

# Breakfast Prep: Customizable Egg Mix Ins

1

## Eggs

**Quantity:** 4 to 12

**Type:** Whole, whites, mix of whites and whole

2

## Mix Ins

**Veggies:** spinach, broccoli, tomatoes, zucchini, peppers, corn

**Proteins:** beans, ham, sausage

**Cheese:** blue, cheddar, colby

3

## Spices

Salt, pepper, garlic (minced, or powder), onions (diced or powder), red pepper flakes

4

## Shape & Size

**Muffin tin:** best for low-carb or eating on-the-go

**8x8 pan:** best for cutting into slices for sandwiches

**Prep time:** 5-10 minutes

**Cook time:** varies based on dish and ingredients used

**Storage:** Store in air-tight container in the refrigerator for up to 5 days

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