

# The Ultimate Meal Prep Solution

## Weekly Newsletter

February 5, 2026



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## You Don't Need More Ideas, You Need Fewer Decisions

Meal prep becomes easier when you stop trying to improve everything at once and instead focus on what already works. This week is about simplifying your approach so meals feel supportive, not overwhelming.

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**This week's focus: Reinforce one or two meals that work for you**

**This week's meal prep tip: Let one meal do the trick**

When you reduce the number of food decisions you make, you free up energy for the rest of your day. Simplicity isn't a setback; it's a foundation that makes consistency possible.

Choose one reliable meal and let it repeat without tweaking or upgrading it. Familiar meals reduce stress and make it easier to stay consistent during busy days.

***"Simple meals done consistently beat perfect meals done once."***

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

### **Southwest Egg Scramble**

8 large eggs

1/2 tbsp vegetable oil

1 cup diced potatoes, frozen

1 cup shredded cheese, any variety

1 cup green bell pepper, chopped 1/4 inch

Salt & Pepper

1/2 cup yellow onion, chopped 1/4 inch

Non-stick oil spray

1 cup Pico de Gallo

1. Sauté potatoes, green bell pepper and onion in vegetable oil over medium heat.
2. Remove from pan and set aside.
3. Whisk eggs with salt & pepper.
4. Spray non-stick spray in large pan and cooked eggs to desired consistency.
5. Add potatoes, bell pepper and onion to eggs, mix thoroughly.
6. Portion 1/4 of egg & vegetable mix into separate containers, layer each with 1/4 of shredded cheese.
7. Divide Pico de Gallo into smaller containers and place in the same container as the scramble.
8. Seal the container with an air-tight lid.

When ready to eat: Remove the Pico de Gallo from the bowl and microwave the bowl on high for 3-5 minutes. Add Pico de Gallo after heating.

Store individually in the refrigerator up to 5 days.

Makes 4 servings.



***"Simplicity is what makes routines sustainable."***

### 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*.

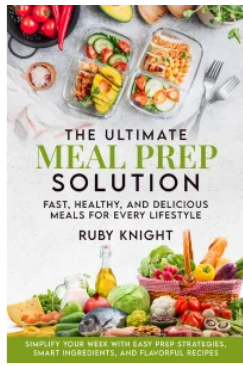
This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle***. you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

### 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>

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## One Simple Action This Week

Identify one meal you've already made before and plan to eat it at least twice this week.

Let that meal do its job so you don't have to think about it again.





Best regards,  
Kristen Barrett

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