

The Ultimate Meal Prep Solution

Weekly Newsletter

June 18, 2026



A Simple Italian Meal That Feels Like Summer

Italian cooking often proves that simple ingredients can create incredible flavor. Fresh herbs, tomatoes, and grilled protein make summer meals feel effortless.

This week's focus: Let Fresh Ingredients Shine

This week's meal prep tip: Grill Extra for Easy Meals Later

When ingredients are fresh, meals don't need complicated preparation. This week's focus is on simple cooking techniques that highlight natural flavors while keeping meal prep easy.

Grilling protein once can provide several meals throughout the week. Cook a little extra so you can reuse it in salads, wraps, or grain bowls.

"Simple ingredients create powerful flavors."

NEW BOOK RELEASE

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

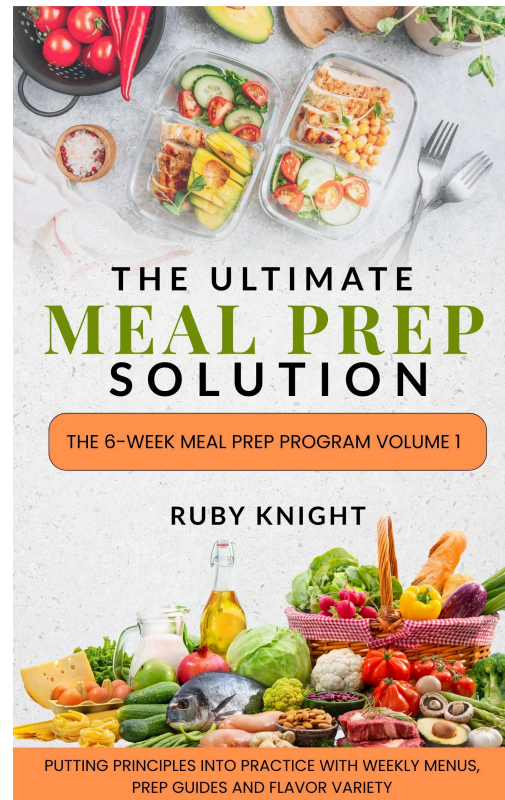
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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

Grilled Chicken Caprese Meal Prep

4 chicken breast

1 tsp Italian seasoning

1/2 tsp garlic powder

Salt and pepper

One of the following for each meal:

1 cup greens

1/2 cup quinoa or pasta

Caprese Topping:

1 cup cherry tomatoes, halved

1/2 cup mozzarella pearls or cubes

1/4 cup basil leaves, chopped

1 tbsp olive oil

1 tsp balsamic glaze or balsamic vinegar

1. Preheat grill or grill pan to medium-high heat.
2. Brush chicken breasts with olive oil and season with Italian seasoning, garlic powder, salt, and pepper. Grill chicken for **5-7 minutes per side** until fully cooked.
3. In a bowl, combine cherry tomatoes, mozzarella, basil, olive oil, and balsamic glaze.
4. Slice grilled chicken and top with the Caprese mixture.
5. Serve with quinoa, pasta, or over a bed of greens.
5. Place in an air tight container. Seal the container with an air-tight lid.

Store containers individually in the refrigerator. Enjoy when ready to eat.

Makes 4 servings.



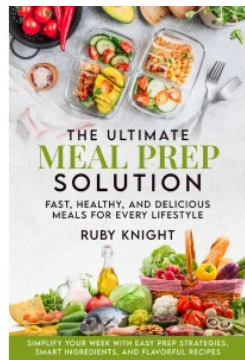
"A good meal doesn't need to be complicated."

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

Cook one protein in a slightly larger batch than usual. Use the leftovers for another meal later in the week.



Best regards,
Kristen Barrett

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