

The Ultimate Meal Prep Solution

Weekly Newsletter

July 9, 2026



Bright, Fresh Summer Meals Made Simple

Summer cooking works best when meals are light, flavorful, and quick to prepare. Simple ingredients like citrus, fresh herbs, and seafood can create satisfying meals without heavy cooking or long prep times.

This week's focus: Fresh Flavors That Feel Like Summer

When temperatures rise, meals that feel fresh and vibrant can make eating well easier.

This week's meal prep tip: Choose Quick-Cooking Proteins

Shrimp is one of the fastest proteins you can cook, making it

Combining lean protein, bright citrus, and crisp vegetables creates balanced meals that feel energizing rather than heavy.

ideal for meal prep. In just a few minutes, you can prepare a flavorful protein that works for bowls, salads, wraps, and quick dinners throughout the week.

"Your future self will thank you for prepping today."

NEW BOOK RELEASE

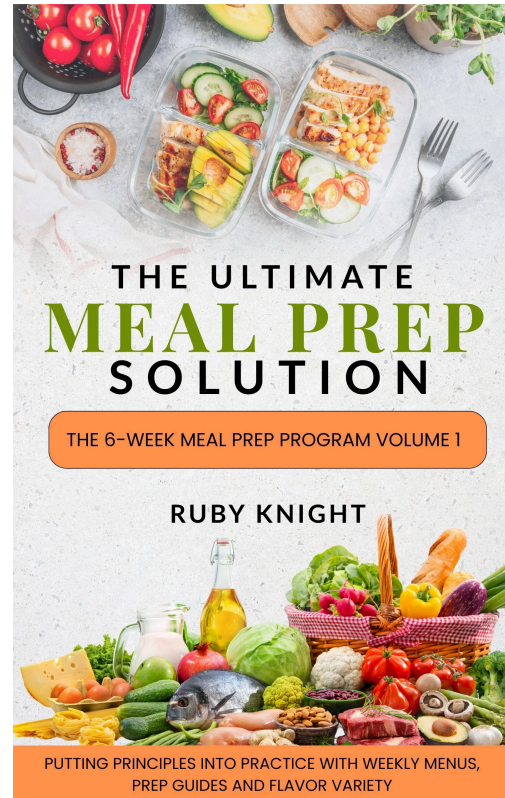
The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

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

Lemon Herb Shrimp & Rice Summer Bowls

1 lb raw shrimp, peeled and deveined
2 cups cooked jasmine rice
1 cup cherry tomatoes, halved
1 cup cucumber, diced
1 cup carrots, shredded
1 avocado, sliced
2 tbsp fresh parsley, chopped

Lemon Herb Sauce:

2 tbsp olive oil
2 tbsp fresh lemon juice
1 tsp lemon zest
1 tsp minced garlic
1 tsp dried oregano
Salt & pepper

1. Cook rice according to package instructions and allow it to cool slightly.
2. Heat a skillet over medium heat and add 1 tablespoon olive oil.
3. Add shrimp, season with salt and pepper, and cook 2–3 minutes per side until pink and fully cooked.
4. In a small bowl, whisk together olive oil, lemon juice, lemon zest, garlic, oregano, salt, and pepper.
5. Cut avocado into quarters and wrap quarters in plastic wrap.
6. Layer 1/4 of each ingredient in the following order into individual containers: rice, shrimp, tomatoes, cucumbers, carrots and parsley.
7. Drizzle each bowl with 1/4 of Lemon Herb Sauce.
8. Place avocado in each container and seal with an air-tight lid.

Store bowls individually in the refrigerator. When ready to eat add avocado and eat chilled.

Makes 4 servings.



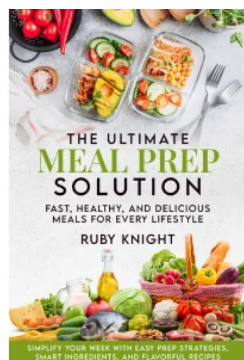
"The best meals start with the simplest ingredients."

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.



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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!

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Visit the UMPS Website

Check out The Ultimate Meal Prep Solution website: your go-to resource for making meal prep easier, more flavorful, and more sustainable. Here you'll find weekly meal prep tips, time-saving strategies, food storage guidance, and practical advice to help you stay organized, reduce stress, and build healthy habits that fit your lifestyle.

Explore our Flavor Boosters collection featuring seasoning blends, sauces, marinades, and dressings designed to add variety and excitement to your meals. You'll also have access to the complete photo gallery from the 6-Week Meal Prep Program, allowing you to browse every recipe, gather inspiration, and see exactly what your finished meals can look like as you progress through the program.

Website

One Simple Action This Week

Pick one fast protein like shrimp, rotisserie chicken, or eggs to prep this week.

When your protein is already cooked, the rest of your meals come together in minutes.





Best regards,
Kristen Barrett

kristen@theultimatemealprepsolution.com

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