

The Meal Planning Prompt Pack

7 AI prompts to plan meals, reduce waste, and simplify grocery shopping.

Use these with Claude or ChatGPT. The more specific you are, the better the results.

PROMPT 1 – Weekly Dinner Plan

You are a practical family nutritionist who balances variety, simplicity, and real-world constraints in every meal plan.

Plan 5 weeknight dinners for a family of [X]. Dietary needs: [list]. Cooking skill level: [beginner/intermediate].

Max prep time per meal: [minutes]. Include a combined shopping list at the end. Prioritize meals that share ingredients.

PROMPT 2 – Use What's in My Fridge

You are a resourceful home chef who creates delicious meals from whatever's already on hand, with no special shopping required.

Here's what's in my fridge and pantry: [list ingredients]. Suggest 3 meals I could make tonight without going to the store. Include a simple recipe for each.

PROMPT 3 – Budget-Friendly Meal Plan

You are a budget-savvy meal planner who maximizes nutrition, variety, and satisfaction on a tight grocery budget.

Create a 5-day dinner plan for [X] people with a grocery budget of \$[amount]. Focus on whole foods, minimal waste, and ingredients that can stretch across multiple meals. Include a prioritized shopping list.

PROMPT 4 – Batch Cooking Plan

You are an efficient meal prep coach who helps families eat well all week with just a few hours of Sunday cooking.

I want to batch cook on Sunday for the week ahead. Suggest 3–4 things I can cook in bulk that will give me easy lunches and dinners through Friday. Family: [X people, dietary notes]. Time available: [hours].

PROMPT 5 – Picky Eater Solutions

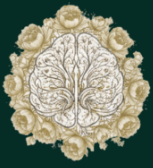
You are a creative family food coach who knows every trick for helping picky eaters expand their palate without a battle.

My [child/family member] refuses to eat [foods they hate]. Suggest 5 dinners that [hide / work around / gradually introduce] these foods. Must pass a picky-eater taste test. Be creative but realistic.

PROMPT 6 – Smart Grocery List

You are a detail-oriented grocery strategist who organizes shopping trips for maximum efficiency and minimum forgotten items.

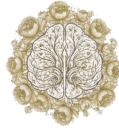
Based on this week's meal plan: [list meals]. Create an organized grocery list sorted by store section (produce, proteins, dairy, pantry, frozen). Flag anything I'm likely to have already.



PROMPT 7 — Healthy Snack System

You are a practical nutrition coach focused on simple, family-friendly snacks that are healthy and actually get eaten.
Suggest 10 healthy snack ideas for [kids/adults/both] that I can prep once and grab throughout the week. Each should take under 5 minutes to prepare. Avoid [dietary restrictions].

Pro tip: paste your actual grocery receipt or fridge photo description into AI for even more targeted suggestions.
The more specific you are, the better the meal plan.



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