

The Ultimate Meal Prep Solution

Weekly Newsletter

April 23, 2026



Meals That Move With Your Schedule

Some of the most useful meals are the ones that can move easily through your week. Simple, portable meals make it easier to stay consistent when schedules are busy or unpredictable.

**This week's focus: Choose Meals
That Work Anywhere**

**This week's meal prep tip: Prep
Meals That Go With You**

Meals that travel well make meal prep far more practical. When your food can be packed, reheated, or eaten quickly, it naturally supports a busy routine.

Portable meals reduce stress during busy days. When lunch or dinner is already prepared and easy to take with you, staying consistent becomes much easier.

"A ready meal reduces stress instantly."

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.

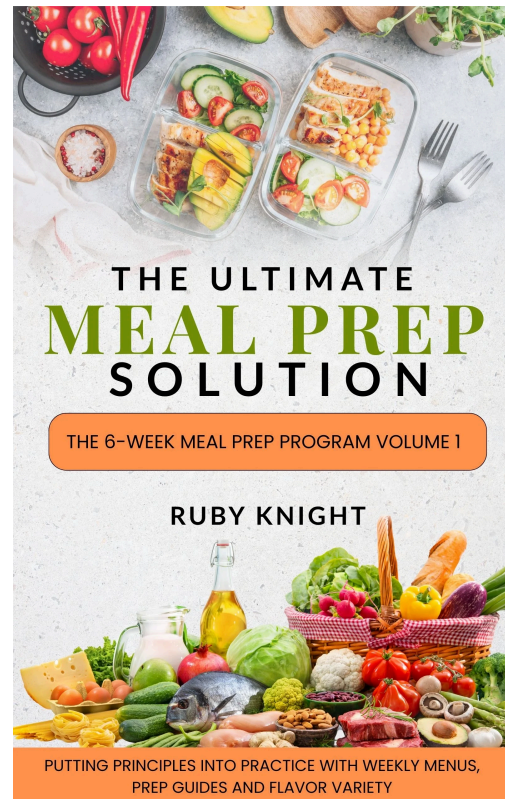
At the heart of the program are

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

Mediterranean Chickpea & Hummus Wraps

4 whole wheat tortillas	4 tbsp feta cheese, crumbled
1 can chickpeas, drained & rinsed	2 cups spinach
1 cup cucumber, diced	4 tbsp lemon juice
1 cup tomatoes, chopped	Optional: drizzle olive oil
8 tbsp hummus	

1. Lightly mash chickpeas with lemon juice and a pinch of salt.
2. Spread 2 tbsp hummus across each wrap.
3. Layer 1/4 each of mashed chickpeas, cucumber, tomatoes, feta cheese and spinach on each tortilla. Optional: drizzle with olive oil.
4. Roll tortilla, folding one side in while rolling to close one end.

Store each tortilla wrap individually in plastic wrap. Grab-and go as needed for meals on the go.

Makes 4 servings.

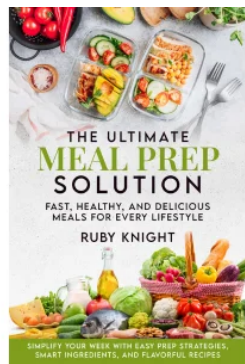


"Prepared meals create freedom."

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

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

Prepare one meal that you can easily pack and take anywhere.

Notice how much easier your day feels when one meal is already handled.



Best regards,
Kristen Barrett

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