

The Ultimate Meal Prep Solution

Weekly Newsletter

September 3, 2026



Fresh Lunches for Busy Fall Schedules

As schedules become busier in early fall, having simple lunches ready in the refrigerator can make weekdays much easier. Fresh, protein-rich salads are one of the easiest ways to prepare satisfying meals ahead of time.

This week's focus: Simple Mediterranean Lunches

This week's meal prep tip: Use Pantry Proteins

Mediterranean-style meals are known for their balance of lean proteins, vegetables, and healthy fats. Combining these ingredients creates meals that are flavorful, satisfying, and easy to prepare.

Pantry staples like canned tuna, beans, and lentils can make meal prep much easier. They require no cooking and can quickly become the base of balanced meals.

"A prepared lunch brings calm to a busy day."

NEW BOOK RELEASE

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

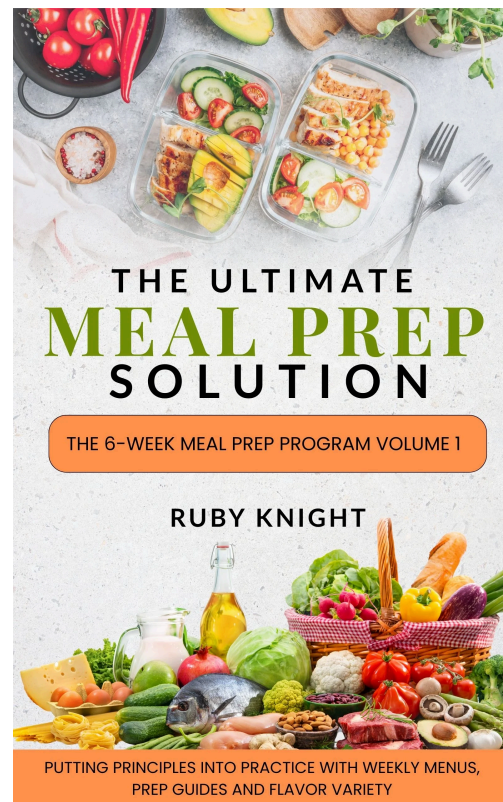
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure, 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

Mediterranean Tuna & White Bean Salad

2 cans tuna, drained

1 can white beans, rinsed

1 cup cherry tomatoes, halved

1 cup cucumber, diced

1/4 cup red onion, diced

1/4 cup parsley, chopped

Dressing:

2 tbsp olive oil

1 tbsp lemon juice

1 tsp Dijon mustard

Salt and pepper

1. In a large bowl, combine tuna and white beans.
2. Add tomatoes, cucumber, onion, and parsley.
3. Whisk dressing ingredients together.
4. Toss salad gently with dressing.
5. Layer 1/4 each of the ingredients into individual containers.
6. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator.

Makes 4 servings.



"Simple ingredients create the best meals."

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.

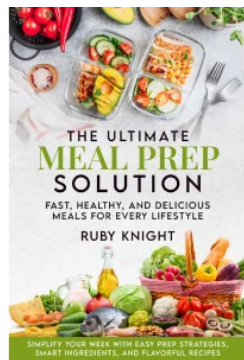
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The Book That Started It All

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

Look through your pantry for one ingredient you can turn into a quick meal. Sometimes the easiest meals start with ingredients you already have.



Best regards,
Kristen Barrett

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