

The Ultimate Meal Prep Solution

Weekly Newsletter

February 26, 2026



Partial meal prep still counts!

Meal prep doesn't have to be all or nothing to be effective. This week is about recognizing that even small amounts of preparation can make your days easier and your meals more consistent.

This week's focus: Prep only one meal for the week.

Whether you prep only breakfast, only lunches or just a few

This week's meal prep tip: Plan meal prep components.

Focus on prepping the meals or components that cause the most

ingredients, you're still building a supportive routine. Progress comes from working with your schedule, not against it.

stress during your week. Removing even one pressure point can make a noticeable difference in how manageable your days feel.

"Meal prep still works even if you do not have time for all of it"

NEW BOOK RELEASE

The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

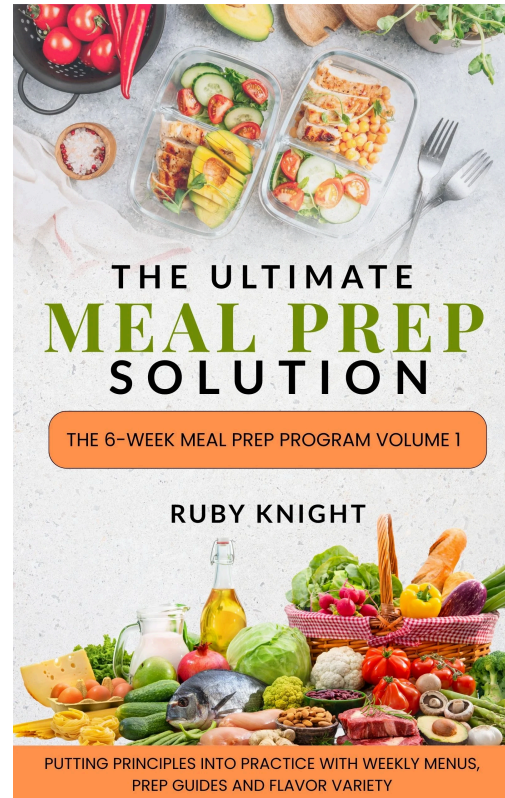
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure, flexibility and confidence.

At the heart of the program are

The Four Core Meal Prep Methods:

- Customizable egg muffins
- Hearty bowl-style meals
- Satisfying, well-balanced salads
- Quick, flexible wraps

These reliable formats reduce decision fatigue, support dietary flexibility and make meals easy to mix, match and repeat.



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This Week's Meal Prep Idea

Greek Yogurt & Blueberry Bowls

3 cups sugar-free Greek Yogurt

3 cups blueberries, fresh or frozen, thawed

1 cup granola

1. Layer 3/4 cup of yogurt, then 3/4 cup of blueberries in a container (at least 12 oz) with a lid.
2. Divide granola evenly into 4 smaller containers or a plastic zip bag.

When ready to eat: Sprinkle granola on top of the yogurt & blueberries.

Store in refrigerator up to 5 days.

Makes 4 servings.



"Only prep what fits into your live this week"

**AVAILABLE
NOW!**

***The Ultimate Meal Prep Solution:
The 6-Week Meal Prep Program***

Subscriber Bonus Reminder

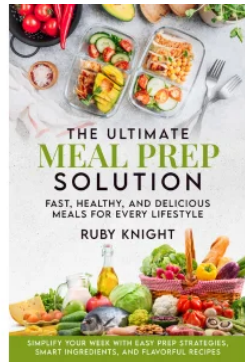
If you haven't already, don't forget to download your Free 1-Week Meal Prep Plan. It's a great way to reset after the holidays and ease into the year.

This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle.*** you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

Get Your Copy Today



Order Now



The Book That Started It All

If you have not ordered ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle.***

Get your copy today on Amazon!

Order Now

Visit the UMPS Website

The Ultimate Meal Prep Solution website has weekly tips, Flavor Booster recipes for seasoning, sauces, marinades & dressing. It also has all photos from the 6 Week Meal Prep program.

Website

One Simple Action This Week

Choose one meal or ingredient to prep ahead and let everything else be flexible.

Notice how much easier the week feels when that one decision is already handled.



Best regards,
Kristen Barrett

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