

The Ultimate Meal Prep Solution

Weekly Newsletter

July 2, 2026



Keep Summer Meals Light, Fresh & Simple

Summer is the perfect time to simplify meal prep with refreshing, colorful, and easy-to-assemble meals. When the weather heats up, lighter ingredients and quick-prep recipes make it easier to stay consistent without spending hours in the kitchen.

This week's focus: Fresh Do The heavy Lifting

This week's meal prep tip: Prep Components Instead of Full Meals

When produce is in season, the ingredients bring most of the flavor to the meal. Simple combinations of fresh vegetables, lean protein, and bright dressings can create satisfying meals without complicated cooking.

Instead of assembling every meal ahead of time, try prepping versatile components. Cook a protein, chop fresh vegetables, rice or pasta and prepare a simple sauce so you can mix and match meals throughout the week.

"A little prep today makes tomorrow easier."

NEW BOOK RELEASE

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

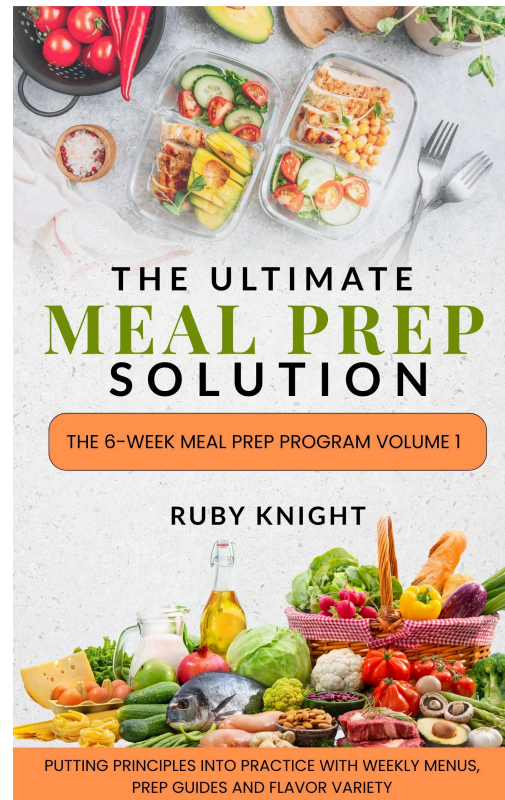
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

BBQ Chicken Breast & Baby Carrots

4 boneless chicken breast	4 tbsp BBQ sauce
4 cups baby carrots	1 tbsp dried tarragon
2 cups cooked rice	Salt & pepper
2 tbsp butter	

1. Cook rice according to the package instruction.
2. Season the chicken breast with salt & pepper.
3. Grill chicken for approximately 30 minutes, turning often, until the internal temperature is reaches 165°. Brush each chicken breast with BBQ sauce the last 2-3 minutes.
4. Place baby carrots and butter in foil. Season with dried tarragon and salt & pepper. Fold foil to completely enclosed the carrots. Grill on BBQ for about 25 minutes or until tender.
5. Place 1/4 each of the ingredients into individual containers.
- 6 . Seal the container with an air-tight lid.

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

Makes 4 servings.

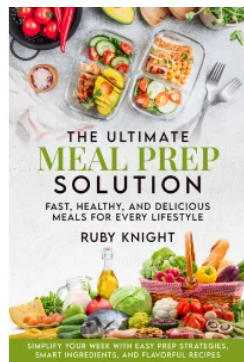


"Good food doesn't have to be complicated."

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.

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 protein and one fresh vegetable to prep this weekend.

Having just two ready-to-use ingredients can make weekday meals dramatically easier.



Best regards,
Kristen Barrett

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