

# The Ultimate Meal Prep Solution

## Weekly Newsletter

March 26, 2026



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## Turn One Cook Session Into Several Meals

Meal prep becomes powerful when one familiar meal turns into several different dinners. Using a single protein or base across multiple meals reduces effort while still creating variety.

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## This week's focus: Build Forward, Not From Scratch

This week's focus is on stretching one prep session into multiple satisfying meals. When you reuse a protein or base in different formats, you save time without sacrificing flavor or interest.

## This week's meal prep tip: Cook Once, Season Twice

Prepare one neutral protein and adjust the flavor at assembly instead of during cooking. This gives you flexibility and prevents burnout while keeping prep simple.

*"One prep can power the whole week"*

### NEW BOOK RELEASE

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

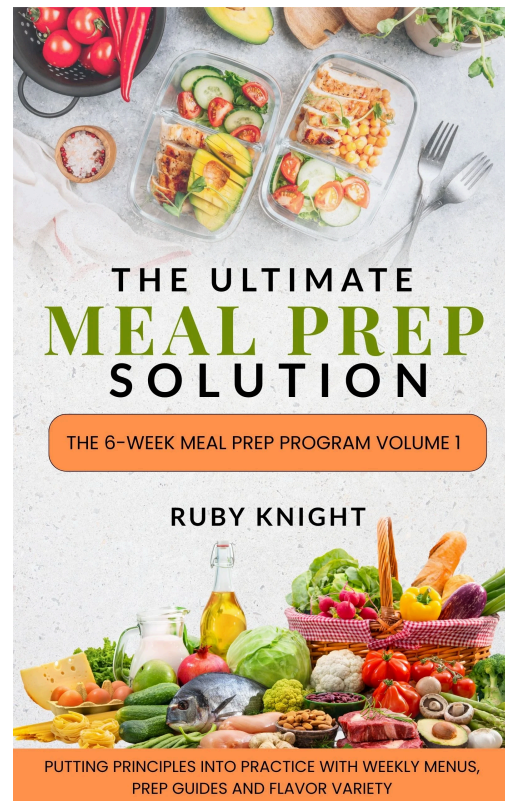
*The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1* takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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



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

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## This Week's Meal Prep Idea

### Slow Cooker Shredded Beef

2 lb chuck roast

1 cup beef broth

2 clove garlic, minced

1 teaspoon smoked paprika

1/2 tsp black pepper

1 tsp salt

Additional:

2 cups white rice

3 cups steamed carrots

4 large flour tortillas

1 cup shredded carrots

1 cup cucumber slices

4 tbsp garlic yogurt sauce

4 tbsp soy ginger sauce

1. Place beef, broth, garlic, salt, pepper and paprika in a slow cooker.
2. Cook on low 8-10 hours or high 4-5 hours until tender.
3. Shed with a fork.

Meal one: Layer rice with steamed carrots and shredded beef and top with garlic yogurt sauce.

Meal two: Layer shredded beef, shredded carrots, cucumber slices and soy-ginger sauce on a flour tortilla. Roll tortilla, folding one side in while rolling to close one end. Serve with chips or small salad.

Store bowls individually in the refrigerator. When ready to eat, heat the bowl in the microwave on high for 3-5 minutes and drizzle with garlic yogurt sauce.

Store wraps individually in the refrigerator up to 5 days.

Makes 8 servings, 4 servings of each meal.



*"Reuse the base. Refresh the plate."*

## 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.

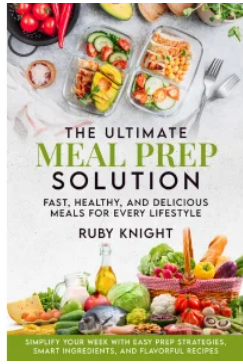
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## Subscriber Bonus Reminder

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!

[Order Now](#)

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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](#)

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## One Simple Action This Week

Cook one batch of protein and plan two completely different dinners from it.

Notice how much easier the second meal feels when the hard part is already done.



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Best regards,

Kristen Barrett

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