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

**Facebook:**

1. TIP: Want to make cooking at home easier? Meal planning is key to creating quick and easy healthy meals. LINK

2. TIP: Did you know that meal prepping can help to remove temptation and assist in your weight loss goals? LINK

3. TIP: Meal prepping helps to make cooking at home much more convenient LINK

4. TIP: Did you know that meal prepping can cut the cost of cooking at home? LINK

5. TIP: Prepping your meals takes the guesswork out of cooking, ensuring you know exactly what you’re cooking on each day. LINK

**Twitter:**

1. Meal prep is a great way to make cooking at home easier LINK

2. Remove temptation and stick to a healthy diet with meal prepping LINK

3. With meal prepping, cooking at home is more convenient LINK

4. Cut the costs of cooking with meal prep LINK

5. Meal prepping helps to take the guesswork out of cooking LINK