

The Ultimate Meal Prep Solution

Weekly Newsletter

September 10, 2026



Make Meal Prep Better With Bold Flavors

As summer begins to transition toward fall, meals that feel warm and satisfying start to sound appealing. Simple bowl meals with bold flavors can make weeknight dinners both easy and exciting.

**This week's focus: Tex-Mex
Flavors for meal Prep**

**This week's meal prep
tip: Season Your Proteins Well**

Tex-Mex flavors work perfectly for meal prep because they are bold, simple, and easy to combine with grains, vegetables, and proteins.

A simple spice blend can completely transform a meal. Keeping a few go-to seasoning mixes makes meal prep faster and more flavorful.

<https://theultimatemealprepsolution.com/flavor-boosters>

"Meal prep doesn't have to be complicated to be full of flavor."

NEW BOOK RELEASE

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

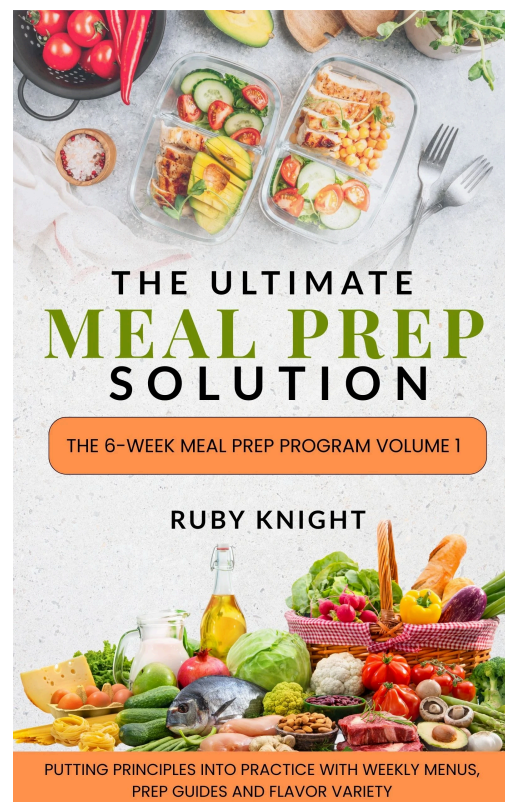
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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



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flexibility and make meals easy to mix, match and repeat.

This Week's Meal Prep Idea

Chicken Fajita Meal Prep Bowl

2 cups cooked white rice	Fajita Seasoning:
1 lb chicken breast, cut in strips	1 tsp chili powder
1 cup green bell peppers, cut in strips	1/2 tsp cumin
1 cup yellow onion, sliced	1/2 tsp paprika
1 tbsp olive oil	1/2 tsp garlic powder
	Salt and pepper
	Optional toppings: 1/4 sliced avocado sliced, fresh cilantro, 1/4 cup chunky salsa, cup shredded cheese before serving.

1. Heat olive oil in a skillet over medium heat.
2. Cook chicken with fajita seasoning until almost fully cooked.
3. Add peppers and onions and sauté until tender.
4. Layer 1/4 of each ingredient in the following order into individual containers: White rice and chicken with bell pepper & onions.
5. If using avocado, wrap each quarter tightly in plastic wrap and place in the same container with the bowl ingredients.
6. 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, add avocado slices if using.

Makes 4 servings.



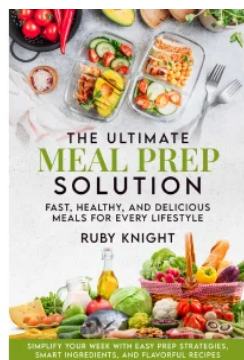
"Good meal prep starts with simple ingredients and flavors you actually enjoy."

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

Choose one seasoning blend you enjoy and use it in several meals this week. Repeating flavors can simplify cooking while still keeping meals exciting.



Best regards,
Kristen Barrett

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