

# Captain's Meal Plan

*Protein-forward, one-week plan. AI drafts. Whoever shops collaborates.*

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Most family captains lose this battle by 6pm because they didn't decide at 9am. Today: a one-week meal plan that defaults to protein, not pizza.

## Action checklist

- Open Claude. Tell it the household — kids' ages, any allergies, budget reality.
- Ask for:
  - 7 dinners, protein-forward, ~30 min prep each
  - A grocery list grouped by store section
  - 2 lunch defaults (sandwiches, leftovers, etc.)
  - One "easy night" — accept that night exists
- Hand the draft to whoever does the shopping. Collaborate; don't dictate.
- Stock the pantry by Monday.

## Scripture sit

*Proverbs 31:15 — A wise household plans meals. The captain participates in the planning, not just the eating.*

## What I noticed

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## Captain's next move

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