

BUSY LIFESTYLES

EGGS CAN FIT INTO A *Hectic* SCHEDULE



For people who lead a busy lifestyle, eating healthfully is particularly challenging. Tight schedules filled with activities often mean eating away from home, grab-and-go snacks, and skipped meals. That is why choosing nutrient-dense foods, such as eggs, is essential. One large egg has varying amounts of 13 essential vitamins and minerals, including choline, selenium, vitamin D, vitamin B12, phosphorus and riboflavin, plus 6 grams of high-quality protein.

Often times people see eggs as time consuming, but they don't have to be! Eggs can be easily prepared in the microwave or batch cooked for busy weekday breakfasts.

Looking for a quick and portable snack? Hard-boiled eggs are perfect for people on-the-go. The American Egg Board's Easy-Peel Hard-Boiled Eggs recipe cooks eggs 30% faster than classic methods.



KEY MESSAGES

- Eggs can cook in just minutes! For a quick and filling breakfast, scramble eggs in a coffee mug, add your favorite ingredients (e.g., fresh veggies, cheese) and microwave. Serve with fresh fruit and yogurt.
- Many egg dishes can be cooked ahead and served throughout the week, such as egg muffin frittatas, egg casseroles, hard-boiled eggs and breakfast sandwiches.
- Find easy breakfast solutions. Starting the day with a balanced breakfast with protein can help keep hunger at bay and help fuel a busy morning. Pair eggs with fruits or vegetables, whole grains, and low-fat or fat-free dairy.

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 EASY PEEL VIDEO



Watch the video @ IncredibleEgg.org/EasyPeelVideo

 RECIPE IDEA



Microwave Egg & Veggie Breakfast Bowl

Download recipe @ IncredibleEgg.org/MicrowaveBreakfastBowl

 HANDOUT




NUTRIENT-RICH EGG
[EggNutritionCenter.org/
NutrientRichEgg](https://EggNutritionCenter.org/NutrientRichEgg)

Spread the Word

 **NO TIME FOR BREAKFAST?**

Try making a microwave Coffee Cup Scramble at the office. Beat 2 eggs in a coffee cup. Microwave on high for 45 seconds. Stir. Microwave for another 30 seconds. Add cheese or chosen toppings and enjoy!
EggNutritionCenter.org/NoTime4Breakfast

 **SHORT ON TIME?** Microwaveable egg breakfast bowl = fast meal with less clean-up!
EggNutritionCenter.org/ShortOnTime

 **MAKE LAST NIGHT'S LEFTOVERS TODAY'S LUNCH!** Take cooked pasta and #putanegg on it with veggies and spices:
EggNutritionCenter.org/Leftovers

DOWNLOAD OR ORDER THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS FOR MANAGING A BUSY LIFESTYLE.

 SHAREABLE GRAPHIC



EASY PEEL HARD-BOILED EGG INFOGRAPHIC
EggNutritionCenter.org/EasyPeelGraphic

Access the references list at EggNutritionCenter.org/ToolkitCitations



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