

The Ultimate Meal Prep Solution

Weekly Newsletter

June 25, 2026



Cool, Refreshing Meals for Warm Days

Refreshing meals can be the perfect solution during warm summer days. Fresh fruit and simple proteins create balanced options without turning on the stove

This week's focus: Simple Meals That Keep You Energized

Balanced meals don't need complicated preparation.

This week's meal prep tip: Build Meals Around Simple Protein

Starting with a protein base makes it easy to assemble balanced

Combining fresh fruit with a good protein source can create a quick meal that keeps you satisfied for hours.

meals. Once the protein is chosen, adding fruits, nuts, or grains can quickly complete the dish.

"Fresh fruit brings natural sweetness to any meal."

NEW BOOK RELEASE

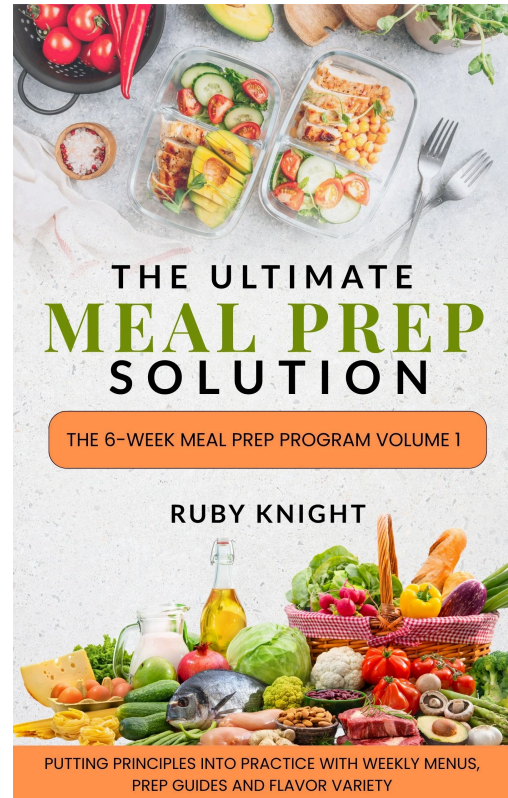
The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

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

Fresh Fruit & Cottage Cheese Protein Bowls

2 cups cottage cheese

4 tbsp honey or maple syrup

1 cup strawberries, sliced

4 tbsp granola (optional)

1 cup blueberries

4 tbsp chopped almonds or
walnuts

1. Combine strawberries and blueberries in a bowl.
2. Layer 1/2 cup of cottage cheese topped with 1/4 of the berry mixture into individual containers.
3. Drizzle each bowl with 1 tbsp of honey or maple syrup.
4. Divide granola and nuts into 4 smaller containers or plastic zip bags.
5. Seal the container with an air-tight lid.

Note: If you do not like the texture of cottage cheese, place in a food processor to create a creamy version. Add vanilla or sweetener to enhance the flavor.

Store bowls individually in the refrigerator. When ready to eat, sprinkle granola & nut mixture over the bowl.

Makes 4 servings.

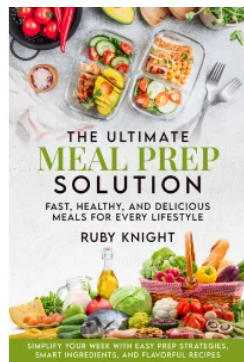


"Simple routines create lasting habits "

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

Check out The Ultimate Meal Prep Solution website: your go-to resource for making meal prep easier, more flavorful, and more sustainable. Here you'll find weekly meal prep tips, time-saving strategies, food storage guidance, and practical advice to help you stay organized, reduce stress, and build healthy habits that fit your lifestyle.

Explore our Flavor Boosters collection featuring seasoning blends, sauces, marinades, and dressings designed to add variety and excitement to your meals. You'll also have access to the complete photo gallery from the 6-Week Meal Prep Program, allowing you to browse every recipe, gather

inspiration, and see exactly what your finished meals can look like as you progress through the program.

Website

One Simple Action This Week

Choose one protein and pair it with two fresh ingredients you enjoy.

Notice how quickly a balanced meal can come together.



Best regards,

Kristen Barrett

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