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Godrej Food Trends Report 2026 Highlights Rise of Convenient, Protein-Rich Home Cooking

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The report highlights growing consumer interest in ready-to-cook foods and practical meal solutions that combine nutrition, taste and convenience



As consumers return to regular routines following Diwali, balanced eating and convenient meal preparation are emerging as key food trends. The Godrej Food Trends Report 2026 (GFTR 2026) highlights this shift through its 'Home cooking will evolve intelligently' trend, which points to the growing role of ready-to-cook formats and convenient food options in modern Indian kitchens.

With busy schedules often limiting the time available for elaborate meal preparation, consumers are increasingly seeking food solutions that simplify cooking without compromising on taste and nutrition. The trend reflects an evolving approach to home cooking, where convenience is becoming an important factor in everyday food choices.

Protein is also gaining attention as consumers resume fitness routines and focus on balanced diets. Incorporating adequate protein, vegetables and whole grains into everyday meals can help meet nutritional requirements. Protein, in particular, plays an important role in muscle repair and recovery, especially among physically active individuals.

Dr Manika Singh, Nutritional Consultant, Godrej Industries Group and Health Communications Advisory – Godrej Foods Ltd. and Godrej Jersey, said that adopting a healthy diet does not require complicated meal planning or significant changes to established eating habits. She highlighted the importance of balanced meals comprising diverse food groups, including sufficient protein, vegetables and whole grains.

She added that consumers can make informed food choices and identify convenient ways to meet their nutritional requirements despite demanding schedules.

Chef Rakhee Vaswani highlighted how convenient food products and simple recipes can help consumers prepare nutritious and flavourful meals with less effort.

She cited Godrej Yummiez Chicken Sausages, which provide 18g of protein, as an option for preparing quick one-pan sausage and egg meals. Similarly, Godrej Yummiez Chicken Nuggets, offering 16g of protein, can be incorporated into

loaded wraps with vegetables and other accompaniments.

According to Vaswani, such meal options can add variety to everyday diets, including post-workout meals and snacks, without requiring extensive preparation.

The trend reflects the growing intersection of convenience, protein consumption and home cooking in India's evolving food landscape. Ready-to-cook products and easy-to-prepare meal formats are increasingly being positioned as practical solutions for consumers seeking to balance nutritional needs with time constraints.

As food habits evolve, convenient meal solutions that combine taste, nutritional value and ease of preparation are expected to play a greater role in everyday food choices.