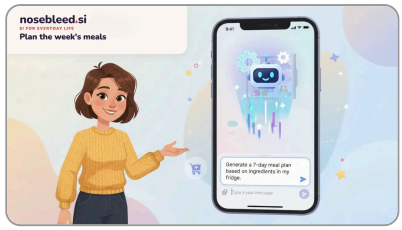
Plan the week's meals on a budget



Use AI to plan meals around what's already in your cupboard, and make a shopping list for the rest.

By the end, you'll be able to:

- give AI the details it needs to plan meals
- check a meal plan makes sense for you
- turn a plan into a tidy shopping list

Warm-up What's the hardest part of deciding what to eat?

Talk about it with your group: time, money, fussy eaters, or using things up?

1 What's in the cupboard?

Sam is planning meals for 2 adults. This is what Sam already has:

Eggs · pasta · tinned tomatoes · onions · half a cabbage · rice · frozen peas · cheese · potatoes

Sam's household doesn't eat mushrooms, and each meal must take under 30 minutes. Fill in the plan.

How many people?	
What we already have	
What we don't eat	
Time for each meal	

2 Ask AI for a plan

If you have a device, open an AI chat app, start a new chat and type this prompt.

TRY THIS PROMPT

Please plan 5 evening meals for 2 adults. We already have: eggs, pasta, tinned tomatoes, onions, half a cabbage, rice, frozen peas, cheese and potatoes. We don't eat mushrooms. Keep each meal under 30 minutes and fairly cheap. Use up what we have first, then give me a shopping list of anything else I need.

Which meal would you most like to try?

No device? With a partner, plan three meals for Sam yourselves, using what's in the cupboard.

3 Check the plan

Here's part of a plan an AI might give Sam. It has **two problems**. Circle them.

AI MEAL PLAN

Monday: Cheese and potato omelette with peas
Tuesday: Creamy mushroom pasta
Wednesday: Egg fried rice with cabbage and peas

Shopping list: mushrooms, cream, eggs, soy sauce

Part 3, continued: what are the two problems?

4 Make a shopping list

Sort these items into the right part of the shop.

bananas · milk · lentils · fish fingers · carrots · yoghurt · tinned beans · frozen sweetcorn

Fruit and veg	Fridge	Cupboard	Frozen

> **Remember:** AI may not know today's prices. If anyone has a food allergy, always check the labels yourself: never rely on AI for allergies.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/plan-the-weeks-meals**

Teacher notes: Plan the week's meals on a budget

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Answers will vary, which is a good discussion point. If learners use their own situation, they can change the food list and the number of people.

Running order

5 min	**Warm-up.** What makes planning meals hard.
10 min	**Part 1.** Fill in Sam's plan.
15 min	**Part 2.** Try the prompt, or plan three meals in pairs.
10 min	**Part 3.** Check the AI's plan for problems.
10 min	**Part 4.** Sort the shopping list, then wrap up.

Answers: Part 1

People: 2 adults. **Have:** the cupboard list. **Don't eat:** mushrooms. **Time:** under 30 minutes.

Answers: Part 3

1. "Creamy mushroom pasta": Sam doesn't eat mushrooms, and mushrooms are on the shopping list.
2. Eggs on the shopping list: Sam already has eggs.

AI sometimes forgets a detail you gave it, so always check the plan against what you asked for.

Answers: Part 4

Fruit and veg: bananas, carrots.
Fridge: milk, yoghurt.
Cupboard: lentils, tinned beans.
Frozen: fish fingers, frozen sweetcorn.

Discussion points

- Ask AI to "group the shopping list by part of the shop" to save time.
- Ask for "cheap meals" or a rough budget, but check real prices in the shop or online.

Safety notes

- Allergies: AI can make mistakes, so learners must always check ingredients and labels themselves.

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