

The logo for Fresh Steps Meal System, featuring a green circle with a white fork on the left and a white knife on the right. The text "fresh steps" is in white lowercase letters, and "MEAL SYSTEM" is in smaller white uppercase letters below it.

Fresh Steps

Meal System

EGG RECIPES





Introduction

Our Meal Starters serve as the foundation for any meal- they contain essential vitamins, minerals and an appropriate balance of protein, carbohydrate and fats. Our Smoothie, Soup, Pasta and Egg Meal Starters truly are your kitchen training wheels. Simply pair with fresh ingredients as part of any recipe to create a healthy portion-controlled meal to leave you satisfied. Although the foundation of your meal, Meal Starters are only part of the story. It is the grocery ingredients and spices that you pair which round out a balanced meal.

Superfoods

While the addition of fresh ingredients, specifically fruits and vegetables, are of critical importance, so too is the type of produce selected. Eating a diet rich in vitamins, minerals and antioxidants is an important habit of a healthy lifestyle. Nutrient-dense foods or **superfoods** not only make you feel great, but they may even reduce your risk of certain chronic health conditions while providing multiple health benefits. For this reason, we have highlighted the **superfoods** part of each recipe to keep you informed! While there are many foods that can be described as super, it is important to understand that there is no single food that holds the key to good health or disease prevention. The key instead lies with a nutrient dense diet filled with delicious ingredients highlighted in these recipes!



Egg Recipes

Fresh Steps Bacon McMuffins

INGREDIENTS

- 1 Cheddar and Bacon Egg Scramble Meal Starter
- 1 Whole Large Egg
- 1 tbsp water
- 1 tbsp Sour Cream
- 1 tbsp rolled oats
- ¼ cup onion
- 1 Slice Turkey Bacon (crumbled)
- Salt/Pepper to taste

DIRECTIONS

- 1 Preheat the oven to 350 degrees.
- 2 In a small mixing bowl, combine Egg Meal Starter, water and 1 whole egg- whisking mixture until smooth.
- 3 Add sour cream, chopped onions and rolled oats to egg mixture. Mix altogether and set aside.
- 4 Place turkey bacon on a nonstick skillet and cook until well done. Set aside.
- 5 Spray muffin baking pan with nonstick cooking spray and distribute egg mixture evenly 4 ways.
- 6 Use salt and pepper sparingly to season.
- 7 Distribute crumbled turkey bacon to the 4 different egg "muffins."
- 8 Place the muffin pan in the oven and cook for 15-20 minutes.



Nutrition: Calories: ~250 calories • 11 grams fat • 14 grams carbohydrate • 5 grams fiber • 24 grams protein

40% fat, 22% cho, 38% protein



Super Food: The antioxidants that are found in onions is what assists in lowering one's chance of developing heart disease, cancer and/or diabetes.

Bacon & Egg Pancakes



INGREDIENTS

- 1 Cheddar and Bacon Egg Scramble Meal Starter
- 1 Whole Large Egg
- 1 large egg white
- 1 tbsp Water
- ¼ cup shredded Cheddar Cheese
- ¼ cup Green Peppers
- 2 tbsp Chopped Onions
- 1 Slice Turkey Bacon (crumbled)
- ¼ cup rolled oats
- 1 tsp Olive Oil

DIRECTIONS

- 1 In a small mixing bowl, combine Egg Meal Starter, water, 1 whole egg, and egg whites- whisking mixture until smooth. Add cheddar cheese and rolled oats to egg mixture and set aside.
- 2 Chop onions and green peppers.
- 3 Place turkey bacon on a nonstick skillet and cook until well done. Cut into pieces and set aside.
- 4 Pour oil onto a nonstick skillet and place chopped veggies on top. Add salt/ pepper to taste and cook thoroughly for 8-10 minutes.
- 5 Place veggies in a bowl.
- 6 Add crumbled turkey bacon to egg mixture.
- 7 Spray a nonstick skillet with nonstick cooking spray and place ½ egg mixture over medium-high heat.
- 8 Flip egg mixture after 3-5 minutes. Let sit for another 3-5 minutes.
- 9 Repeat steps 7-8 with the second ½ of egg mixture.
- 10 Place two egg pancakes on top of the veggie mixture and enjoy!

Super Food: Consider adding kale to this recipe! The high amount of vitamins and minerals is one of many reasons this green leafy vegetable is considered a superfood. In fact, 1 cup of kale exceeds our daily requirement for Vitamin A, K and C.



Nutrition: ~405 calories • 20 grams fat • 24 grams carbohydrates • 36 grams protein

44% fat, 24% cho, 36% protein

Green Goodness Fresh Egg Salad



INGREDIENTS

- 1 Cheese and Chive Egg Scramble Meal Starter
- 1 Whole Egg (Boiled)
- ¼ Avocado
- 1 Tsp. Lime Juice
- 1 Stalk Celery
- 1 Tsp. “Everything But The Bagel” Seasoning
- 1 Tbsp. Plain Greek Yogurt
- ¼ Cup Water
- Salt/Pepper to taste

Super Food: Not only does one whole egg contain a substantial amount of protein, but the antioxidants they contain assist in improving eyesight.

DIRECTIONS

- 1 In a small mixing bowl, combine Egg Meal Starter with water- whisking mixture until smooth.
- 2 Spray a nonstick skillet with nonstick cooking spray and place over medium-high heat.
- 3 Pour egg mixture onto skillet. Using a spatula, scramble the eggs for 4-5 minutes, or until eggs have completely set.
- 4 As egg mixture is scrambling, bring a pot of water to a boil. Once the water is boiled, place 1 whole, shelled egg in boiled water for about 8-10 minutes.
- 5 After mashing ¼ avocado and chopping celery into small pieces, combine with lime juice, “Everything But The Bagel” Seasoning and yogurt.
- 6 Set prepared egg scramble aside and peel boiled egg.
- 7 Add both egg mixtures to combined ingredients.
- 8 Enjoy as is or create as a sandwich.



Nutrition: ~260 calories • 13 grams fat • 13 grams carbohydrates • 23 grams protein

45% fat, 20% cho, 35% protein

Egg & Veggie Flat Cakes



INGREDIENTS

- 1 Cheddar and Bacon Egg Scramble Meal Starter
- 1 Whole Egg
- 2 Tbsp. 1% Milk
- ¼ Cup Asparagus
- 2 Tbsp. Chopped Tomatoes
- ¼ Cup Spinach
- 1 Tsp. Olive Oil
- 1-2 Tsp. Minced Garlic
- Salt/ Pepper to taste

DIRECTIONS

- 1 Pour oil onto a nonstick skillet. Place skillet over medium high heat and add chopped asparagus, chopped tomatoes, spinach, and minced garlic.
- 2 Cook veggies to get to a medium-soft texture.
- 3 In a small mixing bowl, combine Egg Meal Starter, milk and 1 whole egg- whisking mixture until smooth.
- 4 Spray a nonstick skillet with nonstick cooking spray and place ½ egg mixture over medium heat.
- 5 Add ½ veggie mixture evenly to the top of the egg mixture.
- 6 Use salt/ pepper or additional seasonings as desired.
- 7 Without scrambling, let egg mixture remain on medium heat for 5-8 minutes. Carefully flip mixture and let sit for another 5-8 minutes.
- 8 Repeat steps 4-7 with the other ½ of egg and veggies mixture.
- 9 Once both are fully prepared, slide 2 egg “flattened cakes” off of the pan and onto your meal plate. Enjoy as is or add additional toppings as desired.

Super Food: Garlic is a widely known superfood, specifically for the amount of Vitamin C they contain. This powerful antioxidant assists in enhancing one’s immune system, especially during flu season.



Nutrition: ~ 160 calories • 7 grams fat • 10 grams carbohydrate • 17 grams protein

39% fat, 25% cho, 43% protein

Pickle Egg Salad



INGREDIENTS

- 1 Herbs Egg Scramble Meal Starter
- 1 Whole Egg (Boiled)
- 1 Pickle Spear (chopped)
- **¼ avocado**
- 1 Tsp. Balsamic Vinegar
- 1 Tbsp. Fresh Dill
- 2 Tbsp. Onion (chopped)

Super Food: The healthy fat that avocados contain (monounsaturated) is what helps to reduce inflammation, in addition to lowering one's chance of developing chronic conditions, specifically heart disease

DIRECTIONS

- 1 In a small mixing bowl, combine Egg Meal Starter with water- whisking mixture until smooth.
- 2 Spray a nonstick skillet with nonstick cooking spray and place over medium-high heat.
- 3 Pour egg mixture onto skillet. Using a spatula, scramble the eggs for 4-5 minutes, or until eggs have completely set.
- 4 As egg mixture is scrambling, bring a pot of water to a boil. Once the water is boiled, place 1 whole, shelled egg in boiled water for about 7-8 minutes.
- 5 Mash ¼ avocado.
- 6 After chopping pickle, dill and onion, combine chopped ingredients with mashed avocado and balsamic.
- 7 Set prepared egg scramble aside and peel boiled egg.
- 8 Add both egg mixtures to combined ingredients.
- 9 Enjoy as is or create as a sandwich.



Nutrition: ~238 calories • 12 grams fat • 13 grams carbohydrate • 21 grams protein

45% fat, 22% cho, 35% protein



Fresh Feels Fantastic!



Tag us in your kitchen creations
on Instagram @[fresh_steps_meals](https://www.instagram.com/fresh_steps_meals).

We cannot wait to see your delicious meals!