

## Scrambled Eggs

**Need:** Spatula, Nonstick skillet, Butter or oil – 3 eggs

### Style #1

1. Whisk eggs in pan over med-hi heat - don't stop stirring.
2. Back off and on heat if eggs are cooking too fast.
3. Keep stirring fast until all whites are cooked through.
4. Remove from heat and stir in a touch of cream or butter.
5. Season with salt/pepper (a splash of lemon juice helps brighten the flavor).
6. Enjoy.

### Style #2

1. Run eggs under warm water and let sit on counter for couple minutes to come to room temperate.
2. Heat butter or oil in nonstick pan on low heat.
3. Break eggs into skillet and start 'scrambling' the eggs with the spatula.
4. Increase heat to low-medium.
5. Cook eggs slowly, stirring constantly.
6. Remove from heat just before they are completely cooked through.
5. Stir in any herbs or cheese at the end of the cooking process if desired.
6. Season and serve.

## Hardboiled Eggs

**Need:** Slotted spoon or ladle, Pot, 1 tbsp baking soda or vinegar

1. Pour 3-4 inches of water into a dutch oven or pot.
2. Stir in 1 tbsp baking soda or vinegar.

3. Set burner to high and wait until water boils (cover pot to boil faster).
4. Add eggs to water once water boils and start timer.
5. Remove eggs after 6 to 8 minutes for varying levels of doneness.
6. Run eggs under cold water.

## Fried Eggs

**Need:** Non-stick skillet, 1 tbsp butter, Fish turner

1. Preheat pan over medium heat.
2. Add butter or oil and swirl to coat pan.
3. Crack eggs into pan (or into cup first).
4. Let eggs set untouched for a few seconds. Shake pan a bit to move whites around.
5. After cooking for 20-30 seconds, flip egg.
6. Move egg around to get all parts cooked through.
7. Plate eggs and season with salt and pepper.

## Poached Eggs

**Need:** Small pot or Saucepan, 1-2 tsp vinegar, Slotted spoon

1. Heat water until small bubbles rise to the top, a slow boil. Add vinegar.
2. Crack each egg into small cup. Pour gently into water. Use spoon to wrap whites around yolk as they float around.



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