

The Ultimate Meal Prep Solution

Weekly Newsletter

March 12, 2026



Let What You Have Guide You

Meal prep becomes easier when you stop chasing perfect ingredients and start using what's already available. Early seasonal thinking isn't about strict rules. It's about flexibility, freshness, and making smart use of what's in your kitchen or on sale.

This week's focus:
Use What's Available, Not Ideal

**This week's meal prep tip: Shop
First, Plan Second**

This week's focus is on planning meals around what you can easily find, afford, or already have. When you release the pressure to follow recipes exactly, you create a routine that adapts naturally to seasons and real-life schedules.

Before deciding what to cook, take inventory of your pantry and refrigerator. Let available ingredients guide your meals instead of building a plan that requires a perfect shopping list.

"Use what you have. It's enough"

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.

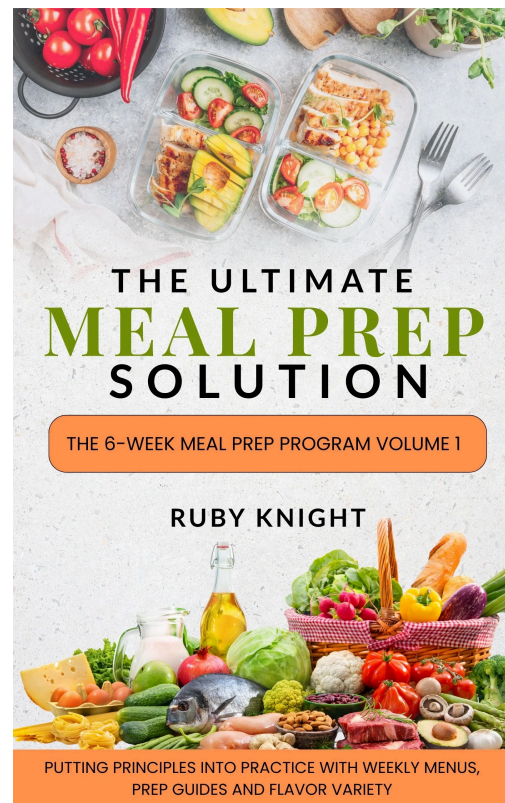
At the heart of the program are

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



Order Now

flexibility and make meals easy to mix, match and repeat.

This Week's Meal Prep Idea

Roasted Vegetable & Sausage Sheet pan

1 lb chicken or turkey sausage,
sliced

1 tsp garlic powder

4-5 cups mixed vegetables (any
combination of broccoli, carrots,
zucchini, bell peppers, red onion,
Brussel sprouts, sweet potatoes)

1 tsp dried Italian seasoning

salt & pepper

3 tbsp olive oil

1. Preheat oven to 400°
2. Toss vegetables with olive oil, garlic powder, Italian seasoning, salt and pepper.
3. Spread vegetables on a sheet pan and add sausage slices.
4. Roast 25-30 minutes until vegetables are tender and sausage is heated through.
5. Layer 1/4 of each in the following order into individual containers:
vegetable and sausage.

This meal works because:

- Vegetables can be swapped based on availability
- It uses one pan
- It encourages seasonal flexibility
- It removes pressure to find "perfect" ingredients

Store containers individually in the refrigerator. When ready to eat, heat in the microwave on high for 3-5 minutes.

Makes 4 servings.



"What's in your fridge is a starting point"

AVAILABLE NOW!

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

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.

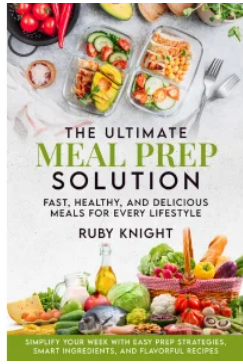
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Subscriber Bonus Reminder

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.

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

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

Build one meal entirely around ingredients you already have at home. Adjust seasoning or sauces to bring it together instead of buying something new.



Best regards,

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