

The Ultimate Meal Prep Solution

Weekly Newsletter

June 4, 2026



Bright, Energizing Meals for Early Summer

As summer approaches, meals often become brighter, lighter, and full of fresh ingredients. Simple dishes with bold flavors help you enjoy seasonal foods while keeping meal prep easy.

This week's focus: Fresh Flavors for the Season Ahead

This week's meal prep tip: Use Fresh Toppings to Transform Meals

Early summer is a great time to refresh your routine with vibrant ingredients and simple cooking. Fresh vegetables, herbs, and bright flavors can transform even the simplest meal.

A few fresh toppings can completely change the flavor of a dish. Ingredients like avocado, salsa, herbs, and citrus add brightness without extra cooking.

"Fresh ingredients bring new energy to your kitchen."

NEW BOOK RELEASE

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

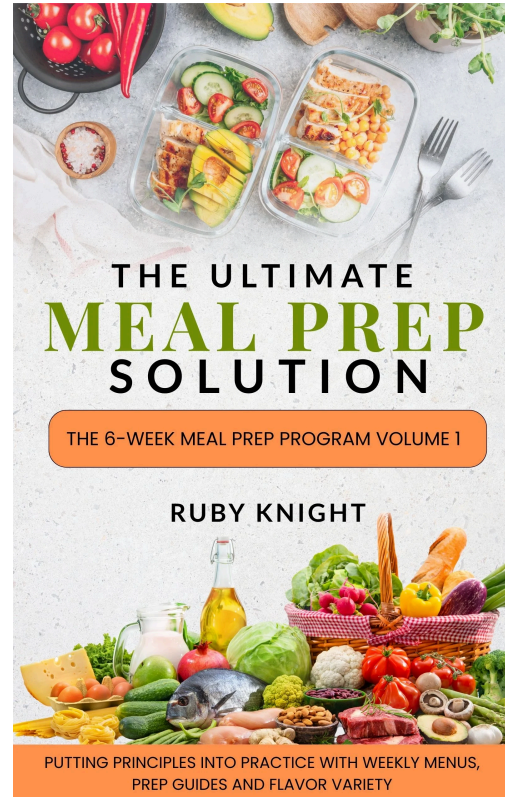
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Breakfast Burrito Bowl

6 large eggs	1 tbsp olive oil
1 cup cooked potatoes, diced	1/2 tsp cumin
1/2 cup black beans	1/2 tsp chili powder
1/2 cup corn kernels	Salt and pepper
1/2 cup green bell pepper, diced	Optional toppings: 1/4 sliced avocado sliced, fresh cilantro, 1/4 cup chunky salsa, cup shredded cheese.
1/4 cup yellow onion, chopped	

1. Heat olive oil in a skillet over medium heat.
2. Cook onions and bell pepper for 3-4 minutes until softened.
3. Add potatoes, black beans, corn, cumin, chili powder, salt, and pepper.
4. In a separate pan, scramble eggs until cooked through.
5. Layer 1/4 each of the ingredients in the following order into individual containers: vegetable mixture, eggs, and selected toppings.
6. If using avocado, wrap each quarter tightly in plastic wrap and place in the same container with the bowl ingredients.
7. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator. When ready to eat heat in microwave for 3-4 minutes, add avocado slices if using.

Makes 4 servings.



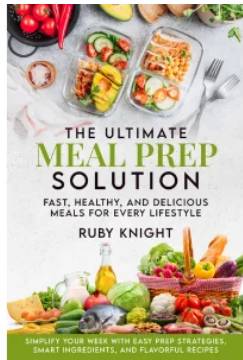
"Seasonal ingredients inspire better meals."

Subscriber Bonus Reminder

Don't forget to download your Free 1-Week Meal Prep Plan. It's a great way to ease into meal prep practices. It includes 5 full recipes, grocery shopping list, meal prep schedule and dietary substitutions.



Get Your Copy Today



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!

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Visit the UMPS Website

Check out The Ultimate Meal Prep Solution website: your go-to resource for making meal prep easier, more flavorful, and more sustainable. Here you'll find weekly meal prep tips, time-saving strategies, food storage guidance, and practical advice to help you stay organized, reduce stress, and build healthy habits that fit your lifestyle.

Explore our Flavor Boosters collection featuring seasoning blends, sauces, marinades, and dressings designed to add variety and excitement to your meals. You'll also have access to the complete photo gallery from the 6-

Week Meal Prep Program, allowing you to browse every recipe, gather inspiration, and see exactly what your finished meals can look like as you progress through the program.

Website

One Simple Action This Week

Add one fresh topping to a meal you already enjoy.

Notice how a small addition can make a familiar meal feel completely new.



Best regards,

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