

# **The Ultimate Meal Prep Solution**

## **Weekly Newsletter**

January 8, 2026



## **Welcome to Week 2 of the year!**

If the initial motivation of January is starting to settle into real life, you're right on track. This is where sustainable routines begin. This year isn't about doing more. It's about doing less, more intentionally.

**This week's focus: Reduce  
Decision Fatigue**

One of the biggest energy drains isn't cooking — it's deciding what to cook.

This week, the goal is to remove just **one recurring decision** from your day. When meals are planned ahead, your brain gets a break — and that matters more than willpower.

**This week's meal prep  
tip: Decide once. Repeat with  
confidence.**

Choose **one meal** you don't mind eating more than once and let it carry you through the week.

Consistency beats variety when life is busy.

***"When meals are planned, your mind gets a break."***

## This Week's Meal Prep Idea

### Denver Egg Muffins

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8 large eggs	1/2 tbsp vegetable oil
1 cup ham, chopped	1 cup cheese, shredded (any variety works)
1 cup green bell pepper, chopped 1/4 inch	Salt and pepper
1/2 cup yellow onion, chopped 1/4 inch	Non-stick spray oil

1. Preheat oven to 350°
2. Sauté vegetables in vegetable oil over medium heat for 2-3 minutes.
3. Spray a 12-count muffin pan with non-stick spray oil.
4. Distribute ham & vegetables evenly across all 12 muffins.
5. Whisk eggs, salt & pepper, and pour evenly over vegetables.
6. Sprinkle cheese evenly on each muffin, season with salt & pepper.
7. Bake muffins for 13-18 minutes or until the top springs back after tapping gently.

Cool & store all muffins together in an airtight container, or store individual servings for grab-and-go.

Makes 6 servings - 2 muffins each serving.



***“You don’t need more options—you need fewer choices.”***

### Behind the Scenes

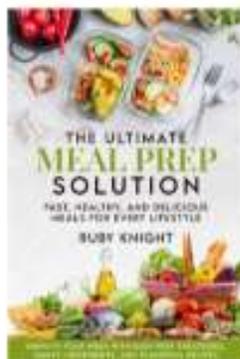
Right now, I’m finalizing recipes and weekly layouts for *The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program*, launching in January 2026. This will feature *The Four Core Meal Prep Methods*.

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 downloaded your **Free 1-Week Meal Prep Plan**, it’s a great way to practice these systems in real time.

<https://theultimatemealprepsolution.com/oneweekmealplan>



### 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!**

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

