

BUSY LIFESTYLES

EGGS CAN FIT INTO A *Hectic* SCHEDULE

For people who lead busy lifestyles, 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. Eggs are a good or excellent source of eight essential nutrients, including choline, selenium, vitamin B12, riboflavin and 6 grams of high-quality protein. Eggs are also one of the few natural food sources of vitamin D (6% Daily Value in a large egg), a nutrient of public health concern.

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 that includes 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 @ EggNutritionCenter.org/EasyPeelVideo

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

 **MEAL PREP LIKE A PRO!** Build a stash of make-ahead freezer breakfast burritos to heat and eat on busy mornings.
EggNutritionCenter.org/MealPrepPro

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

 RECIPE IDEA



Microwave Egg & Veggie Breakfast Bowl

Download recipe @ IncredibleEgg.org/MicrowaveBreakfastBowl

 HANDOUT



NUTRIENT-RICH EGG
EggNutritionCenter.org/NutrientRichEgg

 SHAREABLE GRAPHIC



EASY PEEL HARD-BOILED EGG INFOGRAPHIC
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