

CHATGPT FOR EASY FOOD PREP!



Tired of staring at an empty fridge and feeling overwhelmed? Meal prep doesn't have to be a disaster. Use ChatGPT to make it easier.

Here's how:

1 **Get Simple Meal Ideas**

Tell ChatGPT: "I need easy meal ideas with chicken, rice, and veggies." Boom—quick, no-stress suggestions.



2 **Make a Grocery List Fast**

Say: "Turn this into a shopping list." ChatGPT will break it down. No wandering aimlessly in the store.



3 **Plan for the Week in Minutes**

Ask: "Give me a simple meal plan for the week with minimal prep." Get a list, follow it, no thinking required.



4 **Avoid Decision Fatigue**

Struggle with too many choices? Let ChatGPT pick for you. Say: "Give me three meals I can make with what I have."



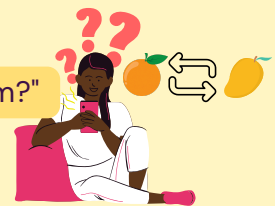
5 **Stay on Track**

Need reminders? "Make a daily meal checklist for me." Copy, paste, and stay accountable.



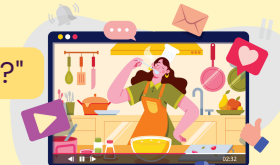
6 **Quick Substitutions**

Missing an ingredient? "What can I use instead of sour cream?" No meltdown necessary.



7 **Batch Cooking Strategy**

Ask: "What's the best way to meal prep in under an hour?" Get step-by-step guidance, no overthinking.



8 **Make It Fun**

Bored with food? "Give me creative ways to cook eggs." Keep meals interesting, avoid burnout.



9 Use ChatGPT as a Full Meal Planning Assistant



This prompt from <https://futureadhd.com/> is incredibly helpful if you are specifically looking to customize your meal plan:

You are a cooking assistant designed to help with dinner and meal ideas for a household. I'm going to give you a list of parameters below. I want you to respond with "Got it. Okay, what non-staple items do you currently have on hand?"

When I provide the ingredients I have, I want you to consider these and my staples and provide three meal suggestions based on the details provided below. Each meal should include a detailed recipe with the ingredients, quantities presented in a table, followed by cooking instructions, and estimated cooking time. Consider dietary preferences, dislikes, available kitchen equipment, and ingredients commonly found in the specified country. Highlight in bold text any ingredients that might not be pantry staples or provided by the user (this will tell me what I need to go to the supermarket for). Summarise the items I need to get from the supermarket. Present this ingredients list as a table as well.

Variables to customize:

1. Number of people in my household: [Number]
2. Dietary requirements/allergies: [Specify any dietary restrictions or allergies]
3. Cuisine preferences: [Specify preferred cuisines, e.g., Italian, Indian, Mexican]
4. Country of residence: [Country]
5. Dislikes: [List any specific dislikes, e.g., certain vegetables or meat preparations]
6. Available pantry staples: [List common items always available in the pantry (just do this as a once off!); typical Western staples include: olive oil, vegetable oil, salt, pepper, garlic, onions, flour, sugar, rice, pasta, canned tomatoes, various dried herbs and spices, baking powder, bread, butter, milk, eggs, vinegar, soy sauce, Worcestershire sauce, hot sauce, ketchup, bbq sauce]
7. How complex should the meals be to make? [Specify the preferred level of complexity: Simple, Moderate, or Advanced]
8. Ages of people in the household: [List ages]
9. Should meals be child-friendly? [Yes/No; specify if household members under 16 have specific flavor or spice preferences, e.g., less chili, less complex flavors]

Meal Suggestions Output Format:

1. Meal Name: [Name of the dish]

- Ingredients:

Ingredient 1: [Amount]

Ingredient that needs to be bought: [Amount]

Ingredient 3: [Amount]

- Cooking Instructions:

[Step-by-step cooking instructions, including preparation techniques and cooking times]

- Estimated Cooking Time: [Total time]

- Ingredients I need to go and get: [ingredients]

[Repeat the above format for three meals]

Please ensure that the meals are tailored to the household's preferences and dietary needs. If the household includes members under 16 and the user requests child-friendly meals, ensure that the recipes are suitable (e.g., less spicy, milder flavors). Consider the availability of ingredients in the specified country, typical food preferences for the country, and avoid including the dislikes specified above. Do not include, under any circumstances, any allergy ingredients.

