

FRST Center Nutrition

FUEL FOR THE FRONTLINE:
QUICK, SMART FOOD CHOICES FOR HIGH-DEMAND JOBS



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

Long shifts, unpredictable calls, and the high demands of the job can make nutrition challenging. Plan ahead with convenient, balanced, and quick foods that can support steady energy, sharp focus, and faster recovery!

Grab-n-Go Snacks for the Tactical Lifestyle

- Low-sodium jerky
- Tuna or chicken pouches with whole-wheat crackers
- Hard boiled eggs
- Protein bar
 - Rx, KIND, TruBar, Barebells, Built
- Trail mix
 - Load with nuts & dried fruit
- Pre-packaged hummus with veggies
- Celery sticks with light ranch dressing
- Applesauce pouch



- Fresh fruit
 - Apples, bananas, oranges
- Whole-wheat rice cakes with avocado
- Greek yogurt topped with some nut butter or fruit
- Cottage cheese
- String cheese
- Protein shakes
 - Fairlife Core Power, Premier, Muscle Milk, OWYN
- Whole-wheat crackers with cheese



Balanced Fast Food Options

Chipotle or Qdoba:

- Base: brown rice and black beans
- Protein: chicken or steak
- Fajita veggies
- Optional toppings: lettuce, corn, pickled onions, guacamole, sour cream, and cheese



Chick-fil-A:

- Grilled chicken sandwich
- Side salad or fruit cup
- Optional condiments: light-ranch or vinaigrette



Subway:

- Bread: whole-wheat
- Protein: turkey or chicken
- Veggies: spinach, cucumbers, tomatoes, bell peppers, avocado
- Optional sauce: light mayo, olive oil & vinegar, or mustard



Avocado Chicken Wraps¹

Serving size: 1 Wrap
Calories: 314kcal Protein: 17g



Ingredients:

- 2 cups cooked shredded chicken
- 2 avocados deseeded, diced
- 2 tsp lemon juice freshly squeezed
- ¼ cup red onion sliced
- 1 tbsp fresh parsley chopped
- 1/4 cup greek yogurt
- 1 tsp garlic powder
- 1/2 tsp sea salt

Directions:

- Combine chicken, avocados, lemon juice, red onion, parsley, greek yogurt, garlic powder, and sea salt.
- Spread the tortilla wraps and place romaine lettuce. Cover with chicken avocado mixture.
- Roll the wrap up carefully, cut it in half and serve immediately.