

Two Chicks Egg White: The Ideal Ingredient For A Healthy Start To The New Year

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For an easy way to get some protein into your diet and lose those Christmas pounds, add Two Chicks Egg White to your New Year's shopping list. Each handy carton contains 15 pasteurised free-range egg whites and is the ideal ingredient to help you get in shape in 2016.

As well as being high in protein, egg whites contain no carbohydrate, fat or cholesterol, making them the perfect diet food. Eating protein also makes you feel fuller for longer, so you're less likely to overeat or snack between meals.

With Two Chicks Egg White, there's no lengthy time spent cracking shells and separating the eggs – you just open and pour. So whether it's omelettes or frittatas, adding to smoothies, or for low-fat baking recipes, this time saving carton is a must-have ingredient to kick-start your healthy eating regime.

A carton of Two Chicks Egg White contains 15 pasteurised free-range egg whites and is available at Waitrose, Ocado, Tesco, Sainsbury's, Asda, Wholefoods Market, Budgens and Selfridges, RRP £3.00. 500g.

Or for a snack with the bite of a crisp that is high in protein and low in fat and carbs why not try Two Chicks' 'Chirps', - high protein egg white bites - a great snack for in-between meals. [@2chicksproducts](http://Twochicks.co.uk).

***Look out for the Two Chicks pop-up at Old Street tube station (Unit 2) 4th–31st January 2016 - serving healthy breakfasts, lunches, shakes and smoothies. ***

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