

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 Meal Calendar MCP.

Automate your weekly meal planning around your actual life.

Family Meal Calendar MCP builds a seven-day meal schedule that actually works for your household. It looks at your food budget, dietary restrictions, and how much free time you have to cook. Instead of guessing what to eat, your AI client uses this tool to generate a plan that fits your wallet and your calendar.

A+ Quality Score 100/100

meal-planning

budgeting

dietary-restrictions

scheduling

household



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 Meal Calendar MCP

4 tools available

Cloud-hosted on Vinkius

Stop staring at the fridge wondering what to make. This MCP handles the heavy lifting of weekly meal planning by treating your household constraints as hard rules. If you have a strict budget, it keeps the grocery list under that limit. If someone in the house is allergic to peanuts, it won't suggest a recipe containing them. It even checks your calendar to make sure you aren't trying to cook a three-hour roast on a night you're stuck at work late. You give your agent your constraints, and it gives you a structured, ready-to-use seven-day plan. It's about making sure the food you plan to eat is actually something you can afford, can eat, and have time to prepare.

Core Capabilities

01 — Constraint-based planning

Your agent builds schedules based on your specific budget and dietary rules.

02 — Dietary safety checks

The AI verifies that recipes don't contain ingredients that violate your household restrictions.

03 — Budget tracking

The tool calculates the total cost of your meal selections to keep you under your limit.

04 — Time management

The MCP checks if you actually have enough time in your schedule to prepare the chosen meals.

One Click on Vinkius — From Prompt to Execution

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

- 01
- Connect the MCP to your preferred AI client via Vinkius.
- 02
- Tell your agent your budget, dietary needs, and schedule.
- 03
- The agent uses the tools to build and validate the plan.
- 04
- Review the final seven-day calendar generated by the agent.

Connect the MCP to your client and start giving instructions.

Built For

This is for anyone managing a household who wants to take the guesswork out of grocery shopping and cooking.

Busy Parents

They hand off the task of balancing dietary needs with tight evening schedules.

Budget-conscious Households

They use the tool to ensure meal plans stay within a set weekly spending limit.

Health-focused Individuals

They rely on the tool to strictly enforce dietary restrictions like veganism or allergy avoidance.

What Changes When You Connect

- 01
- Reduces food waste by planning meals around specific availability.
- 02
- Prevents budget overruns by calculating costs before you shop.
- 03
- Ensures dietary safety by validating recipes against known allergies.

04 Matches meal prep times to your actual free windows.

Real-World Applications

Weekly Budgeting

You set a \$100 limit and the AI selects meals that stay under that amount.

Allergy Management

You check recipes against a nut-free or gluten-free requirement to keep the family safe.

Busy Weeknight Planning

You ensure that Tuesday's dinner only requires 20 minutes of prep because you have a late meeting.

Dietary Transitions

You use the tool to build a full week of vegan or vegetarian meals without manual searching.

Patterns to Avoid

Ignoring the weekly budget

❌ AVOID

You ask your agent to pick random recipes without mentioning how much you want to spend on groceries.

✓ INSTEAD

Tell your agent your specific spending limit first. Use ``calculate_weekly_cost`` to see if your planned meals actually fit your budget.

Overlooking busy evenings

❌ AVOID

You plan a slow-cooked meal for a Tuesday when you know you're working late.

✓ INSTEAD

Provide your calendar details to your agent. Use ``check_schedule_availability`` to ensure you have enough time to cook before bed.

Risking dietary violations

❌ AVOID

You pick a recipe from a random website and assume it's safe for your peanut-allergic child.

✓ INSTEAD

Always run the recipe through ``validate_recipe_compliance`` to confirm it meets your household's specific dietary restrictions.

The Right Fit

Connect this MCP if you manage a household with strict dietary needs, a fixed grocery budget, or a chaotic weekly schedule. Do not connect it if you don't care about food costs or have no specific dietary restrictions. The decision rests on whether you want your meal planning to be governed by hard constraints rather than guesswork.



Family Meal Calendar MCP Tools

These tools handle the logic of meal planning by enforcing your budget, schedule, and dietary rules.

#	TOOL	DESCRIPTION
01	calculate_weekly_cost	Determines the total projected cost for a set of proposed meals.
02	check_schedule_availability	Verifies that the time needed for meal prep fits into your available free time windows.
03	get_meal_plan	Generates a full seven-day meal calendar based on all your specific household constraints.
04	validate_recipe_compliance	Checks a specific recipe against your household's dietary restrictions to ensure it's safe to eat.

See It in Action

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

- U** Generate a 7-day meal plan for a budget of \$150, including vegan recipes and a household schedule for weekday evenings.



Here is your 7-day vegan meal plan within the \$150 budget: Monday: Lentil Stew, Tuesday: Chickpea Curry, Wednesday: Quinoa Salad, Thursday: Tofu Stir-fry, Friday: Vegetable Pasta, Saturday: Bean Tacos, Sunday: Roasted Veggie Bowl.

- U** Check if a recipe with peanuts is compliant with a nut-free dietary constraint.



No, the recipe is not compliant because it contains peanuts, which violates the nut-free constraint.

- U** What is the total cost for these three recipes: Beef Stew, Chicken Salad, and Pasta?



The total cost for the selected recipes is \$45.50.

Frequently Asked Questions

01 How do I use this MCP with Claude?

You connect to the Vinkius catalog once, and then you can use the Family Meal Calendar tools directly within your Claude interface.

02 Can it handle specific food allergies?

Yes, you can use the validation tool to check if recipes meet your household's dietary restrictions.

03 Does it help with grocery budgeting?

Yes, the tool includes a function to calculate the total cost of your proposed weekly meals.

04 What if I have a very busy schedule?

The MCP can check your availability to ensure you have enough time to prepare the meals it suggests.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP so it is ready to use immediately after you connect.

06 How does the budget constraint work?

The engine ensures the sum of all unique ingredient costs for the selected recipes does not exceed your specified budget.

07 Can I use leftovers to save money?

Yes, if you enable the leftover option in ``get_meal_plan``, the engine will prioritize recipes that can be used for subsequent meals to reduce costs and prep time.

08 How are dietary restrictions handled?

You can use ``validate_recipe_compliance`` to check individual recipes or include constraints in ``get_meal_plan`` to ensure all selected meals meet your needs.

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-meal-calendar": { "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 Meal Calendar 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>

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