



PULL IT TOGETHER: READY, SET, SHRED

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Debriefing after a long workday is about more than slowing down mentally. Recuperation also depends on having the right fuel ready when energy is low and decisions feel harder. At Work Right, we see it often. When meals aren't planned ahead, recovery gets pushed aside in favor of convenience. Meal prepping helps remove that barrier by making nourishment part of the routine, not another task to tackle when the day is already done.

CROC KPOT PULLED PORK

One meal we often recommend for this purpose is a lean [slow-cooker pulled pork recipe](#). It's simple, reheats well, and works across multiple meals, which makes it ideal for busy schedules and recovery-focused nutrition.

Ingredients

- 2.5 lbs pork tenderloin (about 2 medium tenderloins)
- 1/4 cup extra-virgin olive oil
- 1 Tbsp paprika
- 1/2 Tbsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp onion powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 cup chicken stock
- 1/2 cup barbecue sauce (choose low/no sugar if possible)

Instructions

1. Remove "silver skin" from the tenderloin (optional, but recommended for keeping it lean).
2. Whisk olive oil and spices together. Coat the pork with the marinade (overnight if possible).
3. Place pork in the crockpot and pour chicken stock over the top.
4. Cook on low 6–8 hours or high 4–6 hours.
5. Shred with tongs or forks, let the juices soak in, then toss with BBQ sauce.



MEAL PREP MYTHS, DEBRIEFED

While the slow cooker does its thing, let's pull apart a few meal prep myths that make prepping sound harder than it is.

Myth: Meal prep means eating the same meal all week.

Reality: Prepping a single protein creates flexibility. Pulled pork can be used in sandwiches, rice bowls, tacos, or paired with roasted vegetables. One cook can support several different meals.


Myth: Meal prep has to be rigid.

Reality: What works best is having a loose plan. When food is already prepared, it can adapt as schedules change.

Myth: Meal prep has to be complicated to be effective.

Reality: Simple meals that you enjoy are far more likely to support consistent fueling and recovery.

We often encourage thinking in terms of components rather than full meals. Preparing a protein like pulled pork allows you to mix and match with what you already have on hand, reducing decision fatigue at the end of the day. That consistency matters. Protein supports muscle repair, carbohydrates help restore energy, and having food ready reduces stress when recovery should take priority.

Debriefing is about reflecting on the day. Recuperating is about preparing for the next one. When meals are planned with intention, nutrition becomes a quiet but powerful part of recovery, supporting readiness without adding more to the to-do list. 

MYTH VS REALITY

Emmalee Ginn, MS, LAT, ATC, EMT || Raised in Colorado, Emmalee came to Iowa for Central College and later earned her MS in Exercise Science (nutrition) from Liberty University. Her background spans EMS, clinics, and athletics before landing in the industrial setting. Outside of work, she hikes, jump ropes, takes photos, and plays board games.



Work Right 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.