

The Ultimate Meal Prep Solution

Weekly Newsletter

April 30, 2026



Learn From What Worked

Meal prep becomes easier when you build on what already works. Instead of starting fresh each week, small adjustments can help your routine feel smoother and more efficient over time.

This week's focus: Improve One Small Thing

This week's focus is on identifying one part of your routine that can

This week's meal prep tip: Keep What Works, Adjust What Doesn't

You don't need to change everything to improve your routine.

be simplified. Small improvements such as adjusting prep timing or repeating a successful meal, can make your system more sustainable.

Keeping successful meals and refining one small detail can make meal prep feel easier week after week.

"Progress comes from small improvements."

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

Pesto Chicken Pasta Salad

2 cups cooked pasta (rotini or penne)

4 cups cooked chicken breast, shredded

1 cup cherry tomatoes, halved

1 cup mozzarella pearls or cubed mozzarella

1 cup cucumber, diced

6 tbsp pesto, from jar

Salt and pepper

1 tbsp olive oil

1. Cook pasta according to package directions, then drain and let cool.
2. In a large bowl, combine pasta, chicken, tomatoes, cucumber and mozzarella cheese
3. Add pesto and olive oil, then toss until everything is evenly coated. Season with salt and pepper.
4. Divide evenly into 4 lidded containers, seal the container with an air-tight lid.

Store individually in the refrigerator. When ready to eat, serve cold or at room temperature.

Makes 4 servings.

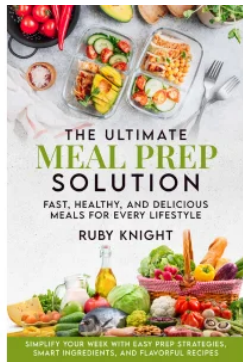


"Build on what already works."

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*.

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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

Think about one meal or step from the last few week that felt easy.

Repeat it exactly or make one small adjustment to improve it.



Best regards,
Kristen Barrett

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