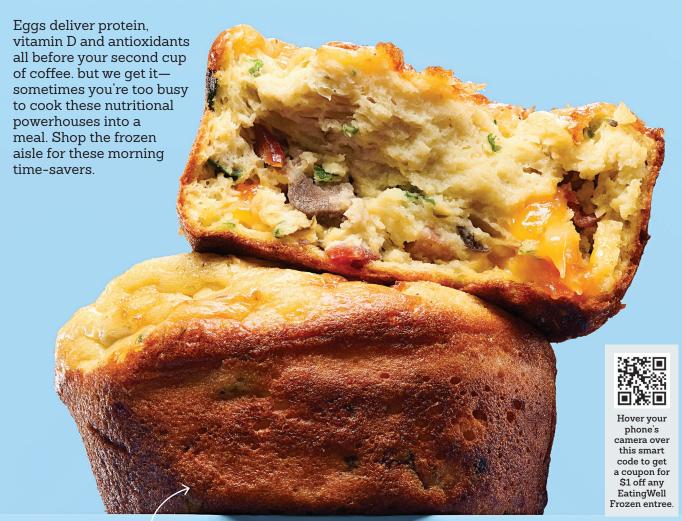


Beyond Breakfast Sandwiches





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.