

# The Ultimate Meal Prep Solution

## Weekly Newsletter

January 29, 2026



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## Carry This One Habit in February

As January wraps up, this week isn't about starting over; it's about carrying forward what already works. If routines felt easier, meals felt calmer, or decisions felt lighter this month, that didn't happen by accident. You built that.

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**This week's focus: Keep One  
Thing Consistent**

**This week's meal prep tip:  
Don't upgrade what already  
works**

You don't need a full plan to move forward. You just need one habit that stays steady.

Consistency doesn't come from doing everything — it comes from doing *one thing* reliably.

When a meal or habit is serving you well, keep it simple. You can always add variety later — but reliability is what builds momentum.

***"You don't need a reset - you need one steady habit."***

## **This Week's Meal Prep Idea**

### **Easy Beef Stroganoff**

1 lb. ground beef

1 8 oz pack mushrooms, sliced

1/2 yellow onion, chopped

1 32 oz beef broth

1 12 oz can evaporated milk

1 8 oz container sour cream

Salt & pepper

1 12 oz uncooked egg noodles

1. Chop onion & mushrooms
2. Cook ground beef, onion and mushrooms in a deep pan or pot with salt & pepper.
3. Stir in broth, evaporated milk and noodles and bring to a boil.
4. Reduce heat and simmer uncovered 8 minutes, stirring frequently until noodles are just done and most of the liquid is absorbed.
5. Add sour cream and remove from heat.
6. Layer 1/4 of stroganoff into individual containers, then cool.
7. Seal the container with an air-tight lid.

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

Makes 4 servings.



***"Progress continues when you keep what already works."***

### Behind the Scenes

Right now, I'm finalizing recipes and weekly layouts for ***The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program***, launching in February 2026. This will feature *The Four Core Meal Prep Methods*.

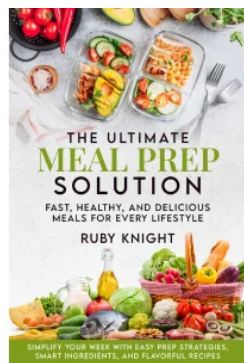
This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle***.

you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

### 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.

<https://theultimatemealprepsolution.com/oneweekmealplan>



### 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!**

<https://www.amazon.com/dp/B0F2J88ZDV>

### One Simple Action This Week

Write down the one meal or habit you're taking into February — and let everything else be optional.

Progress doesn't disappear when January ends.  
It continues when you keep what works.



Best regards,  
Kristen Barrett

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