



High Protein Egg Salad

High-Protein • Quick & Easy • Make-Ahead Friendly

MAKES	PREP	COOK	PROTEIN	CALORIES
5	10 min	24 min	25g	388
servings		2 batches	per serving	per serving

**Based on 5 servings, croissant version. Bread & cracker macros vary — see companion macros cards. Varies by specific brands used.*

INGREDIENTS

- 10 large eggs
- 1/2 cup cottage cheese
- 1 tbsp chives, chopped
- 1 tbsp Dijon mustard
- 3 tbsp mayonnaise
- 1/2 tsp celery seed
- 1/2 tsp dried dill
- 1/2 tsp Nature's Seasoning
- 1/2 tsp lemon juice, freshly squeezed

DIRECTIONS

1. Boil the eggs until hard-boiled (see tip below for egg cooker timing).
2. While the eggs cook, add the cottage cheese, Dijon mustard, mayonnaise, celery seed, dill, Nature's Seasoning, and lemon juice to a food processor and blend until smooth.
3. Once the eggs have cooled, use an egg slicer to dice them (see tip below for technique) and place in a large bowl.
4. Stir in the blended cottage cheese mixture and the chopped chives until fully combined.
5. Serve on a croissant, bread, or crackers.

TIPS & STORAGE

* Using a Dash egg cooker? Cook in two batches, about 12 minutes each on the hard-boiled setting — roughly 24 minutes total. Times may vary by cooker.

* Egg slicer trick: slice the eggs once, turn 90°, and slice again to dice them — no mashing required.

* If the cottage cheese mixture blends up thicker than you'd like, add a splash of milk to loosen it.

* Store in sealed airtight glass jars in the fridge for up to 5 days. If it dries out a bit by the end of the week, stir in a touch of extra mayo to bring it back.



Nutrition Facts

High Protein Egg Salad — Croissant

Nutrition Facts

5 servings per recipe

Serving size

1 croissant

Amount per serving

Calories

388

Total Fat 30g

% Daily Value*

46%

Saturated Fat 13g

63%

Trans Fat 0g

Cholesterol 419mg

140%

Sodium 780mg

32%

Total Carbohydrate 23g

8%

Dietary Fiber 20g

80%

Total Sugars 1g

Protein 25g

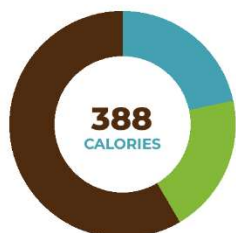
50%

Potassium 166mg

5%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MACRO BREAKDOWN PER SERVING



PROTEIN 25g

26% of calories

CARBS 23g

24% of calories

FAT 30g

70% of calories

WHY THIS RECIPE EARNS A SPOT IN YOUR ROTATION

- **Protein anchor** — 25g protein per serving, built on whole eggs and cottage cheese — a real protein base for lunch.
- **Low net carbs** — Just 3g net carbs per serving (23g total carbs minus 20g fiber) — the fiber does the heavy lifting here.
- **Real ingredients** — Built on real food — whole eggs and cottage cheese, not a processed deli filler.
- **Bakery-style comfort** — The croissant option gives you that flaky, buttery bite without derailing your macros.

Nutrition calculated via MyFitnessPal. Values vary by specific brands used.



Nutrition Facts

High Protein Egg Salad — Bread

Nutrition Facts

5 servings per recipe

Serving size

1 sandwich (2 slices)

Amount per serving

Calories

338

Total Fat 22g

% Daily Value*

34%

Saturated Fat 5g

23%

Trans Fat 0g

Cholesterol 379mg

126%

Sodium 950mg

40%

Total Carbohydrate 27g

9%

Dietary Fiber 24g

96%

Total Sugars 1g

Protein 27g

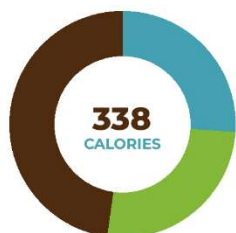
54%

Potassium 340mg

10%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MACRO BREAKDOWN PER SERVING



PROTEIN 27g

32% of calories

CARBS 27g

32% of calories

FAT 22g

59% of calories

WHY THIS RECIPE EARNS A SPOT IN YOUR ROTATION

- **Protein anchor** — 27g protein per serving, built on whole eggs and cottage cheese — a real protein base for lunch.
- **Low net carbs** — Just 3g net carbs per serving (27g total carbs minus 24g fiber) — the fiber does the heavy lifting here.
- **Real ingredients** — Built on real food — whole eggs and cottage cheese, not a processed deli filler.
- **Familiar & portable** — Classic sandwich format — easy to pack, easy to eat on the go.

Nutrition calculated via MyFitnessPal. Values vary by specific brands used.



Nutrition Facts

High Protein Egg Salad — Crackers

Nutrition Facts

5 servings per recipe

Serving size

about 42g crackers

Amount per serving

Calories

458

Total Fat 33g

% Daily Value*

51%

Saturated Fat 7g

35%

Trans Fat 0g

Cholesterol 379mg

126%

Sodium 594mg

25%

Total Carbohydrate 12g

4%

Dietary Fiber 10g

39%

Total Sugars 1g

Protein 28g

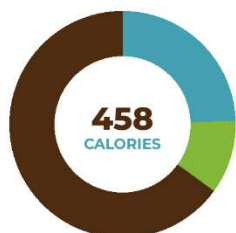
55%

Potassium 445mg

13%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MACRO BREAKDOWN PER SERVING



PROTEIN 28g

24% of calories

CARBS 12g

10% of calories

FAT 33g

65% of calories

WHY THIS RECIPE EARNS A SPOT IN YOUR ROTATION

- **Protein anchor** — 28g protein per serving, built on whole eggs and cottage cheese — a real protein base for lunch.
- **Low net carbs** — Just 2g net carbs per serving (12g total carbs minus 10g fiber) — the fiber does the heavy lifting here.
- **Real ingredients** — Built on real food — whole eggs and cottage cheese, not a processed deli filler.
- **Crunchy & scoopable** — A lighter, snack-style way to enjoy the egg salad when you want less bread.

Nutrition calculated via MyFitnessPal. Values vary by specific brands used.