

Food Trend: Managing Meal Complexity From Kitchen to Kit



By [Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body—nutritionists, dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal prep in your home.

Bottom line: meal prep is an individual choice when it comes to following [food advice](#) and [diet tips](#). If cooking relaxes you then it might be the way to go. But, if you find yourself overwhelmed with all the possibilities and ever-changing health dialogue, that's a great reason to consider meal kits.

1. Built-in portion control: Purchasing meal kits will ensure that you're eating the right amount of food. It can be painful to break out the measuring cup for every aspect of your meal and this way you won't have to.

2. Nutrition to a T: Check to make sure your meal kits are sought over by a nutritionist or dietitian and it'll make nutrition simple. Instead of doing the guesswork after a long day at the office, leave it to the professionals to find balance in your meal.

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3. There's a chance you could lose weight: This isn't always the case. If you're used to eating junk food in high portions, switching to a measured and nutritious system could help you shed some pounds.

Related Link: [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

4. Exotic flavors: Meal kits bring an exciting twist to what would've been plain pasta night. There are hundreds of different flavors from exotic origins to try. In one week you could span the food global from Italy to China.

5. It's just less work: Planning, shopping, prepping, cooking, and cleaning can be overwhelming if you aren't used to doing it. Busy Millennials with no time to aging Boomers losing dexterity could use a simple and easy solution to the necessity that is eating.

Are you going to try meal kits? Share why or why not in the comments below!