



Steaming eggs is a simple way to prepare them for the week. The eggs cook evenly, peel easily, and keep well in the refrigerator, making them perfect for quick snacks or an easy addition to breakfast. Each egg provides about 6 grams of high-quality protein.

INGREDIENTS

- 6 Eggs
- Water (for steaming)

INSTRUCTIONS

1. Bring about 1 inch of water to a simmer in a pot.
2. Place the fridge-cold eggs in a steaming basket above the water.
3. Cover and steam for 10–12 minutes, depending on how firm you like the yolks.
4. Transfer the eggs to a bowl of cold water for a few minutes to stop the cooking.
5. Peel and store in the refrigerator for up to one week.

Nutrition (Based on 2000kcal)

155kcal/serving | **Macros:** Net Carbs 1.1 g (0.0 g fiber), Protein 12.6 g, Fat 10.6 g (3.3 g saturated)

Good source (10-19% DV): Protein, Folate, Vitamin D, Iron, Zinc.

Excellent source (>20% DV): B2 (riboflavin), B5 (pantothenic acid), B12 (cobalamin), Phosphorus, Selenium.