

SUBJECT: Eggs help reduce food waste! [[TV Segment/Article](#)]

PITCH:

Hello [[Name of Contact](#)],

I want to show how you can amp up the normal hard-boiled egg meal prep and reduce food waste in the kitchen with exciting new ways to rescue the vegetables from the crisper drawer. Eggs complement a plant-forward eating pattern as they are a carrier for under-consumed vegetables. In fact, eggs can help you better absorb the nutrients found in plant foods such as vitamin E and carotenoids. As a Registered Dietitian, I can show how versatile eggs are at any meal, like on a pizza, in a sandwich, as part of a salad, or my favorite, the breakfast charcuterie board.

Here are a few examples of previous [[TV segments I've done/articles I've written](#)]:

- [[Title with link to example 1](#)]
- [[Title with link to example 2](#)]
- [[Title with link to example 3](#)]

If you're interested in learning more, I'd be happy to chat with you about this [[segment/article](#)] idea. Feel free to e-mail me back or give me a call at [[###-###-####](#)]. I appreciate your consideration.

Sincerely,

[[NAME + CREDENTIALS](#)]