

# EGGS

an ideal  
**food** to  
fuel **fitness**

Packed with protein, vitamins and minerals, eggs are a natural choice for peak performance. You can depend on the power of high-quality egg protein to help build and repair muscle.

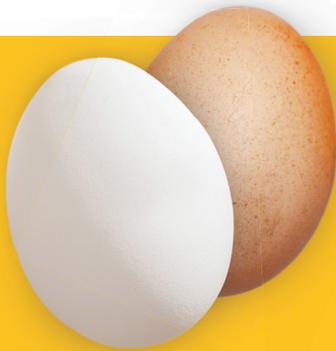
## An eggs-cellent choice

Eggs are a perfect protein choice to power your workout because they provide:

- ✓ an **excellent** source of high-quality complete protein
- ✓ all **9** essential amino acids (protein building blocks)
- ✓ **14** important nutrients, including iron and vitamin D



Eggs rank among the highest quality proteins. They provide all of the 9 essential amino acids, in a pattern that closely matches your body's needs.



## The whole truth about eggs:

- ✓ Research shows, whole eggs stimulate muscle growth and repair even more than egg whites
- ✓ Egg yolks actually contain most of the nutrients in eggs and half of the egg's protein
- ✓ With 6.5 grams of protein in each large egg, there's a healthy 13 grams of protein in a serving of 2 eggs

## Protein + carbs = a winning combination

What you eat after a workout matters! Experts recommend superior proteins (like eggs) plus easily-digested carbohydrates. This powerful combo can help repair and build muscles. To optimize your fitness routine, remember to focus on protein:



### Quality

Choose complete proteins like eggs, milk, yogurt, fish and lean meats



### Quantity

Include 15 to 25 grams of protein along with carbohydrates



### Timing

Eat within 2 hours after exercise to recharge and repair muscles

## Eat like a champ

Make the most of your workouts with these simple meal ideas:



### Breakfast

Try scrambled or poached eggs with whole grain toast, fruit and milk



### Lunch

Keep hard-cooked eggs on hand to add protein to sandwiches or salads



### Dinner

Make omelettes or frittatas loaded with veggies for quick meals



**Tip** Include **15-25 grams** of high-quality protein, like eggs, in your post-workout meals

# Meal game plans



## Make once, enjoy twice

Extra egg salad can be stored in a sealed container in the fridge for up to three days. Try it on whole grain pita bread or tortillas.

## Kale and egg wrap

Ready in minutes, this makes a healthy breakfast or lunch on-the-go! Serves 4.

### You'll Need:

- 8 large eggs
- ½ tsp (2.5 mL) salt
- ¼ tsp (1.25 mL) freshly ground pepper
- 2 tbsp (30 mL) olive oil
- 2 cloves garlic, minced
- Pinch of hot pepper flakes
- 2 cups (500 mL) stemmed and thinly sliced kale, lightly packed
- 4 large whole wheat tortillas (10 inch/25 cm), warmed
- ¼ cup (60 mL) hummus
- 1 tomato, sliced

### Prep and Cook:

- 1 Whisk eggs with salt and pepper. In non-stick skillet, heat oil over medium heat; cook garlic and hot pepper flakes until fragrant (about 1 minute). Stir in kale; cook until it starts to wilt (about 2 to 3 minutes).
- 2 Reduce heat to medium-low. Pour in egg mixture and cook, stirring until eggs are creamy and softly set (about 5 to 8 minutes).
- 3 To make wraps, spread hummus along centre of each tortilla. Top with tomatoes and scrambled egg mixture. Roll up tightly.



## Egg salad sandwich

Egg salad is a super simple staple that's easy to prepare ahead! Serves 4.

### You'll Need:

- 6 hard-cooked eggs, peeled and coarsely chopped
- ¼ cup (60 mL) chopped green onions (optional)
- 2-3 tbsp (30 mL) mayonnaise
- 2 tsp (10 mL) Dijon mustard
- ⅛ tsp (0.5 mL) salt
- ⅛ tsp (0.5 mL) pepper
- 8 slices whole wheat bread
- 4 lettuce leaves

### Prep and Cook:

- 1 Combine eggs, onions (if desired), mayonnaise, mustard, salt and pepper in a small bowl.
- 2 For each sandwich, spread about ½ cup (125 mL) egg salad filling over one slice of bread.
- 3 Top each sandwich with lettuce leaf and second slice of bread.

