

The Ultimate Meal Prep Solution

Weekly Newsletter

August 6, 2026



No-Cook Meals for Hot Summer Days

When the weather is at its hottest, the last thing most of us want to do is stand over a stove. No-cook meal prep makes it easy to enjoy fresh, satisfying meals while saving time, keeping your kitchen cool, and making healthy eating feel effortless.

This week's focus: Fresh Ingredients, Big Flavor, Zero Oven Required

This week's meal prep tip: Stock Your Refrigerator with Ready-to-Use Ingredients

No-cook meals prove that delicious food doesn't have to be complicated. By combining crisp vegetables, lean proteins, flavorful cheeses, and simple dressings, you can create balanced meals that are refreshing, filling, and perfect for summer.

Keep washed lettuce, chopped vegetables, cooked proteins, cheeses, and homemade dressings on hand so assembling meals takes only a few minutes. A refrigerator filled with prepared ingredients makes healthy eating the easiest choice, even on your busiest days.

"A prepared fridge is a powerful tool."

NEW BOOK RELEASE

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

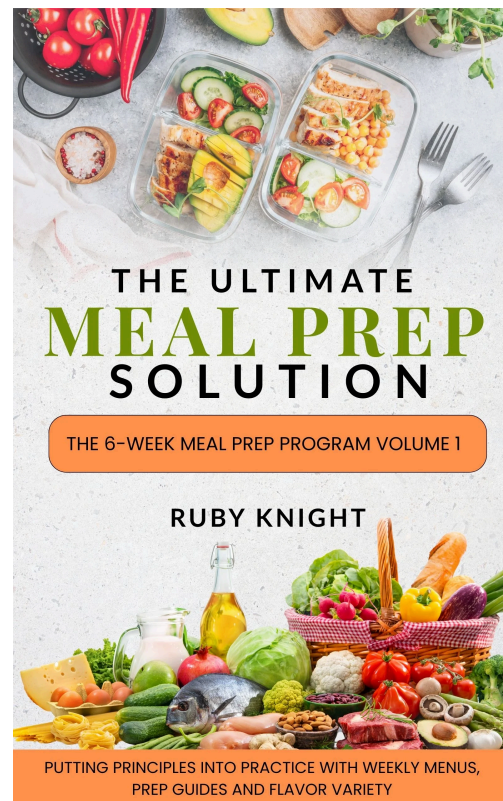
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Rustic Italian Chopped Salad

8 cups romaine lettuce, chopped	1/2 cup hard salami, diced
1 cup cherry tomatoes, quartered	1/2cup pepperoni quartered
1 cup provolone cheese, cubed	1/2 cup pepperoncini, sliced
1 jar marinated artichoke hearts, drained and quartered	1/4 cup red onion, sliced
1/2 cup green bell pepper, diced	1/4 cup shredded parmesan cheese
1/2 cup green olives	8 tbsp Italian dressing

1. Chop romaine lettuce into 1- to 1 1/2-inch pieces.
2. Cut or chop cherry tomatoes, provolone cheese, artichokes, green bell pepper, salami, pepperoni, pepperoncini and red onion.
3. Mix chopped ingredients and olives in a large bowl.
4. Layer 2 cups of lettuce and mixed ingredients into individual containers and sprinkle each with Parmesan cheese.
5. Pour 2 tbsp of Italian dressing into separate, lidded containers. Place it in the same containers as the salad.
6. Seal each container with an air-tight lid.

Store bowls individually in the refrigerator.

Makes 4 servings.



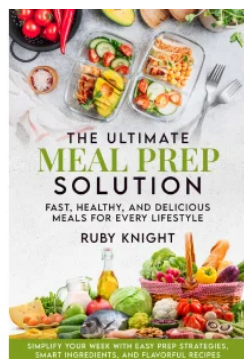
"Good meals don't have to be complicated"

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

Prepare one complete no-cook lunch for each workday this week.

You'll spend less time cooking, keep your kitchen cooler, and have delicious meals ready whenever hunger strikes.



Best regards,
Kristen Barrett

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