ASK THE EXPERTS
AUGUST 2024
FAMILY

I am just starting to use AI in my job and discovering ways I can save time on work tasks. Can AI help me create balanced meals that my picky eaters will actually enjoy, while saving me time in the kitchen?

Artificial intelligence (AI) is revolutionizing meal planning and preparation, from creating personalized meal plans to offering step-by-step cooking instructions. Check out these prompts that you can use with AI assistants (such as ChatGPT, Claude, and Gemini) to streamline your cooking process and cater to diverse dietary needs.

1. **Personalized Meal Planning**
   Prompt: "Create a weekly meal plan for a family of four, considering one vegetarian, one who prefers low-carb meals, and two children who enjoy simple, kid-friendly dishes. Please provide a detailed grocery list for the week, including quantities, and step-by-step cooking instructions for each meal, with timing for each step."

2. **Recipe Recommendations for Specific Ingredients**
   Prompt: "Suggest five dinner recipes using chicken, broccoli, and rice as main ingredients, catering to both spicy and non-spicy preferences. Include a detailed list of ingredients for each recipe, step-by-step cooking instructions, and the approximate time required for preparation and cooking."

3. **Recipe Recommendations for Specific Diets (low-carb, etc.)**
   Prompt: "Create a weekly meal plan for a [DIET TYPE] diet including a 7-day meal schedule (breakfast, lunch, dinner, snacks). Please provide recipes with ingredients, instructions, and cooking times and prepare a consolidated shopping list with quantities. Please also provide nutritional information and possible substitutions. Please adhere to [DIET TYPE] principles and note additional preferences or restrictions."

4. **Preparing Full-Course Meals in a Slow Cooker**
   Prompt: "How can I prepare a full-course dinner using my slow cooker, featuring different main courses such as chicken, beef, and vegetarian options? Provide detailed recipes for each main course, including a list of ingredients, step-by-step cooking instructions, and cooking times. Also, include suggestions for side dishes and vegetables that can be cooked alongside or separately in the slow cooker to complete the meal."

5. **Nutritional Analysis**
   Prompt: "Analyze the nutritional content of a meal consisting of grilled salmon, quinoa, and steamed asparagus. Provide a detailed breakdown of calories, protein, carbohydrates, fats, vitamins, and minerals. Suggest ways to increase the fiber content of the meal and include ingredient adjustments if needed."

6. **Cooking Skill Development**
   Prompt: "Teach me how to make homemade pasta from scratch. Provide a detailed list of ingredients, step-by-step instructions for making the dough, tips for rolling and cutting the dough, and the approximate time required for each step. Include variations for different types of pasta such as spaghetti, fettuccine, and ravioli."

7. **Ingredient Substitutions**
   Prompt: "I have a question about substituting ingredients: What can I use instead of buttermilk in a recipe, and how will it affect the final dish? Please provide a list of suitable substitutes, the quantities needed to replace one cup of buttermilk, and any adjustments in the recipe's steps and cooking times that might be necessary."

8. **Family Engagement and Fun**
   Prompt: "Create a fun cooking challenge for a family with young children, focusing on making a healthy and colorful salad together. Provide a list of ingredients with quantities, step-by-step instructions for washing, chopping, and assembling the salad, and fun facts or tips to keep the children engaged. Include a suggested timeframe for each step to keep the activity organized and enjoyable."