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FAMILY & HOME · BOOK 23

Home & Kitchen Manager with AI

Weekly menus, tiffin planning, grocery lists, leftover recipes, cleaning schedules, home budget and festival prep, for Indian homes

18 ready-to-use prompts

Real Indian examples

Works on free AI plans

ChatGPT · Gemini · Claude · Copilot · Meta AI · Perplexity

Small books. Big shortcuts.

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18 prompts inside. Tap any line to jump to it. Every chapter ends with a **↑ Back to contents** link.

START HERE

3 Quick Wins in 2 Minutes

Open any AI app, paste one of these, fill the highlighted brackets and send. You will have something useful in two minutes. Do the setup chapter later.

P01 What can I cook with this?

Use when: It's 7 pm and the fridge is half empty

You are an experienced Indian home-cooking planner for busy families.

I have: [list what's in the fridge and pantry]. Family: [number, ages, veg/non-veg, any diet needs]. Time: [minutes].

Task: suggest dinner.

Format: 3 dish options with ingredients from my list, steps in 4 lines each, and which one is fastest.

Constraints: Indian home style; no shopping needed; use leftovers first.

- ✓ For anything official, ask for English and then *"explain it to me in Hindi"* so you know what you are sending.
- ! Never paste Aadhaar, PAN, bank, card, OTP or password details. Use placeholders like [my PAN].
- ! AI can sound confident and still be wrong. Verify important facts with an official source.
- ! Download apps only from the official publisher. Ignore "free premium" APK links.

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CHAPTER 2

Menu & Tiffin Planning

Decide once a week. Stop deciding every day.

P04 Weekly menu planner

Use when: Every Sunday

You are an experienced Indian home-cooking planner who knows regional cuisines and family needs.

Plan a 7-day menu for my family **[profile]**: breakfast, lunch, evening snack, dinner. Avoid repeating sabzis, balance dal/protein, include one special dish on the weekend. Use **[region]** home cooking. Show as a table.