

# A HALF DOZEN REASONS

eggs can help you reach your nutrition goals



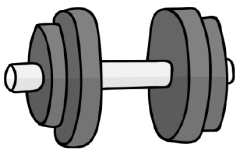
## GET READY FOR THE WEEK

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.



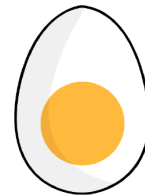
## FUEL YOUR FITNESS

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!



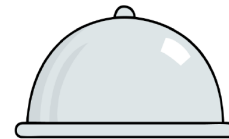
## START YOUR DAY STRONG

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!