WISIRA

YOUR GUIDE TO AI

Module 20: AI Tools for Meal Planning & Grocery Lists

AI can simplify meal planning and support nutrition by generating personalized menus, grocery lists, and recipe suggestions. These tools may help caregivers and families save time, reduce food waste, and encourage healthier choices. This checklist highlights ways to use AI for meal planning while keeping safety and balance in mind.

Smarter Meal Planning

☐ Ask AI to create weekly menus tailored to dietary needs (for example, diabetic-friendly, heart-healthy, gluten-free).

☐ Use AI to adjust portion sizes for individuals or families.

☐ Incorporate variety to avoid repetition and encourage balanced eating.

Grocery List Generation

☐ Generate grocery lists directly from AI-created meal plans.

☐ Organize items by store section (produce, dairy, frozen, pantry).

☐ Cross-check AI-generated lists for missing essentials or unwanted extras.

Nutrition Insights

☐ Ask AI to analyze meals for calories, protein, fiber, and other nutrients.

☐ Use AI to suggest healthier ingredient swaps (for example, brown rice instead of white, olive oil instead of butter).

☐ Confirm nutrition advice with trusted medical or dietary sources.

Safety Reminders

☐ Always verify cooking times, food safety guidelines, and storage instructions from official sources (USDA, FDA).

☐ Be cautious with AI's medical or diet recommendations. Check with a doctor or dietitian first.

☐ Avoid relying solely on AI for specialized medical diets (for example, kidney disease, severe allergies).

Caregiver and Family Support

☐ Share AI-generated meal plans with family members to divide shopping and cooking duties.

☐ Use AI to create meal ideas for picky eaters or cultural favorites.

☐ Encourage loved ones to review meal plans together for buy-in and enjoyment.

AI can be a practical kitchen assistant, helping plan meals, balance nutrition, and save time. Use it as a tool for convenience, but always double-check health guidance and keep final decisions with trusted professionals.