

A HALF DOZEN REASONS

eggs can help you reach your nutrition goals



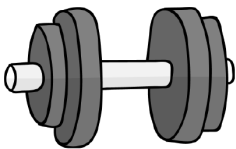
GET READY FOR THE WEEK

Hard-boil a dozen eggs on Sunday night and have them ready for breakfast, lunch and snack options.



AFFORDABLE MEALS

For only \$0.15 each, eggs are not only one of the most economical foods, they are also packed with vitamins and minerals.



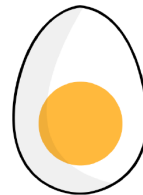
FUEL YOUR FITNESS

With six grams of high-quality protein, one large egg provides all of the essential amino acids that can help build, maintain and repair muscle. Pair with a carbohydrate to help with recovery!



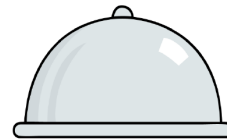
START YOUR DAY STRONG

A high-quality protein breakfast that includes lutein, eggs help provide sustained mental and physical energy throughout the day.



PUT AN EGG ON IT

Add an egg to salads to bump up the protein and improve the absorption of antioxidants.



INSPIRE DINNERTIME CREATIVITY

Switch up your protein at dinnertime by serving a classic egg dish instead. We love skillet or pasta carbonara!