



Food planning for life on the move

A practical guide for NRIs, long-haul drivers and shift workers—built around real schedules, food access and safe stops.

FLEXIBLE EXAMPLES · NOT A PERSONAL PRESCRIPTION

Plan around your waking day

A changing shift or route rarely fits a fixed meal clock. Use your usual waking period and safe breaks as planning anchors; adapt timing to your own needs.

After waking

Water or your usual drink if suitable; identify the next safe eating opportunity.

During a long shift

Pack shelf-stable options; use chilled food only with suitable temperature control.

After work

Keep a simple fallback meal available; plan sleep and food around your real schedule.

Before a work stretch

- Check the route, break opportunities and food-storage access.
- Pack a meal and a backup snack that fit your preferences.
- Bring any required medication as directed by your prescriber.
- Keep allergy and clinician instructions in mind when choosing food.

First available meal

Choose a familiar grain plus protein and vegetables/fruit when available.

At a safe stop

Pause, park, and eat without rushing. Follow any clinician-directed meal or fluid guidance.

When living abroad

- Map familiar dishes to locally available ingredients.
- Look for lentils, beans, oats, vegetables, fruit and plain dairy or alternatives.
- Choose options that fit your kitchen, budget and storage.
- Ask the team about general planning support; medical care stays with your local clinician.

No fixed targets here: Meal times, portions and fluid needs vary. Follow your own clinician's directions, especially if you have fluid restrictions or take medicines affected by meals.

Portable food and safe stops

Choose foods for your route, storage and available equipment. Keep food safety ahead of convenience.

Roti roll

Fill with cooked vegetables and a suitable protein such as paneer, tofu, egg or beans. Pack to prevent leaks.

Dry-style chana or beans

Pair with roti or a grain. Keep chilled when required; do not leave perishable food warm for long periods.

Oats or poha

Choose when you have safe access to hot water or a microwave; add vegetables or another suitable protein.

Fruit and shelf-stable snacks

Whole fruit, roasted chana or nuts can be convenient if they suit your allergies and care plan.

Simple grocery basket

Lentils or beans, vegetables, fruit, oats, rice, whole-wheat flour and plain yogurt where refrigeration is available.

Stop meal

Choose freshly prepared food where possible. Never eat or handle a phone while driving; stop and park safely first.

Simple packing checklist

☐ Insulated bag and cold pack, when needed

☐ Leak-resistant container and clean utensils

☐ Shelf-stable backup snack

☐ Water or usual drink, if suitable

☐ Hand-cleaning supplies

☐ Check labels for allergens

Food safety: Keep perishable foods chilled and follow local food-safety advice. Discard food that may have been stored unsafely. Stop and park before eating; never use a phone or prepare food while driving.

A week of meal-building prompts

Mix and match—not a fixed menu. Pick one option that fits your next safe break and storage conditions.

Meal combinations

- Roti roll + cooked vegetables + a suitable protein.
- Dal or beans + rice/roti + vegetables.
- Oats or poha + fruit or vegetables, depending on access.
- At a safe stop: a freshly prepared familiar meal.
- Backup: whole fruit or a shelf-stable snack that suits you.

Personalize before relying on it

Use this worksheet with a qualified professional if you need a medical nutrition plan.

My usual waking/work pattern:

Food storage / cooking access:

Foods I prefer / avoid:

Scope: This handout provides general food-planning ideas only. It is not a personalized diet chart, diagnosis or treatment. People with medical conditions, food allergies, pregnancy, medication-related food needs, or clinician-directed restrictions should seek individualized advice. Do not change medication or treatment from this guide.