

DESK WORKER NUTRITION

Food that works as hard as you do.

The YoPO meal system is built for busy people who spend most of their working day at a desk. Quick to prepare, genuinely satisfying, and designed to keep you feeling good from your first meeting to your last. Aim to use this system for as many desk days as you can. On non-working days eat what you love and take your time to enjoy the preparation.

⚡ **Steady energy** □ **Sharper focus** ⌚ **Prep in under 10 mins**

Most of us know we should eat better on work days. The problem is that when you're busy, tired or just trying to get through the day, it's very easy to skip breakfast, grab whatever's nearest at lunch, and end up picking at things you didn't really want by 4pm.

This meal system makes it simple to do better. Every breakfast, lunch, dinner and snack has been chosen with the desk worker specifically in mind — low enough in calories for a less active day, high enough in nutrients to keep your body and brain functioning well, and fast enough to actually fit into a working life. Most meals take under ten minutes of active preparation.

And crucially, the meals are designed to be genuinely satisfying — because the best way to avoid reaching for the biscuit tin at 3pm is to not be hungry in the first place.



Under 10 minutes

active prep for every meal



Built-in flexibility

swap proteins & ingredients



Vegetarian options

throughout



Grab-and-go

alternatives for every lunch

What's in it for you

Every meal in the system is built around four nutritional pillars. Here's what each one does for you in plain terms — and why it matters on a desk day.



Protein

THE BUILDING BLOCK

Protein keeps you feeling full. It's what your body uses to maintain and repair muscle (even if you're sitting at the desk) and it's essential for producing the brain chemicals that regulate mood, focus and motivation. Without enough of it, you feel hungry, foggy and flat.

HELPS WITH

- Staying full between meals — less snacking, fewer cravings
- Feeling mentally sharp
- Keeping muscle tone even on low-activity days
- Supporting mood and motivation

WHERE YOU'LL FIND IT

Eggs · chicken · salmon & oily fish · greek yoghurt
· cheese · pulses · tofu & tempeh



Smart carbohydrates

THE ENERGY CURRENCY

Carbohydrates aren't the enemy — the wrong kind at the wrong time are. Fast-digesting carbs (white bread, sugary snacks, pastries) give you a quick hit of energy followed by a crash that leaves you more tired than before. The slow-release complex carbs in this system do the opposite: they release energy gradually, keeping your body and brain supplied steadily across the day without peaks and troughs.

HELPS WITH

- Avoiding the mid-morning slump and post-lunch dip
- Sustained concentration — the brain runs on glucose
- Staying calm and even-tempered under pressure

WHERE YOU'LL FIND IT

Oats · quinoa · brown rice · wholegrain bread & rye bread · Pulses · Potatoes



Healthy fats

BRAIN FOOD, JOINT FOOD

Fat has had bad press for years but the right kinds are essential — particularly for desk workers. Omega-3 fatty acids are literally built into the structure of your brain cells, and low levels are associated with poor concentration, low mood and mental fatigue. Healthy fats also reduce the low-grade inflammation that builds up from hours of sitting and help your body absorb the vitamins from the fruit and vegetables you're eating.

HELPS WITH

- Clearer thinking and better memory
- Reducing stiffness and joint discomfort from sitting
- Keeping mood stable through the working day
- Feeling genuinely satisfied after meals

WHERE YOU'LL FIND IT

Salmon & mackerel · avocado · olive oil · mixed nuts & walnuts · chia & flax seeds · eggs · dark chocolate



Vitamins & minerals

VITAL SUPPORT

These are the nutrients that are present in small amounts, so easy to overlook, but they support vital systems. Iron keeps your energy up and your thinking clear. B vitamins turn the food you eat into energy your cells can use. Magnesium calms the nervous system and relieves muscle tension. Vitamin C supports your immune system and helps repair connective tissue. A full spectrum of vitamins makes the difference between functioning and thriving.

HELPS WITH

- Feeling less tired and run-down
- Easing muscle tension and physical stiffness
- Building resilience against colds and bugs
- Feeling calmer and less frazzled under pressure

WHERE YOU'LL FIND IT

All fruit and vegetables, especially leafy greens, colourful veg and berries · mixed nuts & seeds · herbs and spices

How it's built



Calorie conscious for desk days

All quantities are suggestions only, and you should use your intuition and hunger levels as a guide on how much to eat. But the system is designed to be calorie conscious, with few high calorie dense ingredients – as appropriate for someone who is largely sedentary during working hours. Enough to feel well-fuelled and satisfied, but not over full.



Flexibility is built in

Every meal includes swap suggestions so you can vary what you eat. Some meals include protein options — choose chicken, fish, eggs or tofu depending on your dietary preferences, what you have available and what you feel like.



Speed and convenience first

Every meal has been chosen with the realities of working life in mind. Most take under ten minutes of active preparation. Lunches include a grab-and-go equivalent for days when you didn't get time to prep. Notes are included on where prep can be done in advance and when leftovers can be used the day after.



Actually satisfying

The best defence against the biscuit tin, the vending machine and the slice of birthday cake is not willpower — it's eating meals that keep you genuinely full. Every option in this system includes a meaningful protein and healthy fat component specifically to extend satiety and reduce the urge to snack on things you didn't plan to eat.

How to use it

You don't need to follow the system rigidly to get the benefit. Here's a simple way to get started.

1

Browse all four sections

Have a look through breakfast, lunch, dinner and snacks. Note the meals that appeal — you'll be more likely to actually make something you're looking forward to.

2

Pick a few to try

You don't need to use the system every day. Start trying a few options that appeal and use the swap options to keep things interesting without adding complexity.

3

Shop ahead

Make sure you have the ingredients in for the meals you want to try. Pantry and freezer staples can be stocked up on in a bulk shop, but fresh fruit, veg, and foods that need refrigeration should be bought a few days ahead in line with your plan unless it's easy for you to do a daily shop.

4

Don't aim for perfect

Using this system three or four days a week is significantly better than not using it at all. Start with breakfast and lunch — they have the biggest impact on how you feel during the working day.



A note on snacks

The snack section isn't an afterthought. **Eating well between meals is one of the most effective things you can do for your energy and concentration.** The options in the system are designed to bridge the gap between meals without a sugar spike — keeping you steady rather than sending you up and crashing down. Plan ahead and treat the snack section as seriously as the meals. Your 3pm self will thank you.