

The Ultimate Meal Prep Solution

Weekly Newsletter

May 14, 2026



Let Simple Flavors Do the Work

As the weather continues to warm, meals often taste best when ingredients are allowed to shine. Fresh vegetables, simple proteins, and bright herbs can transform everyday cooking without complicated recipes.

**This week's focus: Let
Ingredients Lead the meal**

When ingredients are fresh and flavorful, you don't need

**This week's meal prep tip: Use
Fresh Herbs for Instant Flavor**

Fresh herbs can elevate even the simplest meal. A small handful of

complicated preparation. This week focuses on simple combinations that highlight natural flavors while keeping meals satisfying.

herbs added at the end of cooking can completely change the flavor of a dish.

"Light meals support busy days."

NEW BOOK RELEASE

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

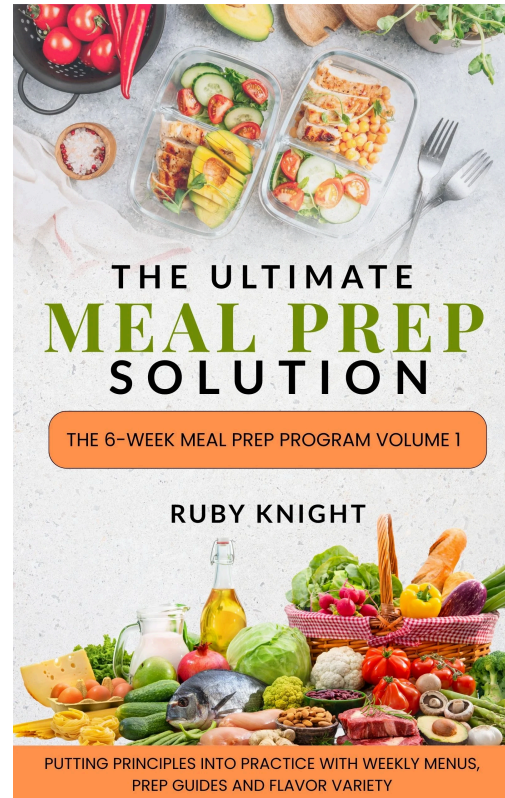
The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure,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



[Order Now](#)

This Week's Meal Prep Idea

Italian Spinach & Ricotta Breakfast Bake

8 large eggs	1/4 cup grated parmesan cheese
1/2 cup milk	1 tsp Italian seasoning
3/4 cup ricotta cheese	Salt & pepper
1/2 cup cherry tomatoes, halved	Fresh basil
1 cup fresh spinach, chopped	
1/2 tsp garlic powder	

1. Preheat oven to 375°F and lightly grease an 8×8 baking dish.
2. In a large bowl, whisk together eggs and milk. Stir in ricotta, spinach, tomatoes, parmesan, Italian seasoning, garlic powder, salt, and pepper.
3. Pour mixture into the baking dish and bake for 25–30 minutes until the center is set.
4. Allow to cool slightly before slicing into 4 portions.
5. Place each serving into a containers with an air-tight lid.

Store individually in the refrigerator. When ready to eat, heat in the microwave for 3-5 minutes. Add fresh basil after heating.

Makes 4 servings.

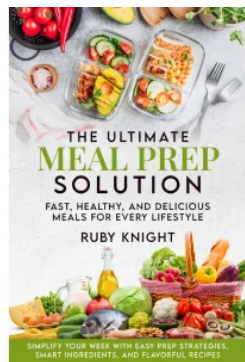


"Simple food can be deeply satisfying."

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!](#)

[Order Now](#)

Visit the UMPS Website

The Ultimate Meal Prep Solution website has weekly tips, Flavor Booster recipes for seasoning, sauces, marinades & dressing. It also has all photos from the 6 Week Meal Prep program.

[Website](#)

One Simple Action This Week

Add one fresh herb to a meal you already make regularly.

Notice how a small change can brighten the entire dish.



Best regards,
Kristen Barrett

kristen@theultimatemealprepsolution.com

You received this email because you signed up to receive my newsletter. No longer want to hear from me?

[Unsubscribe](#)

