

# The Ultimate Meal Prep Solution

## Weekly Newsletter

April 2, 2026



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## Start the Month with Simple Momentum

April is a great time to reset your routine with simple, reliable meals. When you begin the month with meals that are easy to prepare and repeat, maintaining consistency becomes much easier.

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**This week's focus: Build momentum with simplicity**

**This week's meal prep tip: Start with one reliable meal.**

The goal this week is to start the month with meals that feel manageable and predictable. When your meals are simple and familiar, you create momentum that carries through the rest of the week.

Choose one meal you know works well and plan it for multiple days this week. Reliable meals remove daily decision fatigue and make your routine feel easier.

***"Consistency starts with manageable choices."***

## 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.

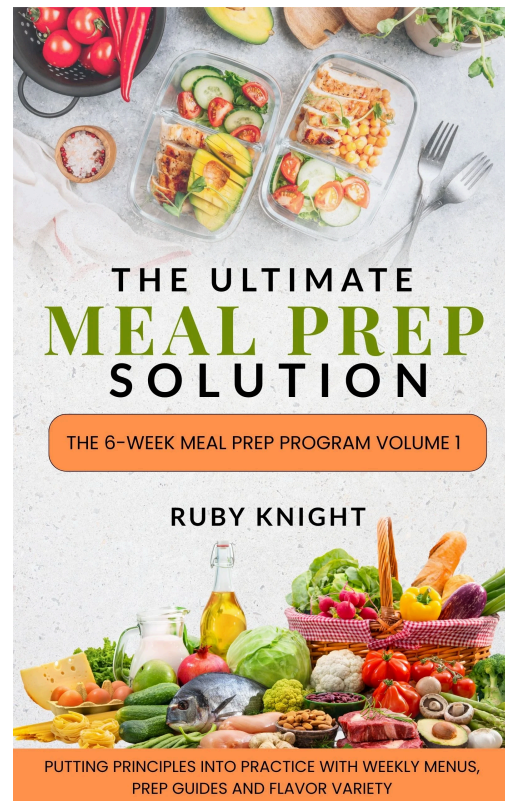
At the heart of the program are

#### **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

## Savory Cottage Cheese Bowl

4 cups cottage cheese

Salt and pepper

2 cups sliced cherry tomatoes

Optional: drizzle of olive oil, hot sauce or chunky salsa.

1 ripe avocado

4 tbsp pumpkin seeds

1. Layer 1 cup of cottage cheese, 1/2 cup cherry tomatoes and 1 tbsp pumpkin seeds into individual containers.
2. Sprinkle with salt and pepper
3. Seal the container with an air tight lid
4. Cut avocado in quarters and wrap each in plastic wrap. Place 1/4 of wrapped avocado in each bowl.

Store bowls individually in the refrigerator. When ready to eat, add avocado chunks and drizzle with or olive oil, hot sauce or chunky salsa.

Makes 4 servings.

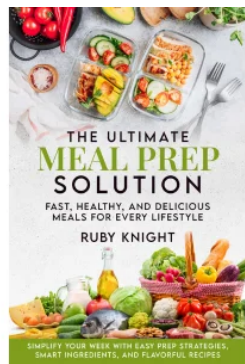


*"One prepared meal can change your whole day."*

## 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

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

A steady routine begins with small decisions that support your schedule.

When one meal is already planned, the rest of the day becomes easier to navigate.



Best regards,  
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