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.

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

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.

PUT AN EGG ON IT
Add an egg to salads to bump up the protein and improve the absorption of antioxidants.

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!

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