

The Ultimate Meal Prep Solution

Weekly Newsletter

January 22, 2026



Welcome to Building Confidence Through Repetition!

By now, we're past the halfway point of January, the moment when new habits begin to settle in. You may be noticing something powerful: routines feel easier when you stop reinventing them every week. That ease isn't laziness—it's confidence taking root. Embrace the rhythm, trust the process, and keep moving forward.

This week's focus: Confidence Through Repetition

Repeating meals doesn't mean you're stuck, it means you're building reliability.

Confidence grows when you trust that your meals are handled, even on busy days.

This week's meal prep tip:

Smart meals don't steal your joy—they give it back.

When you repeat simple, reliable food choices, you free up mental energy for the things that actually light you up.

"Repetition removes stress, not enjoyment."

This Week's Meal Prep Idea

Salmon, Asparagus & Potato Sheet Pan

1 salmon fillets	2 tsp garlic powder
4 cups asparagus, cut into 1-inch pieces	2 tbsp Italian seasoning
2 medium red potatoes	Salt & Pepper
3 tbsp olive oil	Non-stick spray
2 tbsp melted butter	1 lemon

1. Preheat oven to 400°.
2. Line a sheet pan with foil and spray with non-stick spray.
3. Toss potatoes with 2 tbsp olive oil, salt & pepper and garlic powder.
4. Place in a single layer on the baking sheet and cook for 10 minutes.
5. Remove pan and add salmon and asparagus to the pan with the potatoes.
6. Brush melted butter and Italian seasoning on each salmon fillet.
7. Sprinkle 1 tbsp olive oil and salt & pepper on asparagus.
8. Return the sheet pan to the oven and cook an additional 15 minutes or until the internal temperature of the salmon reaches approximately 145°.
9. Add 1/4 of each ingredient into individual containers.
10. Seal the container with an air-tight lid.

When ready to eat, microwave on high for 3-5 minutes. Drizzle with lemon juice. Store in the refrigerator 3-4 days.

Makes 4 servings



"Confidence grows when your meals are predictable."

Behind the Scenes

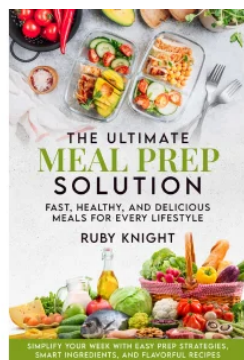
Right now, I'm finalizing recipes and weekly layouts for ***The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program***, launching in January 2026. This will feature *The Four Core Meal Prep Methods*.

The Companion 6-Week Meal Prep Program is designed around this exact idea — predictable structure with rotating flavors so routines feel supportive, not restrictive.

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://subscribepage.io/one-week-meal-plan>

One Simple Action This Week

Repeat one meal you already know works. That's not failure — that's strategy.

You're building something sustainable.

Here's to steady routines and calmer kitchens,



Best regards,
Kristen Barrett

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