

Preferences

Tell the 7-Day Meal Plan Generator how it should build a realistic weekly plan for your routine.

What this module does

Preferences controls how the meal plan generator should work. You define the number of meals per day, whether own menus, imported recipes or quicker meals may be used, which foods should be excluded, which foods you dislike and what planning notes the system should consider.

When to use it

Use Preferences before generating a weekly plan. Update them when your daily routine, preferred cuisines, fixed meals, exclusions or dislikes change.

Step-by-step tutorial

1. Open the 7-Day Meal Plan from the dashboard.
2. Go to Preferences.
3. Choose how many meals per day you want in your plan.
4. Decide whether the generator may use your own menus, imported recipes or quicker meals where possible.
5. If you often eat the same breakfast, lunch or dinner, set fixed own menus as your standard preference.
6. Use fixed own menus for meals that should regularly appear in your plan.
7. Remember that you can also set fixed meals later directly inside the 7-Day Meal Plan Generator, day by day.
8. Enter preferred cuisines to guide the generator toward meals you are more likely to enjoy.
9. Enter foods you want to exclude. Excluded foods should not appear in your plan.
10. Enter foods you dislike. Disliked foods are treated more softly and avoided where possible.
11. Add planning notes, for example warm lunches, simple dinners or no spicy food.
12. Click Save preferences.
13. Go back to the generator and create a more personal weekly plan.

What happens next

Your preferences stay saved until you change them. Future 7-day plans can be created more realistically for your everyday routine.

Practical tips

- Use Excluded foods only for foods that really should not appear.
- Use Disliked foods for items that are not ideal but not strictly forbidden.
- Fixed own menus are useful for repeated breakfasts, regular lunches or family meals.
- Planning notes help the generator understand practical details that checkboxes cannot cover.