

The Ultimate Meal Prep Solution

Weekly Newsletter

April 16, 2026



When the Week Changes, Your Meals Can Too

Not every week goes exactly as planned, and your meals don't have to either. When your meal prep system is flexible, it can easily adjust to busy schedules, unexpected plans, or changing appetites.

This week's focus: Build Flexibility into Your Routine

A flexible meal prep routine allows you to adjust meals without feeling like your plan has failed. The goal is to create meals that can be eaten at different times, repurposed easily, or stored for later.

This week's meal prep tip: Prep Ingredients, Not Just Meals

Preparing individual components gives you more flexibility during the week. When proteins, grains, and vegetables are ready to use, you can quickly assemble meals that match your schedule and energy.

"Flexible systems survive busy weeks."

NEW BOOK RELEASE

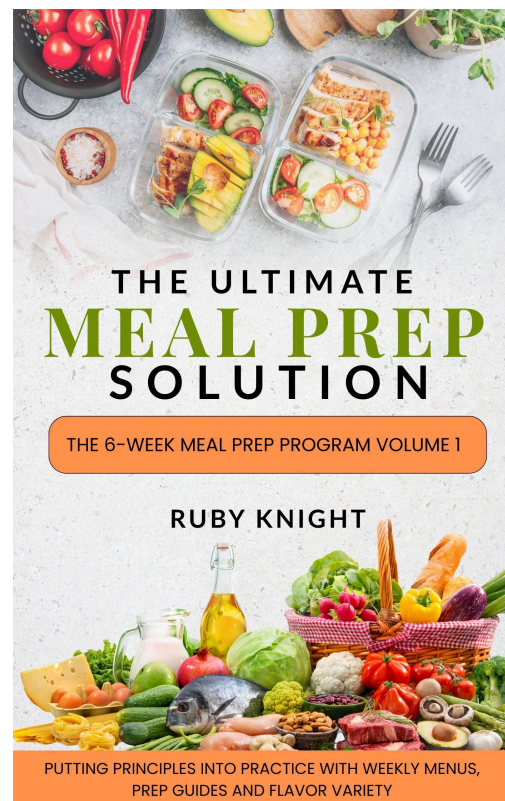
The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

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



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- 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.

This Week's Meal Prep Idea

Ginger Garlic Shrimp Stir-Fry

1 lb shrimp	1 tsp grated ginger
2 cups broccoli florets	2 tbsp soy sauce or tamari sauce
1 red bell pepper, sliced	1 tbsp sesame oil
1 cup sugar snap peas	1 tbsp olive oil
2 cloves garlic, minced	2 cups jasmine rice, cooked

1. Heat olive oil in a skillet over medium-high heat. Add garlic and ginger, cook for about 30 seconds.
2. Add shrimp and cook 2-3 minutes per side until pink. Remove from pan.
3. Add vegetables to the same pan and cook for 4-5 minutes. Add additional olive oil if necessary.
4. Add shrimp to vegetables and add soy sauce or tamari and sesame oil.

Store stir-fry and rice separately until ready to serve. Heat in microwave for 3-4 minutes or serve chilled.

Makes 4 servings

Snack idea: Serve leftover shrimp with cucumber slices and a drizzle of sesame dressing.

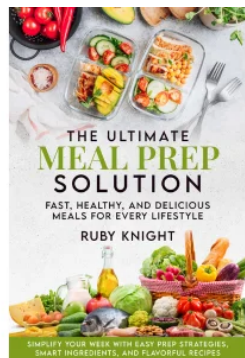


"Flexibility creates sustainable routines."

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

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 versatile ingredient that can be used several ways during the week.

Notice how much easier meal decisions become when part of the work is already done.



Best regards,
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