

Meal Prep for Midnight Shifts: High-Protein, Low-Effort Recipes

A practical recipe pack designed for remote shift-workers who need fast, fueling, protein-dense meals that stabilize energy, support focus, and promote better sleep.

1. Overnight Egg & Veggie Muffins

Prep Time: 10 minutes | Cook Time: 15 minutes | Makes: 6 muffins

Ingredients:

- 6 eggs
- ½ cup diced mushrooms
- ½ cup chopped spinach
- ¼ cup shredded cheese
- Salt & pepper

Instructions:

1. Whisk eggs in a bowl and add veggies and cheese.
2. Pour into a greased muffin tin.
3. Bake at 375°F (190°C) for 15 minutes.
4. Refrigerate and reheat in 30 seconds before eating.

2. Midnight Chicken Power Bowls

Prep Time: 20 minutes | Makes: 3 bowls

Ingredients:

- 2 grilled chicken breasts
- 1 cup quinoa or brown rice
- ½ cup broccoli
- ½ avocado (optional)
- Garlic seasoning & olive oil

Instructions:

1. Grill chicken and steam broccoli.
2. Add ingredients into containers.
3. Drizzle olive oil and season.

3. Protein-Packed Cottage Cheese Bowl

Prep Time: 5 minutes

Ingredients:

- 1 cup cottage cheese
- ½ banana, sliced
- 1 tbsp chia seeds
- ¼ cup berries
- Honey drizzle (optional)

Instructions:

1. Combine all ingredients in a bowl.
2. Refrigerate up to 3 days.

4. Tuna Wraps On-the-Go

Prep Time: 10 minutes

Ingredients:

- 1 can tuna
- 1 tbsp mayo or Greek yogurt
- Lettuce leaves or whole wheat tortillas
- Sliced cucumbers or onions

Instructions:

1. Mix tuna with mayo/yogurt.
2. Add veggies and wrap tightly.
3. Chill before eating.

Shift-Worker Meal Prep Success Tips

- Hydrate consistently during shifts to stabilize energy.
- Eat a balanced meal 1–2 hours before starting work.
- Use snacks like almonds, eggs, and Greek yogurt for quick protein.
- Light carbs before bed improve sleep quality.
- Freeze extra portions to save prep time.

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