

Meal Planner

User manual: plan the family's meals and shopping



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Contents

1. How to use this manual	3
The app at a glance.....	3
2. Quick start: plan tonight's dinner	4
3. Plan your week	5
Go to another week.....	5
Mark a busy day as quick.....	5
Change or remove a meal.....	5
4. Let the AI chef plan your week	6
5. Use the shopping list	7
Let the AI write the list.....	8
6. Recognise a dish and shop for it	8
7. Change language, family name and PIN	9
Change the language.....	10
Change the family name.....	10
Change the PIN.....	10
8. Back up your data and move it to another phone	11
Make a backup.....	11
Restore a backup or move to another phone.....	11
9. Fix common problems	12
Appendix A. Set up the app on a new phone	12
Appendix B. Put the app online with Netlify	14
Publish the app for the first time.....	14
Publish an update.....	14
Glossary	15

1. How to use this manual

This manual shows you how to plan the family's meals with Meal Planner. Each chapter is one task. Follow the numbered steps in order.

Numbers in the pictures match the numbers in the text. Coloured boxes give extra help:

Box	Means
TIP	A better way. Helpful, but you can skip it.
NOTE	Something to know, so nothing surprises you.
TRAP	A mistake to avoid, and what to do instead.

Is the app not on your phone yet? Start with Appendix A, Set up the app on a new phone. Is the app not online yet? Start with Appendix B, Put the app online with Netlify.

The app at a glance

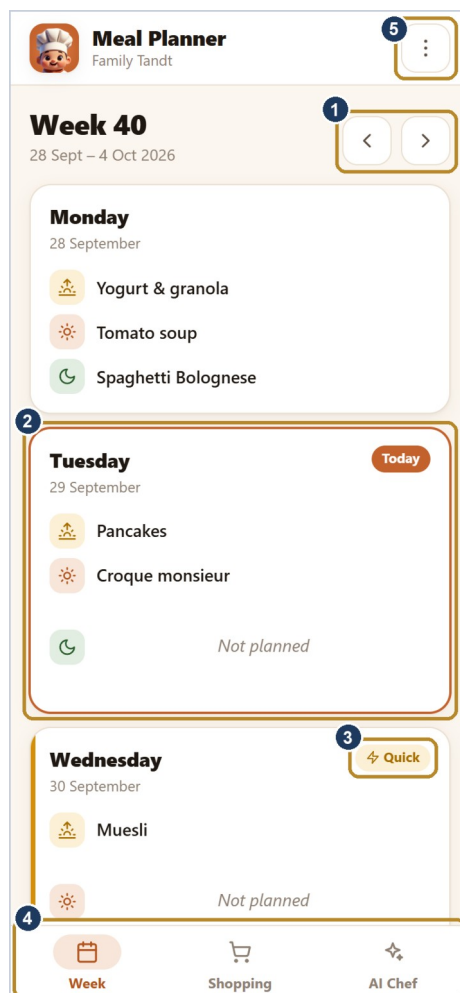


Figure 1. The week screen: everything starts here.

#	Part	What it does
1	Week arrows	Go to the previous or the next week.
2	Day card	Tap it to see and change that day's meals. Today has an orange border.
3	Quick label	The day is busy. The AI chef suggests fast meals for it.
4	Tabs	Switch between Week, Shopping and AI Chef.
5	Menu :	Backup, language, family name, PIN and API key.

2. Quick start: plan tonight's dinner

Purpose: add one meal to today in two minutes.

1. Open Meal Planner on your phone.
2. Enter your 4-digit PIN.
3. Tap today's card. It has an orange border and the label Today.
4. Tap Add next to Dinner (1).
5. Type the name of the meal (2), for example Chicken curry.
6. Tap Save meal (4).

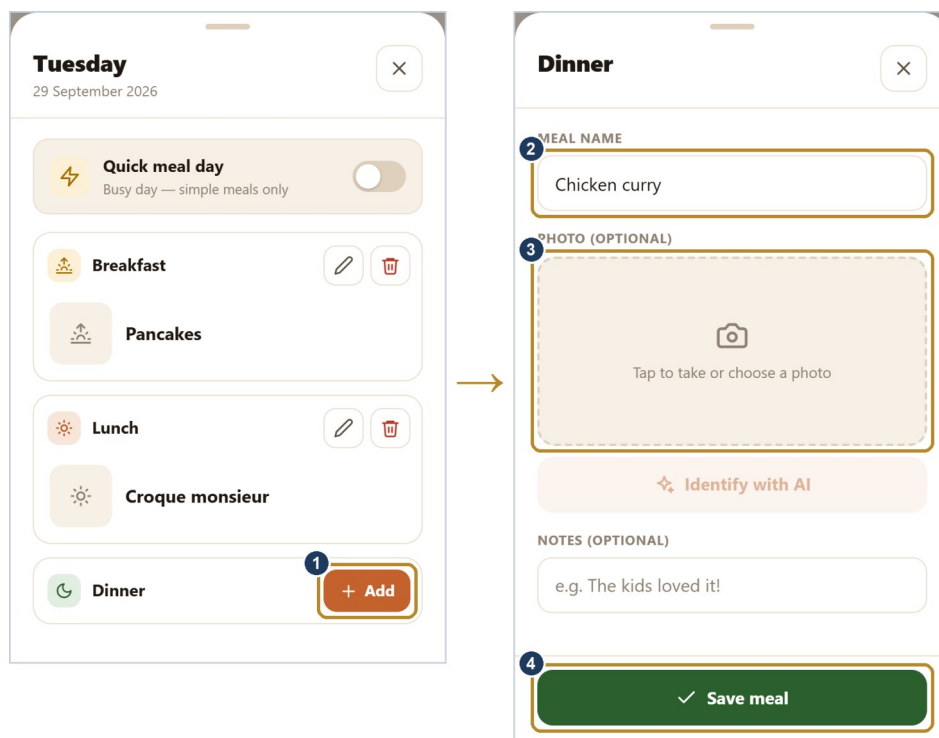


Figure 2. Tap Add, type the meal name, then tap Save meal.

Success: the meal now shows on today's card in the week screen.



TIP — Add a photo

Tap the photo area (3) to take a picture of the dish or choose one. The photo then shows on the day card.

3. Plan your week

Purpose: fill the week, change meals and mark busy days.

Go to another week

- 1. Tap > to see the next week.
- 2. Tap < to go back one week.
- 3. Tap This week to return to the current week. The button shows only when you look at another week.

Mark a busy day as quick

On busy days there is little time to cook. Mark those days as quick. The AI chef then suggests meals that are ready in 20 minutes or less.

- 1. Tap the day's card.
- 2. Tap the Quick meal day switch (1). It turns orange.
- 3. Tap × or anywhere outside the window to close it.

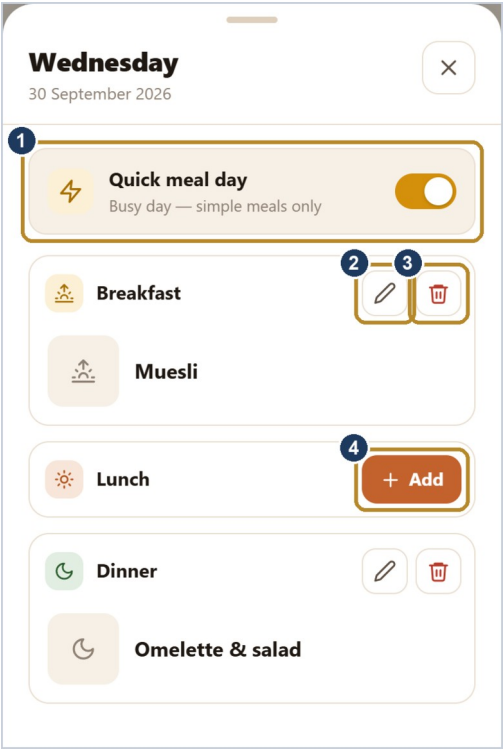


Figure 3. One day: switch Quick meal day on, and change, remove or add meals.

Success: the day card shows the Quick label and an orange stripe on the left.

Change or remove a meal

To	Tap
Change a meal	The pencil (2), or the meal itself
Remove a meal	The bin (3)
Add a meal	Add (4)



TRAP — The bin has no undo

The bin removes the meal and its photo at once. If you tap it by mistake, add the meal again.

4. Let the AI chef plan your week

Purpose: get a full week of meals in one tap.

What you need: an internet connection and an API key in the menu. Appendix A shows how to add the key.

1. Mark the busy days as quick (chapter 3).
2. Tap the AI Chef tab.
3. Tap Suggest meals.
4. Wait while the chef plans. This takes a moment.
5. Read the suggested plan (1). Scroll down to see all 7 days.
6. Tap Apply to calendar (2).
7. If the app asks Replace planned meals?, tap Replace (3) or Cancel (4).

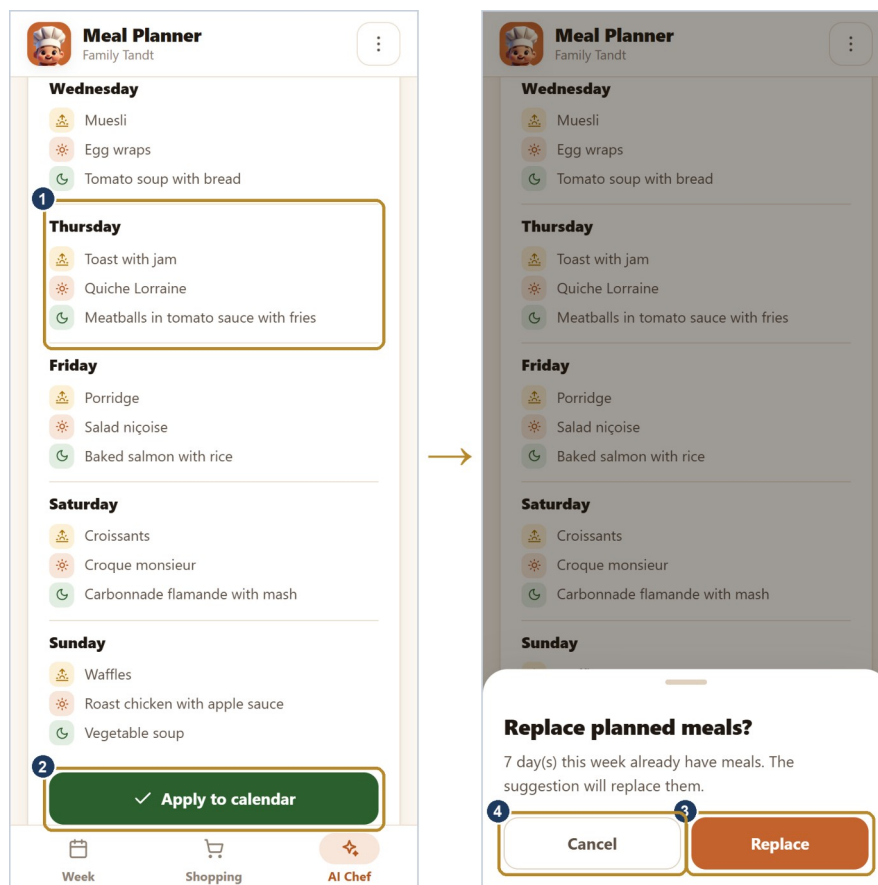


Figure 4. Check the plan, then apply it. Replace only if you want to lose the meals already planned.

Success: the happy chef appears, and the week screen shows the new meals.



TRAP — Replace overwrites the whole week

Replace removes every meal and photo already planned in that week. Tap Cancel to keep them.



TIP — Not happy with the plan?

Tap Suggest meals again for a new plan. Nothing changes until you tap Apply to calendar.



NOTE — Meal names follow the app language

The chef writes in the language of the app. Chapter 7 shows how to change it.

5. Use the shopping list

Purpose: keep one list per shop and tick items off in the store.

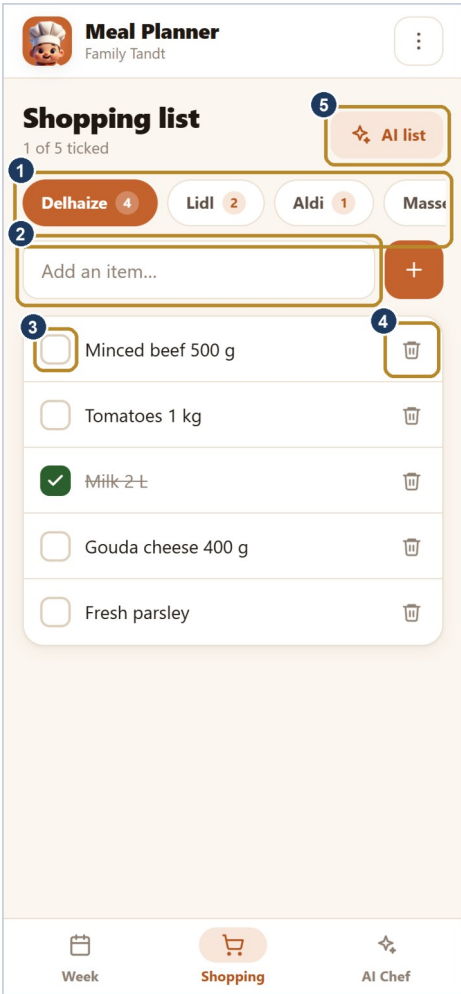


Figure 5. One list per shop: add, tick and delete items.

#	To	Do this
1	Choose a shop	Tap Delhaize, Lidl, Aldi, Massen or Other. The number shows the items still to buy.
2	Add an item	Type the item, then tap +.
3	Tick an item	Tap the box. Tap it again to untick.
4	Delete an item	Tap the bin.
5	Let the AI write the list	Tap AI list. See the steps below.

Let the AI write the list

1. Plan the week first (chapter 3 or 4).
2. Tap the Shopping tab.
3. Tap AI list (5).
4. Wait while the chef writes the list.

Success: new items appear under each shop. Items that are already on a list are not added twice.



NOTE — Which week?

The AI list uses the week you looked at last in the week screen.



TIP — Make the list right after planning

Apply the AI plan, then tap AI list. The whole week's shopping is ready in two taps.

6. Recognise a dish and shop for it

Purpose: find out the name of a dish from a photo, and put its ingredients on the shopping list.

1. Tap the AI Chef tab.
2. Scroll down to Identify a meal.
3. Tap the photo area, then take or choose a photo.
4. Tap Identify this meal (1).
5. Read the name (2) and the description.
6. Tap Add ingredients to shopping list (3).



Figure 6. The chef names the dish; one more tap puts its ingredients on the shopping list.

Success: the happy chef shows how many ingredients were added. Each ingredient is on the list of the shop where you usually buy it.



NOTE — Basics are left out

Salt, pepper, cooking oil and water are not added. Items already on a list are not added twice.



TIP — Use it while you add a meal

The meal editor has an Identify with AI button too. It fills in the name and the notes for you.

7. Change language, family name and PIN

Purpose: make the app yours. All settings are in the menu  at the top right.



Figure 7. The menu holds the backup, language and family settings.

Change the language

1. Tap ⋮.
2. Tap English, Français, Nederlands or Deutsch (3).

The app changes language at once. Each phone keeps its own language.

Change the family name

1. Tap ⋮.
2. Type the name in the Family field (4).
3. Tap Save family name.

The name shows on the lock screen, at the top of the app and in reports.

Change the PIN

1. Tap ⋮.
2. Scroll down to Security.
3. Type your current PIN.
4. Type a new 4-digit PIN.
5. Tap Change PIN.



TRAP — Write your PIN down

The app cannot show or reset a forgotten PIN. Keep it somewhere safe. Chapter 9 shows what to do if it is lost.

8. Back up your data and move it to another phone

Purpose: keep a copy of your meals, photos and lists, and move them to another phone.



NOTE — Your data lives on the phone

Meals and lists are saved on each phone, not online. Two phones do not share changes on their own.

Make a backup

1. Tap ⋮.
2. Tap Export data (backup) (1).
3. Save the file, for example on Google Drive.

The file name looks like tandt-meal-data-2026-10-04.json. It holds the meals, photos, shopping lists and family name.

Restore a backup or move to another phone

1. Open the app on the phone that should receive the data.
2. Tap ⋮.
3. Tap Import data (2).
4. Choose the backup file.

If	Then
A day is in the file and on this phone	The day from the file replaces the day on this phone.
A day is only on this phone	It stays as it is.
A shopping item is in the file and on this phone	It appears once.
Items were ticked on the other phone	Ticks are not copied. Tick them again.



TRAP — Clearing browser data deletes everything

Clearing Brave's site data erases all meals, photos and lists on this phone. Make a backup first.



TIP — Back up every week

Export a backup once a week, for example after the big shopping trip.

9. Fix common problems

If you see	Then
Add your API key first	Tap : and paste the API key under AI settings. See Appendix A.
API key not accepted	The key is wrong or no longer valid. Paste a new key.
AI unavailable — check your connection	Check Wi-Fi or mobile data, then try again.
Unexpected answer — please try again	Tap the same button again.
The AI declined this request	Try again later, or with another photo.
Storage full — changes not saved	Free up space on the phone, then save again.
Wrong PIN — try again	Check the PIN and type it again.
You forgot the PIN	Clear Brave's site data for the app. This removes the PIN and all data on this phone. Then choose a new PIN and import your backup (chapter 8).
The app looks old after an update	Close the app and open it again. In Brave, pull the page down to reload.

Appendix A. Set up the app on a new phone

Purpose: put Meal Planner on a phone for the first time. Do this once per phone.

What you need: the app's web address and an API key (a secret code that lets the app use the AI).

1. Open Brave or Chrome on the phone.
2. Go to the app's web address.
3. Choose a 4-digit PIN (Figure 8).
4. Enter the same PIN again.
5. Tap **:**, choose your language and save your family name.
6. Paste the API key under AI settings, then tap Save API key.
7. Open the Brave menu and tap Install app or Add to Home screen.

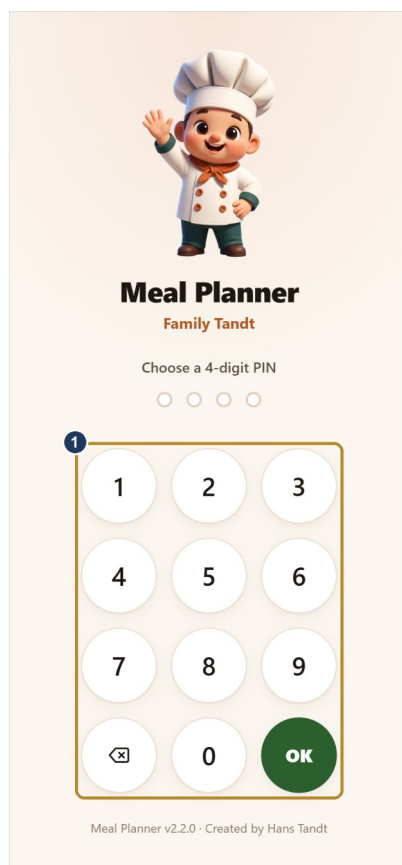


Figure 8. On a new phone you choose your own PIN. After that, the app asks for it each time you open it.

Success: the chef icon is on your home screen. The app opens full screen from there.



NOTE — The API key stays on this phone

Each phone needs the key once. Backups never contain the key.



TRAP — Keep the API key private

Anyone with the key can use the AI at your cost. Do not send it by chat or e-mail.



TIP — Where to get an API key

Create one at console.anthropic.com, under API keys. You need an Anthropic account with credit.

Appendix B. Put the app online with Netlify

Purpose: publish the app on the internet, so every phone can open it. Do this on a computer.

What you need: a free Netlify account (a service that hosts websites) and the folder named app.



Figure 9. Drag the app folder to Netlify; phones then open the web address.



NOTE — Who does this?

Only the person who manages the app. Family members only need Appendix A.

Publish the app for the first time

1. Sign in at app.netlify.com.
2. Open the Projects page of your team.
3. Drag the app folder onto the drop area at the bottom of the page.
4. Wait until the deploy is finished.
5. Copy the web address that Netlify shows. It ends in `.netlify.app`.

Success: the web address opens the lock screen in a browser. Now set up each phone with Appendix A.



TRAP — Sign in before you drop the folder

A folder dropped without signing in stays online for about one hour only. Sign in first, so the app stays online.

Publish an update

1. Sign in at app.netlify.com.
2. Open your project.
3. Open the Deploys page.
4. Drag the whole app folder onto the drop area at the bottom of the page.
5. Wait until the new deploy is finished.
6. On the phone, close the app and open it again.

Success: the web address stays the same. Meals, photos and settings stay on each phone.



TIP — Drag the folder, not the files inside it

The app folder holds the page, the pictures and the icons together. Without them, the chef pictures and the app icon are missing.

Glossary

Term	Meaning
AI chef	The part of the app that suggests meals and recognises dishes.
API key	A secret code that lets the app use the AI chef.
Backup file	A file with all your meals, photos and lists.
Day card	The box for one day in the week screen.
Deploy	Putting a new version of the app online.
Export / Import	Save a backup file / load a backup file.
Netlify	The service that keeps the app online at one web address.
PIN	The 4-digit code you choose to open the app.
Quick day	A busy day that gets fast meals.

Revision history: Version 1.0, 4 October 2026, first edition for Meal Planner v2.0.0. Version 1.1, 4 October 2026, chapter 6 adds the ingredients button (Meal Planner v2.1.0) and Appendix B, Put the app online with Netlify. Version 1.2, 4 October 2026, you choose your own PIN on a new phone (Meal Planner v2.2.0).