

# The Ultimate Meal Prep Solution

## Weekly Newsletter

February 19, 2026



---

## Why Bowls, Wraps, and Salads Make Life Easier

Meal prep feels easier when you rely on simple meal formats instead of rigid recipes. Bowls, wraps, and salads provide just enough structure to guide your meals while leaving room for flexibility.

---

**This week's focus: Familiar  
Formats Create Consistency**

**This week's meal prep tip:  
Choose One Meal Format**

Think in terms of components: protein, base, vegetables, and sauce, rather than finished dishes. When those pieces are ready, assembling meals becomes quick and effortless.

Choose one meal format you enjoy and use it at least twice this week with different ingredients. Let the structure do the work so planning stays simple.

***"Formats create freedom where recipes create pressure"***

## NEW BOOK RELEASE

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

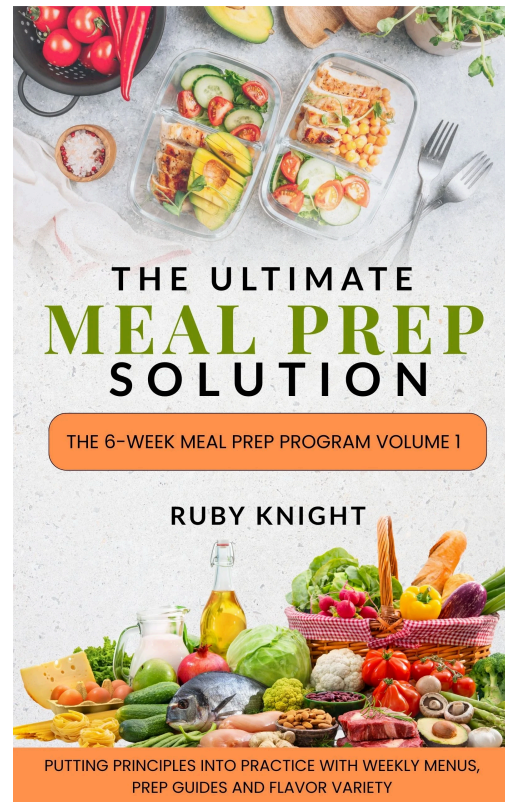
*The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1* takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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



[Order Now](#)

flexibility and make meals easy to mix, match and repeat.

---

## **This Week's Meal Prep Idea**

### **Bowl-Style Meals**

#### **Start with a Base:**

4 chicken breast

2 cups white rice, cooked

Choose 2 flavors and rotate during the week.

Mediterranean-inspired bowl: pair the chicken and rice with chopped cucumbers, cherry tomatoes, red onion, and a sprinkle of feta, then drizzle with lemon herb dressing or tzatziki.

Teriyaki-style bowl: add steamed broccoli, shredded carrots, and snap peas, finishing with teriyaki sauce.

Tex-Mex version: top the bowl with black beans, roasted corn, bell peppers, and avocado, then spoon over salsa or chipotle-lime dressing.

Roasted Vegetable: combine the chicken and rice with roasted zucchini, mushrooms, and spinach, finishing with a light garlic parmesan or balsamic glaze.

Store bowls individually in the refrigerator. When ready to eat, heat the bowl in the microwave on high for 3-5 minutes.

Makes 4 servings.



**"Meal formats turn cooking into a system you can trust"**

# AVAILABLE NOW!

## ***The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program***

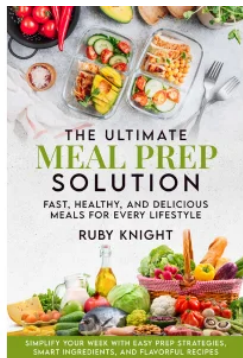
This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle***. you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

Order Now

## **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.

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 and photos from the 6 Week Meal Prep program.

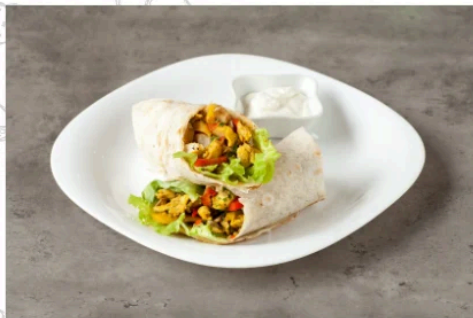
Website

### One Simple Action This Week

Choose one meal format you enjoy and use it at least twice this week with different ingredients.

Let the structure do the work so planning stays simple.

## The Four Core Meal Prep Methods



Best regards,  
Kristen Barrett

[kristen@theultimatemealprepsolution.com](mailto:kristen@theultimatemealprepsolution.com)

You received this email because you signed up to receive my newsletter. No longer want to hear from me?

[Unsubscribe](#)

