

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## DINNER? AGAIN? SEEMS EXCESSIVE...

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Let's keep **building** healthy habits **together!** Not only healthy habits for our bodies, but also healthy habits for the earth. One healthy habit to nail down is meal planning. Meal planning and meal prepping can look different person to person.



**READ MORE BY  
SCANNING THE QR CODE!**

**Work Right NW** is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



### WHY MEAL PLAN AND MEAL PREP

To meal plan, set aside a dedicated few minutes to think about what to eat for a certain amount of time in the future - usually the next week. Meal planning goes hand-in-hand with meal prepping. Once you plan the meals in advance, you'll benefit from preparing them in advance too. You'll also benefit from your plan if it consists of food you create from groceries rather than dining out (but rewarding yourself with a dinner out at a restaurant if you know it will be a busy day or a special occasion is a nice break too). As an industrial athlete, you need both quantity and quality of food to sustain your active work day, so meal planning can ensure you are **fueling your body properly.**

### BENEFITS

#### **Meal planning minimizes unhealthy food choices:**

- Avoid cravings and impulsive decisions about food.
- Consume less sugars, processed foods, and greasy foods.
- Reduce overeating with more realistic portion sizes.

#### **Meal planning reduces financial stress:**

- Budget for food costs ahead of time.
- Grocery-based meals can be cheaper than restaurant-based meals.

#### **Prevent unnecessary garbage:**

- Store and transport food in reusable containers instead of single-use containers and utensils used by restaurants.

### BLUEPRINT FOR MEAL PLANNING

If this is your first time with this concept, start small. At the beginning of your weekend, think of one meal you can cook. Based on what works for your schedule, this meal could be breakfast, lunch, or dinner. If you haven't cooked this meal before, find an easy recipe as a guide.

As you get comfortable with meal planning and prepping a couple of meals, slowly take on more. Work up to planning all of your lunch and dinner meals or every meal for the whole week. If getting started with meal planning and meal prepping feels intimidating, **there are apps to help!**



*Cook a few extra servings and save them as leftovers to eat during other meal slots. You've planned multiple meals for the effort of one!*