

The Stupid Smart With AI Meal Planning System

The Problem You're Solving

You tried Level 1. It worked. But now you're tired of copy-pasting prompts every Sunday. You want the plan to just... show up. And you want your grocery list to sync directly to your phone without retyping everything into Instacart.

The 15-Minute System Set up once. Use forever.

What to do:

1. Pick a meal planning app (recommendations below)
2. Spend 10 minutes setting your preferences (dietary needs, cook time, household size)
3. Let the app generate your weekly plan automatically
4. Tap "Send to Instacart" (or Walmart/Kroger) for one-click grocery ordering
5. Repeat weekly with zero manual work

Time spent: 15 min setup, then 2 min/week

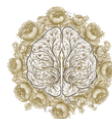
Time stolen back: 1+ hour/week (planning + list-making gone)

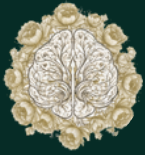
The Apps (Pick One)

- Mealime (Free/Pro) – Quick weekly plans, auto grocery list, Instacart sync
- Paprika (\$30 one-time) – Recipe clipper, meal calendar, works offline
- Eat This Much (Free & Premium) – Macro-focused, auto-adjusts to nutrition goals

What You Get

- Auto-generated weekly meal plans (no manual prompting)
- Grocery list sorted by store aisle
- One-tap sync to Instacart, Walmart, or Kroger for pickup/delivery
- Recipe scaling (2 people → 4 people with one click)
- Saved preferences so next week's plan remembers your dietary needs





💡 Pro Tips

- Set your preferences once: Dietary restrictions, cook time limits, cuisine styles. The app remembers.
- Use the "Pantry First" feature: (Mealime/Paprika) Tell it what you already have to minimize grocery spending.
- Share with your household: Most apps let multiple people access the same plan and grocery list.
- Enable push notifications: Sunday morning reminder = "Your weekly plan is ready."

🧠 Why This Works

You're not thinking anymore. The app thinks. You just cook. And because your grocery list syncs directly to delivery services, you've eliminated the "forgot to buy garlic" problem forever.

🚀 Next Level

Ready for full Automation? Check Level 3: The System at stupidsmartwithai.com/ai-resources

