

Grab-n-Go Trio

Prep Time	Cook Time	Total Time
5-7 mins	0 mins	5-7 mins

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Recipe type: Snack

Servings: 1



Ingredients

2 hard-boiled eggs

1 portable piece of fruit (apple, pear, banana, orange, etc)

Instructions

1. Make this easy for yourself! Pre-shell the hard-boiled eggs ahead of time. Place eggs in a baggie or portable container.
 2. Pre-wash your fruit, if needed, so it's ready to eat!
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Balanced Meal Breakdown

Protein – 2 whole eggs

Carbs – a piece (or serving) of fruit

Fat – 2 egg yolks