

AI as Your Thinking Partner

Session 2 • Prompt Reference Handout

These are the prompts from the session on May 19. Use them as a starting point and adapt them to your own situation. The prompts in each topic build on one another, so you get the best results by using them in order within the same conversation.

Topic 1 Meal Planning and Nutrition

One conversation can take you from a photo of your fridge to a personalized meal plan, recipes, and a printed shopping list.

PROMPT 1 – START WITH A PHOTO OF YOUR FRIDGE

Here is a photo of what I have in my fridge. Identify the main ingredients you can see, then suggest one simple dinner I could make tonight.

How to use this prompt

Take a photo of your fridge content and upload it to the AI tool (drag and drop it or Ctrl-C / Ctrl-V) before typing the prompt. The AI reads from pixels, so it may misread a label or miss something hidden at the back. Always glance over its ingredient list before you continue.

FOLLOW-UP – CORRECT WHAT THE AI GOT WRONG

You got most of that right, but please update the ingredient list.

The container on the top shelf is [correct the item here].

I also have [add any items it missed].

PROMPT 2 – ADD YOUR HEALTH CONTEXT

I am 70 years old and want help thinking about meals. I have [IBS symptoms like cramps and diarrhea], I am [gluten sensitive, and my blood sugar is borderline, so I try to avoid sugar]. I like [fish, chicken, salads, vegetables, pasta, and potatoes.] I do not like [red meat].
What are 5 meal ideas that might fit my needs?

Make this prompt yours

Replace the conditions and preferences above with your own. The AI does not judge. The more specific you are, the more useful the answer.

Note: Any nutrition advice that touches a serious medical condition should go through your doctor first.

FOLLOW-UP – TURN THOSE IDEAS INTO A 3-DAY PLAN

Please turn those ideas into a simple 3-day meal plan with breakfast, lunch, dinner, and one snack each day. Keep it beginner-friendly and avoid complicated recipes.

FOLLOW-UP – GET THE RECIPES FOR DAY 1

Create recipes for lunch and dinner for Day 1.

FOLLOW-UP – BUILD THE SHOPPING LIST

Make a shopping list for this 3-day meal plan. Group it by section:
proteins, vegetables, fruits, grains/starches, pantry items, and snacks.

FOLLOW-UP – MAKE IT SOMETHING YOU CAN PRINT

Turn this into a one-page printable meal planning guide for me. Use large headings, simple language, and a friendly tone.

The key thing to notice

You never start a new conversation. Each prompt builds on the last one. The AI holds everything you told it and keeps adjusting.

One conversation. One fridge photo. A personalized meal plan and a shopping list you can print.

Topic 2 Estate Planning and Digital Legacy

AI will not replace your estate attorney. But it will help you organize your thinking, draft the questions worth asking, and create plain-language documents your family can actually use.

PROMPT 1 – BUILD THE FAMILY SUMMARY

We are a married couple preparing information for our five adult children, who all live in Germany, so they can more easily manage things after one or both of us die.

We own a house, have retirement accounts, and have a will that states how our assets should be distributed. We also have a clear preference that one of our children should manage the process, if that is legally and practically possible.

Please help us create a clear, family-friendly summary of what our children would need to know. Include categories such as legal documents, financial accounts, property, insurance, healthcare wishes, passwords or access instructions, social media accounts, subscriptions, household information, and people they may need to contact.

Use plain language. Do not give legal advice. Make this a practical checklist and summary that we could review with an estate attorney or financial advisor.

Adapt this to your situation

Change the details to match your family: number of children, where they live, what you own, what kind of help you want.

Notice the prompt gives the AI a role, a situation, specific people, and clear limits. It also says what you do not want: legal advice.

PROMPT 2 – CONDENSE IT TO ONE PRINTABLE PAGE

Create a one-page "What Your Family Needs to Know" starter checklist with the twelve categories most families overlook. Include a note at the bottom that says: "This is a starting point, not a legal document."

PROMPT 3 – TURN IT INTO SOMETHING YOU CAN SHARE WITH YOUR FAMILY

Now turn this into a warm, reassuring handout we could share with our children before a family meeting.

The tone should be calm and loving, not frightening or overly formal.

We want them to understand that this is not about expecting something bad to happen soon. It is about making things easier, reducing confusion, and avoiding conflict later.

What these three prompts are doing together

Prompt 1 builds the full structured overview. Prompt 2 shrinks it to something printable. Prompt 3 turns it into something a family can read together without dread.

Same conversation throughout. The AI remembers everything from the first prompt.

Important: AI organizes and drafts. An attorney reviews, validates, and makes it legally binding. These are not interchangeable steps.

Try the same prompt in a different AI tool

Running Prompt 1 in both ChatGPT and Claude will produce noticeably different results.

Neither answer is automatically right or wrong. The comparison is worth seeing.

We will talk more about choosing the right tool in the next session.