



**eggs for  
action**

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# eggs

**for action!**

**Healthy recipes and  
practical advice for exercise**



# welcome

to eggs for action!



**What you eat and when you eat are important considerations when it comes to sports performance.**

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Whether you are a competitive athlete or just enjoy a regular workout, you can get more out of your sport by making small changes to your diet. Anita Bean BSc RNutr, a registered nutritionist specialising in sports nutrition, has joined forces with British Lion eggs to look at how eggs can form part of a healthy diet for active people, suggesting delicious quick recipes, practical advice and healthy hints and tips.

## DID YOU KNOW!

Eggs are one of the most nutritious foods money can buy – they are a natural source of many nutrients including high quality protein, vitamins and minerals.



## DID YOU KNOW!

There is evidence that eating a lower energy density (fewer calories per gram of food) diet which is high in protein, such as eggs, may help you feel fuller for longer.



Check out the 'eating for exercise' page on [eggsforaction.com](http://eggsforaction.com) where Anita Bean answers common questions on eating for optimum performance.



Anita Bean



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## pre-workout snack

# toasted bagel with spinach and eggs

Preparation time:  5 mins Cooking time:  10 mins Serves:  1

### Ingredients:

60g/2oz baby spinach  
1 teaspoon/5ml water  
pinch of freshly grated nutmeg  
salt and freshly ground black pepper  
1 wholemeal bagel cut in half, toasted  
2 medium British Lion eggs  
2 tablespoons/30ml semi-skimmed milk  
1 teaspoon/5ml butter or margarine

### Method:

1. Place the spinach and nutmeg in a pan over a medium heat, cover and shake well. Cook for 2-3 minutes, until the spinach has wilted. Season with salt and freshly ground black pepper. Drain off any excess liquid.
2. For the scrambled eggs, beat the eggs and milk together with salt and freshly ground black pepper.
3. Cut the bagel in half horizontally. Place cut side up on a baking sheet and toast under a hot grill or in a toaster until golden. Set aside.
4. Melt the butter or margarine in a non-stick pan, pour in the eggs and cook over a low heat for 2-3 minutes, stirring with a wooden spoon, until most of the egg is set. Remove the pan from the heat and continue to stir for a further 30 seconds.
5. To serve, place the toasted bagels on a plate. Spoon over the spinach and then top with the scrambled eggs.

### RECIPE FACT!

This recipe is perfect as a pre-exercise meal; the carbohydrates will help sustain power output during exercise and the protein from the eggs will lower the meal's Glycaemic Index (GI), increasing endurance.



#### Nutrition (per portion):

441 calories; 25g protein; 18g fat;  
5g saturated fat; 43g carbohydrate;  
6g total sugars; 5g fibre; 1.2g salt

### DID YOU KNOW!

A medium egg contains less than 80 calories.



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## post-workout snack

# warm lentil and egg salad

Preparation time:  10 mins Cooking time:  5 mins Serves:  4

### Ingredients:

2 x 250g pouches ready-cooked puy lentils  
1 red onion, finely chopped  
225g/8oz cherry tomatoes, halved  
1 tablespoon/15ml chopped fresh parsley  
1 tablespoon/15ml chopped fresh mint  
3 tablespoons/45ml extra virgin olive oil  
1 tablespoon/15ml red wine vinegar  
Salt and freshly ground black pepper  
60g/2oz walnut pieces  
100g/3½oz baby leaf spinach  
4 medium British Lion eggs

### Method:

1. Mix the ready-prepared lentils with the chopped red onion, tomatoes and herbs.
2. Place the olive oil and red wine vinegar in a bottle or screw top glass jar and shake together. Pour the dressing over the lentil salad. Toss lightly and season with salt and pepper if required.
3. Arrange the spinach leaves on four plates or bowls, spoon the lentil salad on top then scatter over the walnuts.
4. Meanwhile, bring a large pan of water to the boil. Break the eggs into the water and poach for 3-4 minutes. Lift them out with a slotted spoon and place on top of the lentil salad.

### DID YOU KNOW!

Eggs are a good natural source of vitamin B2, vitamin B12 and vitamin D.



### RECIPE FACT!

This recipe is perfect for refuelling after exercise. It contains a combination of carbohydrate and protein, which helps speed glycogen (energy) recovery and muscle repair. The lentils contain immunity-strengthening iron and zinc.



### Nutrition (per portion):

437 calories; 23g protein; 26g fat;  
4g saturated fat; 30g carbohydrate;  
5g total sugars; 7g fibre; 0.3g salt

## post-workout main meal

# baked eggs with roasted mediterranean vegetables

Preparation time:  5 mins Cooking time:  30 mins Serves:  2

### Ingredients:

½ aubergine, sliced  
1 courgette, sliced  
½ yellow pepper, sliced  
½ red pepper, sliced  
½ bulb of fennel, cut into wedges  
1 small onion, sliced  
1 tablespoon/15ml olive oil  
1 garlic clove, crushed  
A few sprigs of rosemary  
A handful of black olives  
2 large British Lion eggs

### Method:

1. Pre-heat the oven to 200°C / 400°F / Gas mark 6.
2. Place all the vegetables in an oven-proof dish. Drizzle over the olive oil, add the garlic and rosemary, then toss lightly so that the vegetables are well coated in the oil.
3. Roast in the oven for about 20 minutes until the vegetables are just tender.
4. Mix in the black olives. Make two wells in the middle of the vegetables. Crack an egg into each indentation. Bake for a further 8-10 minutes or until the eggs are set. Serve with crusty bread.



### RECIPE FACT!

This recipe is an excellent post-workout meal. This high-protein dish is also an easy way to get at least two of an athlete's 5-a-day of fruit and vegetables. It is rich in vitamins, important antioxidants that promote recovery after exercise, while the eggs supply body-building protein, iron and vitamin D.

#### Nutrition (per portion):

201 calories; 10g protein; 14g fat; 3g saturated fat; 9g carbohydrate; 8g total sugars; 4g fibre; 0.9g salt

### DID YOU KNOW!

Eggs contain essential minerals and trace elements, including phosphorus, iodine and selenium.



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## microwave recipe

# cherry tomato and parmesan frittata

Preparation time:  10 mins Cooking time:  10 mins Serves:  2

### Ingredients:

2 teaspoons/10ml olive oil  
1 red onion, sliced  
1 garlic clove, crushed  
1 yellow pepper, sliced  
125g/4oz cherry tomatoes, halved  
4 large British Lion eggs  
1 tablespoon/15ml fresh herbs, (e.g. parsley, chives or thyme) or 1 teaspoon/5ml dried herbs  
Salt and freshly ground black pepper  
25g/1oz grated Parmesan

### Method:

1. Place the oil, onion, garlic, peppers, tomatoes in a micro-proof dish. Cover with an upturned plate and cook on HIGH for 3 minutes. Beat the eggs with 30ml/2 tablespoons water, the herbs and seasoning. Stir the vegetables, then add the eggs, cover with an upturned micro-proof plate and cook on HIGH for 1 minute 30 seconds. Stir well, pushing the cooked egg into the middle of the dish, shake to level. Cover with the plate and cook on HIGH for a further 2 minutes.
2. Leave to stand for 3 minutes. Scatter over the Parmesan shavings or sprinkle the Parmesan cheese over the frittata and pop under a hot grill for a few minutes until the top is golden.
3. Serve in wedges, hot or cold, with a simple rocket salad and crusty bread.

### DID YOU KNOW!

Eggs are one of the few foods that are a natural source of vitamin D, with one medium egg providing 18 per cent of your Recommended Daily Allowance (RDA).



### RECIPE FACT!

This is a really quick and easy low fat microwave recipe. The eggs are a great source of protein, helping repair and build muscle after intense exercise. The vegetables provide high levels of the antioxidants, vitamin C and beta-carotene needed for muscle recovery.

### Nutrition (per portion):

311 calories; 22g protein; 21g fat; 6g saturated fat; 12g carbohydrate; 10g total sugars; 3g fibre; 0.7g salt



Really quick!

# food swaps



While 'recovery' supplements such as protein shakes, carbohydrate-protein drinks and protein bars provide a convenient way of getting nutrients after exercise, they are invariably higher in sugar and more expensive than 'real' food.

It's better to get the protein, carbohydrates and other nutrients your body needs after an exercise session from natural food sources, such as eggs.

Check out the 'food swaps' page on [eggsforaction.com](http://eggsforaction.com) for a detailed nutritional comparison of popular recovery meals and products.

## DID YOU KNOW!

Eggs contain vitamin A and a number of other B vitamins, including folate, biotin, pantothenic acid and choline.



## DID YOU KNOW!

The previous limits on egg consumption due to their cholesterol content have now been removed. Eggs are a healthy fast food for all the family, especially if combined with vegetable and salads as part of balanced meals.



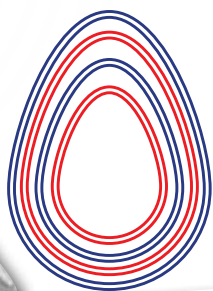
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## british lion eggs

The British Lion mark on egg shells and egg boxes means that the eggs have been laid by British hens and produced to the highest standards of food safety and traceability.



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# eggs for action

for more recipe ideas, visit:  
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