



Smart Kitchen

*One menu, one list, zero waste,
in five minutes.*

10 prompts to plan your week, cook with what you have, eat well on a budget, and host without the stress, from a single phone.

Free for the SYSTINFO community



GOOD TO KNOW

The AI plans. You cook.

In 2026, people plan their meals with an AI, and some apps even build a recipe from a photo of your fridge. Handy, but the tool knows neither your market nor your health. Three checkpoints before you start at the stove.

- **The AI knows neither your market nor your prices**

It gives a global average. Ingredient availability and real prices, you confirm those on the spot before you buy.

- **Health advice needs a professional's check**

Allergies, medical diets, pregnancy, infants: the AI is neither a dietitian nor a doctor. When in doubt, ask.

- **Taste first, then adjust**

Quantities and cooking times are starting points, not orders. Your palate decides the salt and the heat.

The smart move: the AI suggests the menu, your market and your taste decide.

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THE METHOD

Ten prompts, five moves.

Eating well comes down to five moves: plan, cook with what you have, balance, host, save time. These 10 prompts hand the AI the first draft of each. Your taste keeps the final word.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 **Plan the week**

· 2 prompts

02 **Cook with what you have**

· 2 prompts

03 **Eat well**

· 2 prompts

04 **Host and pass it on**

· 2 prompts

05 **Save time, go further**

· 2 prompts



The Weekly Menu

PROMPT TO COPY

Role: you are a home cook who builds simple, low-cost menus.

Context: we are [number] at home, budget [amount] for the week, in [city]. We like [dishes], we avoid [foods].

Task: propose a menu from Monday to Sunday, lunch and dinner.

Format: one table per day, dish, main ingredients, prep time. Flag with an asterisk whatever depends on the market.

What you get

A full week of meals decided in one go, no more six o'clock puzzle. The asterisks tell you what to check at the market before you buy.



The Right List

PROMPT TO COPY

Role: you are a smart shopper who buys only what is needed.

Context: here is my weekly menu: [paste the menu]. I shop at [market, shop].

Task: draw up the complete shopping list, no duplicates, allowing for what I already have: [pantry].

Format: a list grouped by aisle or stall, with quantities for [number] people.

What you get

A list that truly follows the menu, sorted in market order. Subtracting what you already own stops you buying the same bag of rice twice.



The Empty Fridge

PROMPT TO COPY

Role: you are a zero-waste chef who cooks with leftovers.

Context: I have [list of available ingredients] left. I

have [equipment: hob, oven or not].

Task: propose three dishes I can make with that, adding as few ingredients as possible.

Format: three short recipes, numbered steps, and for each the short list of what is missing.

What you get

Three meal ideas instead of the bin. You can even paste a photo of your fridge, the AI spots the ingredients and builds from there.



The Adapted Recipe

PROMPT TO COPY

Role: you are a cook who adapts any recipe to the means at hand.

Context: I want to make [dish name], but I have neither [missing ingredient] nor [missing equipment].

Task: rewrite the recipe with what I can find here and the equipment I own.

Format: the adapted list, the steps, and the swaps you suggest with their effect on taste.

What you get

A recipe from elsewhere that works in your kitchen. Knowing each swap's effect lets you decide with your eyes open.



The Balanced Plate

PROMPT TO COPY

Role: you are a cook mindful of balance, with no complicated speeches.

Context: I often cook [staple: rice, tô, pasta]. Family of [number], children: [yes, no].

Task: show me how to build a complete plate around this staple.

Format: three plate examples, each with a protein source and a vegetable available here.

What you get

Complete meals built on what you already cook. Three concrete examples beat a nutrition rule you forget the next day.



The Small Budget

PROMPT TO COPY

Role: you are a thrifty cook who feeds a family well on little.

Context: tight budget of [amount] for [number] people, [number of days]. Cheap ingredients here: [list].

Task: propose the most nourishing meals possible within this budget.

Format: a meal plan, an estimated cost per meal, and the trick that lowers the bill.

What you get

Eating properly without going over the envelope. Costs are estimates to confirm at the market, but the ballpark guides your choices.



The Guest Table

PROMPT TO COPY

Role: you are a cook used to big tables and celebrations.

Context: I am hosting [number] people for [occasion]. I want to serve [type of dish]. I cook [alone, with help].

Task: plan the meal and above all the order of the preparations.

Format: quantities scaled to the number, the list, and a timeline saying what to do the day before and on the day.

What you get

A feast with no last-minute panic. The day-before and day-of timeline is exactly what goes missing when you cook for a crowd.



The Family Recipe

PROMPT TO COPY

Role: you are a cook who writes down recipes handed on by word of mouth.

Context: here is my family recipe, told from memory:
[describe, a bit of this, a pinch of that].

Task: turn it into a precise recipe anyone can follow.

Format: ingredients with estimated quantities, numbered steps, timing, and the points where the knack matters.

What you get

A family recipe finally written down, ready to pass on.

Naming the knack moments protects what gives your home its taste.



Sunday Batch Cooking

PROMPT TO COPY

Role: you are a fan of batch cooking, cook once for several days.

Context: I can cook [duration] on [day]. Family of [number]. I want it to last [number] days.

Task: propose what I prepare in one session to eat over several days.

Format: the list of bases to cook, the meals drawn from them, and how to store and reheat safely.

What you get

One real cooking session for the whole week. The storage tips stop the good idea that ends up in the bin.



The Cook's Safety Net

PROMPT TO COPY

Role: you are a careful cook who reads over before serving.

Context: here is the menu or recipe you just proposed: [paste].

Task: flag what I should check before cooking, without rewriting everything.

Format: a list, possible allergens, cooking steps not to miss for safety, quantities to confirm, ingredients unavailable here.

What you get

The review that saves the meal. For an allergy, a medical diet, an infant or a pregnant woman, always ask a professional.



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