

# The Ultimate Meal Prep Solution

## Weekly Newsletter

May 28, 2026



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## Quick, Portable Meals for Real-Life Schedules

As summer schedules fill with travel, activities, and longer days, meals need to be simple and flexible. Portable, balanced options make it easier to stay nourished even when routines become unpredictable.

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**This week's focus: Choose Meals That Move With Your Day**

**This week's meal prep tip: Build Meals That Require No Reheating**

Meals that travel well make healthy eating far easier during busy weeks. When food is ready to grab, pack, or enjoy on the go, it naturally supports your schedule instead of slowing it down.

Some of the most useful meal prep options are those that don't need to be warmed up. Preparing balanced snack boxes or portable meals can make busy days feel far more manageable.

***"A little preparation creates a lot of freedom."***

## NEW BOOK RELEASE

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

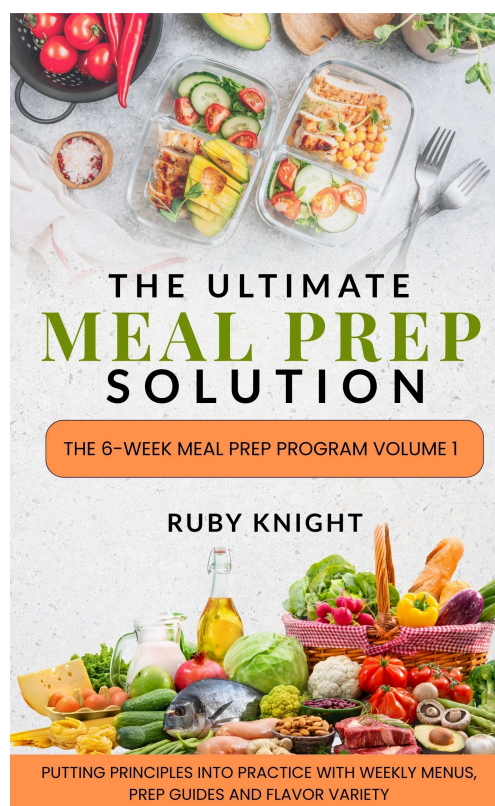
*The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1* takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

### Protein Power Snack Boxes

1 cup cooked turkey or chicken,  
cubed

4 hard-boiled eggs

1 cup cheddar or Colby jack  
cheese, cubed

1 cup of grapes, apple slices or  
peach slices

1 cup cucumber, sliced

1 cup baby carrots

1 cup almonds

Optional: whole wheat crackers  
tortilla chips

1. Place 1/4 of each ingredient into individual containers.
2. Use wax paper to create dividers or snack plastic zip bags to keep nuts, crackers or chips separate to maintain freshness.
3. Seal the container with an air tight lid

Store boxes individually in the refrigerator. Grab and go as needed

Makes 4 servings.

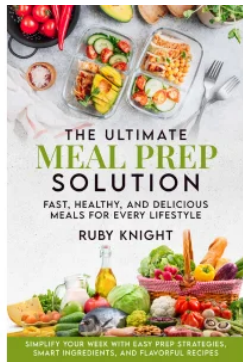


*"Simple meals make busy days easier."*

## 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

Prepare one grab-and-go meal that can be eaten anywhere.

Notice how much easier your day feels when at least one meal is already handled.



Best regards,  
Kristen Barrett

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