



Stuck on What to Eat? AI Can Help —Here's How

If you've ever stared into your fridge hoping dinner would magically appear, you're not alone. It's a daily decision that can feel like a grind—especially when you're short on time, ingredients, or motivation.

Enter Artificial Intelligence, or AI.

AI is a type of technology that can take what you type—like a question or a list of ingredients—and instantly generate a helpful, human-like response. It's not magic, and it's not just for tech experts. It's a practical, easy to use tool that anyone can master.

One of the most popular and easy-to-use AI tools is called ChatGPT. It's free, simple to access, and surprisingly useful in the kitchen. You can ask it for healthy recipe ideas using foods you already have, tailored to your needs—whether that's eating more fiber, cutting sodium, or finding meals without dairy or gluten.

How to Use ChatGPT

Go to chat.openai.com. You don't need an account to get started. Just type a request like:

"I have canned black beans, frozen corn, and a bell pepper. I'm trying to eat more plant-based meals. What can I make for dinner?"

ChatGPT will suggest meal ideas in seconds. You can also ask it to change the recipe, simplify the steps, or substitute ingredients. It's interactive and works best when you give it details.

It's a Conversation, Not Just a One-Time Ask

One of the best parts about using ChatGPT and similar AI models is that you don't have to get it perfect on the first try. You can treat it like a conversation. If the recipe calls for something you don't have—say, red onion—and all you have is scallions, you can just ask, "Can I use scallions instead of red onion in this recipe?"

Or, if the first suggestion doesn't sound appealing, you can say, "Give me a different version without pasta," or "Can you make this spicier?"

You can keep asking follow-up questions to refine the meal until it works for your taste, your pantry, and your health goals. ChatGPT will adjust based on each new message—so you can co-create a meal that fits.

What to Include in Your Prompt

For the best results, tell it:

- What ingredients you have
- Your nutrition or health goals
- Specific nutrients you want to include (like fiber, potassium, or protein)
- What kind of food you're in the mood for (like soup, stir-fry, or Mexican-inspired)
- Any limits or exclusions (like no dairy, quick to make, stovetop only)
- How many people you're cooking for

Smart Sample Prompts

"Make a heart-healthy lunch using canned salmon, sweet potatoes, and spinach. I only have 15 minutes."

"I need a high-fiber plant-based dinner using lentils, carrots, and brown rice. No oven."

"I'm cooking for two. Show me a low-sodium dinner with oats, beans, and leafy greens."

"I have zucchini, tomatoes, and chickpeas—but no onions. What can I make?"

"Using brown rice and black beans, give me a Mexican-inspired dinner that's high in fiber and easy to make."

"Give me step-by-step instructions on how to make a great Chinese stir-fry with tofu and assorted vegetables."

"Create a balanced dinner that's around 500 calories with 30% of calories from fat, using quinoa and vegetables. I also have olive oil, avocado, and pistachios."

AI might sound futuristic, but it's already helping people make better choices with less stress. When you pair your personal goals with the foods you already have, tools like ChatGPT can help you figure out what's next—one meal at a time.

Lemony Artichoke & Farro Skillet with Chickpeas and Herbs



This recipe was created by AI with the prompt, “Create a Mediterranean-inspired, high-fiber vegetarian dinner using canned artichoke hearts, cooked farro, and a lemon. I want something with bold flavor, around 500 calories per serving, and minimal chopping. Two servings.”

Ingredients:

- 1 cup cooked farro
- 1 can artichoke hearts (in water), drained and quartered
- 1/2 can chickpeas, drained and rinsed
- 2 tbsp olive oil
- 2 cloves garlic, minced (or 1/2 tsp garlic powder to save time)
- Zest and juice of 1 lemon
- 1/4 tsp smoked paprika
- 1/4 tsp dried oregano
- Salt and pepper to taste
- Optional: chopped parsley or crumbled feta for garnish

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add garlic (or garlic powder), paprika, and oregano. Sauté for 30 seconds to bloom the spices.
2. Add artichokes and chickpeas. Cook for 3–4 minutes, stirring occasionally, until slightly golden.
3. Stir in the farro, lemon zest, and juice. Cook another 2–3 minutes until everything is heated through and flavors meld.
4. Taste and adjust seasoning. Top with parsley or feta if using. Serve warm.