

The Ultimate Meal Prep Solution

Weekly Newsletter

July 30, 2026



Stay Cool with No-Cook and Minimal-Cook Meals

When summer temperatures peak, spending less time in a hot kitchen can make meal prep feel much more manageable. Building meals around chilled ingredients, pre-cooked proteins, and fresh produce helps you stay consistent while keeping preparation simple.

This week's focus: Keep the Kitchen Cool

This week's meal prep tip: Use Ready-to-Eat Building Blocks

Summer meal prep doesn't always require turning on the oven. By using ingredients that require little to no cooking, you can save time, reduce heat in your home, and still create balanced, satisfying meals.

Take advantage of ingredients like rotisserie chicken, pre-cooked grains, canned beans, and fresh vegetables. Combining a few convenient staples can help you create several meals in minutes without sacrificing nutrition or flavor.

"The simplest summer meals are often the freshest."

NEW BOOK RELEASE

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

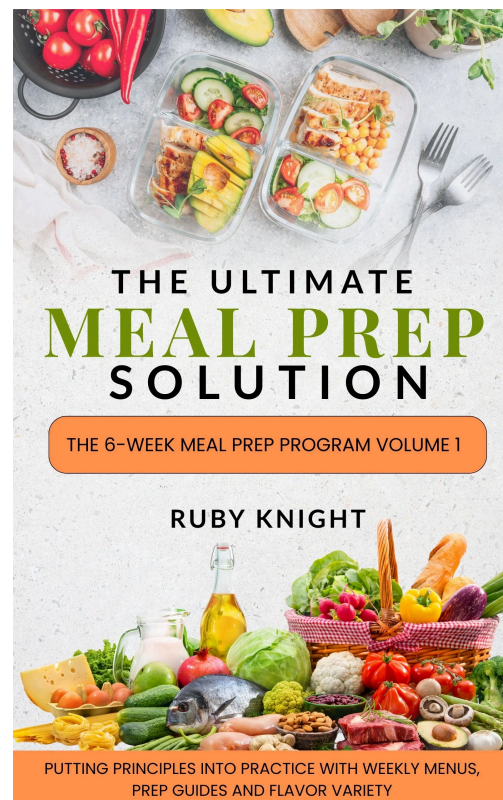
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Chicken & Chickpea Salad Boxes

2 cups cooked chicken breast,
diced

1 cup cucumber, diced

1 cup cherry tomatoes, halved

1/2 cup red onion, finely diced

1/2 cup crumbled feta cheese

1/4 cup parsley, chopped

Lemon Vinaigrette:

3 tablespoons olive oil

2 tablespoons fresh lemon juice

1 teaspoon Dijon mustard

1 clove garlic, minced

Salt and pepper to taste

1. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper.
2. In a large mixing bowl, combine chicken, chickpeas, cucumber, tomatoes, red onion, feta cheese, and parsley.
3. Pour the vinaigrette over the mixture and toss gently to combine.
4. Divide evenly among four meal prep containers.
5. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator. Serve chilled.

Makes 4 servings.

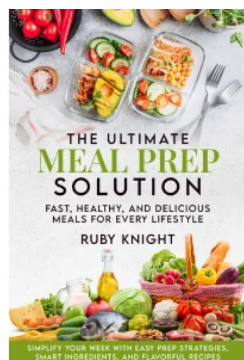


"Keeping cool starts with keeping meals uncomplicated."

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 meal this week that requires little or no cooking.

Reducing kitchen time by even one meal can make summer meal prep feel easier and more sustainable.



Best regards,

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