



# The Fridge-to-Table Playbook

Your First Week with Meal Genie-Pro • Built by Innov8Edge

## Your First Week with Meal Genie-Pro

By Innov8Edge | [mealgenie-pro.innov8edge.sbs](https://mealgenie-pro.innov8edge.sbs)

### What this is:

A pre-built 7-day meal plan generated inside Meal Genie-Pro — built from 12 pantry staples you already own. Download it, open the app, be eating tonight.

## How to Use This Playbook

- 1. Read the 12-Staple Starter List** — Check your pantry. Buy what's missing. One trip.
- 2. Open Meal Genie-Pro** — Free at [mealgenie-pro.innov8edge.sbs](https://mealgenie-pro.innov8edge.sbs). No API key. No credit card.
- 3. Recreate any meal in this plan** — Enter those ingredients, generate, done.
- 4. Or just follow this plan as-is** — Every meal here was generated inside the app. Every recipe is real.
- 5. Use the AI Chat Cheat Sheet** — When you're cooking, open the chat and ask anything. The prompts are at the back.

## The 12-Staple Starter List

These 12 ingredients unlock every meal in this playbook — and 40+ more inside Meal Genie-Pro.

| #  | INGREDIENT        | NOTES                            |
|----|-------------------|----------------------------------|
| 1  | Chicken breast    | Boneless, skinless — buy in bulk |
| 2  | Eggs              | Large, 1 dozen                   |
| 3  | Garlic            | Fresh cloves or pre-minced jar   |
| 4  | Yellow onion      | 2–3 medium                       |
| 5  | Baby spinach      | 5 oz bag                         |
| 6  | Cherry tomatoes   | 1 pint                           |
| 7  | Canned chickpeas  | 2 cans (15 oz each)              |
| 8  | Olive oil         | Extra virgin                     |
| 9  | Soy sauce         | Low-sodium preferred             |
| 10 | Pasta (any shape) | 1 lb box                         |
| 11 | Jasmine rice      | 2 lb bag                         |
| 12 | Lemon             | 3–4 fresh                        |

**Total grocery cost: approximately \$35–\$45**  
**What you'll save vs. DoorDash this week: approximately \$80–\$120**

## The 7-Day Meal Plan

*All 21 meals generated inside Meal Genie-Pro from the 12-staple list above.  
Prep time for each meal: 10–30 minutes.*

Monday

| MEAL                                                                                        | NAME                                 | KEY INGREDIENTS                                 | TIME   |
|---------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------|--------|
|  Breakfast | <b>Garlic Spinach Scrambled Eggs</b> | Eggs, spinach, garlic, olive oil                | 10 min |
|  Lunch     | <b>Lemon Chickpea Bowl</b>           | Chickpeas, lemon, olive oil, spinach            | 12 min |
|  Dinner    | <b>Soy-Glazed Chicken with Rice</b>  | Chicken breast, soy sauce, garlic, jasmine rice | 25 min |

Monday Dinner — Meal Genie-Pro Recipe Card:

Soy-Glazed Chicken with Garlic Rice

Generated by GPT-4o + Claude 3.5

**Ingredients:** 2 chicken breasts · 3 tbsp soy sauce · 4 garlic cloves (minced) · 1 tbsp olive oil · 1 cup jasmine rice · 1 tsp sesame seeds (optional)

Instructions:

1. Cook rice according to package — add 1 minced garlic clove to the water.
2. In a small bowl, mix soy sauce, 2 garlic cloves, and olive oil.
3. Pound chicken breasts to even thickness (½ inch). Coat in marinade.
4. Cook chicken in a hot pan, 4–5 min per side, until caramelized and cooked through.
5. Rest 2 minutes. Slice against the grain.
6. Serve over rice. Drizzle remaining pan sauce over the top.

**Nutrition (per serving):** 485 cal · 42g protein · 48g carbs · 12g fat

**Difficulty:** Easy | **Prep:** 5 min | **Cook:** 25 min

Tuesday

| MEAL                                                                                          | NAME                                   | KEY INGREDIENTS                          | TIME   |
|-----------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------|--------|
|  Breakfast | <b>Cherry Tomato &amp; Egg Skillet</b> | Eggs, cherry tomatoes, garlic, olive oil | 12 min |
|  Lunch     | <b>Garlic Pasta with Spinach</b>       | Pasta, garlic, spinach, olive oil, lemon | 15 min |
|  Dinner    | <b>Lemon Herb Roasted Chicken</b>      | Chicken breast, lemon, garlic, olive oil | 30 min |

Tuesday Dinner — Meal Genie-Pro Recipe Card:

Lemon Herb Roasted Chicken

Generated by Claude 3.5 + Gemini 2.0

**Ingredients:** 2 chicken breasts · 2 lemons (zested + juiced) · 5 garlic cloves · 3 tbsp olive oil · Salt and pepper

**Instructions:**

1. Preheat oven to 425°F.
2. Mix lemon zest, lemon juice, minced garlic, olive oil, salt, and pepper.
3. Score the top of each chicken breast 3 times with a knife. Rub marinade into cuts and all over the chicken.
4. Place in a baking dish. Roast 22–25 minutes until internal temp reaches 165°F.
5. Let rest 5 minutes. The pan juices are your sauce — spoon them over the chicken.

**Nutrition (per serving):** 420 cal · 45g protein · 6g carbs · 22g fat

**Difficulty:** Easy | **Prep:** 5 min | **Cook:** 25 min

Wednesday

| MEAL                                                                                          | NAME                        | KEY INGREDIENTS                                   | TIME   |
|-----------------------------------------------------------------------------------------------|-----------------------------|---------------------------------------------------|--------|
|  Breakfast | Onion & Spinach Egg Muffins | Eggs, spinach, onion, olive oil                   | 20 min |
|  Lunch     | Chickpea & Tomato Salad     | Chickpeas, cherry tomatoes, lemon, olive oil      | 8 min  |
|  Dinner    | Chicken Fried Rice          | Chicken, eggs, rice (leftover), soy sauce, garlic | 20 min |

Wednesday Dinner — Meal Genie-Pro Recipe Card:

Chicken Fried Rice

Generated by GPT-4o

**Ingredients:** 1 chicken breast (diced) · 2 cups cooked jasmine rice (day-old works best) · 2 eggs · 2 tbsp soy sauce · 3 garlic cloves · 1 onion (diced) · 1 tbsp olive oil

Instructions:

- 1. Heat oil in a large pan or wok on high heat.
- 2. Add garlic and onion — cook 2 minutes until fragrant.
- 3. Add diced chicken — cook 4–5 minutes until golden.
- 4. Push everything to one side. Add eggs to the open side. Scramble quickly.
- 5. Add rice and soy sauce. Stir everything together on high heat for 3–4 minutes.
- 6. Taste. Adjust soy sauce. Serve hot.

**Nutrition (per serving):** 510 cal · 38g protein · 58g carbs · 11g fat

**Difficulty:** Easy | **Prep:** 5 min | **Cook:** 15 min

Thursday

| MEAL                                                                                          | NAME                                | KEY INGREDIENTS                                    | TIME   |
|-----------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------------------|--------|
|  Breakfast | Soft-Boiled Eggs with Lemon Spinach | Eggs, spinach, lemon, olive oil                    | 12 min |
|  Lunch     | Soy-Sesame Chickpea Wraps           | Chickpeas, soy sauce, cherry tomatoes, onion       | 10 min |
|  Dinner    | Tomato Garlic Pasta                 | Pasta, cherry tomatoes, garlic, olive oil, spinach | 20 min |

Thursday Dinner — Meal Genie-Pro Recipe Card:

**Burst Tomato Garlic Pasta with Wilted Spinach**

*Generated by Claude 3.5 + Groq*

**Ingredients:** 8 oz pasta · 1 pint cherry tomatoes · 5 garlic cloves (sliced thin) · 3 tbsp olive oil · 2 cups baby spinach · Lemon zest · Salt and red pepper flakes

**Instructions:**

- 1. Cook pasta al dente. Reserve 1 cup pasta water before draining.
- 2. While pasta cooks: heat olive oil on medium-high. Add tomatoes and a pinch of salt.
- 3. Cook tomatoes until they burst and release their juices — about 8 minutes.
- 4. Add sliced garlic. Cook 1 minute until golden (not brown).
- 5. Add spinach. Toss until wilted.
- 6. Add drained pasta + ¼ cup pasta water. Toss to coat.
- 7. Finish with lemon zest and red pepper flakes.

**Nutrition (per serving):** 490 cal · 14g protein · 72g carbs · 16g fat

**Difficulty:** Easy | **Prep:** 5 min | **Cook:** 20 min

Friday

| MEAL                                                                                          | NAME                                        | KEY INGREDIENTS                                    | TIME   |
|-----------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------|--------|
|  Breakfast | <b>Scrambled Eggs with Cherry Tomatoes</b>  | Eggs, cherry tomatoes, olive oil                   | 10 min |
|  Lunch     | <b>Lemon Garlic Chicken Rice Bowl</b>       | Leftover chicken, rice, lemon, spinach             | 10 min |
|  Dinner    | <b>Chickpea &amp; Spinach Curry (Quick)</b> | Chickpeas, onion, garlic, soy sauce, spinach, rice | 25 min |

Friday Dinner — Meal Genie-Pro Recipe Card:

Quick Chickpea & Spinach Curry

Generated by Gemini 2.0 + GPT-4o

**Ingredients:** 2 cans chickpeas (drained) · 1 large onion (diced) · 4 garlic cloves · 1 tbsp olive oil · 2 cups baby spinach · 1 tbsp soy sauce · ½ lemon (juiced) · Salt, cumin, paprika

Instructions:

- 1. Heat oil. Cook onion 5 min until soft and golden.
- 2. Add garlic, 1 tsp cumin, 1 tsp paprika. Cook 1 minute.
- 3. Add chickpeas. Stir to coat. Cook 3 minutes.
- 4. Add ¼ cup water and soy sauce. Simmer 5 minutes.
- 5. Fold in spinach. Stir until wilted.
- 6. Finish with lemon juice. Adjust salt.
- 7. Serve over jasmine rice.

**Nutrition (per serving):** 445 cal · 18g protein · 68g carbs · 10g fat

**Difficulty:** Easy | **Prep:** 5 min | **Cook:** 20 min

Saturday

| MEAL                                                                                          | NAME                                   | KEY INGREDIENTS                                  | TIME   |
|-----------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------|--------|
|  Breakfast | Weekend Egg & Veggie Scramble          | Eggs, onion, cherry tomatoes, spinach            | 15 min |
|  Lunch     | Garlic Lemon Pasta Salad               | Pasta, lemon, garlic, olive oil, cherry tomatoes | 15 min |
|  Dinner    | Pan-Seared Chicken with Chickpea Salad | Chicken, chickpeas, lemon, garlic, spinach       | 30 min |

Sunday

| MEAL                                                                                        | NAME                         | KEY INGREDIENTS                                 | TIME   |
|---------------------------------------------------------------------------------------------|------------------------------|-------------------------------------------------|--------|
|  Breakfast | Eggs over Garlic Tomato Rice | Eggs, cherry tomatoes, garlic, rice             | 15 min |
|  Lunch     | Spinach & Chickpea Soup      | Chickpeas, spinach, garlic, onion, lemon        | 20 min |
|  Dinner    | Soy Chicken Noodle Bowl      | Chicken, pasta, soy sauce, garlic, spinach, egg | 25 min |

The Setup Walkthrough

Get Your First Recipe in Under 5 Minutes

Step 1 — Go to the app

Navigate to [mealgenie-pro.innov8edge.sbs](https://mealgenie-pro.innov8edge.sbs)

Step 2 — Hit "Start Cooking Free"

No credit card. No API key. Your first 3 recipes are completely free.

Step 3 — Enter your ingredients

Type whatever you actually have. Try: chicken breast, garlic, lemon, olive oil, spinach

Hit **Generate**.

Step 4 — Watch what happens

Four AI models process your ingredients simultaneously. In under 30 seconds you'll see three recipe options — each with a visual image, prep time, nutritional breakdown, and difficulty rating.

Step 5 — Pick a recipe and add it to your Meal Planner

Tap the recipe you want. Hit "Add to Meal Plan." Drag it to any day on your weekly calendar.

Step 6 — Export your grocery list

Tap "Grocery List." Every ingredient for every planned meal generates automatically. Screenshot it or share it before your next store trip.

**That's the whole system. You now have a meal plan.**

# The AI Chat Cheat Sheet

---

## 10 Prompts That Turn Meal Genie-Pro Into a Personal Chef

Use these inside the AI Chat during cooking. Copy them word-for-word.

---

### For substitutions:

"I don't have [ingredient]. What's the best substitute for this specific dish, and does it change the texture or flavor?"

### For scaling:

"This recipe serves 2. I need to serve 6. Scale all quantities and tell me if the cook time changes."

### For speed:

"I have 20 minutes total. How do I simplify this recipe without losing the most important flavors?"

### For dietary swaps:

"Make this recipe [vegetarian / gluten-free / dairy-free] without losing the core dish."

### For wine pairing:

"What wine pairs best with this dish, and what should I look for under \$20?"

### For prep shortcuts:

"What can I prep ahead for this recipe so cooking tomorrow takes under 15 minutes?"

**For leftovers:**

"I have leftover [dish]. What's the best way to repurpose it into a completely different meal tomorrow?"

**For kids:**

"My kids won't eat [ingredient]. How do I adapt this recipe so they'll actually eat it?"

**For seasoning problems:**

"My dish tastes flat / too salty / too acidic. How do I fix it right now without starting over?"

**For next level:**

"What's one professional technique I can add to this dish that would make it taste restaurant-quality?"

---

## BONUS: The Bartender Starter Pack

---

### 5 Cocktails from Your Home Bar — Powered by Meal Genie-Pro Drink Mode

To generate these yourself: open Meal Genie-Pro → tap "Drink Mode" → enter your bottles → generate.

---

**Cocktail 1 — Classic Margarita (Elevated)**

Ingredients: Tequila, Triple Sec, Fresh Lime Juice

2 oz tequila blanco · 1 oz triple sec ·  $\frac{3}{4}$  oz fresh lime juice ·  $\frac{1}{2}$  oz simple syrup · Salt rim  
*Shake with ice. Double strain into a salt-rimmed rocks glass over a large ice cube. Garnish: lime wheel.*  
**AI tip:** "Use reposado tequila for a smoother, slightly oaky version."

### Cocktail 2 — Whiskey Sour

*Ingredients: Bourbon, Lemon Juice, Simple Syrup, Egg White (optional)*

2 oz bourbon ·  $\frac{3}{4}$  oz lemon juice ·  $\frac{3}{4}$  oz simple syrup · 1 egg white (optional)  
*Dry shake first (no ice) 15 seconds. Add ice, shake again. Strain into a coupe. Garnish: Angostura bitters dots.*  
**AI tip:** "The egg white creates a silky foam. Skip it and you get the same flavor, just thinner texture."

### Cocktail 3 — Aperol Spritz (No Prosecco Needed)

*Ingredients: Aperol, Club Soda, Orange*

3 oz Aperol · 3 oz club soda · Splash of orange juice  
*Build in a wine glass over ice. No prosecco required — the OJ adds the sweetness. Garnish: orange slice.*  
**AI tip:** "This is the low-ABV version. Still looks and tastes like a proper spritz."

### Cocktail 4 — Vodka Lemon Drop

*Ingredients: Vodka, Triple Sec, Lemon Juice*

2 oz vodka ·  $\frac{1}{2}$  oz triple sec ·  $\frac{3}{4}$  oz lemon juice ·  $\frac{1}{2}$  oz simple syrup · Sugar rim  
*Shake with ice. Strain into a sugar-rimmed martini glass. Garnish: lemon twist.*

### Cocktail 5 — Dark & Stormy (Rum + Ginger Beer)

*Ingredients: Dark Rum, Ginger Beer, Lime*

2 oz dark rum · 4 oz ginger beer ·  $\frac{1}{2}$  oz lime juice  
*Build over ice in a highball glass. Don't stir — let the layers sit. Garnish: lime wedge.*  
**AI tip:** "Gosling's Black Seal rum is the traditional choice. Any dark rum works."

## Your Next Step

---

**Tonight:** Open **Meal Genie-Pro**. Enter 3 ingredients from your fridge right now. See what it generates.

**This week:** Follow this plan. Use the AI Chat Cheat Sheet every time you cook.

**When you're ready:** Upgrade to Premium (\$4.99/month) for unlimited recipes, the full Meal Planner, grocery export, voice-guided cooking, and unlimited Drink Mode. Lock in founding member pricing before it changes.

---

*Created by Innov8Edge · mealgenie-pro.innov8edge.sbs*

*Recipes generated inside Meal Genie-Pro using GPT-4o, Claude 3.5, Gemini 2.0, and Groq*

---

Meal Genie-Pro SaaS • Free Community Gift • mealgenie.app