

# The Ultimate Meal Prep Solution

## Weekly Newsletter

June 11, 2026



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## Light Meals That Keep You Energized

As temperatures rise, many people naturally look for meals that feel lighter but still satisfying. Fresh vegetables, bold sauces, and simple ingredients make it easy to enjoy balanced lunches without heavy cooking.

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**This week's focus: Keep Lunch Fresh and Flavorful**

**This week's meal prep tip: Let the Sauce Carry the Flavor**

Lunch doesn't need to be complicated to be satisfying. When you combine simple ingredients with bold flavors, you create meals that feel energizing instead of heavy.

A well-balanced sauce can completely transform a meal. By preparing one flavorful dressing, you can quickly turn basic ingredients into something exciting.

**"A great sauce can transform any dish."**

## NEW BOOK RELEASE

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

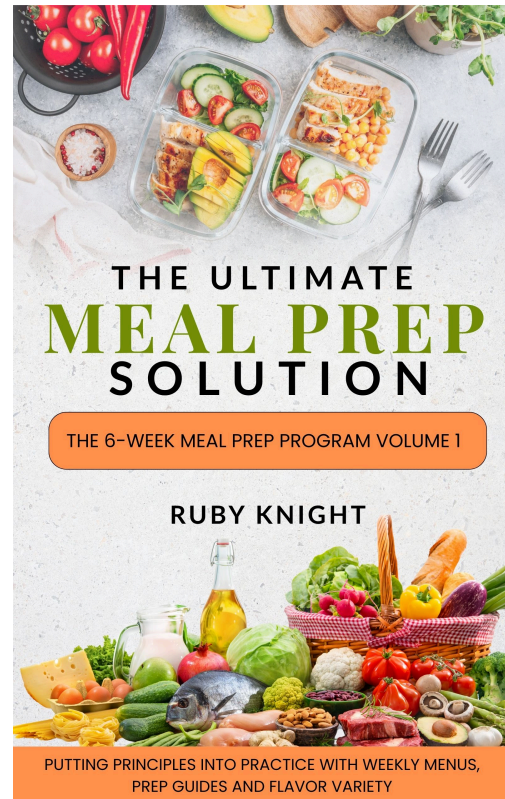
*The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1* takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

## Sesame Noodle Salad

1 lb chicken breast, grilled and cubed

8 oz spaghetti or rice noodles

2 cups carrots, shredded

2 cups cabbage, shredded (or cabbage mix)

1 red bell pepper, thinly sliced

1 cucumber, sliced

1/2 cup green onion, chopped

1/2 cup cilantro, chopped

### Sesame Dressing:

6 tbsp soy sauce

2 tbsp each of sesame oil, rice vinegar and honey or maple syrup

2 tsp each of grated ginger and minced garlic

2 tbsp peanut butter (optional for creaminess)

Dressing can also be used as a sauce in a chicken or shrimp and vegetable wrap or as dipping sauce for a cut vegetable snack.

1. Cook noodles according to package instructions. Drain and let cool.
2. Grill the chicken breast and cut into cubes.
3. Prepare all the vegetables and combine in a large bowl.
4. Whisk together dressing ingredients in a small bowl.
5. Layer 1/4 each of the ingredients in the following order into individual containers: noodles, vegetable mixture, chicken.
6. Divide the dressing into 4 small lidded containers. Place in the same container as the salad.
7. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator. When ready to eat pour dressing over the salad.

Makes 4 servings.



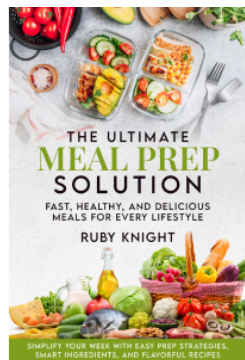
***"Balanced lunches support productive days."***

### 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!

Order Now

# 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](#)

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## One Simple Action This Week

Prepare one sauce or dressing that can be used in multiple meals. A single flavor booster can make several lunches feel different and interesting.



Best regards,  
Kristen Barrett

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