



DEMO

First chapter only

Meal Prep with AI

Custom Macros, Smart Grocery Lists, and 30-Day Plans

Meal Prep with AI

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Why AI Changes Meal Prep

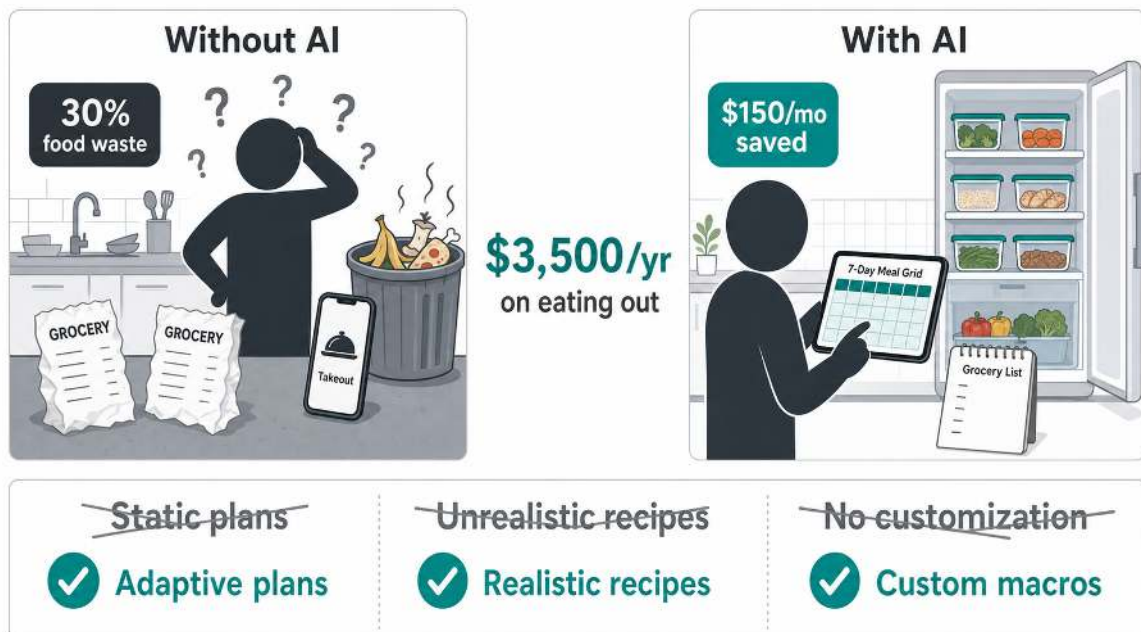


Figure 1. A without-AI versus with-AI split contrasts a chaotic kitchen at 30% food waste and about \$3,500 a year on eating out against an AI meal grid saving roughly \$150 a month, turning static plans into adaptive ones with custom macros

1.1 The Meal Prep Problem

Meal prep should be simple. Decide what to eat, buy the ingredients, cook in batches, eat well all week. In practice, it is a logistical nightmare that defeats most people within two weeks.

The failure is not willpower. It is planning. Deciding what to cook for seven days requires balancing nutritional goals, budget constraints, ingredient overlap, cooking time, dietary restrictions, household preferences, and what is actually available at your grocery store. That is a combinatorial problem that most people solve by giving up and ordering takeout.

Americans spend an average of \$3,500 per year on food away from home. Meal preppers who stick with the habit save an estimated \$150 per month—not because home cooking is cheap, but because planned cooking eliminates the waste, impulse purchases, and convenience markups that inflate grocery spending.

\$3,500/yr

average American spending on eating out—meal prep can redirect most of that toward better food at home

1.2 Why Previous Meal Prep Systems Fail

Most meal prep guides make one of three mistakes:

1. **Static plans:** A fixed 7-day menu that does not account for what you already have in your fridge, what is on sale, or what you are tired of eating.
2. **Unrealistic recipes:** Meals that require 45 minutes of active cooking on a Tuesday night when you got home at 7 PM and have zero motivation.

3. **No customization:** Plans designed for a generic person with no dietary restrictions, no preferences, and no budget constraints.

AI solves all three problems. An AI-generated meal plan is dynamic (regenerated weekly based on your inputs), realistic (constrained by your available time and skill level), and fully customized (built from your macros, your restrictions, your preferences).

Key Insight

The best meal plan is the one you actually follow. A nutritionally perfect plan that sits unused in a drawer is worth less than a good-enough plan that you execute consistently. AI excels at generating “good enough” plans fast enough that you can regenerate one whenever your situation changes—instead of abandoning the entire system when life disrupts a rigid schedule.

1.3 What This Book Covers

Seven chapters, each with specific AI prompts you can use immediately:

1. **Why AI Changes Meal Prep:** The system overview (you are here).
2. **The Macro Calculator System:** Setting your nutritional targets with AI.
3. **Weekly Meal Plan Generator:** Generating customized 7-day plans.
4. **Smart Grocery Lists:** Organized, optimized shopping lists.
5. **Batch Cooking Workflows:** Efficient prep schedules for minimal time.
6. **Dietary Restriction Handling:** Managing allergies, preferences, and special diets.
7. **The 30-Day Custom Plan:** A complete month of meals tailored to your goals.

1.4 How to Use the Prompts

Every prompt in this book follows the same pattern: you provide your personal context (goals, restrictions, preferences, budget), and the AI generates a customized plan. The more specific your inputs, the better the output.

Pro Tip

Before you start, gather three things: your approximate daily calorie target (Chapter 2 helps you calculate this), a list of foods you refuse to eat, and your weekly grocery budget. These three inputs make every subsequent prompt dramatically more useful. Without them, the AI generates generic plans that you will not follow.

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