

EAT RIGHT FOR YOUR SHIFT TYPE


DAY SHIFT	BREAKFAST 5am-7am	LUNCH 11am-1pm	DINNER 5pm-7pm
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AFTERNOON SHIFT	BREAKFAST 5am-7am	LUNCH 11am-1pm	DINNER 5pm-7pm
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NIGHT SHIFT First Day of Nights	BREAKFAST 5am-7am	LUNCH 11am-1pm	DINNER 5pm-7pm	SUPPER OPTIONAL 5pm-7pm
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CONSECUTIVE NIGHTS Option 1	BREAKFAST 5am-7am	 SLEEP 8am-4pm	DINNER 5pm-7pm	SUPPER 11pm
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CONSECUTIVE NIGHTS Option 2	BREAKFAST 4am-6am	LUNCH 10am-12pm	 SLEEP 1pm-8pm	DINNER 8pm-10pm
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FIRST DAY OFF After Nights	BREAKFAST 5am-7am	 NAP 8am-12am	LUNCH 12pm-2pm	DINNER 5pm-7pm
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