EGGS

Eggs are an excellent source of protein and provide vitamins D and B12, so they're handy as an alternative to meat. One egg typically contains about 80 calories without added fat. Their high protein content means they will help keep you feeling satisfied and their versatile nature means there are many ways to include them in your diet.

Boiled Egg

Poached Egg

Scrambled Egg (with milk)

Egg & Spinach on Rye

Fried Egg

Omelette (plain)

Omelette (cheese)

Eggs Florentine

Spanish Frittata