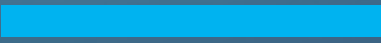


SHIFT WORK NUTRITION GUIDE:

Paleo & Low-Carb Fast Food Strategy



SIGMATactical
Wellness
A TeleMed2U Company

IAMSIGMA.COM

Operational Health

Tactical Performance

Proven Results

MISSION-READY NUTRITION

For first responder professionals, shift workers, and high-performance teams, nutrition must be:

- **Fast**
- **Consistent**
- **Low inflammations**
- **Energy-stabilizing**

Shift work dining can be a challenge for maintaining ideal nutritional intake. This guide provides **field-ready food choices** to maintain performance while dining out when a home cooked meal is not an option.

OPERATIONAL RULES// NON-NEGOTIABLE

Eliminate High-Carb Bases

- Use lettuce wraps or bowls
- No buns, tortillas, biscuits or bread

Select Clean Protein

- Chicken, Eggs, Beef, Fish
- Grilled > Fried

Control Sugar Intake

- Opt for drinks such as water, black coffee or unsweetened tea
- Avoid soda, sweet tea and sugary sauces

Build Your Plate

- Protein + Vegetables + Fats

BREAKFAST - START STRONG

Primary Objective: Stabilize blood sugar early

Recommended Options:

- **Dunkin Donuts** → Egg + Sausage (no bagel)
- **Starbucks** → Egg bites + Unsweetened coffee
- **Whataburger** → Eggs + Sausage (no biscuit)
- **Chick-fil-A** → Scramble bowl (no hash browns)
- **Wendy's** → Eggs + Sausage (no biscuit)
- **McDonald's** → Egg + Sausage (no muffin)

LUNCH/DINNER - SUSTAIN PERFORMANCE

BURGER OPTIONS

Default Order: “Double burger, no bun, add lettuce and tomato”

Recommended Options:

- **Whataburger** → Any burger (no bun)
- **Burger King** → Whopper (no bun)
- **Wendy's** → Baconater or Double Stack (no bun)
- **McDonald's** → Quarter Pounder (no bun)
- **In-N-Out** → Protein Style (lettuce wrap)

CHICKEN OPTIONS LEAN & CLEAN

Recommended Options:

- **Chick-fil-A** → Grilled Nuggets (top-tier option)
- **Chick-fil-A** → Grilled Chicken Salad (no crispy toppings)
- **Raising Cane's** → “Naked Fingers” from the secret menu - avoid breading
- **Burger King** → Grilled Chicken Sandwich (no bun)



TOP TIER CHOICE: CHIPOTLE

WHY CHIPOTLE WORKS:

Fully customizable, whole-food focused and easy to stay paleo/low-carb. Custom bowls can stay **vey low carb (2-5g)** when built correctly.

BUILD YOUR BOWL

Default Order: “bowl, no rice, no beans, double protein, fajita veggies, salsa, guacamole”

Base: Romaine lettuce - no rice or beans

Protein: Choose 1 or mix 2 - extra points for a double serving

- Chicken
- Steak
- Carnitas

Additions:

- Fajita veggies
- Tomato salsas or pice (avoid corn)
- Guacamole

THINGS TO AVOID AT CHIPOTLE:

- Rice & Beans (carb heavy)
- Tortillas & Chips (carb heavy)
- Queso (processed/dairy-heavy)

SIGMA TEAM FAVORITES:

High Performance Bowl

Double chicken
+
Fajita Veggies
+
Pico
+
Guacamole

Higher Fat / Sustained Energy Bowl

Steak & Carnitas
+
Lettuce
+
Salsa
+
Guacamole

ADDITIONAL OPTIONS

SUBWAY

Make any sub into a bowl → replace bread with lettuce and/or spinach

Protein: turkey, chicken, roast beef or steak (double it if for satiety)

Unlimited Veggies: spinach, cucumber, peppers, onions

Add avocado if available

Oil + Vinegar or simple dressing

Opt for mustard instead of sweet sauces

TACO BELL

Remove shell/tortilla and opt for a lettuce base ordering bowl style

Power Bowl Order: no rice, no beans, add protein (chicken, beef or steak), extra lettuce and pico

BUC-CEES

Best Choices (closest to Paleo)

- Beef Jerky (low sugar varieties)
- Hard Boiled Eggs
- Beef/Meat Sticks (check for minimal ingredients)
- Nuts: almonds, pecans, mixed, macadamia (avoid honey roasted)
- Fresh fruit - apples, berries, banana
- Pre-packaged meat & cheese trays (not strict paleo because of dairy)

Skip these (sorry Buc-cee):

- Beaver Nuggets
- Trail Mix with candy or dried sweetened fruit
- Kolaches
- Chips & Crackers
- Fudge
- Candy
- Buns on sandwiches

GAS STATION & CONVENIENCE STORES

- Beef Jerky (low sugar varieties)
- Hard Boiled Eggs
- Tuna Packets
- Pre-packaged meat & cheese trays (not strict paleo because of dairy)
- Nuts: almonds, pecans, mixed, macadamia (avoid honey roasted)
- Fresh fruit - apples, berries, banana
- Fruit cups without syrup



QUICK FUEL / MID-SHIFT OPTIONS

- Black coffee / cold brew / americano - no sugar
- Unsweetened tea - hot or iced
- Nutes (where available)
- Bacon, eggs, or simple protein sides

QUICK SOLUTIONS

No time → Bunless burger

Need clean protein → Grilled chicken

Early Shift → Eggs & meat

Overnight Fatigue → Coffee & protein

Limited options → Remove bread & avoid sauces

5-SECOND ORDER PROTOCOL

“Grilled protein. No bread. No sauce. Add vegetables.”

SUMMARY

THREATS TO PERFORMANCE

- Bread / Buns / Tortillas
 - Fries / Chips / Hash Browns
 - Sugary sauces (BBQ, Ketchup, “special sauce”)
 - Fried or Breaded foods
 - Sugary drinks
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SAMPLE SHIFT FUELING

Pre-Shift: Eggs + Sausage + Coffee

Mid Shift: Chick-fil-A grilled nuggets + salad

Late Shift: Bunless burger

Recovery Meal: Protein + light vegetables

SIGMA PERFORMANCE PRINCIPLES

- ☒ Stabilize energy
- ☒ Reduce inflammation
- ☒ Maintain lean mass
- ☒ Eliminate sugar spikes
- ☒ Optimize mental clarity