



YOUR KITCHEN, COLLECTED

# The Recipe Keeper *AI Handbook*

What it's for, everything it does, and how to actually get  
the most out of it.

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## Why this exists

Good recipes end up scattered everywhere except one place — a link a friend sent, a video you saved and will never find again, a caption you screenshotted, a card in a drawer. Recipe Keeper *AI* exists to fix that one specific problem: however you find a recipe, get it into one calm, searchable home in under a minute, without retyping a word of it.

From there, the app tries to earn its keep well past the moment you hit save — helping you plan the week, build a shopping list without doing the mental math of merging four recipes' worth of ingredients, and actually remember which ones were good enough to make again.

The AI underneath has exactly one job: turning messy source material — a caption full of hashtags, a rambling video description, a blog post buried in ads — into a clean, structured recipe. It's explicitly told not to invent quantities or steps that aren't there, so what you get back is what was actually in the source, just organized.

That same AI also powers **Ask ArfAI** – a built-in cooking assistant, always a tap away, that can suggest something to cook from your own saved recipes, answer a substitution or technique question about a specific recipe, or field a general cooking question with no recipe attached at all.

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## Getting started

### 1 Sign in

Google or email – everything syncs to your account from there, on every device.

### 2 Save your first recipe

Paste a link, a video, a post, or plain text – or write one from scratch.

### 3 Organize as you go

Tag it, favourite it, drop it into a cookbook.

### 4 Plan and shop

Add it to a day on the planner, then generate a grocery list from the week.

#### PLANS

## Plans & limits

Every new account starts on **Freemium**: 20 recipe extractions and 10 Ask ArfAI questions in your first 7 days, no card required — enough to properly try the app before deciding anything.

- Once those run out, or the 7 days pass, new extractions and **Ask ArfAI** pause until you upgrade — anything that calls on the AI behind the scenes.
- Everything you've already saved keeps working exactly as before: browse, search, and open your recipes, add them to a cookbook, the planner, or an event, build grocery lists, and export — none of that is ever affected.
- **Premium** removes the extraction cap, the ArfAI question cap, and the 7-day window entirely. Monthly and annual plans are on the way.



## MY RECIPES

### Capturing recipes

One box handles almost anything you paste into it — the app figures out what it's looking at.

- **Any recipe website** — paste the link.
- **YouTube** — paste the video link; pulled from the description and transcript.
- **Instagram** — paste the post link; pulled from the caption, and the comments if the recipe is posted there instead.
- **Pinterest** — paste the pin link; if the pin itself is just marketing copy, it follows the outbound link to the real source.
- **TikTok** — paste the video link; pulled from the caption.
- **A tweet** — paste the link; pulled from the tweet text.
- **Plain text** — paste a caption you copied, a note, anything with a recipe in it.
- **A photo** — upload one or more photos of a handwritten recipe card, a screenshot, or a cookbook page. Add several before extracting if a recipe spans two sides of a card or several pages — they're combined into one recipe.

- **Write your own** — a blank form for a family recipe or one from memory, no extraction involved.

If a link can't be read, you're offered a way to save the link anyway rather than lose it — you can fill it in properly later. For a photo, try a clearer or brighter shot, or make sure handwriting is legible.

Thumbnails come along automatically wherever the source has one. Instagram's and TikTok's own image links expire after a few days, so those photos are copied and re-hosted permanently the moment you save — no dead thumbnails down the line. You can also add or replace a recipe's photo yourself at any time, from the edit screen or while writing one from scratch.

## MY RECIPES

### Finding things again

- Search across name, description, cuisine, ingredients, and tags at once.
- Filter by any tag, or by the pinned **Favourites**, **Tried**, and **Top rated** (4-5 stars) chips.
- Quick actions right on each card — add it to the planner, a cookbook, an event, or your grocery list without opening it.
- Favourite a recipe right from its card — no need to open it.
- **Select** mode lets you multi-select recipes, then share, print, or delete them together.

## RECIPE DETAIL

### Opening a recipe

- Adjust the serving size and every ingredient quantity scales with it.
- Mark it **tried** and rate it — this also tags it "Tried" automatically, so it's filterable.
- Keep a running log of personal notes on it, separate from the recipe content itself — each note you add stays as its own entry rather than overwriting the last one.

- Ask a question about it – a substitution, a technique, or ask it to translate the recipe into another language – and get an answer with the full recipe as context. Save the answer as a new note entry, or have the recipe itself rewritten to incorporate it, with a preview before anything changes.
- Edit any field, manage its tags, or replace the photo.
- Add it to the meal planner, an event, or a cookbook – or send its ingredients straight to your grocery list.
- **Share** copies a link to your clipboard – anyone who opens it can view the recipe once signed in, and save their own copy into their collection.
- Export it as its own PDF, or delete it.

#### COOKBOOK TAB

## Cookbooks

- Create as many named cookbooks as you like – "Weeknight Dinners," "Holiday Baking," whatever groupings actually make sense to you.
- Add or remove recipes to a cookbook from the recipe's own screen.
- Search your cookbooks, separately from creating a new one.
- Export a whole cookbook as a single PDF.
- Deleting a cookbook never touches the recipes inside it – it only removes the grouping.

#### MEAL PLANNER TAB

## Meal Planner

- Week and month views, with Previous / Today / Next to move around.
- Add a saved recipe, or just freeform text ("leftovers," "eating out"), to any day.
- Tap a planned entry to open the actual recipe.
- Repeat the current week or month forward, or clear one out and start over.

- Build a grocery list from any date range — it appends and deduplicates, so it's safe to add more days later and generate again.

#### EVENTS TAB

## Events

- Create an event with a name and date — Thanksgiving, a birthday dinner, book club.
- Attach recipes or freeform items to it.
- Build a grocery list from everything attached to that event.

#### MEAL PLANNER & EVENTS, OR ANY RECIPE

## Grocery lists

- Auto-built and deduplicated from whatever recipes you've planned — one line per ingredient, not per recipe.
- Every auto-added item shows which recipe it came from, and links straight back to it.
- Add your own items any time — there's no need to "generate" before you can start a list.
- Check items off as you shop.
- Copy the whole list as plain text — ingredients only, no clutter — ready to paste into WhatsApp or anywhere else.
- Add a single recipe's ingredients to your list directly from its own screen, wherever you opened it from.

#### QUICK NOTES TAB

## Quick Notes

- Freeform sticky notes for anything unrelated to a specific recipe — a shopping reminder, an idea, whatever.

- Click a note open into a full, easily scrollable editor rather than squinting at a small card.
- **Ask ArfAI** — a general cooking question box, no recipe attached, with the option to save the answer as a note for later.

## ACCOUNT

### Your account

- Sign in with Google or email — everything is tied to your account and synced everywhere you use it.



### Getting the most out of it

**Tag consistently.** New recipes are automatically steered toward tags you've already used, so "Italian" won't quietly drift into "italian food" as your collection grows.

**Rate what you actually cook.** The Top rated filter is only as useful as the ratings behind it — it's worth the five seconds after dinner.

**Never lose a link.** If extraction fails on something you care about, save the link anyway — you can fill it in later, or lean on the recipe's own Q&A box once it's saved.

**Grocery matching is deliberately literal, not AI-merged.** "Flour" and "all-purpose flour" won't combine on their own — phrase ingredients similarly across recipes if you want tighter lists, or tidy by hand before you shop.

**File it while it's fresh.** Add a recipe to a cookbook the moment you save it — future you will not remember to circle back.

**Ask the recipe, not a search engine.** "Ask about this recipe" already has the full ingredients and method as context, so substitution and technique questions get a more useful answer than a generic search.

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*Less retyping, less mental math, more actual cooking.*