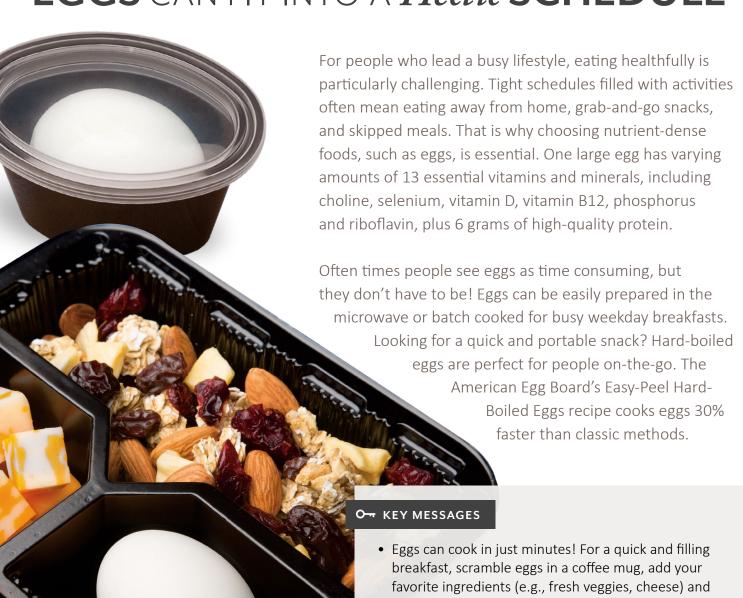
# BUSY LIFESTYLES EGGS CAN FIT INTO A Hectic SCHEDULE



- 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.



# **BUSY LIFESTYLES**



# RECIPE IDEA

# Microwave Egg & Veggie Breakfast Bowl

Download recipe @ IncredibleEgg.org/MicrowaveBreakfastBowl



NUTRIENT-RICH EGG 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 #putaneggonit 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.



Access the references list at EggNutritionCenter.org/ToolkitCitations

