

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 Count is a planning MCP.

Get exact meal counts for any group or duration.

Family Meal Count handles the math for your meal planning. It calculates daily totals, long-term requirements for specific groups, and individual consumption rates. Your AI client uses these tools to ensure your meal schedules and food logistics are mathematically sound and ready for execution.

A+ Quality Score 100/100

meal-planning

nutrition

family

calculation

logistics



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 Count MCP

4 tools available

Cloud-hosted on Vinkius

Planning meals for a large family or a group trip usually involves messy spreadsheets and constant recalculations. This MCP takes that math off your plate. You can give your AI client the number of people and the duration of your plan, and it will handle the rest. Whether you need to know how many meals a single person will eat over a week or how many total meals a household needs for a month, this tool provides the exact numbers. It also includes a validation step to make sure your planning parameters actually make sense for your schedule. Instead of guessing how much food to buy, you get precise totals that keep your planning accurate.

Core Capabilities

01 — Group Totals

Your agent calculates the total daily meal count for an entire group.

02 — Long-term Planning

Your agent determines total meal needs for any number of days.

03 — Individual Tracking

Your agent calculates how many meals a single person will eat over a specific timeframe.

04 — Input Validation

Your agent verifies that your planning numbers are mathematically consistent.

One Click on Vinkius — From Prompt to Execution

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

- 01 Connect the MCP to your AI client via Vinkius.
- 02 Provide the group size, meal frequency, and duration to your agent.
- 03 The agent calls the necessary tool to perform the calculation.
- 04 Your agent delivers the exact meal totals or validation results.

Connect the MCP to your client and start asking for meal counts.

Built For

This MCP is built for anyone managing food logistics for groups or households.

Household Managers

They hand off meal frequency and group size to the AI to get shopping lists.

Event Planners

They use the tool to calculate total meal counts for guests over multi-day events.

Nutritionists

They use the math to plan individual consumption over specific durations.

What Changes When You Connect

- 01Eliminates manual math for meal scheduling.
- 02Prevents planning errors through input validation.
- 03Provides individual and group meal breakdowns.
- 04Supports both daily and long-term duration planning.

Real-World Applications

Family Meal Prep

Calculate exactly how many meals a family of five needs for a two-week period.

Vacation Planning

Determine total meal counts for a group of friends staying at a rental for a week.

Budgeting

Use individual meal counts to estimate food costs per person.

Schedule Verification

Check if a proposed meal schedule is mathematically possible for your group size.

Patterns to Avoid

Guessing total meal counts

❌ AVOID

You tell your agent you have 4 people for 7 days and hope the math works out for your grocery trip.

✓ INSTEAD

Use ``calculate_total_period_meals`` to get the exact number of meals needed for that specific duration.

Ignoring daily group needs

❌ AVOID

You try to plan a massive brunch for a large group without knowing the daily total.

✓ INSTEAD

Run ``get_daily_meal_requirement`` to see exactly how many meals the whole group eats in one day.

Overlooking individual consumption

❌ AVOID

You plan a bulk grocery list based only on group totals and run out of food for specific people.

✓ INSTEAD

Use ``get_meal_budget_per_person`` to track how many meals a single person will eat over your timeframe.

The Right Fit

Connect this MCP if you manage food logistics for households, large families, or group trips. Do not connect it if you are looking for recipes or cooking instructions. The decision depends on whether you need precise meal counts to drive your shopping and budgeting.

Family Meal Count: 4 Specialized Planning Tools

These tools handle the math for group meal requirements, individual consumption, and schedule validation.

#	TOOL	DESCRIPTION
01	calculate_total_period_meals	This tool calculates the total number of meals required for a specific number of days. It's useful for long-term planning.
02	get_daily_meal_requirement	This tool determines how many meals an entire group eats in a single day. Use it to find daily totals for a household.
03	get_meal_budget_per_person	This tool finds out how many total meals one person will consume over a set period. It helps track individual needs.
04	validate_meal_planning_inputs	This tool checks if your meal planning parameters are mathematically valid for your intended schedule. It prevents planning errors.

See It in Action

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

U How many meals does a group of 4 people eat in one day if they eat 3 times a day?



The group eats 12 meals in one day.

U Calculate total meals for 2 people eating 2 meals a day for 10 days.



The total number of meals needed is 40.

U How many meals will one person eat over 5 days if they eat 4 times a day?



One person will eat 20 meals over 5 days.

Frequently Asked Questions

01 What can this MCP calculate?

It calculates daily group meal totals, total meals for a specific period, and individual meal counts over time.

02 Can I use this for long-term planning?

Yes, the `calculate_total_period_meals` tool is specifically designed for calculating needs over many days.

03 Does it check my math?

Yes, the `validate_meal_planning_inputs` tool checks if your planning parameters are mathematically valid for your schedule.

04 How do I connect it to my AI?

You connect it once through the Vinkius platform to any MCP-compatible client like Claude or Cursor.

05 Can I see how many meals one person eats?

Yes, the `get_meal_budget_per_person` tool provides the total meals a single person will consume over a set period.

06 How do I calculate meals for a whole week?

You can use the `calculate_total_period_meals` tool by providing the number of people, meals per day, and setting the duration to 7 days.

07 Can I validate my planning numbers?

Yes, use `validate_meal_planning_inputs` to check if your people count, meals per day, and duration are valid positive integers.

08 How many meals does one person eat in 30 days if they eat 3 times a day?

That person will consume 90 meals in total.

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-count": { "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 Count 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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