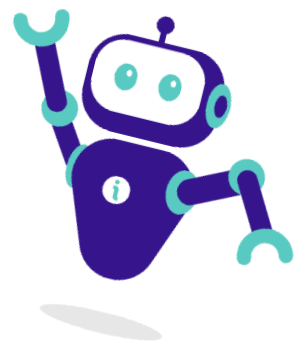


Easy Read Guidance for: Using Chat GPT for Meal Planning



This includes safety tips:

- DOs — Safe and Helpful Things to Do**
- DON'Ts — Things to Avoid**





Step 1: Start by opening ChatGPT on your phone, tablet, or computer.

You can do this by searching chatgpt.com or use.ai on the internet



Step 2: Type a clear request. For example: "Create a weekly meal plan for me."


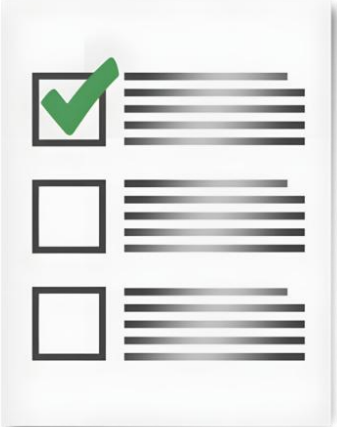
ChatGPT can plan:

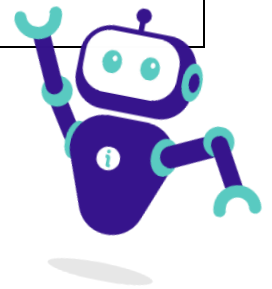
- breakfasts
- lunches
- dinners



Step 3: Add helpful details like:

- dietary needs and allergies
- your budget
- how much time you want to spend cooking
- foods you want to avoid

 <p>How can I help you?</p> <p>Create me a weekly meal plan for all meals. I have a budget of £30. I am allergic to eggs and I don't like mushrooms. I want recipes that are easy to follow and take 20 minuets to cook.</p> <p>+ [down arrow] [up arrow]</p> <p>Help me write Learn about Analyze Image Summarize text + See More</p>	<p>Step 4: Search your questions. Click the up arrow on the screen or hit enter.</p>
	<p>Step 5: Ask ChatGPT to make it easier if needed by typing:</p> <ul style="list-style-type: none">- Keep each step short- Add images or icons





AI Safety:

Always:

- check ingredients
- confirm cooking instructions
- follow medical or allergy advice

ChatGPT **does not** replace professional nutritional or medical guidance.



If you are unsure check the ask a person you trust for help.