

The background of the image shows a top-down view of meal prep on a white marble surface. A clear glass rectangular container holds a cooked salmon fillet, steamed broccoli florets, and a small herb garnish. To the left, a pink plastic container is partially visible. In the bottom left, a round glass bowl contains a pasta salad with rotini, shrimp, green peas, and fresh herbs. In the bottom right, another round glass bowl sits on a wooden cutting board, filled with sliced red and yellow apples. A black bottle cap is also visible on the right side.

3Day's of ideas for Nurses MEAL PREP

EASY HEALTHY MEALS

@NURSEWELL

12 Hour shifts are hard we get it

Do You Need Help ?

You got it! Here's a realistic, still-nourishing but slightly more relaxed version of the 3-day meal prep planner—perfect for busy nurses who want balance without feeling like they're living off kale and quinoa

24/7 😊

3-Day Nurse Meal Prep Planner (Realistic Edition)

Quick, satisfying meals with a healthy-ish twist—zero guilt, all fuel.

Day 1

Breakfast: Breakfast burrito with scrambled eggs, cheese & salsa

Snack 1: Apple slices + peanut butter

Lunch: Chicken Caesar wrap + baked chips

Snack 2: Greek yogurt + a few chocolate chips

Dinner: Pasta salad with rotini, cherry tomatoes, mozzarella, and Italian dressing

Day 2

Breakfast: Whole grain English muffin with egg, cheese & turkey sausage

Snack 1: Mini bag of trail mix (with M&Ms!)

Lunch: Turkey sandwich on whole wheat + pickle spear + pretzels

Snack 2: Granola bar + a clementine

Dinner: BBQ chicken thighs + mashed potatoes + green beans



Day 3

Breakfast: Smoothie with banana, peanut butter, chocolate protein powder, and milk

Snack 1: String cheese + crackers

Lunch: Egg salad wrap + side of fruit (grapes or melon)

Snack 2: Hummus + pita chips

Dinner: Stir-fried rice with frozen veggies, egg, and soy sauce (optional: leftover meat)



Grocery List (Balanced but Real-Life Friendly)

Proteins:

- Eggs (1 dozen)
- Deli turkey
- Chicken thighs or breast
- Turkey sausage patties
- Greek yogurt
- Cheese (block or shredded, plus string cheese)
- Protein powder
- Egg salad ingredients (mayo, mustard, etc.)

Carbs & Grains:

- Whole wheat bread
- Wraps or tortillas
- Pasta (rotini or penne)
- Brown or white rice
- English muffins
- Pretzels or baked chips
- Crackers
- Granola bars

Fruits & Veggies:

- Apples
- Bananas
- Grapes or melon
- Clementines
- Cherry tomatoes
- Green beans (fresh or frozen)
- Lettuce/spinach
- Pickles
- Frozen stir-fry veggies

Extras:

- Peanut butter
- Salsa
- M&Ms or dark chocolate chips
- Italian dressing
- Soy sauce
- Pita chips
- Hummus
- Trail mix ingredients

✓ Easy Meal Prep Tips:

- Make pasta salad, wraps, or rice bowls the night before shifts
- Prep breakfast burritos in bulk and freeze them—microwave and go
- Double dinner recipes so you have lunch ready for the next day
- Keep snacks stocked at work so you don't hit the vending machine