

The Ultimate Meal Prep Solution

Weekly Newsletter

February 12, 2026



How to Adjust Without Falling Off Track

Even the best plans shift once real life gets involved, and that doesn't mean you've failed. This week is about building meal prep routines that adapt when schedules change, rather than falling apart.

This week's focus: Adjust meals without losing momentum.

This week's meal prep tip: Prep Ingredients ahead of time for flexibility.

Busy days, takeout night or skipped prep sessions don't erase progress; they are a part of life. When your system is flexible, you can pause, pivot and continue without starting over.

Prepping ingredients that can be used in more than one way so meals stay adaptable, When plans change, flexible components make it easy to assemble something nourishing without extra effort.

"A good meal prep plan bends without breaking."

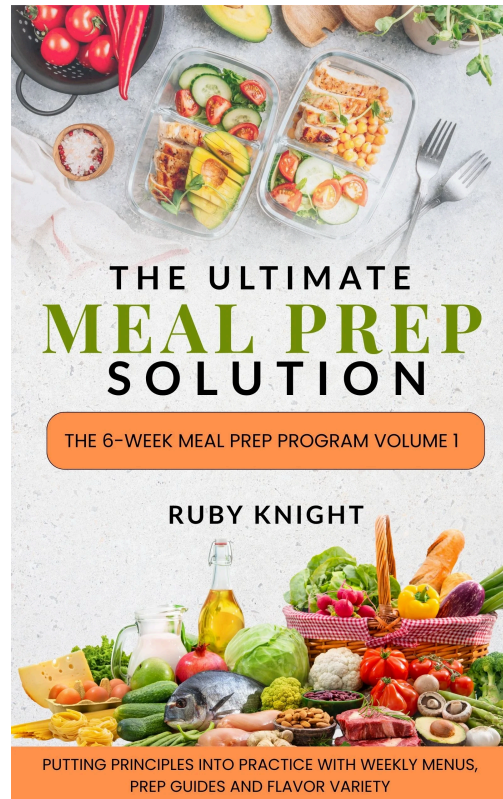
NEW BOOK RELEASE

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

The Ultimate Meal Prep Solution: The 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, a detox, or a 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



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These reliable formats reduce decision fatigue, support dietary flexibility, and make meals easy to mix, match, and repeat.

This Week's Meal Prep Idea

Tuna Salad Lettuce Wraps

2 5 oz cans tuna, in water, drained

1 tbsp bread & butter pickle juice

1/2 cup celery, chopped

6 tbsp mayonnaise

1/2 cup bread & butter pickles, chopped

4 butter lettuce leaves

1/4 cup red onion, chopped

Salt & pepper

1. Chop celery, pickles and red onion.
2. Drain tuna, place in a bowl and use a fork to flake.
3. Add celery, pickles and onion to tuna and mix well.
4. Mix in mayonnaise, pickle juice and salt and pepper.
5. Portion 1/4 tuna into small containers. Store lettuce in place zip bag. Keep them separate to maintain freshness.

Store bowls individually in the refrigerator. When ready to eat, heat the bowl in the microwave on high for 3-5 minutes.

Makes 4 servings.



"Meal prep works when it adjusts to real life."

Now Available!!!

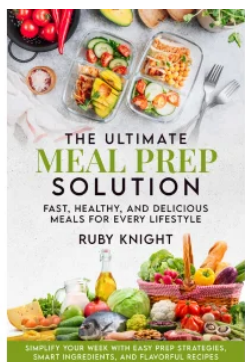
The Ultimate Meal Prep Solution: The 6-Week Meal Prep Program Volume 1

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 already, don't forget to download your Free 1-Week Meal Prep Plan. it's a great way to reset after the holidays and ease into the year.

<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!

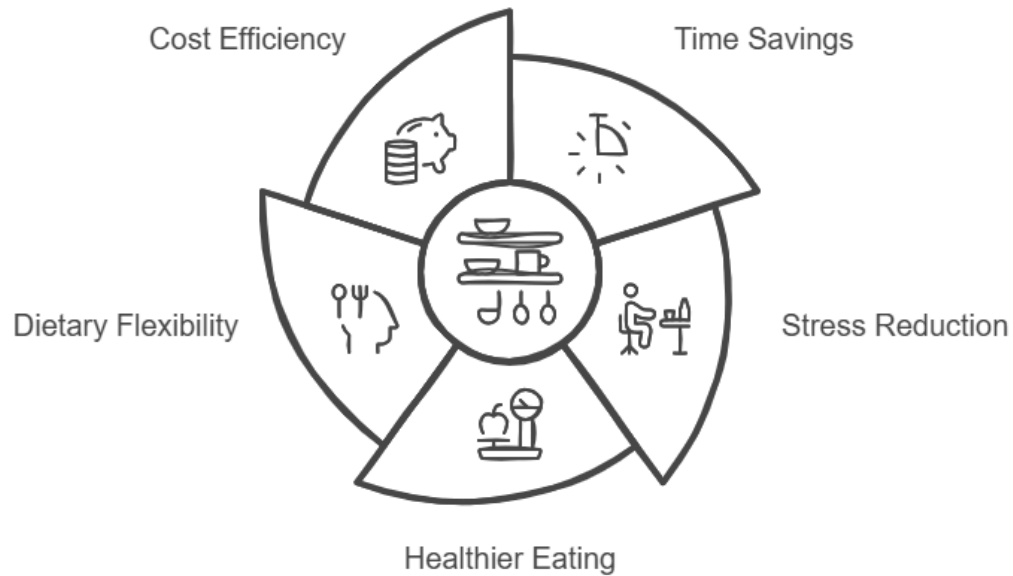
<https://www.amazon.com/dp/B0F2J88ZDV>

One Simple Action This Week

Identify one meal you've already made before and plan to eat it at least twice this week.

Let that meal do its job so you don't have to think about it again.

The Multifaceted Benefits of Meal Prepping



Best regards,
Kristen Barrett

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