

## The Stupid Smart With AI Meal Planning System

### The Problem You're Solving

You love the system from Level 2. But you still have to open the app every Sunday. You still have to think about it. What if it just... happened? What if your meal plan showed up in your inbox every week without you lifting a finger?

### Zero-Touch Automation

Set it once. Forget it exists.

#### What to do:

1. Choose your automation method (app-based or DIY Google Sheets)
2. Configure preferences and triggers (one-time setup: 20-30 minutes)
3. Test run to confirm emails/syncs work
4. Walk away. The system handles everything from here.

**Time spent:** 30 min setup (one time)

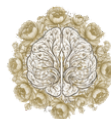
**Time stolen back:** Complete elimination of meal planning (forever)

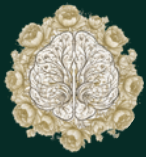
### The Automation Setup

- Option 1: Use a Pro App – Ollie or PlanEat AI auto-generate your weekly plan every Sunday at 8 AM based on saved preferences. Zero input required.
- Option 2: Build Your Own (Free) – Use Google Sheets + Apps Script + ChatGPT API to email yourself a weekly meal plan automatically. (See tutorial: Build With AI YouTube)
- Option 3: IFTTT/Zapier Bridge – Connect your meal app to your calendar. Meals auto-populate as calendar events with grocery reminders.

### What You Get

- Weekly meal plan emails you every Sunday morning (no action needed)
- Grocery list automatically syncs to your shopping app
- Optional: Meals appear as calendar events with cook time blocked
- Optional: Pantry tracking (app alerts you when staples run low)
- Fully hands-off. You just cook and eat.





### Google Sheets Automation (DIY Route)

If you want free automation, here's the workflow:

- Step 1: Create a Google Sheet with your meal preferences and pantry items
- Step 2: Use ChatGPT to generate a Google Apps Script (no coding needed – just paste)
- Step 3: Set a trigger to run every Sunday at 7 AM
- Step 4: Script generates meal plan, emails it to you, and updates your sheet
- Tutorial: Search "AI Meal Planning Automation Google Sheets" on YouTube (Build With AI channel)



### Pro Tips

- Use seasonal preferences: Tell your automation to prioritize soups in winter, salads in summer.
- Set budget caps: Some apps (Eat This Much) can auto-adjust plans to stay under \$X/week.
- Link to fitness trackers: Apps like Fitia sync with Apple Health to adjust meal calories based on activity.
- Backup plan: Keep 5 "emergency meals" saved (frozen proteins + pantry staples) for weeks automation fails.



### Why This Works

You've removed yourself from the equation entirely. The system runs whether you remember it or not. Meal planning is no longer a weekly task – it's infrastructure.

🎉 Congratulations. You just automated one of the most time-sucking weekly tasks. Want more AI shortcuts? Visit [wearestupidsmart.com/ai-resources](https://wearestupidsmart.com/ai-resources)

