



REAL SOLUTIONS
FOR REAL BLOKES
DOING REAL WORK

THE FIFO CAMP FOOD SURVIVAL GUIDE

HIGH PROTEIN • LOWER FAT • SMARTER CHOICES

LOSE THE GUT, NOT YOUR LIFESTYLE.

A practical, no-nonsense guide to making better food choices at camp, so you can keep your energy high, maintain muscle and take control of your health while working FIFO or shift work.

BUILT FOR
MEN 40-60
FIFO | SHIFT WORKERS



BREAKFAST

FUEL YOUR SHIFT
WITH HIGH PROTEIN
OPTIONS



CRIB

SMARTER CHOICES
THAT KEEP YOU
ON TRACK



DINNER

BUILD A PLATE
THAT SUPPORTS
YOUR GOALS



SNACKS

EASY, HIGH PROTEIN
OPTIONS WITHOUT
EXCESS CALORIES



PRACTICAL

REAL CAMP FOOD
OPTIONS



HIGH PROTEIN

SUPPORTS MUSCLE
& RECOVERY



LOWER FAT

SMARTER CHOICES
FOR FAT LOSS



SUSTAINABLE

WORKS WITH
YOUR LIFESTYLE



REALISTIC

BUILT FOR FIFO
& SHIFT WORK

FIFO CAMP FOOD GUIDE

BREAKFAST

REALISTIC HIGH-PROTEIN OPTIONS • NO EGG WHITES REQUIRED

EGGS & TOAST



~457 kcal P 34g C 51g F 13g

2 whole eggs
2 wholegrain toast slices (80g)
Grilled tomato (100g)
Low-fat yoghurt (170g)

YOGHURT & OATS



~405 kcal P 35g C 55g F 5g

High-protein low-fat yoghurt (250g)
Rolled oats (50g)
Mixed berries (100g)

PORRIDGE & PROTEIN



~529 kcal P 36g C 85g F 5g

Rolled oats (60g)
Skim milk (250mL)
High-protein yoghurt (170g)
Banana (100g)

CHICKEN BREAKFAST WRAP



~461 kcal P 47g C 39g F 13g

Wholegrain wrap (65g)
Cooked lean chicken (100g)
1 whole egg; tomato and spinach

CAMP REALITY CHECK

Values are approximate. Eggs are whole eggs; yoghurt is high-protein and low-fat. Choose portions to match your needs.

FIFO CAMP FOOD GUIDE

CRIB

PLAN AHEAD FOR LONG OR CHANGING SHIFTS

CHICKEN SANDWICH



~440 kcal P 47g C 45g F 8g

Wholegrain bread (90g)
Cooked chicken breast (120g)
Salad (100g), mustard (10g)

COLD RICE & CHICKEN



~450 kcal P 46g C 53g F 6g

Cooked rice (150g)
Cooked chicken breast (130g)
Mixed salad (150g)

LEAN BEEF & POTATOES



~488 kcal P 47g C 48g F 12g

Cooked lean roast beef (150g)
Boiled potatoes (200g)
Vegetables (150g)

TUNA & SALAD WRAP



~417 kcal P 41g C 43g F 9g

Tuna in springwater (130g drained)
Wholegrain wrap (65g)
Salad (120g), light dressing

CAMP REALITY CHECK

Choose foods actually available at your camp. Pack cold foods safely and keep them chilled. Creamy leftovers may contain more fat.

FIFO CAMP FOOD GUIDE

DINNER

GRILLED PROTEIN + CARBS + VEGETABLES

GRILLED CHICKEN



~560 kcal P 60g C 62g F 8g

Cooked chicken breast (170g)
Cooked rice (170g)
Steamed vegetables (180g)

LEAN STEAK



~580 kcal P 57g C 52g F 16g

Cooked lean steak (180g)
Boiled potatoes (230g)
Steamed vegetables (180g)

GRILLED WHITE FISH



~521 kcal P 54g C 65g F 5g

Cooked white fish (220g)
Cooked rice (180g)
Steamed vegetables (180g)

CHICKEN STIR-FRY



~612 kcal P 57g C 69g F 12g

Cooked chicken breast (160g)
Cooked rice (180g)
Mixed vegetables (200g)
Oil (5g); light soy sauce

CAMP REALITY CHECK

Weights shown are COOKED weights. Added oil, sauces, gravy and cooking methods can change the actual totals.

FIFO CAMP FOOD GUIDE

SNACKS

HIGH PROTEIN • SMARTER PORTIONS

SNACK OPTIONS — CHOOSE WHAT CAMP HAS

HIGH-PROTEIN YOGHURT

200g plain, low-fat high-protein yoghurt

~129 kcal | P 22g C 8g F 1g

TUNA

95g tuna in springwater, drained

~101 kcal | P 23g C 0g F 1g

CHICKEN

100g cooked lean chicken breast

~160 kcal | P 31g C 0g F 4g

COTTAGE CHEESE

200g low-fat cottage cheese

~160 kcal | P 24g C 7g F 4g

WHEY SHAKE

30g whey powder mixed with water

~126 kcal | P 24g C 3g F 2g

BOILED EGGS

2 whole boiled eggs

~146 kcal | P 13g C 1g F 10g

SKIM MILK

250mL skim milk

~88 kcal | P 9g C 13g F 0g

MIXED NUTS

30g mixed nuts (higher-fat option)

~183 kcal | P 6g C 6g F 15g

PORTION GUIDANCE

Meat/fish: 150–200g cooked | Rice: 150–200g cooked | Potato: 150–250g | Vegetables: 1–2 cups. Snacks fill protein gaps; not every snack needs 20–30g protein.

FIFO CAMP FOOD GUIDE

5 RULES

CONSISTENT CHOICES ON ANY ROSTER

1 PRIORITISE PROTEIN

Include a lean protein source with each main meal.

3 KEEP CARBOHYDRATES

Adjust rice, oats and potatoes to your energy needs.

5 KNOW YOUR PORTIONS

Your intake needs to suit your size, activity and goals.

2 WATCH ADDED FATS

Go easy on creamy sauces, deep-fried sides and added oils.

4 PLAN BEFORE HUNGER

Make practical crib and snack choices before your shift.

EXAMPLE DAY — FLEXIBLE ORDER, NO SET TIMES

BREAKFAST

Eggs, toast, tomato + yoghurt

~457 kcal

P 34g C 51g F 13g

CRIB

Chicken sandwich + fruit (150g)

~524 kcal

P 48g C 65g F 8g

DINNER

Chicken, rice + vegetables

~560 kcal

P 60g C 62g F 8g

SNACK 1

High-protein yoghurt + oats (50g)

~321 kcal

P 28g C 41g F 5g

SNACK 2

Whey shake + banana + nuts (30g)

~421 kcal

P 31g C 36g F 17g

EXAMPLE TOTAL: ~2,283 kcal | P 201g C 255g F 51g

Illustration only, not a prescribed intake. Shift meals to suit your roster; adjust portions to your calorie and protein needs. Values are estimates.