

# **The Ultimate Meal Prep Solution**

## **Weekly Newsletter**

January 1, 2026



## **Welcome to the first week of a brand new year!**

If you're feeling motivated and a little overwhelmed by all the "new year, new everything" noise, take a breath; you don't need a perfect plan to start strong. This year, we're focusing on simple systems that actually last.

**This week's focus: Start Small,  
Stay Consistent**

Instead of changing everything at once, this week is about choosing one slight shift that makes meals easier. One planned meal. One prep session. One less decision. Momentum starts with simplicity.

**This week's meal prep tip: Plan once, eat well all week**

Before grocery shopping, decide:

- 🍳 One breakfast option
- 🍲 One lunch/dinner staple

That's enough to immediately reduce decision fatigue. You can always add more later.

***"When meals are planned, your energy goes further."***

## This Week's Meal Prep Idea

### Beef & Broccoli Rice Bowl

1 lb flank steak, cut into 1-2 inch strips	Asian Soy Marinade & Sauce
4 cups broccoli, cut into 1-2 inch florets	1/2 cup soy sauce
2 cup cooked rice	2 tbsp olive oil
2 tbsp olive oil	2 tsp honey
	2 tbsp grated ginger
	2 tbsp garlic powder

1. Mix all ingredients for Asian Soy Marinade & Sauce. Place the sauce and the flank steak in a locking plastic bag or a glass bowl, then refrigerate for at least 30 minutes.
2. Cook rice
3. Steam broccoli until still slightly firm.
4. Cook the flank steak over medium heat in a skillet until almost done. Save the marinade.
5. Add the broccoli & marinade to the skillet with the flank steak and simmer for another 3 minutes.
6. Layer 1/4 each of the ingredients in the following order into individual containers: cooked rice, then beef and broccoli mix.
7. Seal the container with an air-tight lid.

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 prep gives your time back, one meal at a time.”***

### Behind the Scenes

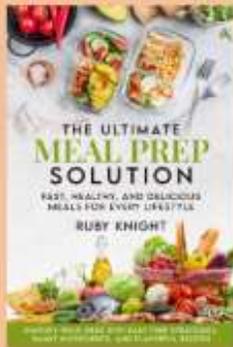
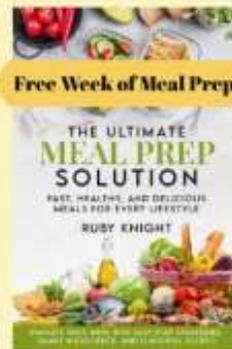
Right now, I'm finalizing recipes and weekly layouts for *The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program*, launching in January 2026. This will feature *The Four Core Meal Prep Methods*.

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.

### 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>



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://www.amazon.com/dp/B0F2J88ZDV>



Best regards,  
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