**Complementary blog post: Cook at Home Vs Eating Out**

**Subject:** New post – Is it better to cook at home or eat out?

{Hi Firstname}

Due to how hectic and stressful life can be, finding the time and the energy to cook from scratch can be difficult. However, when you compare it to eating out, you’ll soon discover it has a lot of great benefits.

In today’s post, I’ll compare cooking at home versus eating out. If you’re in need of a reason to start switching to more home cooked meals, you’ll want to check out this blog.

LINK

I’ll show you how cooking from home is healthier and cheaper than eating out. You’ll also discover the mental health and stress relieving benefits of cooking at home.

Don’t miss this fab post!

(Sign off)