

The Ultimate Meal Prep Solution

Weekly Newsletter

July 23, 2026



Make Mornings Easier with a Simple Breakfast Prep

Busy mornings can make it difficult to start the day with a balanced meal. Preparing a simple breakfast ahead of time ensures you have something nourishing ready to go, even on your busiest days.

This week's focus: Start the day with a Balanced Breakfast

This week's meal prep tip: Cook Once, Enjoy All Week

Breakfast doesn't have to be complicated to be satisfying. A simple combination of protein, vegetables, and healthy fats can help you stay energized and focused throughout the morning.

Breakfast is one of the easiest meals to prepare in advance. Dishes like egg bakes, breakfast burritos, or overnight oats allow you to cook once and enjoy several ready-to-go meals throughout the week.

"Breakfast is easier when it's already waiting for you."

NEW BOOK RELEASE

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

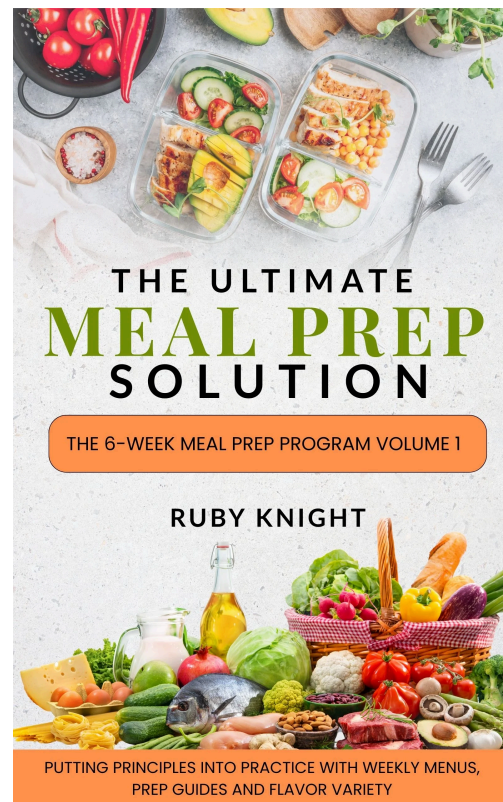
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Spinach Feta Egg Bake Squares

10 large eggs	1/4 cup yellow onion, chopped
1/2 cup milk	1 tbsp olive oil
1 cup fresh spinach	1/2 tsp dried oregano
1/2 cup feta cheese, crumbled	1/2 tsp garlic powder
1/2 cup red bell pepper, diced	Salt and pepper

1. Preheat oven to 375°F.
2. Lightly grease a 9×9 baking dish with olive oil or cooking spray.
3. In a large bowl, whisk together eggs and milk until smooth.
4. Stir in spinach, feta cheese, bell pepper, onion, oregano, garlic powder, salt, and pepper.
5. Pour the mixture into the prepared baking dish.
6. Bake for 22–25 minutes, or until the eggs are fully set.
7. Allow the egg bake to cool slightly, then cut into 8 squares and place each square into individual containers.
8. Seal the container with an air-tight lid.

Store bowls individually in the refrigerator. When ready to eat heat in microwave for 3-4 minutes.

Makes 4 servings.

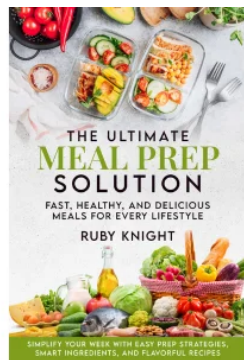


"Good mornings start with good preparation."

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.

Get Your Copy Today



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

Choose one breakfast recipe you can prepare ahead of time this weekend. Having breakfast ready in the fridge can make mornings calmer and more enjoyable.



Best regards,
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