

Handout 1: Build Your First Household AI System

Fill this out, take a picture, and ask AI to turn it into your first repeatable meal and grocery system.

1. Household Snapshot - who is the system serving?

Adults: ____ Kids: ____ Ages/grades: _____
Pets: _____ Pet food / supply needs: _____
Allergies: _____ Dietary limits: _____
Strong dislikes: _____
Foods everyone usually eats: _____
Medical / sensory / texture notes AI should remember: _____

2. Your Weekly Rhythm - AI plans better when it knows the shape of the week

Day	Evening reality	Cook? Eat out? Leftovers?	Notes for AI
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

3. Budget, Stores, Inventory, and Shopping Habits

How many dinners at home? ____ Takeout / eating out nights? ____ Leftover nights? ____
Best grocery day: _____ Order pickup/delivery window: _____
Budget for dinners this week: \$ _____ Preferred stores: _____
Pantry/freezer staples to use first: _____
Items we are low on: _____
Bulk-buy candidates: _____

Choose Your Meal Categories

Categories are the rails. Recipes can change, but the decision gets easier every week.

<input type="checkbox"/> Chicken + Rice	<input type="checkbox"/> Mexican Night	<input type="checkbox"/> Soup / Stew / Chili
<input type="checkbox"/> Pasta Night	<input type="checkbox"/> Sandwiches / Wraps	<input type="checkbox"/> Grill / Traeger
<input type="checkbox"/> Rice + Beans	<input type="checkbox"/> Salad Night	<input type="checkbox"/> Sheet Pan Dinner
<input type="checkbox"/> Breakfast for Dinner	<input type="checkbox"/> Stir-Fry Night	<input type="checkbox"/> Burgers / Sliders
<input type="checkbox"/> Baked Potato Bar	<input type="checkbox"/> Taco Bowls	<input type="checkbox"/> Soup + Bread
<input type="checkbox"/> Pizza Night	<input type="checkbox"/> Slow Cooker Night	<input type="checkbox"/> Mediterranean Bowls
<input type="checkbox"/> Quesadillas / Nachos	<input type="checkbox"/> Casserole / Bake	<input type="checkbox"/> Protein + Veg + Carb
<input type="checkbox"/> Rotisserie Chicken Remix	<input type="checkbox"/> Noodle Bowls / Ramen	<input type="checkbox"/> Snack Plate Dinner
<input type="checkbox"/> Big Salad + Bread	<input type="checkbox"/> Breakfast Burritos	<input type="checkbox"/> Curry Night
<input type="checkbox"/> Seafood Night	<input type="checkbox"/> Meatballs + Sauce	<input type="checkbox"/> Leftover Remix

4. Build Your Default Meal Rhythm

Day	Default category	Easy recipe ideas
Mon	_____	1) _____ 2) _____ 3) _____
Tue	_____	1) _____ 2) _____ 3) _____
Wed	_____	1) _____ 2) _____ 3) _____
Thu	_____	1) _____ 2) _____ 3) _____
Fri	_____	1) _____ 2) _____ 3) _____
Sat	_____	1) _____ 2) _____ 3) _____
Sun	_____	1) _____ 2) _____ 3) _____

5. The AI Starter Prompt - grocery list output comes after the system

Copy this prompt, fill the brackets, and paste it with a photo of this page:
 Plan [number] dinners for our family of [family size] this week. We like [cuisines / meal categories]. Our budget is \$[budget]. We shop at [stores]. Please build the meals around [sale items / weekly ad links / ingredients I already have]. Our allergies and limits are [allergies / dietary needs]. Our busy nights are [days], so keep those meals easy. Use these default categories as rails: [your weekly categories]. Reuse ingredients where possible, avoid waste, and prioritize meals my family will actually eat. At the end, generate a full grocery list organized by department, flag bulk-buy items, and tell me what to prep ahead.

Tiny win: Save the prompt that works. Next week, reuse it with new budget, stores, and schedule. That is how one good answer becomes a system.