

7 Nutrition Hacks for PEAK PERFORMANCE



Fueling your body with the right nutrition isn't just about staying healthy—it's the key to unlocking peak work performance. Whether you're tackling deadlines at a desk, staying active on your feet or working long shifts, what you eat directly impacts your energy, focus and productivity. With simple yet effective nutrition hacks, you can power through your workday, stay mentally sharp and keep fatigue at bay. Let's dig in!



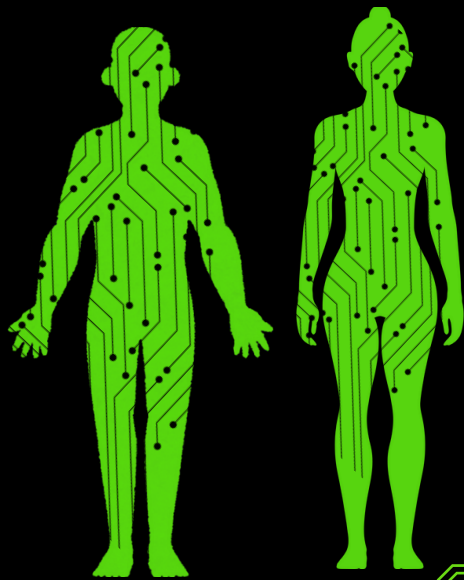
1. Start Strong

- Protein (eggs, yogurt, nuts) for sustained energy
- Healthy Fats (avocado, peanut butter) to keep you full
- Whole Grains (oats, whole wheat toast) for long-lasting fuel



2. Snack Smart

- Protein-Packed: Nuts, Greek yogurt, cheese sticks
- Energizing Fruits: Berries, apples, bananas
- Crunchy & Nutritious: Carrot sticks, cucumber, hummus



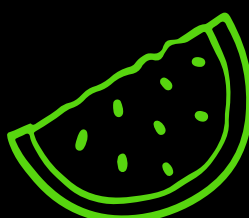
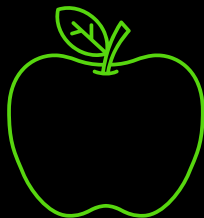
3. Hydrate, Hydrate, Hydrate

- Water First: Aim for 8+ glasses per day
- Limit Caffeine: 1-2 cups of coffee max
- Try Herbal Teas: Green tea, chamomile for focus & relaxation



4. Taking Lunch

- Balanced Plate Rule: 50% veggies, 25% protein, 25% whole grains
- Lean Proteins: Chicken, tofu, fish for steady energy
- Slow-Digesting Carbs: Brown rice, quinoa, sweet potatoes



5. Avoid the Afternoon Slump

- Skip Sugary Drinks: Opt for water or infused water
- Pair Protein with Fiber: Almonds + apple, hummus + whole-grain crackers
- Take a Quick Walk: 5-minutes of movement boosts alertness



6. Meal Prep for Success

- Plan Ahead: Pack homemade meals to avoid unhealthy takeout
- Batch Cook: Pre-make salads, grilled proteins, and overnight oats
- Stock Up Smartly: Keep healthy options at home & work

7. Night Shift Nutrition

- Eat small, frequent meals to maintain steady energy
- Healthy late-night snacks: nuts, cottage cheese, dark chocolate
- Avoid heavy meals before sleep to improve rest quality



Subscribe for FREE monthly e-issues:
healthdiscovery.org/subscribe