



## How Cooking at Home Can Help You Lose Weight

You don't need the skills of a Michelin-star chef to cook meals that are really good—and good for you. We've got the hacks that'll help make it healthier and easier on your wallet, your schedule, and your life. Here are benefits of cooking at home:

- You can save money – with grocery bills higher than ever, you'll quickly find ways to maximize your budget by opting for buying certain foods in bulk and stocking up on long-lasting pantry staples.
- You'll be in control of portions – you'll be able to decide how much food goes on your plate. By dishing out a single serving size, you'll consume fewer calories and be left feeling satisfied.
- You'll become a more confident cook – your ability to accomplish this task will increase your confidence, making cooking for weight loss feel easier and less stressful!



## Chicken burrito bowl

Make your favorite, [fast-casual take-out](#) at home! →



## Join WeightWatchers for a discounted rate through your employer!

To learn more or sign up, contact WW at 866-204-2885 or your HR representative! Plus, sign up by 4/30 and get a FREE Mystery Box filled with our favorite products.