

The 5-Minute AI Meal Plan

Stop staring at your fridge. Let AI plan your weeks meals in one prompt. We'll even provide it

The Problem You're Solving

- 6 PM: You're hungry. You open the fridge. Nothing looks good. You order \$38 of DoorDash.
- 45 min/week: Wasted just deciding what to eat (not cooking, not shopping—just deciding).
- Decision fatigue is expensive. Here's how to fix it in 5 minutes.

The 10-Minute Fix

What to do:

1. Open ChatGPT (free version works) (or Gemini, or any other preferred similar version)
2. Copy the prompt below
3. Fill in the [brackets]
4. Hit Enter → Screenshot the result

Time spent: 5 minutes Time stolen back: 45+ min/week

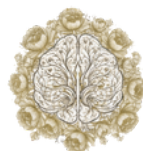
The Prompt (Copy

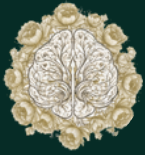
"Act as a practical meal planner. Create a 5-dinner weekly plan for [number] people. We eat [dietary needs]. We have [30/45/60] minutes to cook on weeknights. Prioritize meals that share ingredients. Format as a table: Day | Meal | Key Ingredients. Then give me a consolidated grocery list sorted by store section."

What You Get

Day	Meal	Key Ingredients
Mon	Sheet Pan Chicken	Chicken, broccoli, potatoes
Tue	Taco Bowls	Beef, beans, rice
Wed	Stir-Fry	Chicken, peppers, soy sauce
Thu	Pasta Marinara	Pasta, marinara, parmesan
Fri	Burrito Bowls	Beef, rice, beans, cheese

Plus: Grocery list sorted by section (produce, protein, dairy, pantry)





💡 Pro Tips

- Run Every Sunday: 5 minutes. Coffee in hand. Done for the week.
- Build a Meal Bank: List 10-15 meals you like. Add to prompt: "Only suggest from: [list]"
 - Adjust On the Fly: Ask ChatGPT: "Swap Wednesday for something faster"
- The better and more detailed your prompt, the better your result will be. Play with it, try experimenting with different details and information/preferences and see what you get!

🧠 Why This Works

AI doesn't have decision fatigue. It doesn't care that you had pasta twice. It just plans.
You're not outsourcing cooking. You're outsourcing the mental load.

🚀 Next Level

Ready for next level? Check Level 2: The System at stupidsmartwithai.com/ai-resources

