The Family & Home Prompt Pack

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Three prompts that take the planning load off a busy family week. They work in Grok Bot, Claude or any AI assistant. Never share children's full names, schools or photos with any AI tool; first names or "Kid 1 / Kid 2" are plenty.

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1. WEEKLY MEAL PLANNER + GROCERY LIST

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Plan dinners for our family for [number] nights.
Household: [number] adults, [number] kids aged [ages].
Likes: [list]. Won't eat: [list]. Allergies/diet: [list].
Busy nights (need 20 minutes or less): [days]. One night is [takeout / leftovers].
Budget: [amount]. Store: [store].

Give me:
1. A dinner table: day, meal, prep time, and one kid-friendly tweak.
2. Two meals that double as next-day lunches.
3. A grocery list grouped by store aisle, with quantities, marking what's probably
already in the pantry.
4. A 30-minute Sunday prep plan.
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2. KIDS' BIRTHDAY PARTY PLANNER

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Help me plan a birthday party.
Turning: [age]. Loves right now: [interests]. Guests: about [number] kids + [number]
adults.
Date: [date]. Budget: [amount]. Venue: [home / park / venue]. Length: [hours].

1. Suggest 3 themes with a one-line vibe each. I'll pick one.
2. For the chosen theme, build:
   - a 6-week countdown timeline (invitations, orders, confirmations)
   - a run-of-show for the day, in 15-minute blocks
   - a vendor checklist: cake, decorations, entertainment, rentals, favors, each with
questions to ask and when to book
   - a guest list table: name, parent contact, RSVP, allergies
   - a shopping list split into order online / pick up / already have
3. Add a rainy-day backup and a simple thank-you note template.
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3. FAMILY CALENDAR & SCHOOL-WEEK ORGANIZER

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Here's our week: [paste school schedule, activities, work travel, appointments].
Family: [number] adults, [number] kids.

1. Build a Monday-to-Sunday grid showing who is where, and when.
2. Flag conflicts and pickups with no one assigned, and suggest fixes.
3. List what needs to be packed or signed each day (forms, sports kit, library books,
snacks).
4. Write a 5-line "week ahead" summary I can send to my partner or our sitter.
5. Remind me of anything due next week that needs action this week.
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