Eggs are among one of the most favorite muscle building foods ever. In fact, I remember at the age of 17 watching Rocky Balboa down four uncooked eggs first thing in the A.M. Inspiring yes but not enough to get me to do likewise.

Every bodybuilder around the world has eaten more then his share of eggs. Some eat only the egg whites while others the entire egg but however consumed eggs ring an athletes the protein bell every morning. If it doesn’t it should.

Lets look at the breakdown:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WHOLE EGG** | | | | | |
|  | | | | | |
| **EGG SIZE** | **WEIGHT** | **Calories** | **Protein** | **Carbs** | **Fat** |
|  |  |  |  |  |  |
| Small | 38 GRAMS | 54 | 5 | 0 | 4 |
| Medium | 44 grams | 63 | 6 | 0 | 4 |
| Large | 50 grams | 71 | 6 | 0 | 5 |
| Extra Large | 56 grams | 80 | 7 | 0 | 6 |
| Jumbo | 63 grams | 90 | 8 | 0 | 6 |

It’s the perfect bodybuilding food just look at the jumbo egg with its whopping 8 grams of raw muscle building protein with zero cabs and sugars.

Now, there is a debate as to whether or not the yolks should be eaten and frankly it will be a subject covered in a future article. However, lets make this point: The egg has in some circles been vilified because of its yolk cholesterol content.

Cholesterol, once touted, as a major cause of cardiovascular disease may have been the reason why during Halloween eggs were the weapons of choice for bombarding homes across the country. Today, science has helped us understand that the egg yolks purported contribution to cardiovascular disease may have been overstated. For our purposes, eggs have since returned to the spotlight as a health food and a serious muscle building food.

I can’t seem to get off the topic but the cholesterol found in the egg yolk is like the mortar used for bricks of steroid hormones. Also, the approximate 500 mg of L-Leucine is like spraying gasoline in your muscle building over. Maybe the yolk is a good thing after all.

So, next time you’re at the grocery store make sure you stop by the egg section and load up on the Extra Large Jumbos and if you can match my former intake that would be 80 grams of what may arguably be the best muscle-building source of protein on the planet.