



### ON THE MENU:

## JUST CRACK AN EGG™



## BENEFITS OF BREAKFAST

**Reduce cravings:** eating breakfast versus skipping increases fullness while reducing neural signals that regulate reward-driven eating behaviors.

**Kick-starts metabolism:** and fuels you for the day.

**Diabetes prevention:** skipping breakfast increases insulin resistance and chances of developing Type 2 Diabetes by 21%.

**Better performance:** increased energy levels, focus and mood.

## THE NUTRITION

**High in protein:** high protein breakfasts have been shown to help with weight management.

**Tasty AND convenient:** a warm breakfast ready in 2 minutes without leaving a pile of dishes to clean!

## PAIR 1 OF THE FOLLOWING WITH JUST CRACK AN EGG™:

- 2 slices whole grain or whole wheat toast
- 1/2 whole grain bagel
- 1 whole grain bagel thin
- 1 whole grain English muffin
- 1/2 cup oatmeal
- 1 whole grain tortilla
- 1 medium piece of fruit (i.e. apple, banana, orange, pear)
- 1 cup berries
- 1 1/2 cups melon
- 1 container Greek yogurt
- 3/4 cup cottage cheese
- 1 cup low fat milk