KITCHEN TABLE AI

The *Kitchen Table* AI Handbook

Practical AI prompts for meals, money paperwork, travel, family learning and staying safe.

8 chapters · 42 copy-paste prompts · 7-day plan

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How to use this handbook

This handbook is for anyone who has heard a lot about AI and wondered what it's actually useful for at home. Not at work, not for coding — for the everyday business of running a household: food, admin, travel, family and staying safe online.

Each chapter gives a short explanation followed by fill-in-the-blank prompts. Replace the text in [square brackets] with your own details, paste the prompt into any mainstream AI assistant (free versions are fine), and edit the result.

Two rules apply throughout. First, **check anything important** — AI assistants can be confidently wrong about facts, prices, rules and numbers. Second, **protect personal information** — leave out ID numbers, account details and anything you wouldn't want stored on someone else's server.

This handbook is general information, not medical, legal or financial advice. For decisions in those areas, use AI to prepare your questions, then speak to a qualified professional.

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CHAPTER 1

Getting good answers at home

One simple habit makes AI far more useful: give it the details a helpful friend would ask for.

Tell it about your household

Who's involved, what matters, what to avoid, how much time and money you have. “Dinner for two adults and a fussy 7-year-old, 30 minutes, no mushrooms” beats “dinner ideas” every time.

Ask for the format you want

A checklist, a table, a short message, three options to choose from. Saying the format saves a round of editing.

Follow up

The first answer is a draft. “Make it cheaper”, “simpler”, “warmer”, “what am I missing?” — short follow-ups get you there fast.

Check, and keep it private

Verify facts that matter. Replace personal details with placeholders like [NAME] or [ACCOUNT].

Prompts for this chapter

01 The household helper starter

```
I'm planning [task] for [who]. What matters most: [priorities]. Things to avoid:
[constraints]. Time/budget: [limits]. Give me [format]. Ask me up to three
questions first if anything is unclear.
```

Tip: Save it as a phone note and reuse it.

02 Make it simpler

```
Rewrite your last answer so it's shorter and simpler, as if for someone in a hurry.
Keep only what's essential.
```

03 What should I double-check?

```
Looking at your last answer, which facts, prices, dates or rules should I verify
before relying on them, and where should I check?
```

Tip: Use this before booking, buying or sending anything.

CHAPTER 2

Meals, groceries and the kitchen

Meal planning is the most common everyday use of AI — and one of the best.

Plan around what you have

List what's in the fridge and cupboard and ask for meals that use it up. It reduces waste and shopping.

Shared ingredients, shorter lists

Ask for weekly plans where meals share ingredients. Then ask for one grouped shopping list.

Allergies and food safety

Never rely on AI alone for allergies, intolerances or food safety. Read labels and check official guidance.

Prompts for this chapter

04 Weekly dinner plan

```
Plan [5] weeknight dinners for [who]. Each ready in under [time]. We don't eat [foods]. Reuse ingredients across meals. Then give me one shopping list grouped by supermarket section, minus what I already have: [list].
```

05 Use it up

```
I have [ingredients] that need using in the next two days. Suggest three simple meals, with steps.
```

06 Budget week

```
Plan a week of simple, filling meals for [number] people on a tight budget, using cheap staples. Include breakfasts and lunches. List the total shopping in one list.
```

07 Batch cooking

```
Create a 2-hour Sunday batch-cooking plan that gives me [number] lunches and
[number] dinners for the week. Include storage tips.
```

08 Recipe rescue

```
I'm making [recipe] and I don't have [ingredient]. What can I use instead, and how
will it change the result?
```

09 Kid-friendly twist

```
Adapt this recipe so a picky [age]-year-old is more likely to eat it, without
making a separate meal: [recipe].
```

10 Party food

```
Plan food for [occasion] with [number] guests. Budget: [amount]. Mix of make-ahead
and quick dishes, with a prep timeline.
```

CHAPTER 3

Household admin and paperwork

Letters, complaints, forms and confusing bills — the jobs everyone puts off.

Awkward messages

Describe the situation, the outcome you want and the tone. Ask for a short draft and edit it.

Understanding documents

Paste confusing paragraphs (personal details removed) and ask for a plain-English explanation and questions to ask. For legal, medical or financial matters, use this to prepare — then confirm with the organisation or a professional.

Getting organised

Ask for checklists and simple systems: a bills calendar, a document filing structure, a renewal-date tracker.

Prompts for this chapter

11 Complaint letter

```
Write a firm but polite complaint to [company] about [problem]. What happened:
[details]. What I want: [outcome]. Under 200 words, with a clear deadline for a
reply.
```

12 Cancel a subscription

```
Write a short, clear message cancelling my [service] subscription. Account
reference: [REFERENCE]. Ask for written confirmation and the final billing date.
```

Tip: Add the real reference yourself.

13 Explain this document

```
Explain this paragraph in plain English, then list three questions I should ask the
company about it: """[paste, personal details removed]"""
```

14 Bills calendar

```
Help me build a simple monthly calendar of household bills and renewals. Here's my
list: [bills and rough dates]. Format as a table I can copy into a spreadsheet.
```

15 Filing system

```
Suggest a simple folder structure (paper and digital) for household documents:
[types of documents]. Include what to keep and for how long, and tell me where to
check the official rules.
```

16 Phone call script

```
I need to call [company] about [issue]. Write a short script: what to say first,
the key facts to mention, what to ask for, and what to do if they say no.
```

17 Form helper

```
I'm filling in a [type] form. Explain what this question is asking and what kind of
information usually goes there: """[question text]"""
```

Tip: Never paste your actual ID numbers.

CHAPTER 4

Money paperwork and saving everyday costs

AI can help you organise, understand and compare — not tell you what to do with your money.

Organise first

Ask for a simple monthly budget template and categories. You fill in the numbers; it helps structure them.

Compare like for like

When comparing phone plans, insurance quotes or energy tariffs, paste the details from each (personal data removed) and ask for a side-by-side table. Check the final details with the providers.

No investment decisions

This handbook doesn't cover investing, loans or tax decisions. For those, speak to a qualified, regulated adviser.

Prompts for this chapter

18 Budget template

```
Create a simple monthly household budget template with categories for [household type]. Include a column for planned, actual and difference. Format as a table.
```

19 Spot the savings

```
Here are my monthly household costs by category: [list]. Which categories commonly have room for savings, and what questions should I ask providers? Don't make assumptions about my income.
```

20 Compare quotes

```
Compare these quotes in a table — price, what's included, excess/fees, contract length, cancellation terms: """[paste quotes]""" Then list what I should confirm with each provider.
```

21 Negotiation script

```
Write a polite script for asking [provider] for a better deal before my contract renews. Mention [competitor offer, if any].
```

22 Gift budget

```
Plan gifts for [list of people] with a total budget of [amount]. Suggest thoughtful ideas within each person's share.
```

CHAPTER 5

Travel and days out

Great for plans and lists; always verify times, prices and rules.

Describe your style

Pace, budget, who's travelling, likes and dislikes. The more specific, the better the plan.

Verify the details

Opening hours, prices, transport and entry or visa rules change. Confirm on official websites before booking.

Prompts for this chapter

23 Itinerary

```
Plan [number] days in [place] for [who]. Pace: [relaxed/busy]. We love [interests], avoid [dislikes]. Group sights by area, add one rainy-day option per day, and list what I should verify before booking.
```

24 Packing list

```
Make a packing list for [number] days in [place] in [month] for [who], doing [activities]. Split into must-have and nice-to-have.
```

25 Where to stay

```
Compare three areas to stay in [city] for [who] who care about [priorities]. Pros and cons of each.
```

26 Rainy weekend

```
Suggest [number] low-cost things to do with [who] near [area] on a rainy weekend.
```

27 Travel with kids

```
Plan a travel day from [place] to [place] with a [age]-year-old: snacks,
activities, timing and what to pack in the carry-on.
```

28 Phrase helper

```
Give me 15 useful phrases in [language] for [situation], with simple pronunciation.
```

CHAPTER 6

Family, learning and hobbies

A patient tutor and an endless source of ideas — with the right instructions.

Tutor, not answer machine

Ask AI to explain step by step and give hints. Check your school's rules and the AI service's age requirements, and supervise younger children.

Learning something new yourself

Pick a small project, practise little and often, and ask the assistant to quiz you.

Hobbies and fun

Party games, bedtime stories, craft ideas and gardening plans are all easy wins.

Prompts for this chapter

29 Homework tutor

```
You're a patient tutor for a [age]-year-old. Help me understand [topic]. Don't give the answer — give one hint at a time and ask a question to check I understand.
```

30 Quiz me

```
Quiz me on [topic] with 10 questions, one at a time, getting harder. Explain any I get wrong.
```

31 30-day learning plan

```
Make a 30-day plan to learn [skill] in [minutes] a day, ending with a small project: [project].
```

32 Bedtime story

```
Write a 5-minute bedtime story for a [age]-year-old who loves [interests]. Gentle, funny, with a small lesson about [theme].
```

33 Rainy-day activities

```
Give me 10 screen-free activities for [number] kids aged [ages] using things most homes have.
```

34 Garden plan

```
I have a [size] garden/balcony in [climate], with [sun/shade]. Suggest easy plants for a beginner and a simple month-by-month care plan.
```

CHAPTER 7

Health appointments and wellbeing — the admin side

AI can help you prepare and organise. It can't diagnose, and it shouldn't replace professional advice.

Prepare for appointments

Use AI to organise your questions and notes before seeing a doctor or other professional. It helps you make the most of a short appointment.

Don't self-diagnose

Symptoms, medicines and treatments need a qualified professional. In an emergency, contact emergency services.

Gentle routines

AI can help plan simple routines — sleep schedules, walking plans, meal prep — as long as you keep them realistic and check anything health-related with a professional.

Prompts for this chapter

35 Appointment prep

```
I have an appointment about [general topic]. Help me organise what to tell the
doctor: when it started, what makes it better or worse, questions I should ask.
Format as a short checklist. Don't suggest a diagnosis.
```

36 Explain the words

```
My appointment letter mentions [term]. Explain in plain English what the term means
in general, and what questions I could ask my doctor about it.
```

Tip: Always confirm with your doctor.

37 Family health admin

```
Create a simple table to track family appointments, check-ups and vaccinations due dates for [number] people.
```

38 Realistic routine

```
Help me plan a realistic evening wind-down routine that fits [schedule]. Keep it simple and flexible.
```

CHAPTER 8

Staying safe: scams, privacy and AI fakes

Scammers use AI too. A few habits protect your household.

Cloned voices and urgent calls

Hang up and call back on a number you know. Consider a family code word for emergencies.

Fake videos and endorsements

Treat celebrity endorsements of money opportunities as fake until confirmed on verified official channels.

Polished phishing

Urgency, unusual payment methods and unexpected links are the red flags. Go to official apps and websites directly.

Privacy habits

Leave out identifiers, check chatbot privacy settings, and only install official AI apps.

Prompts for this chapter

39 Is this a scam?

```
I received this message: """[paste, with personal details removed]""" What warning signs do you see, and how can I verify it safely?
```

40 Family safety talk

```
Help me explain AI voice-cloning scams to an older relative in a calm, simple way, with three things they can do to stay safe.
```

41 Privacy check

```
Walk me through how to review the privacy and chat-history settings of [AI
assistant name], and what each setting means.
```

Tip: Settings change — confirm in the app.

42 Kids online

```
Suggest an age-appropriate family agreement for using AI tools and the internet for
a [age]-year-old.
```

APPENDIX A

Your first week

Ten to fifteen minutes a day. By the end you'll have a handful of prompts you use without thinking.

Day 1	Read Chapter 1. Save the household helper starter as a phone note.
Day 2	Plan this week's dinners and shopping list with Chapter 2.
Day 3	Tackle one piece of admin you've been avoiding (Chapter 3).
Day 4	Build a simple bills calendar or budget template (Chapter 4).
Day 5	Plan a day out or a future trip (Chapter 5).
Day 6	Try a tutor or story prompt with your family (Chapter 6).
Day 7	Do the privacy check and talk to one relative about AI scams (Chapter 8).

APPENDIX B

Before-you-rely-on-it checklist

- [ ] I removed ID numbers, account details, passwords and full addresses.
- [ ] I checked prices, times, dates and rules on official sources.
- [ ] For health, legal or money decisions, I'll confirm with a qualified professional.
- [ ] I've read the answer myself rather than copying it blindly.
- [ ] For anything I send to someone, the tone is right and it sounds like me.
- [ ] For children: it follows school rules and the AI service's age requirements.

This handbook is general educational material, not medical, legal, financial or other professional advice. AI tools change frequently and can produce inaccurate information; always verify important details with official sources or qualified professionals. Product names are trademarks of their owners; this handbook is independent and not affiliated with or endorsed by any of them.