

The Ultimate Meal Prep Solution

Weekly Newsletter

July 16, 2026



Simple Snacks That Keep You Energized

When hunger hits between meals, having a ready-to-go snack can make all the difference. Preparing simple, balanced snack options ahead of time helps you stay satisfied and avoid reaching for less nourishing convenience foods.

**This week's focus: Smart Snacks
That Support Your Day**

**This week's meal prep tip: Build
Snack Boxes for the Week**

A good snack provides a combination of protein, fiber, and fresh ingredients to keep your energy steady. Preparing a few snack boxes at the start of the week makes it easier to grab something nutritious when your schedule gets busy.

Snack boxes are one of the easiest meal prep strategies. By combining a protein with fresh vegetables and flavorful toppings, you can create satisfying snacks that require almost no preparation during the week.

"A ready snack can turn a busy day into a manageable one."

NEW BOOK RELEASE

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

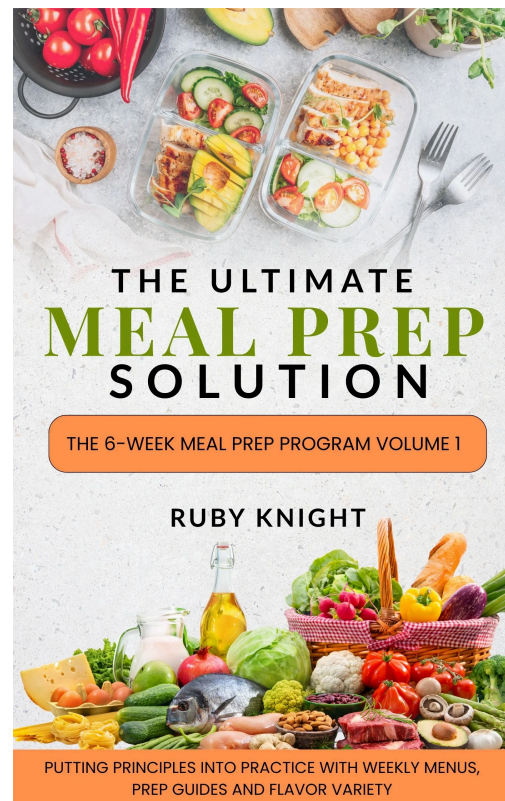
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

The Ultimate Snack Box Guide

Simple formula for building a balanced snack box:

1 Protein + 1 Fresh Item + 1 Savory or Sweet Item + 1 Dip

Protein

Hard-boiled eggs

Turkey slices

Grilled chicken bites

Cottage cheese

Greek Yogurt

Savory Options

Cheese cubes

Roasted almonds

Whole-grain crackers

Beef jerky

Pretzels

Sweet Options

Strawberries

Apple slices

Grapes

Dried apricots

Dark chocolate squares

Fresh & Crunchy Options

Cucumber slices

Baby carrots

Bell pepper strips

Cherry tomatoes

Sugar snap peas

Dips & Spreads

Hummus

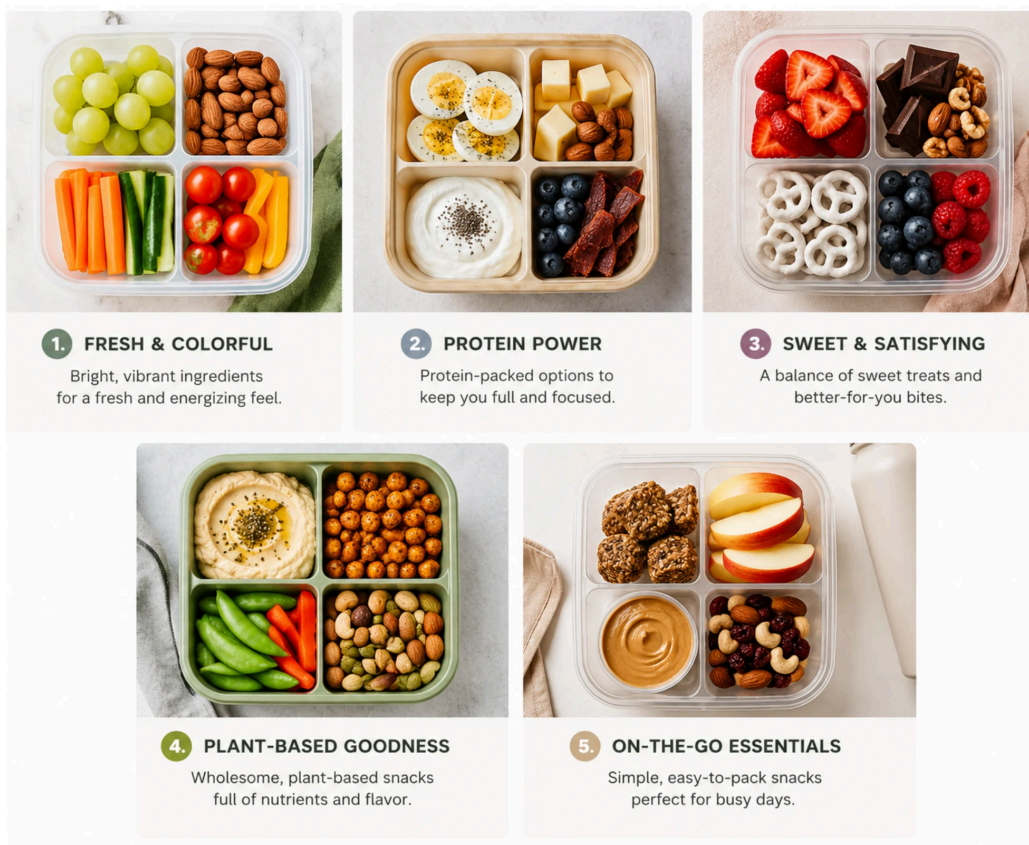
Guacamole

Peanut butter

Ranch dip

Tzatziki sauce

By mixing and matching different proteins, fresh foods, sweet treats, savory bites, and dips, you can create endless combinations that prevent snack time from becoming repetitive while keeping your taste buds excited.



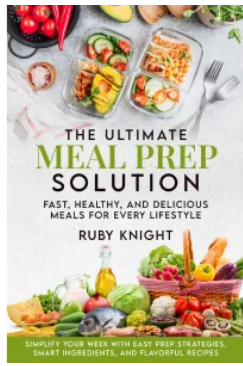
"Healthy habits begin with simple preparation."

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

Prepare two or three snack boxes for the week ahead.

Even a small amount of preparation can help you make better choices when hunger strikes.



Best regards,

Kristen Barrett

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