

Intro to AI for Recipes and Meal Planning

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Artificial Intelligence (AI) Recipes and Meal Planning

What is AI? - The capability of computer systems or algorithms to imitate intelligent human behavior

Why use AI for recipes and meal planning? - Simplifies meal planning by suggesting recipes, generating grocery lists, and meeting dietary preferences or restrictions

Benefits:

- **Time-Saving** - AI can streamline meal planning, reduce grocery trips, and offer quick recipe suggestions based on what's available
- **Personalized Nutrition**-AI can account for specific dietary needs (e.g., allergies, high protein, low-carb)
- **Cost Efficiency** - AI can help plan budget-friendly meals by choosing seasonal ingredients or recipes with minimal waste

How Do We Start?

- ChatGPT is the AI platform I prefer to use
- First prompt - Help me plan meals for the week on a budget. Dinners only, I don't like onions and am allergic to most citrus fruits. This is for two adults

ChatGPT 4o ▾

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Help me plan meals for the week on a budget. Dinners only, I don't like onions and am allergic to most citrus fruits. This is for two adults

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Memory updated

Here's a budget-friendly dinner plan for a week that avoids onions and citrus, with meals for two adults:

Day 1: One-Pan Roasted Chicken and Vegetables

- **Ingredients:** Chicken thighs or breasts, potatoes, carrots, bell peppers, garlic, olive oil, Italian seasoning.
- **Instructions:** Toss veggies and chicken with oil and seasoning, bake at 400°F for 30-35 minutes.

Day 2: Spaghetti with Marinara and Ground Turkey

- **Ingredients:** Ground turkey, marinara sauce (no onion or citrus), whole wheat spaghetti, basil, garlic, Parmesan.
- **Instructions:** Brown turkey, add marinara, and simmer. Serve over spaghetti and sprinkle with Parmesan.

Message ChatGPT



Recipes?

Second prompt:

Can you provide the recipes for the meals?

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can you provide the recipes for the meals?



Here are the recipes for each dinner in your weekly plan:

Day 1: One-Pan Roasted Chicken and Vegetables

Ingredients:

- 1 lb chicken thighs or breasts
- 2 medium potatoes, cubed
- 2 carrots, sliced
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp Italian seasoning
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400° (↓ 00°C).
2. Place chicken and vegetables on a baking sheet

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A Shopping List?

Third prompt:

Can you create a shopping list for this meal plan?

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can you create the shopping list for this meal plan?



Here's the shopping list for your week of dinners:

Proteins

- 1 lb chicken thighs or breasts
- 1 lb ground turkey
- 1 can chickpeas
- 1 lb ground beef
- 2 cans tuna

Grains

- 1 box whole wheat spaghetti
- 1 cup quinoa or 1 cup rice (choose one)

Vegetables

- 2-3 bell peppers
- 2 large sweet potatoes
- 1 bag or bunch spinach
- 1-2 zucchini



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Thank You

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