

Meal Planning Made Easy

A customizable weekly meal planning template with tips for grocery shopping and meal prep

If your idea of meal planning is staring blankly into the fridge and hoping dinner appears, you're in good company. But what if it could be as easy (and dare we say, satisfying?) as checking off a grocery list? Let's turn that "what's for dinner?" dread into a quick win — with a little help from some smart AI prompts.

PROBLEM:

Too many people waste time, money, and energy trying to figure out meals one frantic day at a time. It leads to last-minute takeout, forgotten groceries, and that nagging feeling that meal planning should be easier.

SOLUTION:

With a few smart questions, you can build a complete weekly meal plan — customized to your tastes, time, and budget — in minutes.

Plus, you'll shop smarter, prep faster, and enjoy a whole lot more calm around mealtimes.

STEPS TO CREATE YOUR EASY MEAL PLAN

1

Tell ChatGPT what you like and don't like.

Use this prompt:

"You are a personal meal planner. Create a 7-day dinner plan based on these preferences: [List your favorite foods] and avoid [List foods you dislike]. Each meal should take no more than [XX] minutes to prepare."

2

Ask for a smart grocery list based on the meals.

Use this prompt:

"Make a complete grocery list from the 7-day meal plan you created. Organize it by section: produce, meat, dairy, pantry, frozen, and bakery."

3

Get simple prep tips to save even more time.

Use this prompt:

"Suggest a 1-hour weekend prep plan to make the week's dinners faster and easier to cook. Include chopping, pre-cooking, and storage tips."

4

Customize for special goals (like saving money or eating healthier).

Use this prompt:

"Revise the 7-day meal plan to focus on meals that cost under \$X per serving, using mostly seasonal or budget-friendly ingredients."

or

"Adjust the meal plan to meet a goal of eating at least [XX] grams of protein daily, while keeping meals simple."

At **AI ADVANTAGE**, we believe small changes (like smarter meal planning) can make a big difference in everyday life.

We offer free tools, simple resources, and friendly workshops designed especially for beginners who want to learn how to use AI in ways that are practical, approachable, and easy to apply.

Want more ways to make everyday tasks easier with AI? Scan the QR code to explore more free resources and quick-start guides!

