



An Egg a Day: Clever, Delicious, and Healthy Egg Recipes to Start Your Day the Right Way

Francis Brown

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Incredible Egg'cellent Recipes Eggs are a good source of protein with 9 essential amino acids. It is one food that people probably eat everyday even without knowing it. Eggs are an ingredient in so many other foods. Did you also know that there are hundreds of ways to prepare eggs which go way beyond the ole bacon and eggs breakfast that we all know and love. Inside you will find a variety of my egg recipe favorites ... ENJOY!!

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