

The Ultimate Meal Prep Solution

Weekly Newsletter

May 21, 2026



Simple Meals That Feel Light and Fresh

As spring moves toward summer, meals often become simpler and lighter. Fresh ingredients and quick assembly meals make it easier to eat well without spending long periods in the kitchen.

This week's focus: Simple Meals for Warmer Weeks

This week's meal prep tip: Keep a Few No-Cook Meals in Your Routine

Meals don't need to be complicated to be satisfying. Choosing recipes that come together quickly allows you to enjoy fresh food without interrupting your day.

Having a few meals that require little or no cooking can be a huge advantage during warmer months. These options save time, keep your kitchen cooler, and still provide balanced nutrition.

"Quick meals can still be nourishing."

NEW BOOK RELEASE

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

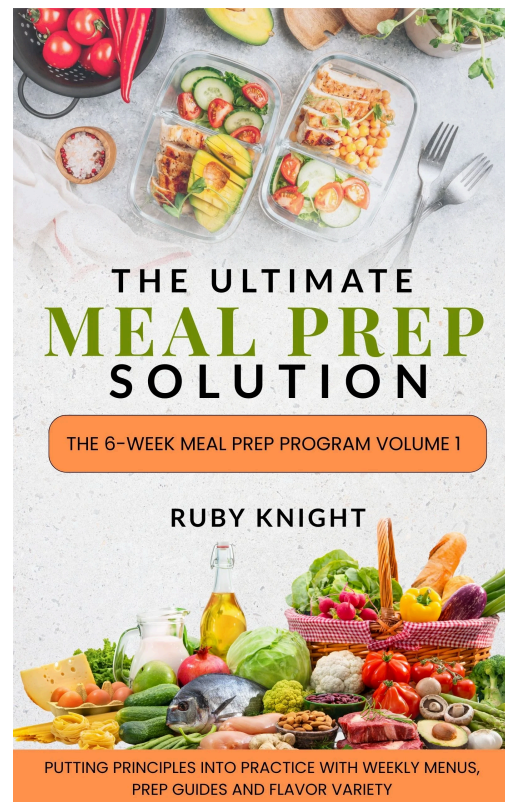
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Tex-Mex Lime Shrimp & Avocado Bowl

| | |
|----------------------------------|--|
| 1 lb shrimp, peeled & deveined | 1 tbsp olive oil |
| 2 cups rice, cooked | 1 lime |
| 1 cup corn kernels | 1 tsp chili powder |
| 1 cup black beans | 1/2 tsp each cumin, garlic powder, smoked paprika |
| 1 cup cherry tomatoes, halved | Salt and pepper |
| 1 avocado | Optional: salsa, hot sauce, shredded cheese, sour cream |
| 1/4 cup cilantro, finely chopped | |

1. Toss shrimp with chili powder, cumin, garlic powder, smoked paprika, lime juice, salt, and pepper.
2. Heat olive oil in a skillet over medium heat. Cook shrimp in the skillet for 2–3 minutes per side until pink and cooked through.
3. Layer 1/4 of each ingredient in the following order into individual containers: rice, black beans, corn, cherry tomatoes, cilantro and shrimp.
4. Cut avocado in quarters and wrap each in plastic wrap. Place 1/4 of wrapped avocado in each bowl.
5. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator. When ready to eat, add avocado and optional toppings

Makes 4 servings.

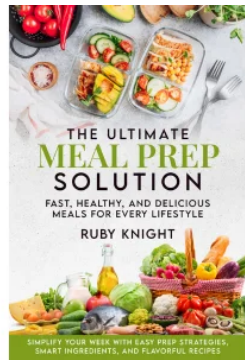


"Simple ingredients create satisfying meals."

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

