

The Ultimate Meal Prep Solution

Weekly Newsletter

August 20, 2026



A Simple Breakfast That Works All Week

Busy mornings are easier when breakfast is already prepared. Freezer-friendly breakfast options like burritos are perfect for meal prepping ahead.

**This week's focus: Freezer
Friendly Breakfasts**

**This week's meal prep
tip: Batch Cook Breakfast**

Breakfast burritos can be made in batches and frozen for later. This simple strategy ensures you always have a balanced breakfast ready.

Preparing several breakfasts at once can save time every morning. Freezer-friendly meals are especially useful for busy weeks.

"A calm morning starts with one small plan."

NEW BOOK RELEASE

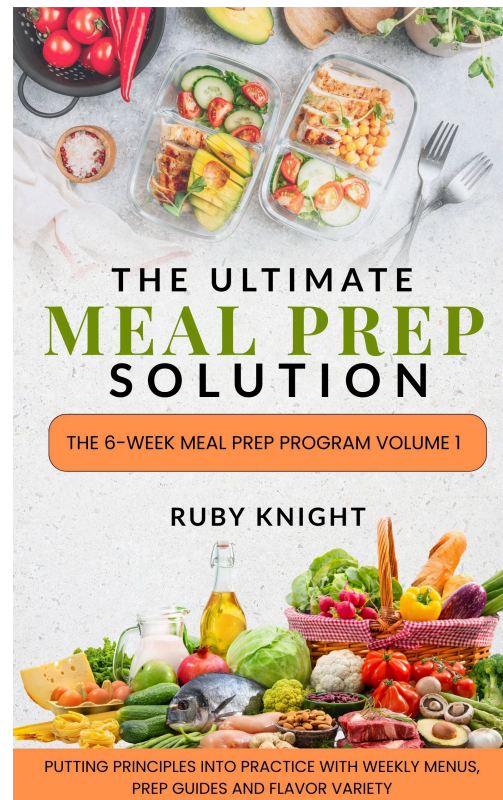
The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

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

Veggie Breakfast Burritos

8 large eggs

1 cup cheddar cheese, shredded

1/2 cup milk

4 large flour tortillas

1 cup green bell pepper, diced

1/2 tbsp vegetable oil

1/2 cup yellow onion, chopped

1. Whisk eggs with milk.
2. Spray a non-stick oil in a large pan and cook eggs to desired consistency.
3. In a separate pan, sauté chopped green bell peppers and yellow onion in vegetable oil until tender.
4. Layer 1/4 of each ingredient in the following order on each tortilla: eggs, green bell pepper and onion mixture and 1/4 cup of cheddar cheese.
5. Roll tortilla, folding both sides in while rolling to close both ends.
6. Place the wraps in wax paper for storing.

Store burritos individually in the refrigerator up to 5 days or freezer for 1 month. When ready to eat: Heat burrito in the microwave for 2-4 minutes.

Makes 4 servings.



"Simple breakfast pre can change your entire routine."

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.

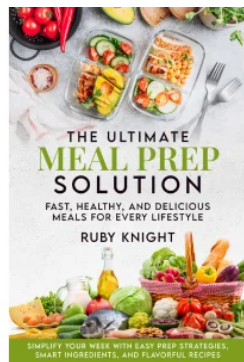
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The Book That Started It All

If you have not ordered *The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle*.

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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

Prepare two or three breakfasts ahead of time.
Small steps can make mornings smoother.



Best regards,
Kristen Barrett

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