AI MADE EZ · LEVEL 1 SUMMARY

AI, in plain words

8 lessons · about 85 minutes in all · free

01 Meet the chef **02** Placing your order **03** Make it like this **04** Taste before you serve
05 Your own station **06** Take-home containers **07** Pantry and meal kits **08** Write your recipe card

01 Meet the chef.

- Claude is your chef.
- It has never tasted food.
- So once in a while, it invents a dish.

Who is it for?
What do I have?
What do I never want?
How fast / how big?
Then ask: Which facts should I double-check?

02 Placing your order.

- A vague order gets a vague dish.
- Details are flavor.
- You can send it back.

Who is it for, and one true detail?
What tone?
How long?
End with: Ask me anything you need first.
Then send it back with one change: shorter / warmer / mention ___.

03 Make it like this.

- “Friendly but professional” means a hundred things.
- Show the chef a dish you like.
- Your example is your style.

What do I need? (the job)
Who is it to?
Paste one short thing I really wrote.
Say: Copy the tone and length, not the facts.
Clean out names and numbers first.

04 Taste before you serve.

- The chef can be sure and wrong.
- So taste it first.
- Some things never go in the pot.

Taste before you serve:
1. Does it make sense?
2. Can I check it somewhere real?
3. Would I bet on it?
Ask: How sure are you, and where can I check?

05 Your own station.

- A chat forgets.
- A Project is a station for one job.
- Set it up once.

One station per job (trip, garden, shop).
Instructions: who, budget, pace, never list, how answers should look.
Files: helpful ones, with booking and ID numbers taken out.
Start those chats inside the station.
Update it when plans change.

06 Take-home containers.

- Food you can’t carry home is no use.
- Name the container.
- Say what to leave out.

For the fridge: a checklist with boxes
For a group chat: a short text under 60 words
For who-does-what: a table (who, what, when)
For a week: a day-by-day list
Always add: No intro, no closing line.

08 Write your recipe card.

- A recipe card is a skill.
- Four parts.
- Then taste-test it.

07 Pantry and meal kits.

- Your pantry is what’s always on the shelf.
- Claude has a place for it.
- Meal kits are ready-made skills.