

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Family Breakfast Rotation MCP

Automated breakfast scheduling that fits your morning routine.

Family Breakfast Rotation MCP handles the mental load of morning meal planning. It builds weekly breakfast schedules based on your specific constraints like prep time, budget, and nutritional needs. Your AI client uses this to generate meal plans, check food group variety, and ensure every breakfast fits your family's schedule.

A+ Quality Score 100/100

breakfast

scheduling

nutrition

family

meal-planning



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Family Breakfast Rotation MCP

4 tools available

Cloud-hosted on Vinkius

Managing breakfast for a busy household shouldn't feel like a second job. This MCP gives your AI client the ability to act as a dedicated meal planner that actually understands your morning constraints. Instead of staring at a fridge and guessing, you can tell your agent exactly how much time you have before the kids need to leave or what your grocery budget looks like for the week.

It works by pulling from a recipe catalog and running those options through your specific rules. If you need to keep prep under 15 minutes or ensure you aren't eating the same thing three days in a row, the MCP handles the math. It checks for nutritional balance across the week so you aren't just eating carbs every single morning. You can use it to build a full seven-day plan or just check if a specific idea fits your current constraints. It's about removing the decision fatigue from your morning routine.

Core Capabilities

01 — Constraint-Based Planning

Your agent uses this to build schedules that respect your time and money.

03 — Recipe Discovery

Your client pulls from a catalog of breakfast options to find new ideas.

02 — Nutritional Auditing

The AI checks your weekly plan to ensure food group variety.

04 — Plan Validation

The agent verifies that a proposed menu doesn't break your rules.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/family-breakfast-rotation — connect your AI agent in three steps.

- 01
- Connect your preferred MCP-compatible client to Vinkius.
- 02
- Ask your agent to browse the recipe catalog.
- 03
- Provide your constraints like prep time, budget, and number of people.
- 04
- Let the agent generate or validate a weekly rotation.
- 05
- Review the final breakfast schedule in your chat interface.

Connect your AI client to Vinkius and start planning immediately.

Built For

This is for anyone managing a household schedule who wants to automate meal decisions.

Busy Parents

Hand off the weekly meal planning and nutritional checking to your agent.

Meal Planners

Use the tool to quickly generate and validate structured breakfast rotations.

Household Managers

Delegate the task of balancing food variety and budget constraints.

What Changes When You Connect

- 01
- Reduces morning decision fatigue by providing a set schedule.
- 02
- Enforces strict time limits to prevent late starts.

-
- 03** Maintains nutritional balance through food group distribution checks.
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- 04** Keeps meal planning within your weekly grocery budget.
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Real-World Applications

Tight Morning Schedules

Generate a plan where every meal is guaranteed to be ready in under 15 minutes.

Healthy Eating

Use the nutrition tool to make sure your family isn't eating the same food groups every day.

Budget Management

Create a breakfast rotation that stays under a specific dollar amount per serving.

Menu Variety

Avoid repetitive meals by setting limits on how often a recipe can appear in a week.

Patterns to Avoid

Ignoring time constraints

❌ AVOID

You ask your agent to plan a week of breakfasts without mentioning that you only have 10 minutes before the bus arrives.

✓ INSTEAD

Always include your morning time limits so you can use `validate_rotation_constraints` to ensure no meal breaks your schedule.

Overlooking nutritional variety

❌ AVOID

You let the agent pick any breakfast it wants, resulting in a week of nothing but pancakes and waffles.

✓ INSTEAD

Use `calculate_nutrition_variety` to check that your plan actually distributes different food groups throughout the week.

Budget blindness

❌ AVOID

You request a high-end breakfast plan without specifying a weekly spending limit for groceries.

✓ INSTEAD

Set a clear dollar amount per serving and use `generate_weekly_rotation` to build a plan that stays within your budget.

The Right Fit

Connect this MCP if you manage a household and want to stop making the same breakfast decisions every single morning. Do not connect it if you don't care about meal variety or budget tracking. The decision depends entirely on whether you want to automate your morning routine based on strict constraints.

Family Breakfast Rotation MCP Tools

These tools let your agent build, check, and refine breakfast schedules based on your specific time, budget, and nutrition rules.

#	TOOL	DESCRIPTION
01	calculate_nutrition_variety	This tool checks how well your meal plan distributes different food groups. It ensures your weekly rotation stays healthy and balanced.
02	generate_weekly_rotation	This tool builds a specific sequence of breakfasts for your chosen number of days. It follows the constraints you provide for time and cost.
03	get_recipe_catalog	This tool provides a list of all available breakfast recipes. It includes the base properties for each option to help your agent plan.
04	validate_rotation_constraints	This tool tests an existing breakfast plan against your specific limits. It flags if a meal takes too long to make or exceeds your budget.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

- U** Generate a 5-day breakfast rotation for 4 people with a 15-minute prep limit and a max repeat limit of 2.



Here is your 5-day breakfast plan: Monday: Oatmeal, Tuesday: Yogurt Parfait, Wednesday: Breakfast Burrito, Thursday: Avocado Toast, Friday: Protein Shake.

- U** What breakfast recipes are available in the 'grain' category?



The available grain-based recipes are Oatmeal, Whole Grain Toast, and Bran Muffins.

- U** Check if this rotation plan is valid for a 20-minute time limit: {"schedule": [{"dayIndex": 0, "recipeId": "r1", "recipeName": "Pancakes", "prepTime": 25, "totalCost": 5.0}]}



The rotation plan is invalid. The preparation time for Pancakes (25 minutes) exceeds your strict limit of 20 minutes.

Frequently Asked Questions

01 How does this MCP help with healthy eating?

It uses a tool to calculate nutrition variety, which checks how well your meals distribute different food groups across the week.

02 Can I set a time limit for breakfast prep?

Yes. You can tell your agent your maximum prep time, and it will use that to generate or validate your rotation.

03 Which AI clients can I use with this?

You can use this MCP with any compatible client like Claude, Cursor, Windsurf, or VS Code.

04 Does it handle grocery budgets?

Yes, you can include budget constraints when asking your agent to generate a weekly rotation.

05 How do I see what recipes are available?

You can simply ask your agent to get the recipe catalog to see the available options and their properties.

06 How do I create a new breakfast plan?

You can use the `generate\_weekly\_rotation` tool by providing the number of days, maximum prep time, number of servings, and your repeat limits.

07 Can I filter recipes by food type?

Yes, use the `get\_recipe\_catalog` tool and provide a category like 'hot', 'cold', 'grain', or 'protein' to filter the available options.

08 How is the nutritional variety calculated?

The `calculate\_nutrition\_variety` tool analyzes the food groups of your selected recipes to provide a diversity metric.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"family-breakfast-rotation": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Family Breakfast Rotation is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

LICENSE & USAGE

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