**Why Prepping for the Week is Key to More Home Cooked Meals**

Cooking from home might be healthier, but it’s not always easy. Finding the motivation to cook from scratch after a long hard day can be difficult. It can also be tough to know what to cook every night.

One thing that can make cooking from home a lot easier, is meal prepping. This technique has gained in popularity in recent years and it’s now considered key to creating more home cooked meals.

Here, you’ll discover what meal prepping is and how it can help you to cook more at home.

**What is meal prepping?**

Meal prepping is basically the method of planning and cooking your weekly meals in advance. You’ll create a set meal plan each week, then stock up on the supplies you’ll need.

By planning your meals in advance, it enables you to eat a healthier balanced diet. It also takes the guesswork out of cooking, ensuring you know exactly what you’re eating on each day. A lot of the time we turn to take outs, it’s due to a lack of energy, ingredients and simply not knowing what to cook after a long day.

It isn’t just the planning of your meals this process helps with. You’ll also cook a lot of meals in advance. This means on most days of the week, you’ll simply need to re-heat or heat up meals you’ve already cooked.

**What benefits can it deliver?**

There are a lot of benefits of meal prepping. Below, we’ll look at some of the main benefits you can expect to experience.

**Making home cooked meals more convenient**

Home cooked meals can be time consuming to create. This is one of the main things which puts people off cooking from scratch after a long workday. However, with meal planning, it makes home cooked meals much more convenient.

You’ll be able to simple come home and heat up one of the meals you’ve already prepared.

**Take the guesswork out of cooking**

Another great benefit is that you’ll always know what you’re eating. Coming up with recipe ideas on the day can be difficult. Not knowing what to cook or whether you have the right ingredients will typically cause you to turn to easier outlets such as take outs.

With meal prep, you’ll know exactly what you’re cooking. This can speed up mealtimes as well as ensure you’re eating a healthier diet.

**Removing temptation**

When you’ve spent time planning and prepping your meals, you’re going to be less likely to turn to unhealthier foods. It removes the temptation to cheat on your diet, helping you stick to more nutritious meals.

So, if you’re looking to lose weight but you tend to struggle with temptation, meal prepping is a great way to overcome this challenge.

**Cutting the cost of cooking**

One of the best benefits of meal prepping is that it can really help to cut the cost of cooking. As you’ll already know what you’re cooking on each night of the week, you can ensure you only buy the ingredients you’ll need. This can really cut back on food waste.

You’ll also be able to search for the cheapest prices on the ingredients you’ll need. As home cooking is less expensive than eating out, meal prepping will help you to save money by ensuring you cook more frequently.

There are a lot of benefits of meal prepping and the above are just some of the main ones. It’s easier than you might think, and you’ll find plenty of tips online to help. So, if you’ve never tried meal prepping before, now is definitely the time to consider it if you’re looking to cook more form home.