee. Brew about 1 cup (240 ml) of strong coffee or use cold brew concentrate, and chill it. This is your 'ladyfinger soak' — it does the heavy lifting on flavor, so make it strong. Stovetop espresso or 2 tsp instant stirred into hot water both work fine.
- 2 Build the oat base. In a big bowl, combine the rolled oats, vanilla protein powder, chia seeds, maple syrup, the unsweetened almond milk, and the cooled strong coffee. Whisk hard for 30 seconds until there are no dry protein clumps — clumps are what make protein oats taste chalky, so chase them all out now.
- 3 Make the 'mascarpone' cap. In a blender or with an immersion blender, blend the 2% cottage cheese and the nonfat Greek yogurt together until completely smooth — no curds left. About 30 seconds. This blended-smooth step is the whole trick: it turns cottage cheese into something that tastes like sweetened mascarpone instead of cottage cheese.
- 4 Layer four jars. Divide the oat base between four pint jars or sealable containers (a heaping 3/4 cup each). Spoon the blended cottage-cheese-yogurt cap over the top of each and smooth it flat.
- 5 Soak overnight. Lid on, into the fridge for at least 6 hours (overnight is best). The oats and chia drink up the liquid and go thick and spoonable.
- 6 Dust and eat. Right before eating, dust the top with cocoa powder through a small sieve or just a pinch between your fingers. Do NOT dust ahead of time — cocoa sucks up moisture overnight and turns to paste. Eat cold, straight from the jar.

ON SHIFT Grab one on the way out and it's a full 73 g of protein before your shift even gets going, no cooking, no microwave needed.

KEEP IT SAFE Dairy-heavy, so keep it cold.

Strawberry Cheesecake Overnight Oats

Strawberry cheesecake — the diner dessert slab, turned into a no-cook, spoon-straight-from-the-jar shift breakfast

649

KCAL

36

PROTEIN

84

CARBS

20

FAT

PER SERVING • MAKES 5 • 480 MIN • EAT COLD • \$\$

THE BATCH — MAKES 5

Old-fashioned rolled oats	3 1/2 cups
Plain nonfat Greek yogurt	2 1/3 cups
Lowfat 2% cottage cheese	1 1/3 cups
Cream cheese	4 oz
Strawberries	3 cups whole
2% reduced-fat milk	1 1/2 cups
Graham crackers	5 sheets
Chia seeds	1/4 cup
Pure maple syrup	3 Tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Strawberry Cheesecake Overnight Oats

- 1 Stir Greek yogurt, cottage cheese, softened cream cheese, milk, and maple syrup until smooth, blending 20 seconds if you want it curd-free. Add a pinch of salt and a splash of vanilla.
- 2 Stir in the oats and chia seeds until every oat is coated.
- 3 Roughly chop the strawberries; mash about half with a fork and leave the rest in chunks.
- 4 Divide the oat base across 4 wide-mouth jars (a heaping cup each), spoon strawberries over each, and seal.
- 5 Refrigerate at least 8 hours (up to 4 days).
- 6 Crush the graham crackers and divide into 5 small bags. Keep separate and scatter on top right before eating; serve cold.

ON SHIFT Built for the night-before-a-block prep: ten minutes Sunday gets you four mornings handled.

KEEP IT SAFE Dairy-heavy, so treat it like the perishable it is.

Carrot Cake Overnight Oats

Carrot cake (cream-cheese-frosting slice) reworked into a make-ahead jar

527

KCAL

27

PROTEIN

72

CARBS

16

FAT

PER SERVING • MAKES 4 • 375 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Old-fashioned rolled oats	2 1/2 cups
Plain nonfat Greek yogurt	1 2/3 cups
2% reduced-fat milk	1 1/2 cups
Carrots	2 medium
Walnuts, chopped	1/2 cup
Raisins	1/3 cup
Pure maple syrup	2 tbsp
Chia seeds	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Carrot Cake Overnight Oats

- 1 Toast 50g chopped walnuts in a dry pan over medium heat, stirring 3-4 minutes until nutty and lightly darkened. Tip onto a plate to cool.
- 2 Finely grate the carrots on the small holes of a box grater (about 150g, 2 medium).
- 3 In a large bowl, whisk the 400g Greek yogurt, 360g milk, 40g maple syrup, 2 tsp ground cinnamon, 1/2 tsp ground ginger, 1/4 tsp ground nutmeg, 1 tsp vanilla, and a pinch of salt until smooth.
- 4 Stir in the 240g oats, 24g chia seeds, grated carrot, and 50g raisins until evenly coated.
- 5 Divide between 4 jars (about 320g each), pressing the mix so liquid covers the oats. Lid and refrigerate at least 6 hours, ideally overnight.
- 6 To serve, top each jar with a quarter of the toasted walnuts (about 12g). Optional: add a spoon of yogurt for a cream-cheese-frosting finish.

ON SHIFT Grab-and-go cold breakfast — no microwave, no spoon-of-shame at 5 a.m.

KEEP IT SAFE Keep refrigerated at or below 40F (4C) — this is a dairy-based dish (Greek yogurt + milk), so treat it like any perishable.

Pumpkin Pie Spiced Overnight Oats

Pumpkin pie (the slice you eat standing in the kitchen at midnight) — turned into a cold, spoonable, protein-loaded jar.

632

KCAL

37

PROTEIN

85

CARBS

18

FAT

PER SERVING • MAKES 4 • 480 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Old-fashioned rolled oats	3 1/2 cups
Canned 100% pumpkin puree	1 cup
Plain nonfat Greek yogurt	1 1/4 cups
2% reduced-fat milk	2 cups
Vanilla whey protein isolate powder	2 scoops
Chia seeds	3 tbsp
Pure maple syrup	3 tbsp
Pecans, chopped	1/3 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Pumpkin Pie Spiced Overnight Oats

- 1 Toast the pecans first so the crumble actually tastes like something: put the 40 g chopped pecans in a dry skillet over medium heat and stir for 3 to 4 minutes until they smell nutty and look a shade darker. Tip them onto a plate to cool. No oil needed — the nuts have plenty of their own.
- 2 Grab one big mixing bowl. Add the pumpkin puree, Greek yogurt, milk, maple syrup, and whey protein powder. Whisk hard for a minute until it is completely smooth with no powder lumps — whisking the wet stuff before the oats go in is the trick to a lump-free jar.
- 3 Add 2 teaspoons pumpkin pie spice (or about 1 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp nutmeg, 1/4 tsp allspice or cloves if you are mixing your own), 1 teaspoon vanilla extract, and a pinch of salt. Whisk again. Taste it — it should taste like cold pumpkin pie filling. Bump the spice if it is shy.
- 4 Stir in the dry rolled oats and the chia seeds. Stir until every oat is wet. It will look soupy right now — that is correct, the oats and chia drink it up overnight.
- 5 Divide evenly between 4 jars or sealable containers (a kitchen scale makes this exact: about 380 g per jar, or just eyeball four equal scoops). Press the oats down so they sit under the liquid.
- 6 Seal and refrigerate at least 6 hours, ideally overnight. Keep the toasted pecans in a separate small bag or container — adding them at the end keeps them crunchy instead of soggy.
- 7 In the morning, give the jar a stir (it firms up — loosen with a splash of milk if you like it looser), scatter the toasted pecans on top, and eat cold. Done.

ON SHIFT Built for the front pocket of a shift bag.

KEEP IT SAFE Dairy-based, so treat it like any perishable.

Mango Sticky Rice Overnight Oats

Thai mango sticky rice (the coconut-drenched street-cart dessert), rebuilt as a grab-and-go breakfast jar

717

KCAL

44

PROTEIN

88

CARBS

25

FAT

PER SERVING • MAKES 4 • 480 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Rolled oats	300 g
Plain nonfat Greek yogurt	400 g
Canned full-fat coconut milk	160 g
Mango	360 g
Chia seeds	48 g
Vanilla whey protein powder	90 g
Honey	50 g
Unsweetened dried shredded coconut	32 g

→ METHOD CONTINUES ON THE NEXT PAGE

Mango Sticky Rice Overnight Oats

- 1 Toast the 32 g shredded coconut in a dry pan over medium heat, stirring constantly for 2 to 3 minutes until golden. Slide onto a plate and cool.
- 2 In a large bowl, whisk the Greek yogurt, coconut milk, honey, and vanilla protein powder until smooth with no lumps.
- 3 Stir in the dry oats and chia seeds until every oat is coated and the chia is evenly distributed.
- 4 Peel and dice the mango; fold in about three-quarters, reserving the best pieces for topping. Frozen mango can go in unthawed.
- 5 Divide between 4 jars (about 290 g each). Top each with reserved mango and toasted coconut.
- 6 Seal and refrigerate at least 8 hours, ideally overnight. Eat cold; loosen with a splash of milk or water if too thick by day 3 or 4.
- 7 At serving, squeeze fresh lime over the top.

ON SHIFT Build all 4 jars on your day off.

KEEP IT SAFE Keep refrigerated at or below 4 C (40 F); jars are good for 4 days from prep.

Death-by-Chocolate Peanut Butter Cup Overnight Oats

Reese's Peanut Butter Cup — the candy, turned into a real breakfast

580

KCAL

38

PROTEIN

70

CARBS

20

FAT

PER SERVING • MAKES 4 • 490 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Old-fashioned rolled oats	2 cups
2% reduced-fat milk	2 cups
Plain nonfat Greek yogurt	1 1/3 cups
Natural peanut butter	4 tbsp
Unsweetened cocoa powder	4 tbsp
Chocolate whey protein powder	2 scoops
Chia seeds	2 tbsp
Pure maple syrup	3 tbsp
Semisweet chocolate chips	1/4 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Death-by-Chocolate Peanut Butter Cup Overnight Oats

- 1 In a large bowl, whisk the Greek yogurt, cocoa powder, and chocolate whey with a splash of the milk until smooth, like chocolate pudding with no dry pockets.
- 2 Pour in the rest of the milk and the maple syrup. Whisk to a smooth chocolate-milk consistency and adjust sweetness now.
- 3 Stir in the oats and chia seeds until every oat is coated.
- 4 Drop in the peanut butter in 4 spoonfuls and give it 3 or 4 lazy stirs to leave ribbons running through the chocolate.
- 5 Divide evenly between 4 jars (about 315g each), lid, and refrigerate at least 8 hours, ideally overnight. Keeps 5 days.
- 6 For the shell, melt the chocolate chips in the microwave in 20-second bursts, stirring between each, until just pourable. Spoon a thin layer over each cold jar to the rim; it sets in seconds. Eat cold, straight from the jar.

ON SHIFT Zero prep at work — no microwave, no fork-and-knife, no mess at work or when it gets busy.

KEEP IT SAFE Contains milk, yogurt, and whey — perishable, keep at or below 40F (4C).

Cold-pack lunches

Eaten cold. No microwave, no line at the break room.

Chicken Bacon Ranch Pasta Salad (The Shift Cooler Version)

Chicken bacon ranch — the gas-station/deli pasta salad, but built to actually feed you

717

KCAL

68

PROTEIN

51

CARBS

25

FAT

PER SERVING • MAKES 5 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 5

Dry short pasta (rotini or penne)	3 cups
Cooked chicken breast, shredded or chopped	5 cups
Plain nonfat Greek yogurt	1.25 cups
Cooked bacon	6 slices
Sharp cheddar	3/4 cup
Cherry/grape tomatoes	1.5 cups
Green onions	5 scallions
Extra-virgin olive oil	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Chicken Bacon Ranch Pasta Salad (The Shift Cooler Version)

- 1 Boil pasta in well-salted water to 1 minute past package time. Drain, rinse under cold water until fully cool, and drain dry in the colander.
- 2 Whisk the ranch: Greek yogurt, olive oil, 1 tbsp lemon juice or white vinegar, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp dried dill, 1 tsp dried parsley, 1/2 tsp black pepper, and 3/4 tsp salt.
- 3 Dice the cheddar, halve the tomatoes, slice the scallions, and crumble the bacon. Add the cooled pasta, chicken, cheddar, tomatoes, bacon, and most of the green onions to the bowl; fold until coated. Loosen with water or more yogurt if tight.
- 4 Taste and adjust salt and acid. Scatter the reserved green onion on top.
- 5 Portion into 5 containers. Best on day 2.

ON SHIFT Grab-and-eat straight from the cooler — no microwave, no assembly.

KEEP IT SAFE Cool the cooked pasta and chicken fully before mixing, then refrigerate at or below 40F (4C).

Second-Shift Sesame Peanut Noodle Bowl

Takeout cold sesame / peanut noodles

720

KCAL

51

PROTEIN

71

CARBS

27

FAT

PER SERVING • MAKES 5 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 5

Spaghetti, dry	300g
Chicken breast, boneless skinless	600g (2 large breasts)
Edamame, shelled, frozen	2 cups
Smooth peanut butter	1/2 cup
Low-sodium soy sauce	3 tbsp
Honey	2 tbsp
Toasted sesame oil	1.5 tbsp
Rice vinegar	2 tbsp
Red cabbage, shredded	2 cups
Carrot, shredded	2 medium
Cucumber	1/2 English cucumber
Green onions	4 scallions
Dry-roasted peanuts	1/4 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Second-Shift Sesame Peanut Noodle Bowl

- 1 Season the chicken with salt. Poach in barely-simmering water 12-15 min, or pan-sear over medium until the thickest part hits 165F, about 6-7 min per side. Rest and cool.
- 2 Boil the spaghetti in well-salted water, pulling it 1 minute short of al dente. Drain and rinse under cold running water until fully cold, then shake out excess water.
- 3 Whisk the peanut butter, soy sauce, honey, sesame oil, and rice vinegar. Whisk in 3 to 5 tbsp cold water a splash at a time until smooth and pourable.
- 4 Shred the cabbage and carrot, cut the cucumber into thin half-moons or matchsticks, slice the scallions. Thaw the edamame under cool water. Crush the peanuts. Slice the cooled chicken into bite-size pieces.
- 5 In a big bowl, combine noodles, chicken, edamame, cabbage, carrot, cucumber, and scallions. Pour over three-quarters of the sauce and toss to coat. Add the rest to taste.
- 6 Portion into 5 containers. Scatter crushed peanuts on top of each. Lid, label with the date, and refrigerate. Eat cold.

ON SHIFT This is a no-microwave meal by design — it's meant to be eaten cold, so it's perfect for a shift with no kitchen access, your vehicle, or a break room with a line for the one microwave.

KEEP IT SAFE Cook chicken to an internal 165F before cooling.

Garlicky Greek Chicken Wrap with Real Tzatziki

A cold-hold riff on the fast-casual chicken shawarma / gyro wrap

621

KCAL

56

PROTEIN

46

CARBS

23

FAT

PER SERVING • MAKES 4 • 45 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Boneless skinless chicken breast	1.5 lb
Olive oil	2 tbsp
Plain nonfat Greek yogurt	1 cup
Cucumber	1/3 large cucumber
Garlic	3 cloves
Lemon juice	1 tbsp
Feta cheese	2/3 cup
Romaine lettuce	4 cups
Red onion	1/2 small onion
Jarred roasted red peppers	1 cup strips
Kalamata olives	16 olives
Large flour tortillas (~10 inch)	4 tortillas

→ METHOD CONTINUES ON THE NEXT PAGE

Garlicky Greek Chicken Wrap with Real Tzatziki

- 1 Pat chicken dry; slice thick breasts lengthwise into even slabs. Toss with the olive oil, 1 minced garlic clove, salt, pepper, and 1 tsp each cumin, smoked paprika, and dried oregano (reserve remaining garlic for the sauce).
- 2 Sear in a hot pan 4-5 min per side, or roast at 425F (220C) about 18 min, until the thickest part hits 165F (74C). Rest 5 min, then chop into bite-size pieces. Spread on a plate and cool fully, 10-15 min.
- 3 Grate the cucumber and squeeze hard in a towel to wring out the water. Stir into the Greek yogurt with the remaining minced garlic, lemon juice, and salt until thick like a dip.
- 4 Lay a tortilla flat and spread a quarter of the tzatziki across the surface, leaving a half-inch border. Pile a quarter each of chicken, romaine, red pepper, red onion, olives, and feta in a tight horizontal log just below center.
- 5 Fold the bottom up over the filling, fold in both sides, and roll away from you under firm tension. Set seam-side down. Wrap snugly in foil, twisting the ends.
- 6 Refrigerate at least 30 min before packing. Keep whole in foil in an iced cooler and eat cold.

ON SHIFT Built for the long shift.

KEEP IT SAFE Store wrapped in the fridge at or below 40F (4C); best within 3 days.

The Deli-Case Antipasto Jar

Italian deli antipasto / chopped antipasto salad

509

KCAL

26

PROTEIN

24

CARBS

34

FAT

PER SERVING • MAKES 4 • 20 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Genoa / hard salami	6 oz
Provolone	5 oz
Chickpeas, canned	1 × 19 oz can
Roasted red peppers from a jar	1/2 of a 12 oz jar
Pepperoncini	1/2 cup
Black ripe olives	1/2 cup
Red onion	1/2 small onion
Cherry or grape tomatoes	1 cup
Extra-virgin olive oil	2 tbsp
Red wine vinegar	1 1/2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

The Deli-Case Antipasto Jar

- 1 Drain and rinse the chickpeas well; shake dry. Drain the roasted peppers, pepperoncini, and olives.
- 2 In a large mixing bowl, whisk the dressing with a fork: 2 tbsp olive oil, the red wine vinegar, 1 teaspoon dried oregano, 1/2 teaspoon garlic powder, black pepper, and a small pinch of salt.
- 3 Cut the salami into ribbons or quarters, cube the provolone small, dice the red onion fine, halve the tomatoes and olives, and chop the roasted peppers into bite-size strips.
- 4 Add the chickpeas, salami, provolone, peppers, pepperoncini, olives, onion, and tomatoes to the dressing and toss to coat. Taste and adjust vinegar or oregano.
- 5 Divide between 4 jars or containers, pressing down gently so the brine settles. Lid on and refrigerate, ideally overnight.
- 6 Eat cold straight from the jar; stir or shake first to redistribute the dressing.

ON SHIFT This is the meal-prep MVP for a 12-hour shift — no greens means nothing wilts, and there's no separate dressing to pack because the marinade is built in.

KEEP IT SAFE Keep refrigerated at or below 40F (4C) — this jar is loaded with cured meat, cheese, and chopped vegetables, all perishable.

Tuna Niçoise Protein Box

Salade Niçoise (the classic French composed tuna salad)

620

KCAL

51

PROTEIN

32

CARBS

32

FAT

PER SERVING • MAKES 4 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

White (albacore) tuna in olive oil, drained	600 g (4-5 × 5 oz cans)
Large eggs	4
Baby red potatoes	600 g (1.3 lb)
Green beans, trimmed	300 g
Pitted black olives, drained	1 cup
Extra-virgin olive oil	3 tbsp
Fresh lemon juice	3 tbsp
Dijon mustard	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Tuna Niçoise Protein Box

- 1 Salt a large pot of water and bring to a boil. Halve the potatoes skin-on, add them, and set a timer for 15 minutes.
- 2 Gently lower in the 4 eggs alongside the potatoes. After 10 minutes, scoop out just the eggs and plunge into cold water; peel and halve lengthwise once cool.
- 3 At 15 minutes total, remove the potatoes and spread to cool. Drop the green beans into the same boiling water for 3–4 minutes, then drain, shock in cold water, and pat dry.
- 4 Whisk the vinaigrette: 3 tbsp olive oil, 3 tbsp lemon juice, 2 tbsp Dijon, salt, and pepper.
- 5 Drain and flake the tuna into big chunks. Divide potatoes, green beans, olives, and tuna among 4 containers in separate zones; top each with 2 egg halves.
- 6 Spoon vinaigrette over each box (about 1.5 tbsp per box) and seal.

ON SHIFT This is built for a 12-hour shift: zero reheating, eats cold straight from the box with a fork, and holds its texture better than almost any salad because there's no lettuce to wilt.

KEEP IT SAFE Store sealed in the fridge at or below 40°F (4°C); eat within 3–4 days.

Buffalo Chicken Cold Wrap with Blue-Cheese Ranch Slaw

Buffalo wings + a bar-style buffalo chicken wrap

515

KCAL

44

PROTEIN

43

CARBS

18

FAT

PER SERVING • MAKES 6 • 45 MIN • EAT COLD • \$\$

THE BATCH — MAKES 6

Boneless skinless chicken breast	2 lb
Plain whole-milk Greek yogurt	1 cup
Flour tortillas, burrito size	6 tortillas, 10-inch
Green cabbage, shredded	4 cups
Carrots, shredded	2 medium
Cayenne pepper hot sauce (Frank's RedHot style)	1/2 cup
Blue cheese, crumbled	1/2 cup
Unsalted butter	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Buffalo Chicken Cold Wrap with Blue-Cheese Ranch Slaw

- 1 Put 900 g chicken breast in a wide pot, cover with cold water by an inch, and bring to a gentle simmer. Drop the heat and poach 12-15 minutes until the thickest part hits 165F. Lift out and cool 10 minutes.
- 2 Shred the chicken with two forks, then blot firmly with paper towel until it stops releasing water.
- 3 Melt the 28 g butter and stir into the 120 g hot sauce. Pour over the dry chicken and toss until glossy and coated.
- 4 Stir together the 240 g Greek yogurt with a pinch each of garlic powder, onion powder, dried dill, and black pepper, and a squeeze of lemon. Fold in the 60 g blue cheese, mashing lightly. Fold in the 300 g cabbage and 120 g carrot until coated.
- 5 Lay each tortilla flat. Spread blue-cheese ranch slaw across the lower-middle third, then top with about 155 g buffalo chicken. Fold the sides in and roll tightly from the bottom up; wrap snugly in foil or parchment.
- 6 Chill at least 30 minutes. Eat cold straight from the cooler.

ON SHIFT Built for the 12-hour grab-and-go: rolled, foil-wrapped, eaten cold in two minutes with one hand.

KEEP IT SAFE Keep refrigerated at or below 40F (4C).

Lemon-Herb Mediterranean Couscous Salad with Chicken, Chickpeas & Feta

Greek-deli couscous salad — the cold grain bowl from the good Mediterranean takeout counter, rebuilt to feed you through a 12-hour shift

730

KCAL

52

PROTEIN

77

CARBS

24

FAT

PER SERVING • MAKES 5 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 5

Couscous, dry	1 1/2 cups dry
Chicken breast, boneless skinless	2 large breasts
Chickpeas, canned	two 15 oz cans
Feta cheese, crumbled	1 1/4 cups
Cherry tomatoes	1 dry pint
Cucumber	1 large
Red onion	1/2 medium
Kalamata or ripe olives, pitted	1/3 cup
Olive oil, extra virgin	3 tbsp
Lemon juice, fresh	3 tbsp
Flat-leaf parsley, fresh	1/2 cup chopped

→ METHOD CONTINUES ON THE NEXT PAGE

Lemon-Herb Mediterranean Couscous Salad with Chicken, Chickpeas & Feta

- 1 Bring 375 ml (1 1/2 cups) salted water to a boil. Stir in 300 g dry couscous, cover, kill the heat, and rest 10 minutes. Fluff thoroughly with a fork, then spread on a sheet pan to cool.
- 2 Season 700 g chicken breast with salt, pepper, garlic powder and dried oregano. Sear in 1 tbsp of the olive oil over medium-high, 5-6 minutes per side, to 165 F (74 C). Rest 5 minutes, then dice.
- 3 Shake the dressing in a jar: remaining 2 tbsp olive oil, 45 g (3 tbsp) lemon juice, 1 tsp dried oregano, 1 minced garlic clove, salt and pepper.
- 4 Drain and rinse the chickpeas. Halve the tomatoes and olives, dice the cucumber, finely dice the red onion, and chop the parsley.
- 5 In your biggest bowl, fold together cooled couscous, chicken, chickpeas, tomatoes, cucumber, onion, olives and parsley with the dressing. Fold in the feta last with two or three gentle turns.
- 6 Adjust salt and lemon, then divide across 5 containers. Better after a few hours in the fridge.

ON SHIFT Built for the back half of a 12-hour shift: 51 g of real protein per box, eaten straight from the cooler with a fork — no microwave, no fridge access, no fuss.

KEEP IT SAFE Cook the chicken to an internal 165F (74C) before dicing.

Cold Cobb Jar

Classic Brown Derby Cobb salad — the steakhouse chopped salad, rebuilt to ride a shift cooler and eaten straight from the jar.

691

KCAL

60

PROTEIN

14

CARBS

44

FAT

PER SERVING • MAKES 4 • 45 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Chicken breast, boneless skinless	600 g / 2 medium breasts
Eggs	6 large
Bacon	120 g / 5-6 slices
Blue cheese, crumbled	100 g / about 1 cup
Grape/cherry tomatoes	300 g / about 2 cups
Romaine lettuce	340 g / 1 large heart (about 8 cups)
Avocado	200 g / 1 large
Greek yogurt, plain nonfat	180 g / 3/4 cup
Olive oil, extra virgin	24 g / about 2 tbsp
Green onions / scallions	40 g / 4 scallions

→ METHOD CONTINUES ON THE NEXT PAGE

Cold Cobb Jar

- 1 Pat 600 g chicken breast dry, season with salt and pepper, and roast whole in a thin film of olive oil over medium-high, 6–7 min per side, until the thickest part hits 165 F. Rest 5 min, dice into 1 cm cubes, and cool fully.
- 2 Lower 6 eggs into boiling water, boil 10 minutes, then plunge into ice water. Peel and quarter once cold.
- 3 Lay the bacon in a cold pan, bring up to medium, and cook until crisp. Drain, crumble, and reserve a little dripping for the dressing.
- 4 Halve 300 g tomatoes. Chop the romaine and spin or pat bone-dry. Slice the scallions. Dice the avocado last and toss with a squeeze of lemon.
- 5 Whisk 180 g Greek yogurt, 24 g (2 tbsp) olive oil, half the blue cheese (50 g), half the scallions, a squeeze of lemon, a pinch of garlic powder, salt, and cracked pepper. Loosen with a splash of water to a pourable, spoon-coating texture.
- 6 Into 4 wide-mouth 32 oz / 1 L jars, layer bottom to top: dressing; tomatoes and remaining scallions; chicken, then egg, then bacon; remaining blue cheese (50 g) and avocado; romaine packed firmly to the shoulder. Cap tight and refrigerate; holds 4 days.
- 7 At the cooler, shake hard, twist off the lid, and eat cold straight from the jar.

ON SHIFT Built for a 12-hour day shift.

KEEP IT SAFE Perishable — keep refrigerated at or below 40 F (4 C); holds 4 days sealed.

Cold Chimichurri Steak & Crushed Potato Salad

Argentine asado steak frites — the steakhouse "steak and potatoes" plate turned into a cold, shift-proof box

519

KCAL

44

PROTEIN

37

CARBS

22

FAT

PER SERVING • MAKES 4 • 45 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Top sirloin steak, lean	1.5 lb
Baby red potatoes	1.75 lb
Extra-virgin olive oil	4 tbsp + 1 tsp
Red wine vinegar	2 tbsp
Fresh flat-leaf parsley	1 cup leaves
Garlic cloves	4 cloves
Red onion	1/2 small onion
Cherry tomatoes	1 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Cold Chimichurri Steak & Crushed Potato Salad

- 1 Make the chimichurri first. Finely chop the parsley, mince the garlic, and finely dice the red onion. Combine in a bowl with the olive oil, red wine vinegar, 2 tsp dried oregano, 1/2 tsp chili flakes, and 1 tsp salt. Stir with a spoon; do not blend. Let sit 20+ min.
- 2 Halve the baby potatoes (quarter large ones). Cover with cold water, add a big pinch of salt, bring to a boil, and simmer 12-15 min until a knife slides in easily. Drain and steam-dry 2 min.
- 3 While still warm, tip the potatoes into a large bowl, pour over about a third of the chimichurri, and toss gently, crushing a few.
- 4 Pat the sirloin dry and season both sides hard with salt and pepper. Heat a heavy skillet over high heat with 1 tsp oil. Sear 3-4 min per side for medium (135-140F), in two batches if crowded.
- 5 Rest the steak 8-10 min, then slice thinly against the grain.
- 6 Add the halved cherry tomatoes, sliced steak, and remaining chimichurri to the potato bowl. Toss gently; adjust salt and vinegar.
- 7 Cool to room temperature, divide into 4 containers, and refrigerate. Eat cold; best on day 2.

ON SHIFT A true grab-and-go cold box — zero reheating, no lunchroom microwave required.

KEEP IT SAFE Store in airtight containers at or below 40F (4C).

Salmon Roll Rice Box

California / spicy salmon sushi roll, deconstructed

586

KCAL

31

PROTEIN

70

CARBS

21

FAT

PER SERVING • MAKES 4 • 45 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Canned wild pink salmon	330 g (about 2 cans)
White long-grain rice (sushi or jasmine), dry	300 g (1.5 cups)
Avocado	200 g (about 1.5 medium)
Cucumber	200 g (half a large English cucumber)
Plain nonfat Greek yogurt	120 g (1/2 cup)
Real mayonnaise	30 g (2 tbsp)
Sesame seeds	24 g (2.5 tbsp)
Scallions	30 g (about 3)
Seaweed (nori) sheets	8 g (about 3 sheets)
Soy sauce	24 g (1.5 tbsp)
Rice vinegar	20 g (4 tsp)

→ METHOD CONTINUES ON THE NEXT PAGE

Salmon Roll Rice Box

- 1 Cook the rice. Rinse 300 g dry rice under cold water until it runs mostly clear, then cook it (rice cooker or 1.5 cups rice to ~1.75 cups water, simmer covered 12-15 min, rest 10 min off heat). You want it cooked through but not mushy.
- 2 Season the rice. While it is still warm, fold in the 20 g rice vinegar (with an optional pinch of sugar and salt if you want true sushi-rice flavour). Spread it out on a plate or tray to cool quickly — packing warm rice is what gets you in trouble on safety, so get it down to room temp fast.
- 3 Make the spicy mayo. Stir together the 120 g Greek yogurt, 30 g mayo, and the Sriracha until smooth. Taste and adjust heat. This is your creamy, craveable sauce at a fraction of the fat of straight spicy mayo.
- 4 Prep the fresh stuff. Drain the salmon well and flake it into a bowl (mash the soft bones in if using — free calcium). Dice the cucumber, dice the avocado, slice the scallions, and tear or scissor the seaweed (nori) sheets into strips. Toast the sesame seeds in a dry pan for 1-2 min until fragrant if they aren't already toasted.
- 5 Build the boxes. Divide the cooled seasoned rice across 4 containers. Top each with a quarter of the flaked salmon, cucumber, and avocado, keeping them in tidy sections like a poke bowl.
- 6 Sauce and finish. Spoon or zig-zag the spicy mayo over each box, then scatter sesame seeds, scallion, and torn seaweed (nori) sheets on top. Pack the soy sauce/soy on the side in a small container so the seaweed (nori) sheets stays crisp until you eat.
- 7 Toss the avocado cut surfaces in a little of the rice vinegar or lemon if packing more than a day ahead — it slows the browning.

ON SHIFT This is a true grab-and-go shift box: assembled cold, eaten cold, zero reheating, and it survives a locker or shift bag as long as it goes back on ice.

KEEP IT SAFE Canned salmon is fully cooked and shelf-stable until opened — once opened and mixed, treat it like any cooked protein.

Coronation Chicken Box

Coronation chicken (curried British chicken salad) — lightened from a mayo bomb into a high-protein, cold cooler box

366

KCAL

41

PROTEIN

19

CARBS

14

FAT

PER SERVING • MAKES 6 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 6

Chicken breast, boneless skinless	900 g raw
Plain nonfat Greek yogurt	1 1/4 cups
Mayonnaise	1/4 cup
Mango chutney (Major Grey style)	4 1/2 tbsp
Dried apricots	1/3 cup
Sliced almonds	1/3 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Coronation Chicken Box

- 1 Put the 900g chicken breasts in a wide pot, cover with cold water by an inch, add a big pinch of salt. Bring to a gentle simmer, drop the heat, and cook 12 to 15 minutes until the thickest breast hits 165F.
- 2 Meanwhile, toast the almonds in a dry pan over medium heat 2 to 3 minutes, shaking often, until golden. Tip onto a plate and set aside.
- 3 Whisk the dressing in a big bowl: 300g Greek yogurt, 60g mayo, 90g mango chutney, 1 to 1.5 tbsp curry powder, the juice of half a lemon, and black pepper. Chop any large chutney pieces so they fold in evenly.
- 4 Pull the chicken and cool 10 minutes, then chop or shred into bite-size pieces. Chop the 60g apricots small. Fold chicken and apricots into the dressing until coated. Thinly slice 3 scallions plus a handful of cilantro or parsley and fold in.
- 5 Portion into 6 containers and top each with the toasted almonds. Chill at least 30 minutes before eating.
- 6 Serve cold over greens or rolled into a tortilla or sourdough. No heating needed.

ON SHIFT Built for the cold side of the cooler - zero reheating, no microwave fight in the break room.

KEEP IT SAFE Cook chicken to an internal 165F (use a thermometer on the thickest breast).

Smoky BBQ Chicken & Charred Corn Black Bean Bowl

BBQ chicken chopped salad / Tex-Mex BBQ chicken bowl

435

KCAL

44

PROTEIN

42

CARBS

11

FAT

PER SERVING • MAKES 5 • 40 MIN • EAT COLD • \$

THE BATCH — MAKES 5

Chicken breast, boneless skinless	1.5 lb (about 2 large breasts)
Black beans, canned	two 15-oz cans
Frozen corn kernels	2 cups
Greek yogurt, plain nonfat	2/3 cup
Olive oil	2 tbsp
BBQ sauce	1/4 cup + 2 tbsp
Red bell pepper	1 large
Red onion	1/2 small
Lime juice	2 tbsp (1 large lime)
Cilantro	1/2 cup chopped

→ METHOD CONTINUES ON THE NEXT PAGE

Smoky BBQ Chicken & Charred Corn Black Bean Bowl

- 1 Season the 700 g chicken breasts, cover with cold water by an inch, and poach at a gentle simmer 12-15 min until they reach 165F. Lift out and rest 5 min.
- 2 Heat 1 tbsp olive oil in a wide skillet over medium-high. Add the 300 g frozen corn and cook 6-8 min, stirring only twice, until charred. Tip onto a plate to cool.
- 3 Shred the chicken and toss with the 90 g BBQ sauce while warm. Set aside to cool.
- 4 Whisk the dressing: 170 g Greek yogurt, remaining 1 tbsp olive oil, 30 g lime juice, 1.5 tsp ground cumin, 1 tsp smoked paprika, 1/2 tsp garlic powder, and a pinch of salt.
- 5 In a large bowl, combine the drained 510 g black beans, charred corn, 150 g diced red bell pepper, 70 g finely diced red onion, and 15 g chopped cilantro. Add the BBQ chicken, pour over the dressing, and fold to coat. Rest 10 min.
- 6 Divide into 5 containers (about 410 g each), seal, and chill.

ON SHIFT This is a true grab-and-fork meal — no reheat, no assembly, no lettuce to go limp.

KEEP IT SAFE Store sealed in the fridge at or below 40F (4C); eats best within 4 days.

Pesto Chicken Orzo Caprese

Caprese salad (mozzarella, tomato, basil) — turned into a protein-loaded cold pasta lunch

693

KCAL

47

PROTEIN

62

CARBS

27

FAT

PER SERVING • MAKES 6 • 40 MIN • EAT COLD • \$\$

THE BATCH — MAKES 6

Chicken breast, boneless skinless	1.5 lb
Orzo pasta, dry	2 1/3 cups
Fresh mozzarella, whole milk	8 oz
Cherry or grape tomatoes	1 pint
Basil pesto	2/3 cup
Extra virgin olive oil	1 tbsp
Fresh basil leaves	1 cup
Red wine vinegar	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Pesto Chicken Orzo Caprese

- 1 Season the 700 g chicken breast with salt and pepper. Poach in barely simmering salted water 15-18 minutes until 165F in the thickest part; rest. (Shortcut: shred a 1.5 lb rotisserie or pre-cooked breast and skip this step.)
- 2 Boil the 450 g orzo in well-salted water to al dente, about 1 minute less than the box says (around 7-8 minutes). Drain and immediately rinse under cold running water until fully cool; shake out excess water.
- 3 Tip the cool orzo into your biggest bowl. Add the 1 tablespoon olive oil and 2 tablespoons red wine vinegar and toss.
- 4 Shred or chop the rested chicken into bite-size pieces and add. Add the 150 g pesto and stir until evenly glossy.
- 5 Halve the 400 g tomatoes and dice or tear the 250 g mozzarella; fold in gently so the mozzarella stays in distinct pieces.
- 6 Tear in the fresh basil last and toss once. Taste and adjust salt, pepper, and vinegar. Portion into 6 containers and chill.

ON SHIFT Designed to be eaten cold — no microwave, no fork-juggling at a call.

KEEP IT SAFE Contains cooked chicken and fresh dairy — both perishable.

Microwave dinners

Cook once, reheat all block.

Carnitas-Style Chicken Burrito Bowl

Chipotle chicken burrito bowl

761

KCAL

50

PROTEIN

82

CARBS

28

FAT

PER SERVING • MAKES 7 • 50 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 7

Boneless skinless chicken thighs	1300 g (2.9 lb)
White long-grain rice	450 g (2.25 cups dry)
Black beans, canned	two 15 oz cans (510 g drained)
Extra-virgin olive oil	2 tbsp
Frozen corn kernels	300 g (2 cups)
Yellow onion	1 large (200 g)
Fire-roasted diced tomatoes, canned	one 14.5 oz can (411 g), not drained
Feta cheese	100 g (3/4 cup crumbled)
Avocado	2 medium (240 g flesh)
Fresh lime juice	60 g (4 tbsp, ~2 limes)

→ METHOD CONTINUES ON THE NEXT PAGE

Carnitas-Style Chicken Burrito Bowl

- 1 Marinate the chicken: toss 1300 g thighs with 1 tbsp olive oil, half the lime juice (~2 tbsp), 1 tbsp chili powder, 2 tsp smoked paprika, 2 tsp ground cumin, 1 tsp garlic powder, 1 tsp salt, and pepper. Rest 15+ min (or overnight).
- 2 Cook the rice: rinse 450 g rice, cook in 700 ml water with 1 tsp salt (~15 min, then rest 5 min off heat). Fluff and fold through the remaining lime juice (~2 tbsp) and chopped cilantro; keep lidded.
- 3 Sear the chicken: heat the remaining 1 tbsp olive oil in a large skillet over medium-high. Sear thighs in batches 4-5 min per side to 165F internal. Rest 5 min, chop bite-size, and pour the pan juices back over.
- 4 Char the salsa: in the same pan, add 300 g corn and the diced 200 g onion; sit undisturbed to blister, then stir, 5-6 min total. Add the full can of tomatoes with juice and a pinch of salt; simmer 3-4 min.
- 5 Drain and rinse the 510 g black beans, fold into the corn-tomato pan with a pinch each of cumin and salt, and warm 2-3 min.
- 6 Build the bases: divide rice, chicken, and bean-corn salsa across 7 containers. Cool uncovered ~20 min, then lid. Portion the avocado and feta separately and add only at serving, after reheating.

ON SHIFT Pack the hot base (rice + chicken + beans) in one container and a tiny side cup with the avocado and feta.

KEEP IT SAFE Cool to room temp within ~1 hour, then refrigerate at or below 40F (4C); keeps 4 days.

Bulgogi Beef Bowls

Korean beef bulgogi takeout / the Korean ground beef rice bowl

680

KCAL

39

PROTEIN

84

CARBS

19

FAT

PER SERVING • MAKES 6 • 35 MIN • MICROWAVE • \$

THE BATCH — MAKES 6

Lean ground beef (90% lean)	2 lb
White long-grain rice, dry	2 3/4 cups
Soy sauce	6 tbsp
Brown sugar	3 tbsp
Toasted sesame oil	1 tbsp
Garlic	6 cloves
Fresh ginger	1 tbsp
Green onions	5 scallions
Carrots	2 medium / 1 1/2 cups
Toasted sesame seeds	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Bulgogi Beef Bowls

- 1 Rinse the rice until the water runs clear, then cook (1:1.5 rice-to-water, lid on, about 15 min; rest 10 min off heat) to yield about 8 cups. Mince the garlic, grate the ginger, slice the scallions, and shred the carrots.
- 2 Mix the sauce: 6 tbsp soy sauce, 3 tbsp brown sugar, 1 tbsp toasted sesame oil. Stir until the sugar dissolves.
- 3 Heat a dry skillet over medium-high (no oil). Add all 900g beef, press flat, and leave undisturbed 2-3 minutes to crust.
- 4 Break into crumbles and cook until no pink remains, 5-6 min total. Do not drain. Push the beef aside, add the garlic and ginger to the cleared spot, and stir 30-60 seconds until fragrant.
- 5 Pour in the sauce and add the carrots. Bubble hard 3-5 minutes until glossy and coating the spoon, then kill the heat. Stir in half the green onions and half the sesame seeds.
- 6 Build 6 containers: about 1 1/3 cups rice each, then divide the beef and sauce on top. Garnish with the remaining green onion and sesame seeds. Cool uncovered 15 min before lidding.

ON SHIFT This is the nightshift hero.

KEEP IT SAFE Cook beef to 71C/160F internal (no medium-rare zone for ground beef).

Baked Ziti

Classic cheesy baked ziti / Sunday-gravy pasta bake

700

KCAL

46

PROTEIN

73

CARBS

25

FAT

PER SERVING • MAKES 6 • 70 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 6

Ground turkey, 93% lean	1.25 lb
Penne or ziti, dry	1 lb
Marinara sauce, jarred	24 oz
Cottage cheese, 2%	1.5 cups
Mozzarella, part-skim, shredded	1.5 cups
Parmesan, grated	1/2 cup
Yellow onion	1 medium
Garlic	4 cloves
Olive oil	2 tbsp
Egg	1 large

→ METHOD CONTINUES ON THE NEXT PAGE

Baked Ziti

- 1 Heat oven to 375F (190C) and boil a large pot of salted water. Cook the penne 2 minutes shorter than the box says, drain, and set aside.
- 2 Heat 2 tbsp olive oil in a large skillet over medium-high. Cook the diced onion 3-4 minutes until soft, then add the minced garlic and cook 30 seconds.
- 3 Add the turkey, break it up, and brown 6-8 minutes until no pink remains. Do not drain. Season with salt, pepper, dried oregano, and chili flakes. Pour in the marinara, simmer 2-3 minutes, then kill the heat.
- 4 Stir together the cottage cheese, egg, half the parmesan, and black pepper. Fold the drained pasta into the turkey-marinara until coated.
- 5 In a 9x13 dish, spread half the pasta-meat mixture, spread all the cottage cheese mixture over it, then top with the remaining pasta-meat. Scatter the mozzarella and remaining parmesan over the top.
- 6 Cover with foil and bake 20 minutes. Uncover and bake another 10-15 minutes until bubbling and browned at the edges. Rest 10 minutes, then cut into 6 squares (2 by 3). Cool fully within 2 hours and pack.

ON SHIFT This is the meal you build your week around.

KEEP IT SAFE Cool the cut squares and refrigerate within 2 hours of baking.

Second-Shift Butter Chicken with Basmati

Restaurant butter chicken (murgh makhani) and basmati rice

733

KCAL

40

PROTEIN

78

CARBS

29

FAT

PER SERVING • MAKES 9 • 75 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 9

Boneless skinless chicken thighs	3 lb
White basmati rice	3.5 cups dry
Plain nonfat Greek yogurt	3/4 cup
Canned tomato puree (passata)	1 can
Raw cashews	1/2 cup
Heavy whipping cream	2/3 cup
Salted butter	6 tbsp
Yellow onion	1 large
Garlic	10 cloves
Fresh ginger	2 tbsp
Granulated sugar	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Second-Shift Butter Chicken with Basmati

- 1 **MARINATE** (do this before your shift, or the night before): In a big bowl, stir the 170g Greek yogurt with half the garlic and ginger, 1 tbsp garam masala, 2 tsp Kashmiri chili powder (or paprika + a pinch of cayenne for color without scorch), 1 tsp salt, and a squeeze of lemon. Add the cubed chicken, toss to coat, cover. Fridge at least 30 minutes, ideally overnight the longer it sits the more tender it cooks.
- 2 **RICE**: Rinse the 700g basmati until the water runs clear (this is what keeps it fluffy, not gummy). Cook by your usual method 1.5 cups water per cup rice, lid on, low, ~12 min, then rest 5 min off heat. Spread it out on a tray or wide bowl to cool fast before it goes in boxes (see food safety).
- 3 **CASHEW CREAM**: While rice cooks, soak the 60g cashews in just-boiled water for 10 minutes, then blend smooth with about 1/2 cup of the soaking water. This is the trick that makes it taste like the restaurant version a velvety body without dumping in more cream.
- 4 **SEAR THE CHICKEN**: Melt 2 tbsp of the butter in a large heavy pot or deep skillet over medium-high. Working in two batches (don't crowd it), brown the marinated chicken ~3-4 min per batch. It won't be cooked through that's fine, it finishes in the sauce. Pull it out onto a plate, juices and all (keep those juices, they're macros and flavor).
- 5 **BUILD THE GRAVY**: Drop the remaining 4 tbsp butter into the same pot. Add the onion and cook 5-6 min until soft and golden. Add the rest of the garlic and ginger, cook 1 min until fragrant. Stir in 1 tbsp garam masala, 1 tsp Kashmiri chili powder, and 1 tsp ground cumin if you have it let the spices toast 30 seconds.
- 6 **SIMMER**: Pour in the 700g tomato puree and the 12g sugar. Scrape the bottom of the pot. Simmer 8-10 min until it darkens from bright red to a deeper brick. Stir in the blended cashew cream.
- 7 **FINISH**: Return the chicken and all its plate juices to the pot. Stir in the 160g heavy cream. Simmer gently 8-10 min until the chicken is cooked through (165F internal) and the gravy clings to a spoon. Crush 1 tbsp dried kasuri methi (fenugreek leaves) between your palms and stir in that smoky-herbal note is what says 'butter chicken.' Taste, adjust salt.
- 8 **BOX IT**: Cool both the curry and rice quickly. Portion roughly 1 packed cup of rice into each of 9 containers, then ladle an even ninth of the curry over top (about 2 thighs' worth of chicken plus gravy per box). Snap the lids once everything is cool, not steaming.

ON SHIFT This is the meal that justifies the microwave at work.

KEEP IT SAFE Store at or below 40F (4C).

Turkey 3-Bean Chili

Classic beef-and-beer chili / firehouse chili cook-off

471

KCAL

40

PROTEIN

42

CARBS

18

FAT

PER SERVING • MAKES 6 • 70 MIN • MICROWAVE • \$

THE BATCH — MAKES 6

Ground turkey, 93% lean	2 lb
Crushed tomatoes, canned	28 oz can
Tomato paste	6 tbsp
Red kidney beans, canned	1 can (15 oz)
Black beans, canned	1 can (15 oz)
Pinto beans, canned	1 can (15 oz)
Onion	1 large
Garlic	6 cloves
Olive oil	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Turkey 3-Bean Chili

- 1 Prep first: chop the onion, mince the garlic, and drain and rinse all three cans of beans in a colander. Open the crushed tomatoes and tomato paste so they're ready to go.
- 2 Heat the olive oil in a large heavy pot or Dutch oven over medium-high. Add the onion and cook 4-5 minutes until soft and translucent, then add the garlic and cook 30 seconds until fragrant.
- 3 Add all 900g (2 lb) of ground turkey. Break it up with a wooden spoon and cook 6-8 minutes until no pink remains. Because 93/7 turkey is lean, there's no grease to pour off — leave everything in the pot (that's where the flavor and the macros live).
- 4 Push the turkey to one side and drop the spice mix into the bare patch of pot: 3 tbsp chili powder, 1 tbsp ground cumin, 2 tsp smoked paprika, 1 tsp dried oregano, and 1/4 tsp cinnamon. Toast 30-45 seconds in the oil and turkey fat — this 'blooming' step is what separates a great chili from a dull one. Stir everything together.
- 5 Add the tomato paste and stir it into the meat for 1 minute until it darkens slightly. Then add the crushed tomatoes and all three drained beans. Stir in about 1 to 1.5 cups (240-360 ml) water to reach a chili consistency.
- 6 Bring to a gentle simmer, then drop the heat to low, partially cover, and simmer 40-45 minutes, stirring now and then so the bottom doesn't catch. The longer it goes, the better it gets.
- 7 Taste and adjust: a pinch of salt, a squeeze of lime, or a teaspoon of brown sugar to round it out. The canned beans and tomatoes already carry sodium, so salt last, not first.
- 8 Cool the chili to room temp within about an hour (spread it shallow to speed this up), then divide evenly into 6 meal-prep containers. Optional toppings to pack on the side: a spoon of plain Greek yogurt (adds protein in place of sour cream), shredded cheese, chopped green onion, or hot sauce.

ON SHIFT This is a workhorse shift meal.

KEEP IT SAFE Cool to room temperature within 1 hour, then refrigerate at or below 40F (4C) within 2 hours of cooking — chili is dense and holds heat, so spread it shallow to cool faster.

Beef and Broccoli over Jasmine Rice

Chinese-takeout beef and broccoli (the greasy mall-food-court / delivery-carton classic)

746

KCAL

55

PROTEIN

79

CARBS

23

FAT

PER SERVING • MAKES 5 • 50 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 5

Flank steak	1.75 lb (800g)
Broccoli florets	2 medium crowns (700g)
Jasmine / long-grain white rice, dry	1.75 cups (375g)
Reduced-sodium soy sauce	4 tbsp (60g)
Stir-fry sauce	2.5 tbsp (45g)
Garlic	6 cloves (20g)
Light brown sugar	1.5 tbsp (18g)
Cornstarch	2 tbsp (16g)
Toasted sesame oil	1 tbsp (14g)
Olive oil	2 tbsp (28g)

→ METHOD CONTINUES ON THE NEXT PAGE

Beef and Broccoli over Jasmine Rice

- 1 Rinse 375g rice until water runs clear and cook (1.5 parts water to 1 rice, covered, 15 min, rest 10). Fluff and set aside.
- 2 Firm the steak in the freezer 20-30 min, then slice thin against the grain. Toss with 1 tbsp soy sauce, 1 tbsp cornstarch, and 1 tbsp water; let sit 15 min.
- 3 Whisk the sauce: remaining soy sauce, all 45g stir-fry sauce, 18g brown sugar, sesame oil, remaining cornstarch, minced garlic, and 120ml (1/2 cup) water.
- 4 Blanch broccoli in boiling water 60-90 seconds until bright green and just-tender; drain well.
- 5 Sear beef in two batches in half the olive oil over high heat, about 90 seconds per batch, until no longer pink. Remove.
- 6 Add remaining olive oil, pour in sauce, and bubble 30-60 seconds until thickened. Return beef, add broccoli, and toss about 1 minute until coated.
- 7 Divide rice across 5 containers and top with beef, broccoli, and all the sauce.

ON SHIFT Built for the 2am crash on a 12-hour nightshift, when the vending machine and the greasy carton are the only other options.

KEEP IT SAFE Cool the cooked batch quickly (within 2 hours of cooking) and refrigerate at or below 40F / 4C.

Tikka Masala Power Bowls

Restaurant chicken tikka masala & rice — the takeout you'd order on a Friday night shift

781

KCAL

45

PROTEIN

84

CARBS

29

FAT

PER SERVING • MAKES 5 • 60 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 5

Boneless skinless chicken thighs	900g
Plain low-fat yogurt	400g
Yellow onion	1 large
Canned crushed tomatoes	28 oz can
Heavy whipping cream	1/2 cup
Unsalted butter	2 tbsp
White basmati / long-grain rice	375g dry

→ METHOD CONTINUES ON THE NEXT PAGE

Tikka Masala Power Bowls

- 1** Marinate: In a bowl, combine the chicken chunks with 300g of the yogurt, 1 tbsp garam masala, 2 tsp ground cumin, 1 tsp turmeric, 1 tsp paprika, 4 grated garlic cloves, a thumb of grated ginger, and 1 tsp salt. Stir to coat and let it sit 20 min on the counter while you prep everything else (or up to 24 hours in the fridge — longer is better and totally fine for prep-ahead).
- 2** Start the rice: Rinse the 375g dry rice until the water runs clear, then cook it (rice cooker, or 1:1.5 rice-to-water, lid on, 12 min, rest 10). Set aside — you want it done before the curry so it can cool for packing.
- 3** Sear the chicken: Heat a large deep skillet or pot over medium-high with a drizzle of olive oil. Lift the chicken out of the marinade (keep every bit of leftover marinade — you'll add it back) and sear in two batches until browned and nearly cooked, about 4-5 min per batch. Move to a plate. Browning is where the flavor lives, so don't crowd the pan.
- 4** Build the gravy: Drop the heat to medium, add the 30g butter and the chopped onion to the same pot, and cook 6-7 min until soft and golden, scraping up the browned bits. Add another 1 tbsp garam masala, 1 tsp cumin, and 1/2 tsp chili powder (more if you like heat) and stir 1 min until fragrant.
- 5** Simmer: Pour in the 800g crushed tomatoes plus any reserved marinade and a splash of water. Simmer 8-10 min until it darkens and thickens. For a smooth restaurant-style gravy, blitz it with a stick blender here (optional but worth it — it kills the canned-tomato sharpness).
- 6** Finish: Return the chicken and its juices to the pot, simmer 5 min until cooked through (165F internal). Kill the heat, then stir in the 120g heavy cream and the remaining 100g yogurt. Crush 1 tsp dried fenugreek leaves (kasuri methi) between your palms over the top if you have it — that's the secret aroma. Taste and adjust salt.
- 7** Portion: Divide the rice across 5 containers and spoon the curry over (or alongside). Cool uncovered for no more than 1 hour, then lid and refrigerate.

ON SHIFT This is built for the back half of a long shift — it microwaves to creamy, not rubbery, because thighs stay juicy and the cream/yogurt was added off the heat.

KEEP IT SAFE Refrigerate at or below 40F (4C) within 1 hour of cooking; keeps 4 days.

Smoky Cajun Chicken & Sausage Jambalaya

One-pot Louisiana chicken-and-sausage jambalaya / dirty rice

679

KCAL

51

PROTEIN

59

CARBS

25

FAT

PER SERVING • MAKES 6 • 55 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 6

Boneless skinless chicken breast	2 lb
Turkey/chicken smoked sausage (kielbasa)	12 oz
Long-grain white rice	1 3/4 cups dry
Extra-virgin olive oil	2 tbsp
Yellow onion	1 medium
Green bell pepper	1 medium
Celery	2 ribs
Garlic	4 cloves
Tomato paste	5 tbsp
Low-sodium chicken broth	3 cups

→ METHOD CONTINUES ON THE NEXT PAGE

Smoky Cajun Chicken & Sausage Jambalaya

- 1 Make the Cajun seasoning (or use 2 1/2 tbsp store-bought salt-free Cajun/Creole blend): mix 2 tsp smoked paprika, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp dried oregano, 1 tsp dried thyme, 1/2 to 1 tsp cayenne (your heat), 1 tsp black pepper, and 1 tsp kosher salt. Toss the cubed chicken with about half the blend.
- 2 Heat the olive oil in a large deep skillet or Dutch oven over medium-high. Brown the smoked sausage coins for 2 to 3 minutes until the edges crisp and the fat renders — this is where the smoke comes from. Scoop the sausage out and set aside, leaving the seasoned oil in the pot.
- 3 Add the seasoned chicken in a single layer. Sear 4 to 5 minutes, turning once, until golden on the outside (it does not need to cook through yet). Remove and set aside with the sausage.
- 4 Drop the heat to medium. Add the onion, green pepper, and celery (the holy trinity). Cook 5 to 6 minutes until softened, scraping up the browned bits stuck to the bottom — that fond is pure flavor. Stir in the garlic and the rest of the Cajun seasoning and cook 1 minute until fragrant.
- 5 Stir in the tomato paste and cook 1 to 2 minutes, letting it darken slightly and coat the vegetables. Add the rinsed rice and stir for 1 minute so every grain gets coated in the seasoned base.
- 6 Pour in the chicken broth and scrape the bottom one more time. Return the chicken and sausage (and any resting juices — that liquid carries flavor and macros, keep it in). Bring to a boil.
- 7 Cover, drop to low, and simmer undisturbed for 20 to 22 minutes until the rice is tender and the liquid is absorbed. Resist stirring — that is what keeps the rice from going gummy. Kill the heat and let it sit covered 5 minutes.
- 8 Fluff with a fork, taste, and adjust salt or cayenne. Optional finish: a handful of sliced green onion and a squeeze of hot sauce. Cool, then portion into 6 containers.

ON SHIFT Travels and reheats better than almost any rice dish — jambalaya genuinely improves overnight as the seasoning settles into the grains.

KEEP IT SAFE Cool to room temp within 1 hour, then refrigerate at or below 4 C / 40 F within 2 hours of cooking.

Teriyaki Salmon Rice Bowls

Takeout teriyaki salmon poke-style rice bowl

762

KCAL

46

PROTEIN

80

CARBS

28

FAT

PER SERVING • MAKES 4 • 40 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 4

Salmon fillet, skin-on	4 fillets (~150 g / 5.3 oz each), 600 g
White rice, long-grain, dry	1.5 cups (300 g)
Broccoli florets	1 large crown / ~5 cups (400 g)
Edamame, shelled, frozen	~1.25 cups (200 g)
Soy sauce	4 tbsp
Honey	2 tbsp
Olive oil	1 tbsp
Toasted sesame oil	1 tsp

→ METHOD CONTINUES ON THE NEXT PAGE

Teriyaki Salmon Rice Bowls

- 1 Rinse the rice until the water runs clear, then cook 1.5 cups rice to 2.25 cups water, lid on, low, ~15 min; rest 5 min off heat and fluff.
- 2 Heat oven to 425F (220C) and line a sheet pan. Toss the broccoli and thawed edamame with the olive oil and a pinch of salt on one half of the pan, leaving the other half clear.
- 3 Whisk the soy sauce, honey, and toasted sesame oil until smooth.
- 4 Pat the salmon dry and lay skin-side down on the clear half of the pan. Brush two-thirds of the glaze over the tops; reserve the rest.
- 5 Roast 12-15 min, until the salmon flakes and reads 145F internal and the broccoli edges brown. Spoon the reserved glaze over the hot salmon and rest 5 min.
- 6 Divide rice across 4 containers, add broccoli and edamame, top each with a fillet, and scrape any pan glaze over. Cool uncovered ~15 min, then lid and refrigerate.

ON SHIFT Built for the box: rice on the bottom soaks up the glaze, salmon reheats without drying because the sauce keeps it moist.

KEEP IT SAFE Cook salmon to 145F internal.

Cheesesteak Rice Bowls

Philly cheesesteak hoagie

690

KCAL

54

PROTEIN

68

CARBS

21

FAT

PER SERVING • MAKES 5 • 40 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 5

Top sirloin steak, lean	2 lb
White long-grain rice, dry	375 g (about 1 7/8 cups)
Provolone cheese, sliced	150 g (about 6 slices)
Olive oil	2 tbsp
Yellow onion	1 large
Green bell pepper	2 medium

→ METHOD CONTINUES ON THE NEXT PAGE

Cheesesteak Rice Bowls

- 1 Freeze the sirloin 20-30 minutes until firm but not solid. Trim fat, then slice as thin as possible against the grain (skip if using pre-shaved steak).
- 2 Rinse 375g rice and cook in 700ml (about 3 cups) water with a big pinch of salt: boil, drop to low, cover, simmer 15 minutes, then rest covered 5 minutes and fluff. Divide across the bottoms of 5 meal-prep containers.
- 3 Heat 1 tablespoon olive oil in a large skillet over medium-high. Cook the sliced onion and green pepper with a pinch of salt 6-8 minutes until soft and browned at the edges. Set aside in a bowl.
- 4 Crank the heat to high, add the remaining olive oil, and lay the beef in a single layer (work in two batches if crowded). Season with 1 tsp salt, 1/2 tsp black pepper, and 1 tsp garlic powder. Sear 2-3 minutes, tossing, until no pink remains. Do not drain the pan.
- 5 Return the onions and peppers, toss 30 seconds, then pull off the heat. Lay the provolone over the top, cover 2-3 minutes until melted, and stir through.
- 6 Divide the mixture over the rice in the 5 containers, scraping in all pan juices. Cool uncovered about 15 minutes before sealing.

ON SHIFT Built for a 12-hour shift: ~54g protein keeps you full from clock-in to the back half of the night, and the white rice is fast, familiar fuel that won't sit heavy.

KEEP IT SAFE Store sealed in the fridge at or below 40F (4C); eat within 4 days, or freeze up to 3 months (thaw overnight in the fridge before reheating).

Honey-Garlic Chicken Meatball Rice Bowls

Sticky takeout honey-garlic chicken balls over rice — the saucy mall-food-court classic, rebuilt protein-forward for the cooler

784

KCAL

42

PROTEIN

104

CARBS

22

FAT

PER SERVING • MAKES 5 • 45 MIN • MICROWAVE • \$

THE BATCH — MAKES 5

Ground chicken	2 lb
White long-grain rice, dry	2 1/4 cups
Panko or plain dry breadcrumbs	3/4 cup
Egg	1 large
Honey	1/3 cup + 1 tbsp
Soy sauce	4 tbsp
Garlic, minced	8-10 cloves
Butter	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Honey-Garlic Chicken Meatball Rice Bowls

- 1 Heat oven to 425F (220C) and line a sheet pan with parchment.
- 2 Rinse 450g dry rice and cook in 700-750ml water (covered pot 15 min, then rest 10 min off heat). Fluff and divide across 5 containers.
- 3 Combine 900g ground chicken, 70g panko, the egg, half the garlic (15g), and a pinch of salt and pepper. Mix by hand just until combined. Wet your hands and roll into about 30 meatballs (~33g each), spaced out on the pan.
- 4 Bake 16-18 minutes, until centers read 165F (74C).
- 5 Meanwhile, melt 28g butter in a wide skillet over medium and cook the reserved 15g garlic 30-60 seconds until fragrant. Add 60g soy sauce and 120g honey, simmer, and reduce 3-4 minutes until it coats a spoon.
- 6 Toss the baked meatballs in the glaze 1-2 minutes until glossy. Divide over the rice (6 per container) with all remaining glaze, top with optional green onion and sesame. Cool uncovered no more than 1 hour, then lid and refrigerate.

ON SHIFT Built for a 12-hour shift: 42g of protein per box with enough carbs to actually refuel mid-shift, and it reheats from cold without going rubbery because the glaze keeps the lean chicken moist.

KEEP IT SAFE Cook the meatballs to an internal 74C/165F before they go in containers.

Sheet-Pan Chicken Fajita Rice Bowls

Sizzling restaurant chicken fajitas — the skillet-and-tortillas night out, rebuilt as a stackable rice bowl that actually survives a 12-hour shift.

629

KCAL

50

PROTEIN

74

CARBS

13

FAT

PER SERVING • MAKES 6 • 50 MIN • MICROWAVE • \$

THE BATCH — MAKES 6

Chicken breast, boneless skinless	2.4 lb (about 4 medium breasts)
White long-grain rice, dry	2 cups
Black beans, canned	one 15 oz can, drained
Olive oil	3 tbsp
Red bell pepper	3 large
Yellow onion	1 large
Lime juice, fresh	4 tbsp (about 2 limes)

→ METHOD CONTINUES ON THE NEXT PAGE

Sheet-Pan Chicken Fajita Rice Bowls

- 1 Heat oven to 425F (220C). Rinse 2 cups (400g) rice until clear, then cook in 3.5 cups water with a pinch of salt: boil, cover, drop to low for 15 minutes, then rest off heat 5 minutes with the lid on.
- 2 Mix the rub: 1 tbsp chili powder, 2 tsp ground cumin, 2 tsp smoked paprika, 2 tsp garlic powder, 1 tsp dried oregano, 1.5 tsp salt, and black pepper.
- 3 Pat the 4 breasts dry; rub with 1 tbsp olive oil, 2 tbsp lime juice, and two-thirds of the spice mix. Slice the peppers and onion and toss with the remaining 2 tbsp olive oil and the rest of the spice mix. Lay chicken on one side of a sheet pan, mound the veg on the other.
- 4 Roast 22-26 minutes, until the chicken hits 165F and the peppers char. Rest the chicken 5 minutes, slice across the grain, and scrape all pan juices back over the chicken and veg.
- 5 Fold the drained black beans, remaining 2 tbsp lime juice, and chopped cilantro into the hot rice; taste for salt.
- 6 Divide rice and beans across 6 containers and top each with chicken, peppers, onions, and pan juices. Cool uncovered about 15 minutes before lidding. Add cold toppers (salsa, lime, avocado) the day you eat.

ON SHIFT This is a true grab-and-go shift meal: it's built to be microwaved hot but eats fine at room temp if your station has no microwave.

KEEP IT SAFE Store sealed in the fridge at 40F (4C) or below; good for 4 days.

Thai Red Curry Chicken & Rice

Takeout Thai red curry chicken — the kind you'd order at the end of a long shift, rebuilt to braise lean and reheat like it was made fresh.

686

KCAL

38

PROTEIN

75

CARBS

26

FAT

PER SERVING • MAKES 6 • 40 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 6

Boneless skinless chicken thighs	2 lb
White long-grain rice (jasmine if you have it)	2 1/4 cups dry
Full-fat coconut milk	1 can (13.5 oz)
Thai red curry paste	6 tbsp
Butternut squash	2 cups
Green beans	1 1/2 cups
Olive oil	2 tbsp
Soy sauce	1 1/2 tbsp
Brown sugar	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Thai Red Curry Chicken & Rice

- 1 Rinse the 450g dry rice and cook in a rice cooker or pot with about 675ml (2 3/4 cups) water. Set aside.
- 2 Pat the chicken dry and slice into 1/3-inch strips. Cube the squash into 1/2-inch pieces and cut the green beans into 2-inch lengths.
- 3 Heat the olive oil in a large deep skillet over medium-high. Add all 90g curry paste and fry, stirring, 2 minutes. Pour in about 1 cup water or low-sodium chicken broth, scrape the bottom, and reduce by half, about 3 minutes.
- 4 Add the coconut milk, soy sauce, and brown sugar; stir until smooth. Add the chicken, bring to a gentle simmer, and cook 8-10 minutes until cooked through.
- 5 Add the squash and green beans. Simmer 5-6 minutes until the squash is fork-tender. Adjust with a splash more soy sauce or a pinch of sugar.
- 6 Kill the heat. Squeeze over half a lime and tear in cilantro or Thai basil if you have it.
- 7 Portion rice into 6 containers, ladle the curry over, and cool uncovered 15-20 minutes before sealing and refrigerating.

ON SHIFT Builds and packs in well under an hour for the whole week, and it's one of the rare meals that's actually better reheated — the curry soaks into the rice overnight.

KEEP IT SAFE Refrigerate at or below 40F (4C) within 2 hours of cooking; eat within 4 days.

Cottage Pie

Classic British cottage pie (ground beef shepherd's-style bake under a mashed potato crust)

567

KCAL

44

PROTEIN

47

CARBS

23

FAT

PER SERVING • MAKES 6 • 75 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 6

Lean ground beef (93/7)	2.2 lb
Russet potatoes	4 medium (2.4 lb)
Carrot	2 medium
Yellow onion	1 large
Frozen green peas	1 cup
Unsalted butter	3 tbsp
Whole milk	3/4 cup
Tomato paste	1/4 cup
Sharp cheddar	2/3 cup grated
Worcestershire sauce	2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Cottage Pie

- 1 Start the potatoes first so they're ready when the beef is. Peel 1100 g russet potatoes and cut into rough 1-inch chunks. Drop into a big pot, cover with cold water, add a big pinch of salt, and bring to a boil. Simmer 15-18 minutes until a fork slides through with no resistance. Drain well and let them steam-dry in the colander for 2 minutes (dry potatoes = mash that holds its shape on top instead of weeping liquid into the cooler).
- 2 While the potatoes boil, build the base. Set a large oven-safe skillet or wide pot over medium-high. Add the 1000 g of 93/7 beef straight in, no oil — it has enough fat of its own. Break it up and brown it hard, 7-8 minutes, until you see actual color, not just gray. NO-DISCARD NOTE: do not pour off the pan — with 93/7 there's only a little fat and it's carrying flavor and macros that the recipe is counted on. Leave it in.
- 3 Push the beef to one side, add the 200 g diced onion and 150 g grated carrot to the cleared space, and cook 4-5 minutes until softened. Stir everything together.
- 4 Stir in the 66 g tomato paste and cook it for 1 full minute — this 'toasts' the paste and kills the raw-can taste, which is the single biggest upgrade over a lazy version. Add the 30 g Worcestershire, then pour in about 1 cup (240 ml) water or low-sodium beef stock to loosen it into a sauce. Season with salt, pepper, and a teaspoon of dried thyme if you have it.
- 5 Simmer the base uncovered 10-12 minutes until it's thick and glossy and a spoon dragged through leaves a brief trail — not soupy, not dry. Stir in the 150 g frozen peas in the last 2 minutes. Taste and adjust salt now; it won't get another chance. Kill the heat.
- 6 Finish the mash. To the steam-dried potatoes add 45 g butter, 180 g whole milk, and the 60 g grated sharp cheddar. Mash until smooth — the cheddar melts in and gives the top its golden, savory crust. Season with salt.
- 7 Assemble. If your skillet is oven-safe, leave the base right in it; otherwise scrape it into a 9×13 baking dish and level it. Spoon the mash over the top in dollops, then spread gently to seal edge to edge (sealing the edges stops the filling bubbling up and over). Drag a fork across the top in lines — those ridges crisp up.
- 8 Bake at 400 F (200 C) for 25-30 minutes, until the top is golden and the edges are bubbling. For extra color, hit it under the broiler for the last 2 minutes — watch it, it goes fast.
- 9 Cool on the counter no more than 1 hour, then portion into 6 containers and refrigerate. Portioning warm-but-not-hot into shallow containers cools it through fast and keeps it out of the danger zone.

ON SHIFT This is a night-shift anchor meal: ~44 g protein and real carbs make it the dinner you eat mid-shift or the recovery plate after a 12.

KEEP IT SAFE Store at or below 40 F (4 C); good for 4 days refrigerated, or freeze portions up to 3 months (thaw overnight in the fridge before reheating).

Smoky BBQ Pulled Chicken & Beans Bowl

Backyard BBQ pulled-chicken plate / Carolina BBQ bowl

718

KCAL

52

PROTEIN

105

CARBS

9

FAT

PER SERVING • MAKES 5 • 55 MIN • MICROWAVE • \$

THE BATCH — MAKES 5

Chicken breast, boneless skinless 2 lb

Barbecue sauce 3/4 cup

White rice, long-grain, dry 1 3/4 cups

Navy beans, canned two 15-oz cans

Sweet corn, canned one 15-oz can

Yellow onion 1/2 medium

Olive oil 1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Smoky BBQ Pulled Chicken & Beans Bowl

- 1 Rinse 375 g (1 3/4 cups) rice and cook in your usual 1:1.75 rice-to-water ratio. Fluff and set aside to cool.
- 2 Dice 100 g onion. Heat 1 tbsp olive oil in a wide pan over medium, add onion and a pinch of salt, and cook 4-5 minutes until soft.
- 3 Lay 900 g chicken breast into the pan. Pour in 200 g (3/4 cup) BBQ sauce plus 1/2 cup water. Simmer covered 15-18 minutes, flipping once, until the thickest part hits 165F.
- 4 Shred the chicken, return to the pan, and stir. If loose, simmer uncovered 2-3 minutes until glossy.
- 5 Drain and rinse 480 g navy beans and drain 200 g corn. Stir both in for the last 2 minutes to warm through.
- 6 Divide rice across 5 containers (about 1 cup each) and top with the chicken-bean-corn mixture, split evenly. Lid once cooled.

ON SHIFT This is a refuel meal — 52g protein and real carbs to put back what a 12-hour shift burns.

KEEP IT SAFE Cook chicken to an internal 165F before shredding.

Chicken Alfredo, Rebuilt

Classic chicken fettuccine Alfredo

761

KCAL

66

PROTEIN

73

CARBS

21

FAT

PER SERVING • MAKES 4 • 30 MIN • MICROWAVE • \$\$

THE BATCH — MAKES 4

Chicken breast, boneless skinless	700g
Dry pasta (fettuccine or penne)	340g
Cottage cheese, 4% milkfat	1.5 cups
Parmesan, grated	3/4 cup
Whole milk	3/4 cup
Butter, salted	2 tbsp
Garlic	3 cloves
Cornstarch	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Chicken Alfredo, Rebuilt

- 1 Bring a big pot of well-salted water to a boil. Make the sauce first so it goes in cold.
- 2 Blend the 340g cottage cheese, 180g milk, 60g Parmesan, 28g butter (melted 30 seconds in the microwave), 12g minced garlic, and 8g cornstarch with a big pinch of salt and black pepper for 60-90 seconds until completely smooth. Do not heat.
- 3 Cook the 340g pasta 1 minute under al dente. Reserve a mug of pasta water, then drain.
- 4 Cut the 700g chicken into bite-size chunks, season with salt and pepper, and sear over medium-high in a little oil or butter for 6-8 minutes, until 165F internal with no pink.
- 5 Lower the heat to LOW, pour the cold sauce over the chicken, and stir constantly 2-3 minutes until glossy and thickened.
- 6 Add the drained pasta and toss, loosening with reserved pasta water until silky. Season, then kill the heat.
- 7 Divide into 4 containers (about 415g each). Cool uncovered 10-15 minutes, then lid and refrigerate.

ON SHIFT This is the rare Alfredo that reheats without splitting, because the cottage cheese is blended smooth and locked with a little cornstarch instead of relying on cream.

KEEP IT SAFE Store covered in the fridge at or below 40F (4C); eat within 4 days.

Late-night snacks

Light, protein-forward, won't wreck your sleep.

NO. 48 • LATE-NIGHT SNACKS • EAT COLD

3AM Cheesecake Bowl

New York cheesecake (graham crust, berries)

338

KCAL

26

PROTEIN

44

CARBS

7

FAT

PER SERVING • MAKES 4 • 10 MIN • EAT COLD • \$

THE BATCH — MAKES 4

2% lowfat cottage cheese 900 g

Honey 3 tbsp

Blueberries 2 cups

Graham crackers 4 full sheets

→ METHOD CONTINUES ON THE NEXT PAGE

3AM Cheesecake Bowl

- 1 Blend all 900g cottage cheese with the honey, a splash of vanilla extract, and a pinch of salt for 30-60 seconds until completely smooth and glossy.
- 2 Crush the graham crackers in a zip bag to a coarse rubble, not powder.
- 3 Divide the whipped cottage cheese between 4 containers or jars, about 240g each.
- 4 Top each with 70g blueberries (1/2 cup) and a quarter of the graham rubble.
- 5 Lid on and chill. Eat cold.

ON SHIFT Pack the whipped base and berries together in a jar; carry the graham crunch separate so it doesn't go soggy.

KEEP IT SAFE Dairy snack — keep at or below 40F (4C) in your shift cooler packed against an ice pack.

Midnight Soy-Egg Snack Box

Convenience-store soy-marinated eggs (Japanese ajitsuke tamago) turned into a grab-and-go protein box — the quiet cousin of the gas-station snack run

463

KCAL

39

PROTEIN

14

CARBS

29

FAT

PER SERVING • MAKES 4 • 740 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Large eggs	8 eggs
Oven-roasted deli turkey breast	10 oz
Sharp cheddar cheese	4 oz
Cucumber	1 large
Dry-roasted almonds	1/3 cup
Soy sauce	2 tbsp
Honey	2 tsp

→ METHOD CONTINUES ON THE NEXT PAGE

Midnight Soy-Egg Snack Box

- 1 Lower 8 eggs into boiling water and cook 9 minutes for jammy yolks (11 for firm). Dunk in cold water and peel while warm.
- 2 Stir together 2 tablespoons soy sauce, 2 teaspoons honey, and 2 tablespoons water until the honey dissolves.
- 3 Add the peeled eggs, press out air to keep them submerged, and refrigerate at least 12 hours and up to 2 days.
- 4 Cut 120g cheddar into cubes, slice the cucumber into spears, and roll the turkey slices.
- 5 Build 4 boxes: into each, halve 2 marinated eggs, add about 70g rolled turkey, a quarter of the cheddar, a quarter of the cucumber, and a small handful of almonds (~14g) in a corner.
- 6 Lid the boxes and stack in the cooler.

ON SHIFT Engineered for the dead-of-night lull on a 12-hour shift.

KEEP IT SAFE Keep refrigerated at or below 40F (4C).

Midnight Chocolate Chia Pudding Cups

Snack Pack chocolate pudding cups

277

KCAL

18

PROTEIN

33

CARBS

10

FAT

PER SERVING • MAKES 5 • 250 MIN • EAT COLD • \$

THE BATCH — MAKES 5

Nonfat plain Greek yogurt	600 g
Whole milk	1 cup
Chia seeds	1/2 cup plus 1 tbsp
Unsweetened cocoa powder	1/2 cup
Pure maple syrup	3.5 tbsp
Semisweet chocolate chips	3.5 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Midnight Chocolate Chia Pudding Cups

- 1 In a large bowl, whisk the 600 g Greek yogurt and 240 g whole milk until completely smooth and pourable.
- 2 Sift in the 40 g cocoa powder a little at a time, whisking until uniformly dark with no dry pockets.
- 3 Whisk in the 75 g maple syrup and a pinch of salt (about 1/8 tsp).
- 4 Stir in the 84 g chia seeds hard for 60 seconds. Wait 5 minutes, then stir hard again to break up clumps.
- 5 Divide between 5 jars (about 216 g each). Seal and refrigerate at least 4 hours, ideally overnight.
- 6 Just before eating, chop the 40 g chocolate chips and scatter about 8 g over each jar. Stir if any liquid pooled on top.

ON SHIFT This is the snack that survives a nightshift.

KEEP IT SAFE Keep refrigerated at or below 4C / 40F.

Smoked Salmon & Cottage Cheese Bowl

Everything bagel with lox and cream cheese

453

KCAL

42

PROTEIN

29

CARBS

19

FAT

PER SERVING • MAKES 4 • 15 MIN • EAT COLD • \$\$

THE BATCH — MAKES 4

Cottage cheese, 2% milkfat 3 3/4 cups (one 2-lb / 907 g tub)

Cold-smoked salmon two 4-5 oz packs

Chickpeas, canned 1 1/2 cups

Cucumber 1 large field cucumber or 2 mini cukes

Cherry/grape tomatoes 1 1/4 cups

Olive oil, extra-virgin 2 tbsp

Capers 2 tbsp

Everything bagel seasoning 2 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Smoked Salmon & Cottage Cheese Bowl

- 1 Drain and rinse the chickpeas well, then pat them dry on a clean towel so they don't water down the bowl. Drier beans = a cleaner-tasting box on day two.
- 2 Dice the cucumber (leave the peel on for crunch) into small cubes, and quarter the cherry tomatoes. Keep the pieces bite-sized so every forkful gets a bit of everything.
- 3 Tear the smoked salmon into ribbons with your hands rather than chopping it. Ribbons drape through the cottage cheese and look like a deli plate instead of confetti.
- 4 Make the dressing: in a small jar, stir together the olive oil, drained capers, and the everything bagel seasoning. Letting the seasoning sit in the oil for a minute blooms the garlic and onion so it tastes toasted, not raw.
- 5 In a big bowl, gently fold the cottage cheese with the chickpeas, cucumber, and tomato. Fold, don't whip - you want it loose and creamy, like a schmear with stuff in it.
- 6 Divide the cottage cheese mix between 4 cold meal-prep containers. Lay the salmon ribbons on top of each, then spoon the caper-everything oil over the salmon.
- 7 Seal and refrigerate. Eat straight from the cold container - no heating, no stirring at your desk, no smell. If you like, pack a few rice crackers or half a sourdough slice on the side to scoop with.

ON SHIFT Built for a quiet, no-cook break.

KEEP IT SAFE Cold meal - keep it cold.

Wild Berry Greek Yogurt Bark

Frozen yogurt / fruit-on-the-bottom yogurt cup

197

KCAL

17

PROTEIN

20

CARBS

6

FAT

PER SERVING • MAKES 8 • 192 MIN • EAT COLD • \$

THE BATCH — MAKES 8

Plain whole-milk Greek yogurt	3 1/2 cups (one 32 oz tub)
Vanilla whey protein powder	3 scoops
Honey	1/4 cup
Strawberries	1 cup
Blueberries	1 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Wild Berry Greek Yogurt Bark

- 1 Line a rimmed half-sheet pan (about 13×18 in) with parchment, leaving overhang on two sides.
- 2 Dice the strawberries; pat both berries dry with a paper towel.
- 3 Whisk the yogurt, whey, and honey until completely smooth with no powder streaks.
- 4 Spread the yogurt onto the parchment into an even slab about 1/4 inch (6 mm) thick.
- 5 Scatter the berries over the surface and press them lightly into the yogurt. Freeze flat and uncovered at least 3 hours, or overnight.
- 6 Lift out by the overhang and break into roughly 8 pieces. Eat frozen, or let a piece sit 2-3 minutes for a softer bite. Store in an airtight container in the freezer, parchment between layers.

ON SHIFT This is the one to pack when work has no fridge and the day is long.

KEEP IT SAFE Greek yogurt and fresh berries are perishable.

Smoky Turkey-Bacon Ranch Pinwheels

Cracked-out turkey ranch pinwheels (the party-tray roll-up), rebuilt protein-forward

542

KCAL

36

PROTEIN

44

CARBS

25

FAT

PER SERVING • MAKES 6 • 80 MIN • EAT COLD • \$\$

THE BATCH — MAKES 6

Flour tortillas, 10-inch	6 large
Deli turkey breast, low-salt, sliced	15 oz
Sharp cheddar, shredded	1.5 cups
Light cream cheese, softened	5.3 oz
Plain nonfat Greek yogurt	1/2 cup
Bacon	6 strips
Baby spinach	3 cups
Dry ranch seasoning + green onion	1.5 Tbsp ranch + 2 green onions

→ METHOD CONTINUES ON THE NEXT PAGE

Smoky Turkey-Bacon Ranch Pinwheels

- 1 Bake 6 bacon strips on a foil-lined sheet at 400F for 15-18 minutes until deeply crisp. Drain, cool, and crumble to about 60 g.
- 2 Stir the cream cheese, Greek yogurt, ranch seasoning, and minced green onion until smooth, then fold in the crumbled bacon.
- 3 Lay each tortilla flat and spread the bacon-ranch mixture edge to edge, about 2 generous Tbsp per tortilla across all 6.
- 4 Shingle ~70 g turkey (about 5 slices) over each, leaving a 1-inch bare strip along the far edge. Scatter ~25 g cheddar, then a thin layer of spinach.
- 5 Roll each tightly from the near edge into a firm log, pressing out air, and finish seam-side down. Wrap and refrigerate at least 1 hour (overnight is better).
- 6 Trim the dry ends, then slice each log into 5-6 pinwheels with a serrated knife, wiping the blade between cuts. Pack cut-side up. One log = one portion.

ON SHIFT Built for the cooler, not the microwave, this is your no-fuss cold lunch on a chaotic shift.

KEEP IT SAFE Perishable, contains deli meat, cheese, bacon, and dairy spread.

Brown-Butter Cookie Dough Bites

No-bake edible chocolate chip cookie dough

335

KCAL

17

PROTEIN

28

CARBS

20

FAT

PER SERVING • MAKES 8 • 45 MIN • EAT COLD • \$

THE BATCH — MAKES 8

Canned chickpeas	1.5 cups
Natural peanut butter	3/4 cup
Unsalted butter	3 tbsp
Pure maple syrup	3.5 tbsp
Vanilla whey protein powder	3 scoops
Rolled oats	1/2 cup
Semisweet chocolate chips	1/3 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Brown-Butter Cookie Dough Bites

- 1 Brown the butter: melt the 42 g butter in a small pan over medium heat, swirling, until it foams, turns golden, and smells nutty (3 to 5 minutes). Pull off the heat at the first brown flecks, scrape every drop into a bowl, and cool a few minutes.
- 2 Blitz the 40 g dry oats in a food processor to a coarse flour; tip into a small bowl.
- 3 Add the drained chickpeas, peanut butter, browned butter, maple syrup, 1 tsp vanilla extract, 1/2 tsp baking soda, and a pinch of salt to the processor. Run 1 to 2 minutes, scraping, until completely smooth with no whole chickpeas.
- 4 Add the oat flour and vanilla whey; pulse to a thick, scoopable dough. Pulse in more oat flour if sticky, or a splash of milk if dry.
- 5 Scrape into a bowl and stir in the 60 g chocolate chips by hand. Chill 15 minutes.
- 6 Scoop and roll into 16 even balls, about 46 g each. Refrigerate at least 30 minutes before eating. Pack 2 per portion.

ON SHIFT Cold, sweet, and zero prep at work — these are built for the back half of a nightshift when the vending machine is the enemy.

KEEP IT SAFE Store in an airtight container in the fridge (at or below 40F / 4C) for up to 1 week, or freeze for up to 2 months.

Chili-Crisp Edamame & Jammy Egg Box

The gas-station "protein box" (hard egg + sad cheese cube) — rebuilt as a savory, spicy, eat-cold snack that actually slaps

432

KCAL

34

PROTEIN

22

CARBS

26

FAT

PER SERVING • MAKES 4 • 25 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Shelled edamame, frozen (mukimame)	4 cups
Large eggs	8 large
Soy sauce	2.5 tbsp
Toasted sesame oil	2 tsp
Toasted sesame seeds	2 tbsp
Chili crisp	1.5 tbsp
Green onion / scallion	3 stalks
Honey	2.5 tsp

→ METHOD CONTINUES ON THE NEXT PAGE

Chili-Crisp Edamame & Jammy Egg Box

- 1 Fill a medium pot with water and bring to a rolling boil. Set up an ice bath: a big bowl two-thirds full of cold water plus a couple of trays of ice. This stops the eggs cooking the second they come out and is the single biggest thing that keeps the yolks right.
- 2 Lower all 8 eggs gently into the boiling water with a slotted spoon. Set a timer for 8 minutes. Eight minutes gives a soft-set, just-creamy yolk (not runny) — that firmer set is deliberate for cooler storage and easy peeling, and it still looks and tastes jammy.
- 3 When the timer goes, move the eggs straight into the ice bath. Leave them 5 minutes so they chill all the way through.
- 4 Keep that same boiling water. Drop in the 660 g frozen shelled edamame and boil 3-4 minutes until hot and bright green — do not overcook or they go mealy. Drain well, then let them sit in the strainer a minute so the steam carries off the surface water (wet beans won't hold the glaze).
- 5 Make the glaze while everything cooks: in a bowl whisk the 40 g soy sauce, 18 g honey, 10 g sesame oil, and 24 g chili crisp (scoop from the bottom of the jar so you get oil and chili together). That's it — no cooking needed.
- 6 Tip the hot drained edamame into the glaze and toss until every bean is coated and glossy. Fold in the 16 g toasted sesame seeds and most of the sliced green onion, saving a pinch to scatter on top.
- 7 Peel the eggs (start at the wide, air-pocket end under a thin stream of cold water and the shell slides off). Halve them lengthwise so the yolk shows.
- 8 Build 4 boxes: divide the glazed edamame between four lidded containers. Nestle 2 egg halves... 4 halves (2 whole eggs) into each box, cut side up. Spoon any glaze left in the bowl over the eggs and finish with the reserved green onion. Chill, lidded, until shift time.

ON SHIFT Pure cold grab-and-go — open the lid and eat with your fingers, no microwave, no fork required.

KEEP IT SAFE Keep refrigerated at or below 4 C / 40 F.

Frozen Banana-Peanut Butter Protein Nice Cream

Peanut butter swirl ice cream / a frozen Reese's-meets-banana-split scoop

345	22	37	15
KCAL	PROTEIN	CARBS	FAT

PER SERVING • MAKES 5 • 190 MIN • EAT COLD • \$

THE BATCH — MAKES 5

Ripe bananas, peeled, sliced and frozen	5 medium (600 g)
Natural smooth peanut butter	1/2 cup
Vanilla whey protein powder	2 scoops
Plain nonfat Greek yogurt	1 cup
2% milk	1/2 cup

→ METHOD CONTINUES ON THE NEXT PAGE

Frozen Banana-Peanut Butter Protein Nice Cream

- 1 The day before, peel 5 ripe bananas, slice into 1/2-inch coins, spread in a single layer on a parchment-lined tray, and freeze at least 2 hours or overnight.
- 2 Add the frozen banana coins, Greek yogurt and milk to a food processor or strong blender.
- 3 Blend 2 to 4 minutes, scraping down two or three times, until it flips from crumbly to thick soft-serve.
- 4 Add the peanut butter and whey, then pulse just until smooth and evenly streaked; don't over-blend.
- 5 Eat a scoop now if you like, then scrape into a loaf pan or airtight container and press parchment or plastic wrap onto the surface.
- 6 Freeze 2 to 3 hours until scoopable, then portion into 5 lidded containers or slice the loaf into 5. Keep frozen until you leave.

ON SHIFT This is a take-it-frozen treat, not a thaw-and-hold one.

KEEP IT SAFE Store frozen at 0F (-18C) or below; good for 1 month, best texture within the first week.

Whipped Cottage-Cheese Ranch with Snap Veg & Jerky

Ranch dip & veggie tray (the dump-of-sour-cream-and-a-seasoning-packet party tray)

328

KCAL

32

PROTEIN

25

CARBS

12

FAT

PER SERVING • MAKES 4 • 12 MIN • EAT COLD • \$

THE BATCH — MAKES 4

Cottage cheese, 2% milkfat (small curd)	560 g
Greek yogurt, plain, nonfat	170 g
Lemon juice, fresh	2 tbsp
Carrots	300 g (about 4 medium)
Cucumber	300 g (about 1 large)
Red bell pepper	240 g (about 2 medium)
Beef jerky (original)	120 g (about 4 oz)

→ METHOD CONTINUES ON THE NEXT PAGE

Whipped Cottage-Cheese Ranch with Snap Veg & Jerky

- 1 Peel the carrots and cut them and the cucumber into finger-length sticks; seed the peppers and cut into wide strips. Set the veg aside as your dippers.
- 2 Into a blender or food processor, add the 560 g cottage cheese, 170 g Greek yogurt and 30 g (2 tbsp) lemon juice.
- 3 Add 1 tsp garlic powder, 1 tsp onion powder, 1 tsp dried dill (or 2 tbsp chopped fresh), 1/2 tsp fine salt and a generous 1/2 tsp cracked black pepper.
- 4 Blend on high 45–60 seconds, scraping once, until completely smooth and whipped. If too stiff, blend in 1 tbsp water or milk at a time until it ribbons off the spatula.
- 5 Taste and adjust: more salt for punch, more lemon for brightness, more dill if you want it greener.
- 6 Portion into 4 boxes: split the ranch four ways (a scant 3/4 cup / ~190 g each), divide the veg sticks across the boxes, and tuck ~30 g (1 oz) jerky into each. Lid and refrigerate.

ON SHIFT This is the snack that saves you at hour eight when you'd otherwise raid the vending machine.

KEEP IT SAFE Keep refrigerated at or below 4°C (40°F).

Everything between

Sauces, sides, and bites to upgrade anything.

Buffalo Ranch — High-Protein Drizzle

Bottled buffalo ranch / wing-night dipping sauce

45

KCAL

5

PROTEIN

2

CARBS

2

FAT

PER SERVING • MAKES 12 • 8 MIN • EAT COLD • \$

THE BATCH — MAKES 12

Plain nonfat Greek yogurt	1.5 cups
Lowfat 2% cottage cheese	1 cup
Extra-virgin olive oil	1 tbsp
Apple cider vinegar	2 tbsp
Cayenne pepper hot sauce (Frank's RedHot)	3 tbsp
Garlic powder + onion powder	1.5 tsp garlic + 0.5 tsp onion

→ METHOD CONTINUES ON THE NEXT PAGE

Buffalo Ranch — High-Protein Drizzle

- 1 Blend the cottage cheese on high for 30 to 45 seconds, scraping down once, until smooth and creamy with no curds.
- 2 Add the Greek yogurt, olive oil, apple cider vinegar, hot sauce, garlic powder, and onion powder. Blend 20 to 30 seconds until uniform and pourable.
- 3 Taste and adjust: more hot sauce for heat, water blended in one tablespoon at a time to thin, a pinch of salt and cracked black pepper to finish.
- 4 Transfer to a jar or squeeze bottle. Chill a few hours before serving so the garlic and onion bloom.
- 5 Use everywhere: drizzle over chicken-and-rice or burrito bowls, eggs, or a baked potato; dunk raw veggies and rotisserie chicken; or toss with shredded chicken for a buffalo-chicken wrap.

ON SHIFT A flavor multiplier for a long shift.

KEEP IT SAFE Dairy-based — keep cold at or below 4C/40F.

Cacio e Pepe Crunch Mix

Cheese-and-cracker / Cheez-It-and-trail-mix locker snacking — the savory crunchy handful you reach for on a long shift

353

KCAL

18

PROTEIN

24

CARBS

22

FAT

PER SERVING • MAKES 6 • 60 MIN • EAT COLD • \$

THE BATCH — MAKES 6

Chickpeas, canned	Two 15 oz cans (480 g drained)
Pumpkin seed kernels (pepitas)	120 g (3/4 cup plus 2 tbsp)
Parmesan cheese, finely grated	120 g (1 1/3 cups)
Olive oil	2 tbsp
Garlic powder + onion powder	8 g (1 tbsp + 1 tsp combined)

→ METHOD CONTINUES ON THE NEXT PAGE

Cacio e Pepe Crunch Mix

- 1 Heat the oven to 400F (205C) with a rack in the middle; line a large sheet pan with parchment.
- 2 Drain and rinse the chickpeas, then pat them very dry on a towel and pick off loose skins. Toss on the pan with the olive oil and a couple pinches of salt; spread in a single layer and roast 20 minutes.
- 3 Scatter the 120 g pepitas over the chickpeas, shake to mix, and roast another 8-10 minutes until the chickpeas are golden and rattle-dry.
- 4 Sprinkle the 120 g parmesan and the 8 g garlic+onion powder evenly over everything, add a heavy amount of cracked black pepper, and toss on the pan. Return to the oven 5-7 minutes until the parmesan melts into golden, lacy clusters.
- 5 Cool completely on the pan, undisturbed, 20-30 minutes, then break apart the cheese clusters by hand.
- 6 Portion into 6 snack bags (about a heaping 1/2 cup / ~90 g each); eat cold or room-temp.
Optional: toss in 1 tsp smoked paprika or a few pinches of cayenne with the cheese for a spicy version.

ON SHIFT This is the no-fridge-needed shift snack — a cooler is nice but not required for a 12-hour day.

KEEP IT SAFE Made of shelf-stable roasted components — once fully cooled and crisp, it keeps at room temperature in an airtight bag/jar for 4–5 days, which covers a normal shift in a locker or bag with no refrigeration.

Locker-Room Caesar (High-Protein Greek-Yogurt Caesar Dressing)

Classic creamy Caesar dressing — the mayo-and-egg bomb rebuilt on Greek yogurt so it actually adds protein instead of just fat.

79

KCAL

8

PROTEIN

4

CARBS

4

FAT

PER SERVING • MAKES 12 • 20 MIN • EAT COLD • \$

THE BATCH — MAKES 12

Plain nonfat Greek yogurt	2 1/2 cups
Parmesan cheese, finely grated	1 cup
Anchovy fillets, drained (or anchovy paste)	4 to 5 fillets
Yellow or Dijon mustard	1 tbsp
Extra-virgin olive oil	1 1/2 tbsp
Fresh lemon juice	2 tbsp
Fresh garlic	4 cloves
Worcestershire sauce	2 tsp

→ METHOD CONTINUES ON THE NEXT PAGE

Locker-Room Caesar (High-Protein Greek-Yogurt Caesar Dressing)

- 1 Mince the garlic and drained anchovy fillets together into a rough paste, smearing with the flat of the knife. (Using paste, squeeze out 1 tbsp.)
- 2 Scrape the paste into a medium bowl. Add the mustard, lemon juice, Worcestershire, and olive oil. Whisk 20 seconds until smooth and glossy.
- 3 Add the Greek yogurt and grated Parmesan. Whisk until completely smooth and uniform, about 1 minute. It will be thick.
- 4 Taste and crack in plenty of black pepper. If too thick to pour, whisk in cold water 1 tbsp at a time until it ribbons; for a dip, leave it thick.
- 5 Rest 10 to 15 minutes (or overnight), then scrape into a clean jar.
- 6 To serve: toss with chopped romaine and sliced chicken or steak just before eating, or pack the dressing separately and dress on-shift.

ON SHIFT This is the high-protein fix for the salad you never finish.

KEEP IT SAFE Keep refrigerated at or below 4C (40F) in a sealed jar; good for 7 days.

No-Bake Peanut Butter Crunch Bars

Homemade Clif/RXBAR-style peanut butter protein bar

289

KCAL

15

PROTEIN

31

CARBS

14

FAT

PER SERVING • MAKES 12 • 72 MIN • EAT COLD • \$

THE BATCH — MAKES 12

Natural peanut butter, smooth	1 cup
Honey	1/2 cup
Old-fashioned rolled oats	1 3/4 cups
Vanilla whey protein powder	3 1/2 scoops
Dark/semisweet chocolate chips	1/2 cup
Fine sea salt	1/4 tsp, plus flaky salt to finish

→ METHOD CONTINUES ON THE NEXT PAGE

No-Bake Peanut Butter Crunch Bars

- 1 Line an 8×8-inch (20 cm) pan with parchment, leaving overhang on two sides.
- 2 In a large microwave-safe bowl, combine peanut butter and honey. Microwave 30 seconds, stir, then microwave another 20-30 seconds and stir until smooth and pourable. Stir in the fine sea salt.
- 3 Let cool 3-4 minutes until warm but not hot. Add oats and whey and stir hard until it forms a thick, sticky dough; if crumbly, add cold water 1 tablespoon at a time (usually 1-2 tbsp).
- 4 Fold in the chocolate chips. Scrape into the pan and press down hard and evenly into every corner, flat across the top. Scatter flaky salt over the top and press lightly.
- 5 Refrigerate uncovered at least 60 minutes (or 25-30 minutes in the freezer) until firm. Lift out by the parchment and cut into 12 bars.
- 6 Wrap each bar in parchment, or store in a sealed container with parchment between layers.

ON SHIFT These are built for a 12-hour shift: no fork, no reheat, no mess.

KEEP IT SAFE Store in the fridge at or below 4 C / 40 F, where they keep about 2 weeks; freeze for up to 3 months.

Greek-Yogurt Queso

Tex-Mex restaurant queso / Rotel cheese dip

166

KCAL

14

PROTEIN

6

CARBS

9

FAT

PER SERVING • MAKES 6 • 15 MIN • MICROWAVE • \$

THE BATCH — MAKES 6

Cottage cheese, 2%	1 1/3 cups
Plain nonfat Greek yogurt	3/4 cup
Sharp cheddar cheese	1 1/4 cups shredded
Rotel diced tomatoes & green chiles	2/3 of a 10 oz can
Whole milk	1/4 cup
Pickled jalapenos	2 tbsp
Salted butter	1 1/2 tsp
Cornstarch	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Greek-Yogurt Queso

- 1 Drain the Rotel well, pressing out liquid (130 g drained). Drain and chop the jalapenos. Shred the cheddar off the block.
- 2 Blend the cottage cheese 30-45 seconds until completely smooth.
- 3 In a small saucepan, stir the cornstarch into the cold milk until smooth. Add the butter and whisk constantly over medium heat 1-2 minutes until thickened to a thin gravy; do not boil hard.
- 4 Drop heat to LOW. Add the cheddar a handful at a time, stirring until each melts before adding more.
- 5 Pull off the heat, cool 1 minute, then stir in the blended cottage cheese and Greek yogurt. Return to low heat just until warmed through and smooth.
- 6 Fold in the Rotel and jalapenos. Season with salt to taste. Serve warm, or cool and portion into 6 containers.

ON SHIFT Pack a portion cold in a leak-proof container.

KEEP IT SAFE Perishable dairy — keep refrigerated at or below 4 C / 40 F.

Chipotle-Lime Protein Crema

Restaurant chipotle crema / taqueria sour-cream drizzle

47

KCAL

5

PROTEIN

4

CARBS

1

FAT

PER SERVING • MAKES 12 • 7 MIN • EAT COLD • \$

THE BATCH — MAKES 12

Plain nonfat Greek yogurt	2 1/2 cups
Chipotle peppers in adobo sauce	2 peppers + 1 tbsp sauce
Fresh lime juice	2 tbsp
Honey	2 tsp
Extra-virgin olive oil	1 tbsp
Garlic	2 cloves

→ METHOD CONTINUES ON THE NEXT PAGE

Chipotle-Lime Protein Crema

- 1 Peel the 2 garlic cloves; grate them fine, or drop them in whole.
- 2 Add the 600 g yogurt, 2 chipotle peppers plus 1 tbsp adobo sauce, lime juice, honey, olive oil, garlic, and a generous 1/2 tsp salt to a blender.
- 3 Blend on high 30-45 seconds until completely smooth and uniform pale-orange, scraping down once.
- 4 Taste and adjust: add a third chipotle for more heat, or blend in 1 tbsp water at a time until it ribbons off a spoon.
- 5 Pour into a clean jar or squeeze bottle and chill at least 30 minutes before first use.
- 6 Drizzle ~2 tbsp over rice bowls, eggs, chicken, potatoes, tacos, or sandwiches.

ON SHIFT This is your week's flavor insurance.

KEEP IT SAFE Yogurt-based, so treat it as perishable.

Shift-Pocket Teriyaki Beef Jerky

Gas-station Teriyaki Beef Jerky — the \$9 bag, made at home for a third of the price with triple the protein and no mystery preservatives.

194

KCAL

35

PROTEIN

9

CARBS

2

FAT

PER SERVING · MAKES 6 · 300 MIN · EAT COLD · \$\$

THE BATCH — MAKES 6

Eye of round roast	2 lb
Soy sauce	4 tbsp
Brown sugar	2 tbsp
Worcestershire sauce	2 tbsp
Honey	1 tbsp

→ METHOD CONTINUES ON THE NEXT PAGE

Shift-Pocket Teriyaki Beef Jerky

- 1 Firm the roast up so it slices clean: put the eye of round in the freezer for 45–60 minutes until the surface is stiff but a knife still goes through. Partially-frozen beef is the single biggest trick to thin, even jerky.
- 2 Slice against nothing — slice WITH the grain for a chewier, classic jerky bite (look at the long muscle fibers and cut the same direction they run). Aim for 1/8 to 1/4 inch thick strips. Thinner dries faster and chews easier; thicker is more of a workout.
- 3 Trim off any remaining white fat or silverskin as you go. Fat doesn't dry — it goes rancid and shortens shelf life, so be ruthless. This is also why we keep the cut lean: nothing to pour off later, so your macros stay honest.
- 4 Make the marinade: in a bowl whisk the soy sauce, brown sugar, Worcestershire, and honey until the sugar dissolves. Add a heavy crack of black pepper, a teaspoon of garlic powder, a teaspoon of onion powder, and a pinch of red pepper flakes if you like heat (these seasonings are negligible calories and not counted in the macros).
- 5 Combine beef and marinade in a zip-top bag, press out the air, and squish it around so every strip is coated. Refrigerate at least 12 hours, ideally overnight. Longer = deeper flavor.
- 6 Dry the strips: lay each one flat on paper towel and blot off the surface liquid — this is the no-discard catch. We use a lean cut and minimal marinade so there's almost nothing carrying macros to throw away; the seasoning that matters is already absorbed into the meat.
- 7 Oven method: heat oven to its lowest setting, ideally 175F (80C). Lay strips directly on the oven racks (no overlapping) with a foil-lined tray on the bottom to catch drips. Crack the oven door an inch with a wooden spoon so moisture escapes.
- 8 Dry 3 to 4 hours, rotating racks top-to-bottom halfway. Jerky is done when a strip bends and cracks but does NOT snap in half — it should look dry and leathery, not brittle. Thicker strips take longer; check from the 3-hour mark.
- 9 Cool completely on a rack to room temperature before storing — warm jerky traps steam and molds. Dehydrator owners: same marinade, run at 160F for 4 to 6 hours to the same bend test.

ON SHIFT This is the rare meal-prep item built for the worst conditions: dried jerky is shelf-stable, so it lives in a shift bag, jacket pocket, or your vehicle through a full 12-hour shift without a cooler.

KEEP IT SAFE Home-dried beef jerky carries a real pathogen risk: drying meat at a low oven temp (175F/80C, door cracked) or in a dehydrator (160F) does NOT reliably kill Salmonella or E.

ONE LAST THING — TOTALLY YOUR CALL

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Either way: thanks for cooking with me. — Matt