

The Ultimate Meal Prep Solution

Weekly Newsletter

March 19, 2026



Build a System That Fits Your Life

There is no one right way to meal prep. The most sustainable routine is the one that fits your schedule, preferences, and the people you're feeding.

This week's focus: Customize the Structure, Keep the Simplicity

This week's meal prep tip:

Prep Components, Not Just Plates

This week's focus is on personalizing your meal prep

without complicating it. Whether you're cooking for yourself, a partner, a family, or juggling mixed schedules, the same simple framework can adapt to everyone.

Prepare proteins, grains, and vegetables separately so each person can assemble meals according to their preferences. This keeps prep efficient while allowing flexibility for portion sizes, toppings, and flavor choices.

"When meals are planned, your energy goes further."

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.

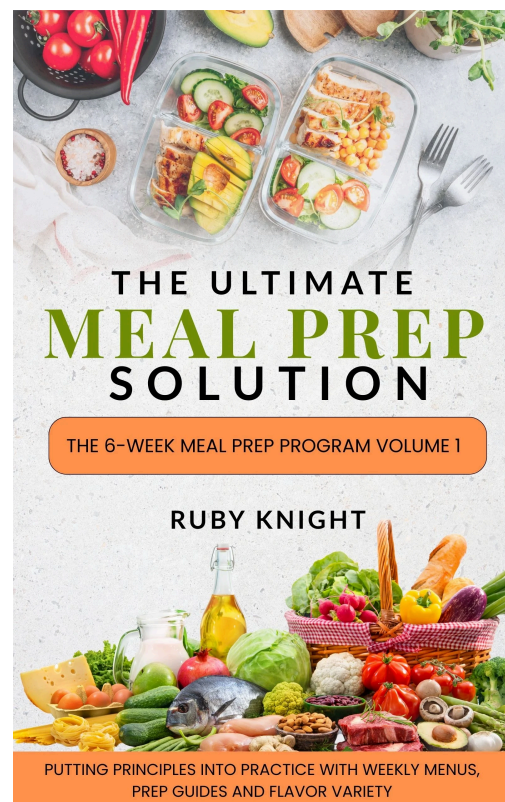
At the heart of the program are

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

Build-Your-Own Taco Bowl Bar

1 lb ground beef

1 tbsp taco seasoning

2 cup cooked rice

Add ons:

1 can black beans, drained

1 cup corn, can or frozen

1 cup lettuce, shredded

1 cup tomatoes, diced

Optional Toppings:

Shredded cheese

Salsa

Avocado

Sour cream

Hot sauce

1. Cook ground beef with taco seasoning
2. Cook rice
3. Portion remaining prepared components separately into containers.

Each person builds their bowl according to:

- Portion preference
- Dietary needs
- Flavor preference
- Schedule (warm bowl, cold salad version, or wrap)

Store bowls individually in the refrigerator. Keep components that should not be heated separate. When ready to eat, heat the bowl in the microwave on high for 3-5 minutes and add any additional ingredients before eating.

Makes 4 servings.



"Meal prep gives your time back, one meal at a time."

AVAILABLE NOW!

The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program

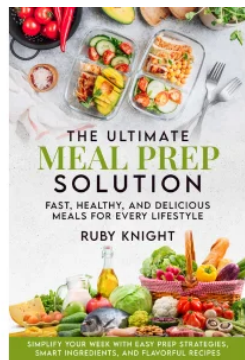
This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle***. you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

Order Now

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!

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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

Ask yourself what part of meal prep causes the most stress in your household. Adjust just that piece: portions, timing, or format, so it better supports your routine.



Best regards,
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