

The Ultimate Meal Prep Solution

Weekly Newsletter

January 15, 2026



Welcome to a simpler way of thinking about meals.

Instead of thinking in terms of recipes, think in terms of formats. When you understand the structure of a bowl, salad, wrap, or egg-based meal, you can swap ingredients freely, without starting from scratch.

**This week's focus: Simple Meal
Formats**

**This week's meal prep tip: Prep
ingredients, not outcomes**

This week's focus is on learning how simple meal formats create flexibility without extra effort. Once you know the format, your meals can adapt to your schedule, preferences, and pantry.

Cook components ahead of time and assemble meals based on your energy and schedule. Flexibility is what makes routines stick.

"Formats create freedom, recipes create pressure."

This Week's Meal Prep Idea

Chicken Bacon Caesar Wrap or Salad

1 lbs cooked chicken breast, chopped into 1 inch pieces

4 slices cooked bacon, chopped

4 cups romaine lettuce, chopped

Salt & Pepper

8 tbsp Caesar dressing

4 tbsp parmesan cheese, grated

2 large flour tortillas (wraps)

4 tbsp Caesar croutons (salad)

This recipes makes 2 wraps & 2 salads or 4 wraps or 4 salads. Mix them up based on preference.

- Preheat oven to 400°.
- Spray a 9 X 13-inch baking pan with non-stick oil, then arrange the chicken evenly, season with salt & pepper.
- Bake for 20-25 minutes, until the internal temperature reaches approximately 165 °. Let cool, then chop into 1 inch pieces.
- Cook bacon and drain on paper towels until cool, then chop into smaller pieces.
- Chop romaine lettuce.

Assemble wraps:

- Layer in order 1/4 chicken breast, bacon, parmesan cheese, Caesar dressing and lettuce flour tortilla. Roll tortilla, folding one side in while rolling to close one end.
- Place the wraps in wax paper for storing.

Assemble salads:

- Layer 1/4 of each ingredient in the following order into individual containers: lettuce, chicken breast, bacon, and parmesan cheese.
- Pour 2 tbsp of Caesar dressing into a separate, lidded container store 2 tbsp of croutons in plastic locking bag. Place both it in the same container as the salad.
- Seal the container with an air-tight lid.

Store bowls or wraps individually in the refrigerator. Pour dressing over the salad and add croutons when ready to eat.

Makes 4 servings.



"Simple meal formats turn prep into a system, not a chore."

Behind the Scenes

I am adding the finishing touches to ***The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program***, launching later this month. This will feature *The Four Core Meal Prep Methods*.

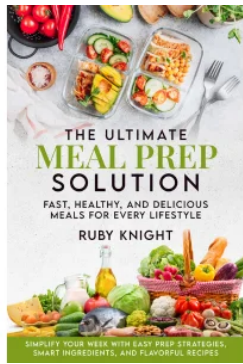
This program builds directly on the principles in ***The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle***. you're using now, with more structure, more variety, and a repeatable weekly rhythm you can return to anytime.

Subscriber Bonus Reminder

Your **Free 1-Week Meal Prep Plan** is still available if you want a guided reset or a fresh starting point.

<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>

One Simple Action This Week

Use the same ingredients in two different ways. Notice how much easier planning feels.

Simple systems create real momentum.



Best regards,
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