TRUCK DRIVER MEAL PLANNER

Plan before departure. Update only while safely parked.

DATE	ROUTE / TRIP	DEPARTURE	SHIFT END

ROAD-DAY PLAN

Write in planned times and stops

PLANNED TIME	STOP / LOCATION	MEAL OR SNACK	PACKED / PICKUP	NOTES

PACK / PREP CHECKLIST

- ☐ Meals / snacks packed
- ☐ Drinks packed
- ☐ Utensils / napkins
- ☐ Cooler / storage checked
- ☐ Pickup details reviewed
- ☐ Needed items loaded

BACKUP PLAN / NOTES

Adjust the plan as your route and safe stopping options change.