

The Ultimate Meal Prep Solution

Weekly Newsletter

April 9, 2026



Let One Good Prep Power Your Week

Meal prep becomes easier when one cooking session supports several meals throughout the week. A single prepared protein or base ingredient can simplify lunch or dinner while still giving you variety.

This week's focus: Prep Once, Use It Multiple Ways

The goal this week is to prepare one key ingredient that can carry

This week's meal prep tip: Start with a Flexible Protein

Choose a protein that works well in multiple meal formats. Cooking it

several meals. When a protein or base is already ready to use, assembling meals becomes quick and effortless.

simply allows you to change flavors later with sauces, toppings, or vegetables.

"One good prep simplifies the week."

NEW BOOK RELEASE

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

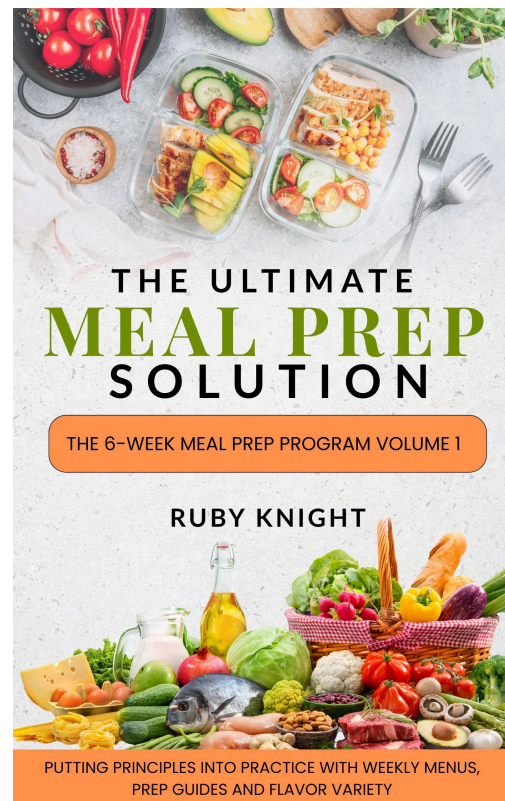
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Simple Garlic Herb Shredded Chicken

2 lbs boneless, skinless chicken breast
2 tbsp olive oil
3 cloves minced garlic
1 tsp paprika

1 tsp dried oregano
1/2 tsp onion powder
1/2 cup chicken broth
Salt and pepper

1. Heat olive oil in a large skillet over medium heat.
2. Season chicken with salt, pepper, paprika, oregano, and onion powder
3. Add chicken to the skillet and sear for 3–4 minutes per side.
4. Add garlic and chicken broth.
5. Cover and cook for 10–12 minutes, or internal temperature reaches approximately 165°
6. Remove chicken and shred using two forks.
7. Return shredded chicken to the pan and toss in the juices

3 Meal Ideas

1. Chicken Grain Bowl

Brown rice or quinoa, shredded chicken, cucumbers, cherry tomatoes, and shredded carrots. Drizzle with lemon vinaigrette.

2. Chicken Wraps

Tortilla or wrap with shredded chicken, lettuce, tomato, and shredded cheese, served with ranch dressing or hummus.

3. Chicken Stir-Fry

Shredded chicken and fresh or frozen stir-fry vegetables sauteed in a skillet with oil and teriyaki sauce. Serve over rice.

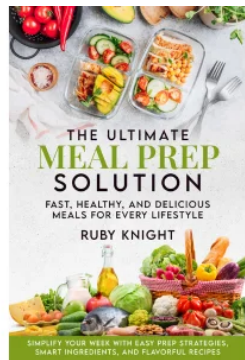


"One ingredient can power several meals."

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*.

Get your copy today on Amazon!

Order Now

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

Cook one protein in a neutral seasoning early in the week.

Use it in at least two different meals so you experience how much time the second meal saves.



Best regards,
Kristen Barrett

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