Sample Prompt

CHAPTER-07

Personal life related solution from DeepSeek

04 Shopping List

Tips for Creating Effective Shopping List Prompts

1. **Be Specific** – The more details you provide, the better the output.

   o *"Give me a shopping list."* **(Wrong)**

   o *"Generate a vegan shopping list for a 5-day meal plan."* **(Right)**

2. **Include Constraints** (Budget, Dietary Needs, Time Frame).

   o *"Create a budget-friendly shopping list for a family of 3 under $70."*

3. **Mention Quantity & Duration** – Helps in generating a precise list.

   o *"List ingredients for 7 days of gluten-free lunches."*

4. **Specify Cuisine or Theme** – Useful for themed shopping lists.

   o *"Generate a shopping list for Italian dinner recipes."*

5. **Ask for Alternatives** – Useful for substitutions.

   o *"What are cheaper alternatives to organic produce?"*

6. **Request Organization** – Ask for categorized lists (e.g., by aisle or meal type).

   o *"Organize this shopping list by grocery store sections."*

7. **Use for Comparison** – Helps in decision-making.

   o *"Compare shopping lists for meal prep vs. daily cooking."*

Top 100 Shopping List Prompts

Basic Shopping List Prompts

1. "Generate a basic grocery shopping list for a family of four for one week."

2. "Create a shopping list for a vegetarian meal plan for five days."

3. "List essential pantry items for a beginner cook."

4. "Make a shopping list for a keto diet for one week."

5. "Suggest a shopping list for a college student on a tight budget."

Meal Planning & Recipes

6. "Generate a shopping list based on these three dinner recipes: [Insert Recipes]."

7. "Create a shopping list for a Mediterranean diet meal plan."

8. "What should I buy to make homemade pizza from scratch?"

9. "List ingredients needed for a week of healthy smoothie breakfasts."

10. "Generate a shopping list for a 7-day weight loss meal plan."

Special Diets & Allergies

11. "Make a gluten-free shopping list for a family."

12. "What should I buy for a dairy-free meal plan?"

13. "Generate a shopping list for a diabetic-friendly diet."

14. "List nut-free snacks for kids' lunchboxes."

15. "Create a vegan shopping list for a beginner."

Budget-Friendly Shopping

16. "Generate a shopping list for a $50 weekly grocery budget."

17. "What are the cheapest but healthiest grocery items to buy?"

18. "Create a shopping list for a low-budget student living alone."

19. "Suggest affordable bulk-buy items for a family."

20. "List the best cost-effective substitutes for expensive ingredients."

Seasonal & Holiday Shopping

21. "Generate a shopping list for a Thanksgiving dinner for 10 people."

22. "What should I buy for a summer BBQ party?"

23. "Create a Christmas baking ingredients shopping list."

24. "List essential items for a picnic shopping list."

25. "Generate a back-to-school grocery shopping list for kids."

Health & Fitness Focused

26. "Make a shopping list for muscle-building meals."

27. "List high-protein foods for a gym diet."

28. "Generate a shopping list for a low-carb meal plan."

29. "What should I buy for a heart-healthy diet?"

30. "Create a shopping list for an anti-inflammatory diet."

Quick & Easy Meals

31. "Generate a shopping list for 5 easy 15-minute dinners."

32. "List ingredients for a no-cook meal plan."

33. "What should I buy for a week of slow cooker meals?"

34. "Create a shopping list for freezer-friendly meals."

35. "Suggest ingredients for a one-pot meal plan."

International Cuisine Shopping Lists

36. "Generate a shopping list for a week of Italian meals."

37. "List ingredients needed for Mexican dishes."

38. "Create a shopping list for Japanese home cooking."

39. "What should I buy for Indian vegetarian cooking?"

40. "Generate a shopping list for Thai food recipes."

Baby & Kids Shopping Lists

41. "Make a shopping list for baby food ingredients (6-12 months)."

42. "List healthy snack options for toddlers."

43. "Generate a shopping list for school lunch ideas."

44. "What should I buy for homemade baby purees?"

45. "Create a shopping list for kid-friendly dinner ideas."

Bulk & Pantry Stocking

46. "List essential bulk-buy items for long-term storage."

47. "Generate a shopping list for stocking a pantry from scratch."

48. "What are the best non-perishable items to stock up on?"

49. "Create a shopping list for emergency food supplies."

50. "List the best freeze-and-store meal ingredients."

Eco-Friendly & Zero-Waste Shopping

51. "Generate a shopping list for a zero-waste kitchen."

52. "What reusable items should I buy instead of disposable ones?"

53. "List package-free grocery items to reduce plastic waste."

54. "Create a shopping list for sustainable household products."

55. "Suggest eco-friendly alternatives for common kitchen items."

Special Occasions & Parties

56. "Generate a shopping list for a birthday party buffet."

57. "What should I buy for a wine and cheese night?"

58. "List ingredients for a homemade chocolate fondue."

59. "Create a shopping list for a cocktail party."

60. "Generate a shopping list for a brunch gathering."

Pet Supplies Shopping

61. "Make a shopping list for a new dog owner."

62. "List essential cat supplies for first-time owners."

63. "Generate a shopping list for homemade dog treats."

64. "What should I buy for a small pet (rabbit/hamster)?"

65. "Create a shopping list for aquarium fish supplies."

Household Essentials

66. "Generate a shopping list for basic cleaning supplies."

67. "List eco-friendly home cleaning products."

68. "What should I buy for a minimalist home setup?"

69. "Create a shopping list for laundry essentials."

70. "Suggest must-have organizational tools for the home."

Tech & Gadgets Shopping

71. "Generate a shopping list for kitchen gadgets under $100."

72. "List must-have smart home devices for beginners."

73. "What should I buy for a home office setup?"

74. "Create a shopping list for camping gear essentials."

75. "Suggest useful travel accessories for frequent flyers."

Clothing & Fashion Shopping

76. "Generate a shopping list for a minimalist wardrobe."

77. "List essential winter clothing items."

78. "What should I buy for a professional work wardrobe?"

79. "Create a shopping list for workout clothes."

80. "Suggest sustainable fashion brands for ethical shopping."

Beauty & Personal Care

81. "Make a shopping list for a basic skincare routine."

82. "List must-have haircare products for curly hair."

83. "Generate a shopping list for natural beauty products."

84. "What should I buy for a DIY spa day at home?"

85. "Create a shopping list for travel-sized toiletries."

Gift Shopping Lists

86. "Generate a shopping list for last-minute gift ideas."

87. "List thoughtful gifts under $20."

88. "What should I buy for a self-care gift basket?"

89. "Create a shopping list for a baby shower gift."

90. "Suggest personalized gift ideas for anniversaries."

Miscellaneous Shopping Lists

91. "Generate a shopping list for a first-aid kit."

92. "List car essentials for a road trip."

93. "What should I buy for a home gardening starter kit?"

94. "Create a shopping list for a DIY home repair toolkit."

95. "Suggest books to buy for a home library."

96. "Generate a shopping list for a home gym setup."

97. "List board games and entertainment for family nights."

98. "What should I buy for a home bar setup?"

99. "Create a shopping list for a photography hobbyist."

100. "Generate a shopping list for a weekend camping trip."