THE AUTOMATED HOUSEHOLD

CHRISTA BURGER

ABOUT ME

- **Christa Burger**
- 20 years as a leader in Cybersecurity Governance
  - which is deciding how an organization treats data, systems, identities, risks, and decisions.
- Done some cool things in the industry with great people
- Working with AI for 6 years
- Helping Enterprises adopt AI in ways that make sense
- A native Coloradoan
- 5 dogs

MY CURRENT AI SETUP

HOME

- Personal ChatGPT Plus Account (Sophia)
  - Creative writing, editing, scripting
  - Reflective thought partner
- Claude Max Plan (Caleb and Thomas)
  - Everything business and finance
  - Claude Co-work agent structure manages my groceries, meal planning, household inventory management, financial sorting and reporting, chore management, and many other things
  - Email management, gmail management, calendaring, etc
- Hermes Agent (Kai)
  - Utilizing Claude Sonnet via API keys on my mac
  - My content creation: video editing, posting, scheduling, sorting, managing
  - Hobbies: Watchtok Discord Management – Watch of the Day Contest Judge
- Personal ChatGPT Plus Account (Sophia)
  - Creative writing, editing, scripting
  - Reflective thought partner

WORK

- ChatGPT Enterprise Account (Lucent)
- Codex
- Gemini Spark/CLI

HOW WE ARRIVED HERE

- Initial forays into AI were extensive, but persistent memory was a problem
- Systems would break down after running a few times
- I'd rebuild the same thing over and over again, or have the same conversations. Or provide the same context.

- Ultimately. I paused and had a sitdown with myself around:

Who are you and what are you trying to accomplish?

- This was a solid 7 day existential meltdown as I really focused on what it was that I wanted AI to do so that I could preserve time for things I wanted to do.
- The explicitness of this exercise was really difficult.

WHY?

- Because over time, I've learned to become so flexible with my life and those around me, I stopped being able to define what I really wanted to do with my free time, even if I'd had any.
- I started with what was important to me. While I had chatgpt clean it up, this is the doodle from my planner around this
- In defining what I WANTED to do, I realized that I'm really motivated by aliveness.
- When I dug into that, I was able to separate out a couple things that did NOT make me feel very alive (meal planning and grocery shopping) and that there were some candidates for REAL automation here.

SOME QUESTIONS TO ASK WHEN DECIDING WHAT TO AUTOMATE

- What do I wish I was doing more of?
- What do I value?
- Where am I wasting time? (not spending time on activities or people I value)
- How do I maximize my time doing what I want to do?
- What do I want to get good at?

DECISIONS

MOTHERS OFTEN MAKE OVER 1,000 MICRO-DECISIONS DAILY, A MENTAL LOAD NEARLY THREE TIMES GREATER THAN BEFORE HAVING CHILDREN

I DECIDED TO REDUCE MY LOW-VALUE DECISIONING BURDEN BY 50% BY GETTING RADICAL ON AUTOMATING THINGS LIKE AN ENGINEER VIA AI

WHAT YOU THINK YOU'RE MANAGING

The Visible Work

- Making the grocery list
- Cooking dinner
- Assigning chores
- Checking the family calendar

The Invisible Work

- Knowing what you're out of before you check
- Who likes what, food allergies, special occasions, etc…
- The weekly rhythm of household products that need replenishing
- What chores need to be completed when to maintain the house
- What wasted last week, and why
- Competing schedules and priorities
- The budget

AI can help carry a lot of that invisible load with saved instructions. These instructions can be created via a conversation with AI.

01

WHAT AM I MAKING EVERYONE?!

The 5:30pm problem — solved in 60 seconds.

The Emergency Meal Prompt

Open Claude, ChatGPT, or Gemini. Take Pictures of your pantry, your fridge, your freezer… anywhere you have food that may be well-suited towards a dinner creation of some sort. Type this:

> *Please review all of these images. These are the ingredients I have. My family of [X] is hungry and I have 30 minutes and no energy. Give me 3 dinner options I can make right now that will make an 11 year old just as happy as a growing 17year old teen. Also I need some leftovers for lunch tomorrow.*

That's it. The AI gives you 3 real options in under 30 seconds.

02

Weekly Meal Planning

Harnessing the Taco Tuesday

The Meal Rhythm That Cut My Mental Load in Half

A flexible weekly dinner framework that helps me plan faster, shop smarter, and let AI do more of the work.

Monday
Chicken + Rice

teriyaki bowls • lemon garlic chicken • creamy chicken rice

Tuesday
Mexican Night

tacos • burrito bowls • enchiladas

Wednesday
Soup / Stew / Chili

chicken noodle • taco soup • white chicken chili

Thursday
Pasta (white or green)

alfredo • pesto • creamy spinach pasta

Friday
Sandwiches / Wraps

sliders • paninis • chicken wraps

Saturday
Traeger / Grill

burgers • grilled chicken • kebabs

Optional Sunday: leftovers • takeout • reset

Why This Works

- Creates a repeatable framework instead of starting from scratch
- Helps AI shop store sales and build meals around real deals
- Prioritizes meals my family will actually eat
- Makes it easier to reuse ingredients across the week
- Reduces mental load and cuts down on tweaking

Starter Prompt

> Plan 5 dinners for our family of [X] this week. We like [cuisines]. Budget is $[X]. Please shop [Store Name] sale items and build the meals around those deals. Use this weekly rhythm as a guide: Monday Chicken + Rice, Tuesday Mexican Night, Wednesday Soup / Stew / Chili, Thursday Pasta (white or green), Friday Sandwiches / Wraps, Saturday Traeger / Grill. Prioritize meals my family will like, reuse ingredients where possible, and at the end generate a full shopping list organized by department.

*This gives my AI a framework to **shop sales**, prioritize **family-friendly meals**, and **reduce** how much tweaking I have to do.*

FLEXIBLE DINNER CATEGORIES

20–30 meal ideas you can rotate, swap, and fill in each week

1. Chicken + Rice
2. Mexican Night
3. Soup / Stew / Chili
4. Pasta Night
5. Sandwiches / Wraps
6. Traeger / Grill
7. Rice + Beans
8. Salad Night
9. Sheet Pan Dinner
10. Breakfast for Dinner
11. Stir-Fry Night
12. Burgers / Sliders
13. Baked Potato Bar
14. Taco Bowls
15. Soup + Bread
16. Pizza Night
17. Slow Cooker Night
18. Mediterranean Bowls
19. Quesadillas / Nachos
20. Casserole / Bake
21. Protein + Veg + Carb
22. Rotisserie Chicken Remix
23. Noodle Bowls / Ramen
24. Snack Plate Dinner

WHY THIS WORKS WITH AI

- Gives AI structure instead of starting from a blank page
- Helps AI match meals to store sales and budget
- Makes it easier to reuse ingredients across the week
- Lets AI build meal plans, prep ideas, and shopping lists fast

STARTER PROMPT

> Plan 5 dinners for our family of [X] this week. We like [cuisines]. Budget is $[X]. Please shop [Store Name] sale items and build the meals around those deals. Use flexible dinner categories like the ones above. At the end, generate a full shopping list organized by department.

ROTATE ★ SWAP ★ STAY FLEXIBLE ★ EAT WELL ★ SAVE TIME ★ ENJOY TOGETHER

How to Save Your AI Work So You Can Reuse It Again and Again

Turn a good result into a repeatable system by saving the prompt, the rules, the examples, and the output format.

1. Save the Core Prompt

- Save the prompt that worked best
- Keep placeholders like [family size], [budget], [store], [cuisines]
- Include your weekly categories and preferences
- Save one strong example output

This becomes your repeatable template.

2. Save the Instructions

- Tell AI your goal
- Give step-by-step rules
- Say what to prioritize
- Specify the final format you want
- Include what to avoid or limit

Clear rules improve recall and consistency.

3. Save It in the Right Place

Project	Best for ongoing work, files, and longer context
Skill / Custom AI	Best for repeatable tasks you want to run often
Saved Note / Doc	Best as your backup master copy

Use all three if you want the strongest system.

Desktop for building. Phone for using.

Build and refine longer instructions on desktop. Reuse them quickly from your phone each week.

What Makes It Recall Well

1. Give the system a clear name
2. Keep one canonical prompt
3. Use placeholders for variables
4. Add examples of good outputs
5. Request the same structure every time
6. Update the saved version when you improve it

Consistency beats starting from scratch.

Starter Save Template

Name: Weekly Family Meal Planner
Goal: Plan 5 dinners using my meal rhythm.
Inputs: family size, cuisines, budget, store, pantry items.
Rules: Shop sale items first, reuse ingredients where possible, prioritize family-friendly meals, and follow my weekly dinner categories.
Output: 5 dinners, short notes for each meal, and a full shopping list organized by department.
Example categories: Monday Chicken + Rice, Tuesday Mexican Night, Wednesday Soup / Stew / Chili, Thursday Pasta, Friday Sandwiches / Wraps, Saturday Grill.

The goal is not just a good answer. The goal is a saved system you can run again with new inputs.

03

Grocery Lists & Smarter Ordering

From remembering to knowing.

A Grocery List Is Just the Output

The real system is inventory + meal planning + sale matching + purchase feedback.

BEFORE

You remember what's needed.
You guess what's out.
You rebuild the list from scratch every single week.

AFTER

Your system knows what's needed.
It checks the sales.
It builds the list — and even the cart.

How the System Works

STEP 1
Take pictures of your pantry, fridge, freezer, and household staples.

STEP 2
Let AI create a working inventory of everything you have — as detailed as you want.

STEP 3
Feed delivery receipts or order confirmations back into the system so it knows what you purchased.

STEP 4
Check inventory before shopping so you save money and use what you already have.

This turns grocery shopping from memory-based guessing into a repeatable system.

Starter Prompt

> *Take the meal plan we just built. Use my saved grocery skill. I shop at [Store A] and [Store B]. Find this week's sales, or use the weekly ad links I provide. Tell me which items to buy at each store for the best value. Build a complete grocery list organized by store section: produce, dairy, meat, dry goods, frozen. Flag anything I should buy in bulk.*

Level Up

Use Claude Co-worker, ChatGPT Projects, or a desktop AI workflow with your grocery accounts open. Log into your preferred grocery store, compare weekly ads, and have AI help assemble the order — or even build the cart for you.

A grocery list is *not the system*. It is *the output* of a system that knows your inventory, your meals, and *the best deals*.

04

Chores, Routines & Kids

Your household is an organization. AI is your operations partner.

How I Automated Chores Across 5 Kids and School Schedules

AI builds the system. iPhone automations send reminders. Photo proof, Greenlight allowance, and Google Calendar keep everyone contributing and on schedule.

BEFORE

- ✕ I carried chores, reminders, and school logistics in my head.
- ✕ I had to remind kids over and over.
- ✕ Allowance felt disconnected from contribution.
- ✕ Family schedules were easy to miss.
- ✕ The house drifted off the rails.

AFTER

- ✓ AI creates the chore framework.
- ✓ iPhone automations send reminders on time.
- ✓ Kids submit photo proof of completed chores.
- ✓ Greenlight ties allowance to contribution.
- ✓ Google Calendar keeps practices, school events, and pickups visible.
- ✓ The system keeps 5 kids moving in the same direction.

How the System Works

STEP 1

Ask AI to build an age-appropriate daily and weekly chore system for 5 kids.

STEP 2

Turn that into clear chore lists by child, by day, or by zone so expectations are obvious.

STEP 3

Use iPhone Automations to send text reminders at set times for chores, routines, and transitions.

STEP 4

Require kids to take pictures of completed chores so the system has visible proof.

STEP 5

Tie completed chores to Greenlight allowance so contribution and reward stay linked.

STEP 6

Use Google Calendar for school schedules, practices, rides, reminders, and family events so everyone stays oriented.

This shifts chores and school logistics from constant parental memory into a repeatable family system.

Why This Reduces Mental Load

1. AI creates structure instead of starting from scratch.
2. Automations handle the reminding.
3. Kids know what to do and when to do it.
4. Photo proof reduces ambiguity and arguments.
5. Allowance, chores, and schedules work as one connected system.

Less chasing. Less nagging. More shared ownership. ❤

Starter Prompt

"Help me create a household chore system for my family. Build a daily and weekly chore list for 5 kids. Organize chores by child, day, and priority. Include age-appropriate tasks, school-day routines, after-school expectations, and a simple rotation. Include a way to verify completion with photos. I want reminders that can be turned into iPhone Automations and Google Calendar reminders. The system should connect chores to weekly Greenlight allowance and reduce the mental load of managing the house."

Level Up

Use AI to refresh the chore list seasonally, rewrite reminder wording, generate reward or consequence rules, and draft recurring Google Calendar events for school, sports, appointments, pickups, and family logistics.

A chore chart is *not the system*. The system is *AI + reminders + proof + allowance + calendar* working together.

05

Building Systems That Run on Rails

Taking all this… and turning it into a repeatable, autonomous process based on what we just built

…and also having fun

Did I mention I love 1980s my little ponies?

How I Turned Meal Planning into a Stable System of AI Agents

Instead of asking one AI to do everything, I broke the job into specialized helpers.
Each one does one job well. Together they create a smarter household food system.

1 The Idea

I started thinking of AI agents like specialized interns. One giant household food task became a small team of focused helpers. That made the system easier to build, easier to improve, and better at making decisions.

2 Why This Works

- Specialized agents make better decisions
- They share information instead of starting from scratch
- Each agent holds one lane clearly
- The full system gets smarter over time

3 How the Information Flows

Inputs
- manual notes
- voice/text updates
- receipts & deliveries
- smart-home signals
- calendar events
- inventory scans

→

Core Agents
- inventory
- rhythm/cadence
- meal system
- audit/feedback
- plus store scouts

→

Decision Engine

Caleb / Steward Agent evaluates needs, checks rhythms, reviews sales, maps to the meal system, and builds recommendations

→

Daily Output
- what to buy
- where to buy it
- why it matters
- delivery timing
- budget notes
- exceptions

☆ The scouts gather options. The steward turns them into decisions. ☆

4 Why the Names and Roles Help

- The names help me keep each role separate.
- I can improve one lane without rebuilding everything.
- Core workstreams like inventory, cadence, and audit can be reused in many household systems.
- The more I use it, the smarter and more connected the system becomes.

5 Caleb Owns

Claude Co-worker / Executive Household Manager

Responsibilities
- daily briefing
- final recommendations
- budget awareness
- delivery timing
- human approval
- exceptions

Household Domains
- food supply
- consumables
- pet & wildlife care
- family operations
- outdoor systems
- household maintenance
- creative operations
- wellness

☆ Everything is run through Caleb so one steward can coordinate the whole system. ☆

What This Replaced

- Trying to remember everything myself
- Rebuilding the meal plan from scratch
- Shopping without a clear source of truth
- Too much mental load on one person

What the Stable System Gives Me

- A repeatable meal-planning framework
- Better use of inventory and leftovers
- Smarter shopping tied to real sales
- Clearer decisions with less tweaking
- A household food system that keeps improving

☆ **The Stable System is not one prompt. It is a team of specialized AI agents working together.** ☆

ALSO: I NAMED THEM AFTER MY LITTLE PONIES

BECAUSE WHY NOT?

The System in Action

Keeps inventory, talks to Cadence (when we need paper towels) as well as all the Scouts

Keeps time
Talks to Scouts and Rosie

Skydance keeps track of all the meal ‘sets’ and when to put them on the calendar for shopping.

Search deals based on parameters

I’ll order from Amazon based on emails I receive from this Pony ☺

What it Looks Like

Fable is a model that was briefly released to the public.

I wanted a cute visualization of this whole thing – and so I asked…if it could do anything with that.

IT COULD.

It created this.

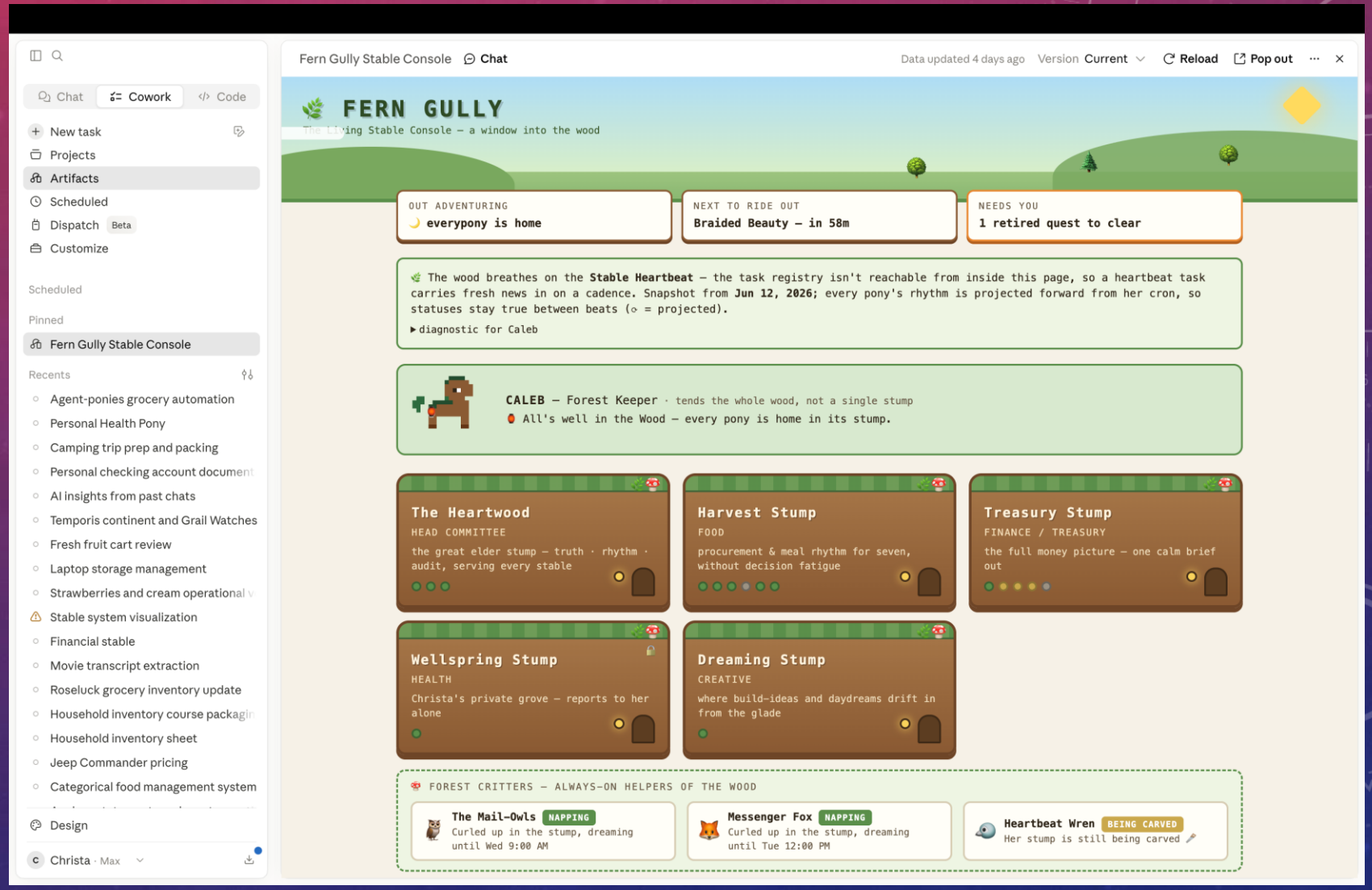
Each ‘Stable’ of ponies is a workstream. So, we have:

The Grocery Stable
The Financial Stable
The Personal Health Stable
The Head Committee Stable

Each thing I add on to automate becomes a stable with more pony agents.

This is the first page with each stable listed

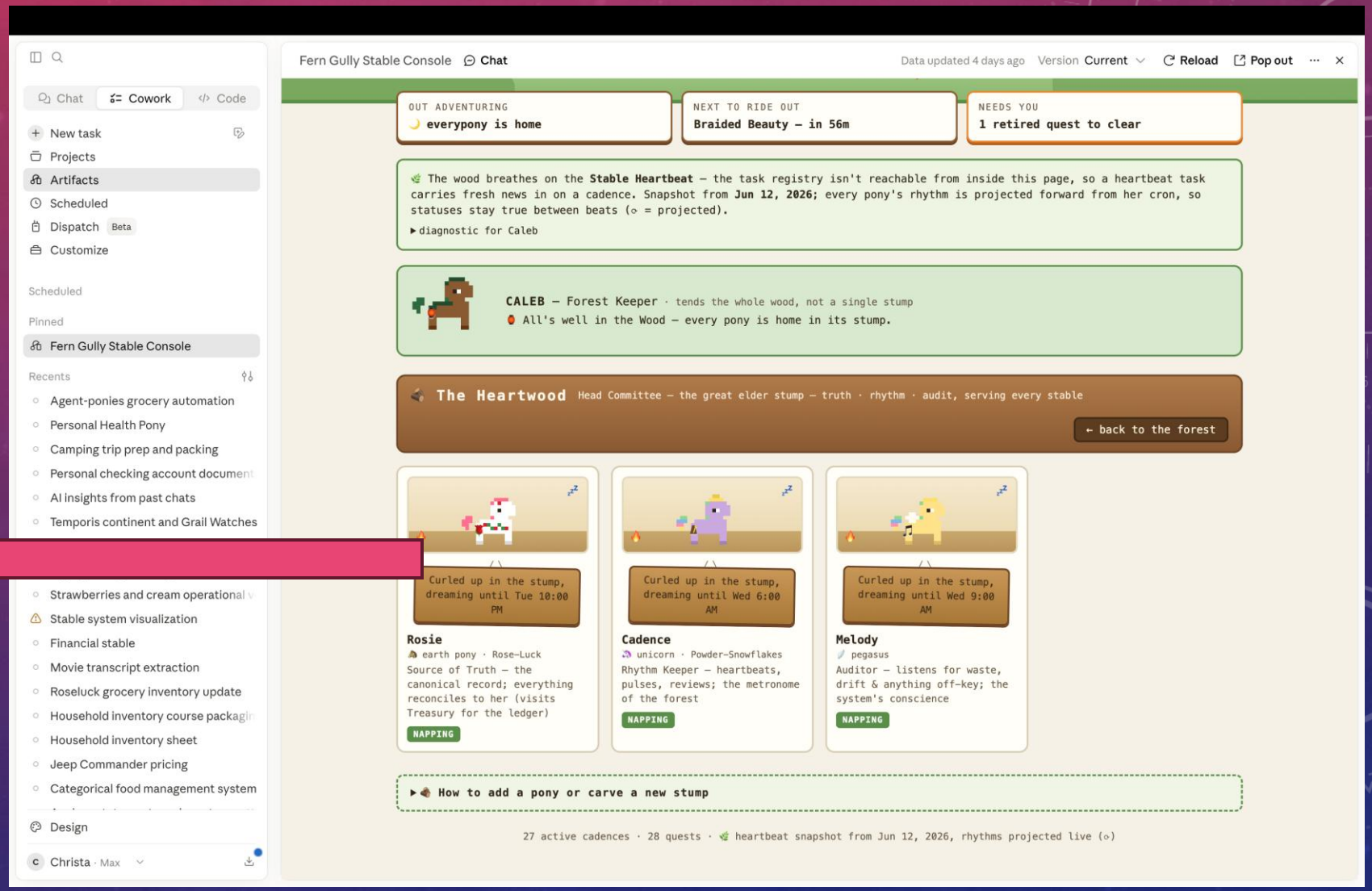
Fern Gully had a Fairy Named Crysta ☺ Thus, all the pony agents live in large tree stumps in Fern Gully



What it Looks Like

Clicking in, here is what the inside of the stable has. This is the head committee stable with my system of record, cadence, and audit agent-ponies:

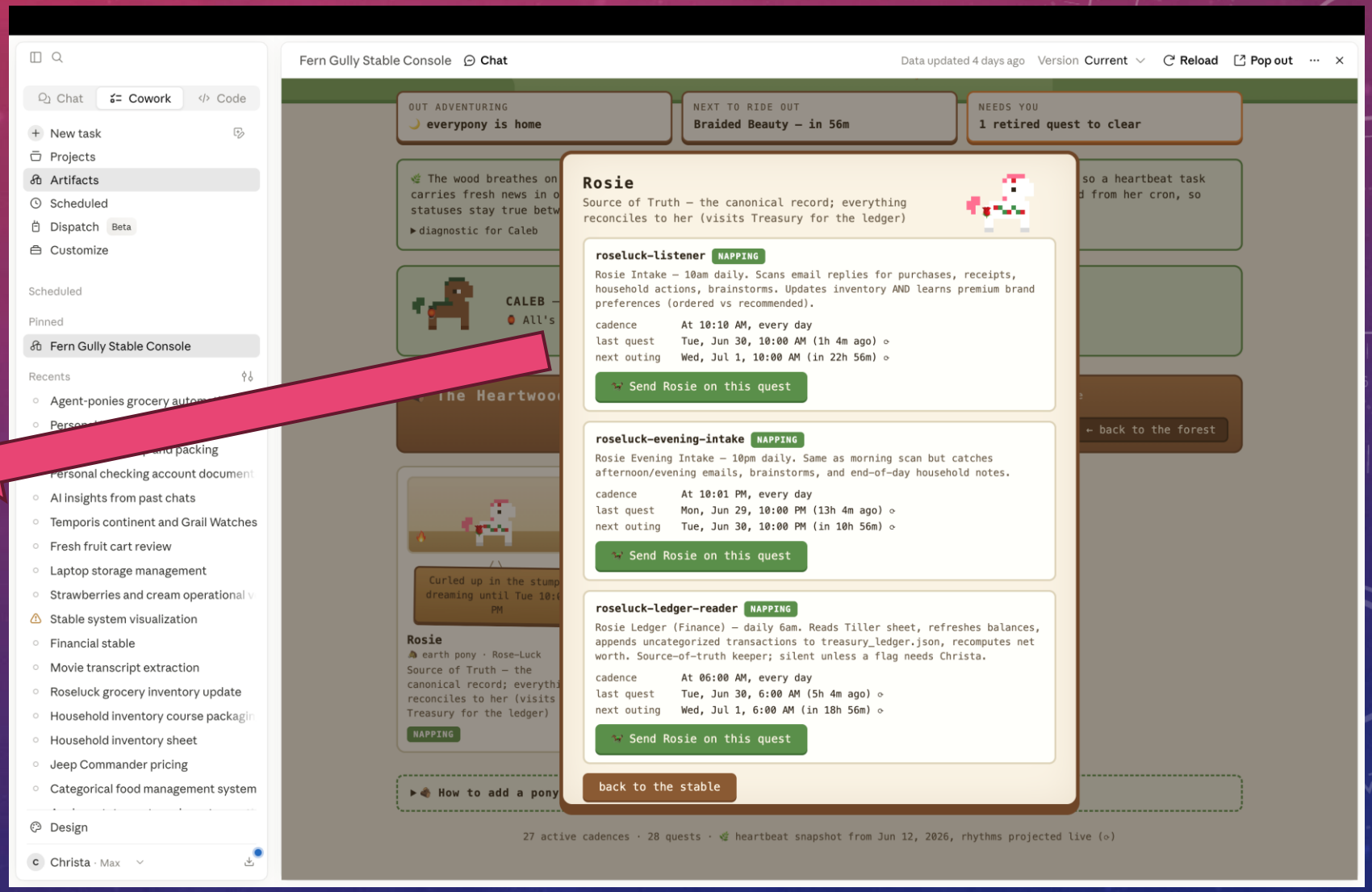
Rosie
Cadence
Melody



What it Looks Like

Clicking further into the system – selecting Rosie, I can run, edit, and review her tasks here

This visualization is highly customized based on my curiosity and experimentation…. ANYTHING is possible, you just have to get creative and have fun with it



Further Details on How It Works

What began as a household food procurement system became a reusable operating pattern for groceries, finances, health, chores, and even camping systems.

1 The Core Pattern

Inputs
- notes
- receipts
- scans
- calendar
- voice/text updates

Specialist Agents
- inventory
- cadence
- scouts
- procurement
- audit

Caleb / Steward Agent
- reviews signals
- checks timing
- weighs tradeoffs
- makes the final recommendation

Recommendations & Actions
- what to buy
- when to buy
- what to do next
- exceptions

Feedback Loop
- what worked
- what changed
- what to improve

2 Why the Roles Matter

- Keeps each workstream separate and easier to improve
- Makes the system clearer than one giant prompt
- Lets me reuse core roles across different household systems
- Gets smarter over time as the feedback accumulates

☆ Names create lanes. Lanes create clarity.

3 Where It Started

Food Procurement Stable

Inventory | Cadence | Meal System | Procurement | Audit

This was my first successful stable: a food system that tracks inventory, matches meals to rhythms, shops real deals, and learns from results.

Caleb / Steward Agent

Executive household manager

- Daily briefing
- Final recommendations
- Budget awareness
- Timing
- Human approval
- Exceptions

Domains Caleb Can Coordinate

Food | Consumables | Family Operations | Health | Outdoor Systems

4 Where the Pattern Expanded

Same architecture. Different domain.

Finances
tracks bills, spending rhythms, budget notes, and decision support

Personal Health
tracks routines, supplements, meals, symptoms, and wellness priorities

Chores
tracks assignments, reminders, proof of completion, and household contribution

Camping / Outdoor Systems
tracks gear, supplies, trip rhythms, checklists, and readiness

The breakthrough was not just building a grocery agent. It was discovering a repeatable household operating pattern I can use again and again.

Three Things to Do This Week

SMALL STEPS. SMART SYSTEMS. BIG RELIEF.

There are no 'right' ways to build AI, but there are wrong ways that don't accomplish your goals. You don't need to build a stable or create ponies — but there is a world of limitless creativity in front of you that can genuinely help you get in front of the tasks you don't find enjoyable if you do the work.

1 TONIGHT

Think of one thing you want to do and what you want AI to do in your household.

ACTION:
Write it down in one sentence.

2 THIS WEEKEND

Plan next week's meals with AI.
One conversation.

ACTION:
Build your weekly meal rhythm and save it.

3 THIS MONTH

Build one routine using a couple of agents after you've picked apart that workflow.

ACTION:
Start small: focus on what costs you the most mental energy.

4 YOUR TIME

Use that time to do the thing you want to do – not create more busy work for yourself.

ACTION:
Protect this time.
It is the point.

5 ALWAYS

Rinse, improve, and repeat.

ACTION:
Review what's working. Refine, automate, and repeat.

WHY THIS WORKS

- AI becomes your teammate, not another task.
- Systems remember so you don't have to.
- Small wins build momentum.
- You get your time, energy, and peace back.

SUCCESS STARTS HERE

- Start tiny.
- Use what you already have.
- Let AI handle the heavy lifting.
- You've got this.

YOUR FIRST STEP

Pick ONE action from above and take it today.

You don't need more time.
You need a better system. ♡

THE STABLE SYSTEM ISN'T JUST FOR MEALS. IT'S FOR EVERY AREA OF YOUR LIFE.
BUILD IT ONCE. LET IT RUN. GET YOUR LIFE BACK.