

# The Ultimate Meal Prep Solution

## Weekly Newsletter

May 7, 2026



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## Lighter Meals for the Changing Season

As the weather begins to warm, meals naturally shift toward lighter ingredients and fresher flavors. This is a great time to introduce meals that feel satisfying without requiring long cooking times.

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**This week's focus: Shift Toward Lighter, Fresher Meals**

**This week's meal prep tip: Let Fresh Ingredients Lead**

Warmer days often call for meals that feel energizing rather than heavy. Focusing on fresh vegetables, simple proteins, and bright flavors helps your routine evolve naturally with the season.

Seasonal vegetables and herbs can instantly refresh familiar meals. When ingredients are fresh and simple, you often need fewer sauces and less complicated preparation.

*"A fresh meal can change your whole 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.

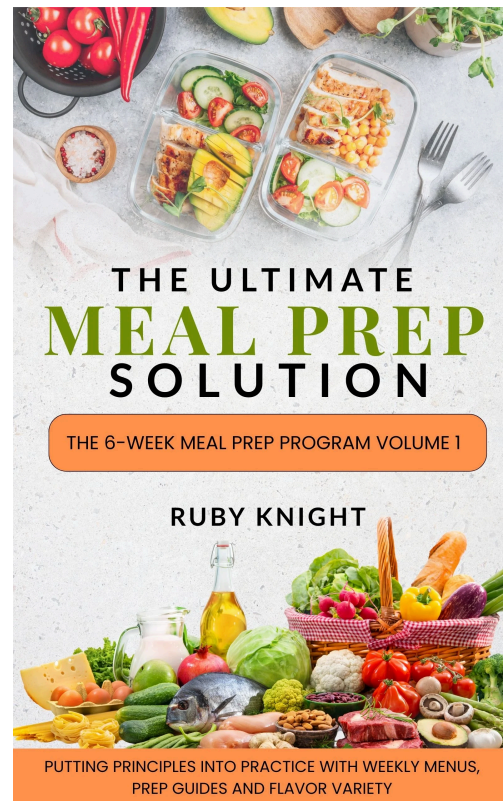
At the heart of the program are

#### **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

## Lemon Herb Grilled Turkey Burgers

1 lb ground turkey

1 tbsp olive oil

1 tbsp lemon juice

1 tsp garlic powder

1 tsp dried oregano

Salt and pepper

4 Whole grain bun sauce or butter  
lettuce leaves

1 tomato sliced

1/2 red onion, sliced

1/2 cucumber, sliced

1 cup spinach leaves

## Lemon Herb Aioli Sauce

3/4 cup mayo

1 tbsp each: tarragon, rosemary,  
oregano and lemon juice

1 clove garlic, minced

1. Combine ground turkey, olive oil, lemon juice, garlic powder, oregano and salt & pepper. Form into 4 patties.
2. Grill or cook in a skillet over medium heat for 5-6 minutes per side.
3. Slice tomato, red onion and cucumbers.
4. Combine all ingredient for the sauce.

Store burgers and sliced vegetables individually. When ready to eat, heat the burger for 1-2 minutes in the microwave. Assemble burger using a bun or butter lettuce leaves topped with tomato, cucumber, red onion, spinach and Lemon Herb Aioli Sauce.

Makes 4 servings.



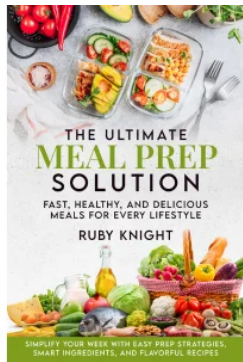
**"Seasonal shifts keep routines evolving."**

### 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!

Order Now

## Visit the UMPS Website

The Ultimate Meal Prep Solution website has weekly tips, Flavor Booster recipes for seasoning, sauces, marinades & dressing. It also has all photos from the 6 Week Meal Prep program.

Website

**One Simple Action This Week**

Add one fresh vegetable or herb to a meal you already make regularly.  
Notice how a simple addition can make the entire meal feel new.



Best regards,  
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