

WHEN YOU JUST DON'T HAVE TIME

GOOD. FOOD. FAST.



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Make a Splash

Can you believe this shakshuka comes frozen? It's easy enough for weekdays (and won't actually paint your kitchen red). Turn the page for this and more savory heat-and-eat breakfasts that are ready in less than 10 minutes.

Beyond Breakfast Sandwiches

Eggs deliver protein, vitamin D and antioxidants all before your second cup of coffee. but we get it—sometimes you're too busy to cook these nutritional powerhouses into a meal. Shop the frozen aisle for these morning time-savers.



Hover your phone's camera over this smart code to get a coupon for \$1 off any EatingWell Frozen entree.



Trader Joe's Shakshuka Starter

(Pictured on previous page.) You add the eggs to this spicy tomato and pepper stew, great if you're picky about their pedigree. It's a serious time-saver—ready in just 7 minutes, no chopping required!



Jimmy Dean Delights Bacon, Ham & Veggies Frittatas

Enjoy two mini crustless quiches filled with mushrooms, kale, Cheddar, bacon and ham for a seriously satisfying breakfast (with only 7 grams of carbs, if you're counting).



Dr. Praeger's Huevos Rancheros Breakfast Bowl

Complete with a whole-grain corn tortilla on the bottom, this cheesy egg-white scramble jams in tons of Mexican flavor without going overboard on sodium (450mg).



Bantam Bagels Garden Veggie Egg Bites

Each chewy sesame bagel bite (only 100 calories a pop!) is chock-full of scrambled eggs, Swiss, Cheddar, sweet bell peppers and onion for a grab-and-go breakfast.



Sweet Earth Baja Breakfast Burrito

This handheld option serves up 21 grams of protein thanks to a combo of eggs, pinto beans and seitan seasoned with smoky chipotle and green chile.



EatingWell Breakfast Burrito Bowl

Developed with the help of our Test Kitchen, this colorful bowl brings a full cup of vegetables to the table, packing in 7 grams of fiber to keep you feeling full. Saucy chorizo sausage spices things up.