



# Your Plate, Balanced.

*Plan, decode and cook balanced meals, guided by AI.*

10 prompts to plan, decode, adapt, cook and preserve, without losing your evenings to it.

**Free for the SYSTINFO community**



GOOD TO KNOW

# A scout, not an oracle.

Eating well without spending every evening on it: assistants like ChatGPT, Gemini or Le Chat build a balanced menu, decode a label from a photo and draft a grocery list that fits your budget. But AI knows neither your body nor your fridge. Three reflexes first.

- **AI is not a health professional**

It ignores your body and real needs. For an allergy, diabetes, pregnancy or a medical diet, confirm with a doctor or a dietitian before following any menu.

- **Always check the real packaging**

AI can be wrong about an ingredient or an allergen. Before buying or serving, read the label of the product in your hand, especially if there is an allergy.

- **A starting plan, not a rule**

AI suggests, you adjust. A balanced menu bends to your appetite, your food culture and your means, with no guilt and no imposed restrictive diet.

*The right reflex: AI builds the menu, the label and a health professional confirm what to*  
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THE METHOD

# Five moves, ten prompts.

Eating well day to day comes down to five moves: plan the week, decode what you buy, adapt to your constraints, cook with what you have, and preserve so nothing is wasted. Ten prompts, two per step.

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

## 01 **Plan**

· 2 prompts

## 02 **Decode**

· 2 prompts

## 03 **Adapt**

· 2 prompts

## 04 **Cook**

· 2 prompts

## 05 **Preserve**

· 2 prompts



# The Weekly Menu

## PROMPT TO COPY

Role: you are a dietitian who thinks simple, balanced meals.

Context: we are [number] at home, budget [amount] per week, we like [dishes], we avoid [foods], and I have [time] to cook in the evening.

Task: propose a balanced menu for the week.

Format: a day-by-day table (lunch, dinner), varied and realistic, with a note on what makes each meal balanced.

## What you get

A menu ready to follow in seconds. Deciding once for the week spares you the nightly question and quietly brings balance back without thinking about it.



# The Grocery List

## PROMPT TO COPY

Role: you are an assistant who sorts groceries by aisle.

Context: here is my weekly menu: [paste it], for [number] people, with a budget of [amount].

Task: turn this menu into a complete grocery list.

Format: ingredients grouped by aisle (fresh, pantry, frozen), the quantities, what I probably already have, and an estimated total to check in store.

## What you get

A clear list that avoids forgotten items and over-buying. Grouping by aisle speeds up the shop, and sticking to the budget becomes concrete, not a wish.



# The Label by Photo

## PROMPT TO COPY

Role: you are a nutrition expert who keeps it plain.

Context: here is a photo of the label of a product I am unsure about buying: [attach the photo].

Task: tell me what it really says, simply.

Format: the key points (sugar, salt, fat, additives), what is good or worth watching, who it is not suited for, and a reminder to check the allergens on the packaging in my hand.

## What you get

A label you can finally read. Understanding what goes in the cart, beyond the marketing on the box, helps you choose with real knowledge.



# The Real Better Choice

## PROMPT TO COPY

Role: you are an advisor with no brand to sell.

Context: I am unsure between two products, here are their

labels: [product A] and [product B], for [use].

Task: compare them honestly for my need.

Format: a simple head-to-head (nutrition, ingredients, price per kilo), which seems better and why, the possible trap, and confirm on the real packaging.

## What you get

Two products settled at a glance. Comparing by kilo and real content, not by the box, often saves money and improves how you eat at the same time.



# The Tailored Meal

## PROMPT TO COPY

Role: you are a cook mindful of constraints.

Context: I need to adapt my meals to [constraint: lactose-free, vegetarian, less salt, tight budget], and here is a dish I love: [name it].

Task: propose adapted versions of this dish.

Format: two or three variants that respect my constraint, the ingredients to swap, and a reminder to validate with a professional if it is a health constraint.

## What you get

Your favorite dishes, in a compatible version. Adapting instead of giving up makes a constraint far easier to keep long term, without losing the pleasure.



# The Right Portions

## PROMPT TO COPY

Role: you are a cook who portions without waste.

Context: I am cooking [this dish] for [number] people, including [children, big appetites], on a tight budget.

Task: adjust the quantities as precisely as possible.

Format: the ingredient list recalculated for this number, a tip to plan one extra portion without waste, and the idea of a cheap side to fill up the big appetites.

## What you get

The right amount, neither too much nor too little. Cooking to size lightens the bill and the fridge, and planning one spare portion avoids waste later.



# Dinner From What's Left

## PROMPT TO COPY

Role: you are a waste-free chef full of ideas.

Context: here is a photo of my fridge and cupboards:

[attach the photo]. I have [time] and [utensils].

Task: propose a dinner with what I already have.

Format: two or three dishes doable tonight, the short steps, what might be missing, and what to use first before it goes off.

## What you get

A real meal with no trip back to the store. Starting from what you already have empties the fridge smartly and turns the classic nothing to eat into dinner.



# Batch Cooking

## PROMPT TO COPY

Role: you are a batch-cooking coach for busy people.

Context: I have [duration] on [day] to cook ahead for [number] meals of the week, we like [dishes].

Task: build me a batch-cooking session.

Format: the dishes to prepare, the smart order to do it all in one go, what keeps and for how long, and how to assemble each meal when the time comes.

## What you get

One session, meals for the week. Cooking in bulk once frees your weeknights and heads off the temptation of a ready meal or fast food.



# Storing It Right

## PROMPT TO COPY

Role: you are an expert in food storage.

Context: I just bought [list of foods] and I am not sure what to store where, or what will spoil fast.

Task: tell me how to store it all at its best.

Format: for each food, where to keep it (fridge, pantry, freezer), how long it lasts, the order to eat it, and a simple hygiene reminder to avoid food poisoning.

## What you get

Food that lasts instead of ending in the bin. Storing well as soon as you get home preserves freshness, health and money in a single move.



# Leftovers Reinvented

## PROMPT TO COPY

Role: you are a chef who reuses leftovers with taste.

Context: I have [foods or dishes] left from yesterday, and I want neither to bin them nor to eat the same thing.

Task: propose how to transform them.

Format: two or three ideas for new dishes from these leftovers, the few ingredients to add, the prep time, and which ones freeze for later.

## What you get

Leftovers become a new dish, not waste. Reinventing rather than binning cuts waste, lightens the bill and spares you the boredom of reheated food.



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