

Plan simple meals from what you already have

Create a three-day meal-and-shopping draft that fits your preferences.

Try the sample

Check the output

Use your own example

Your numbered learning route

- 1 Start with the sample: You can identify one detail that the model must not invent.
- 2 Open your AI chat: The prompt contains the input, the output format and the boundaries.
- 3 Compare the first draft: The result is grounded in the sample rather than merely sounding confident.

Continue: audit, adapt and save

- 1 4. Audit with the second prompt: A second AI answer is a checklist aid, not independent proof.
- 2 5. Adapt one real example: Your actual constraints replace the fictional ones; unresolved facts remain questions.
- 3 6. Save one useful artifact: You can repeat the task without this lesson and know when to verify a source.

Read the practice input

Fictional adult household, general meal ideas only:

Two adults. Vegetarian. No diagnosed dietary needs. Allergies: none reported; confirm before cooking.

Pantry: rice, oats, lentils, chickpeas, tomatoes, carrots, spinach, plain yoghurt, bananas.

Time: about 25 minutes per dinner. Want three dinners and a grouped shopping list.

Budget: use pantry first; no local prices supplied.

Draft a pantry-first meal plan

Ask about allergies and dietary needs first. Then suggest three general adult dinners using the pantry, with ingredients, preparation outline, missing items and a grouped shopping list. Use varied food groups. Do not prescribe calories, supplements, weight loss or treatment. Mark uncertain time/prices rather than inventing them.

Use the practice input shown earlier. Open the companion link below to copy the complete prompt.

[Open copyable prompt](#)

Review the meal plan against household constraints

Compare the draft with the household inputs. Flag allergens, missing ingredients, unrealistic cooking steps or unsupported nutrition/pricing claims. Ask what is missing. Keep this a practical general meal draft, not a medical diet.

Use the practice input shown earlier. Open the companion link below to copy the complete prompt. Paste the answer you received into the draft placeholder.

[Open copyable prompt](#)

What a useful result looks like

Draft dinners: lentil and spinach rice bowl; chickpea and tomato stew with rice; carrot-and-lentil soup with wholegrain bread.

Shopping draft: wholegrain bread and any missing vegetables/ingredients.

Check recipes, actual cooking time, allergies and portions for your household. No local prices or calorie targets were calculated.

Check before using the result

- 1 The plan fits food preferences and avoids confirmed allergens.
- 2 Ingredients and realistic preparation steps are checked before cooking.
- 3 No invented prices, weight-loss promise or medical nutrition target.

Make one real example

- 1 Replace the sample with permitted, redacted input.
- 2 Add your actual constraints and mark missing details.
- 3 Save the input, reviewed output and one correction.

More things you can try

- 1 Lunchbox ideas: reuse a reviewed dinner ingredient.
- 2 Shopping list: group ingredients and flag pantry duplicates.
- 3 Busy week: choose meals that share ingredients and preparation.

Keep your win, then go further

- 1 Explain one correction to a neighbour.
- 2 Use the browser companion for the full sample and numbered steps.
- 3 Continue to module 01 for checking AI claims, then module 02 for a bounded assistant.