

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

Meal Prep Sunday Plan is a scheduling engine.

Coordinate your cooking, prep, and cooling phases without the guesswork.

Meal Prep Sunday Plan manages the logistics of your kitchen. It handles the timing between active cooking, prep work, and the necessary cooling periods for your food. Your AI client uses this MCP to build precise timelines, check if you have the right tools, and find ways to group tasks so you aren't standing around waiting for an oven to clear.

A+ Quality Score 100/100

meal-prep

scheduling

cooking

efficiency

kitchen



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.

Meal Prep Sunday Plan MCP

4 tools available

Cloud-hosted on Vinkius

Stop staring at a pile of ingredients and trying to guess how much time you actually need. This MCP acts as a logistics coordinator for your kitchen. It looks at the recipes you want to make and builds a realistic timeline based on the equipment you actually own. Instead of just listing steps, it accounts for the passive time things spend cooling or simmering. You can ask your agent to find bottlenecks, like when you have too many things needing the stovetop at once, or ask it to group similar prep tasks to shave time off your session. It ensures you don't start a recipe only to realize halfway through that you're missing a specific pan or tool. It turns a chaotic Sunday afternoon into a structured, predictable process.

Core Capabilities

01 — Timeline Generation

Your agent creates a chronological list of tasks that fit your specific time window.

02 — Equipment Auditing

The AI checks if your current kitchen tools can actually handle the recipes you've chosen.

03 — Bottleneck Detection

Your agent identifies which appliance will be most heavily used so you can plan around it.

04 — Batch Optimization

The AI finds ways to group similar prep work to reduce total active time.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/meal-prep-sunday-plan — connect your AI agent in three steps.

- 01
- Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02
- Provide your list of recipes and available kitchen equipment to your agent.
- 03
- Tell your agent how much time you have available for prep.
- 04
- The agent uses the MCP tools to run calculations and generate your plan.

Connect the MCP to your preferred AI client to start scheduling.

Built For

This is for anyone who treats meal prepping as a logistical challenge rather than just following recipes.

Home Cooks

People who want to maximize their limited Sunday prep windows.

Meal Prep Enthusiasts

Users who cook large batches of food for the week and need to manage appliance usage.

Efficiency Hobbyists

Anyone looking to apply scheduling logic to their domestic workflows.

What Changes When You Connect

- 01
- Reduces idle time by accounting for cooling and passive cooking phases.
- 02
- Prevents mid-cook realization that a necessary tool is missing.
- 03
- Identifies appliance conflicts before you start cooking.

- 04 Groups repetitive tasks to shorten the total time spent in the kitchen.
-

Real-World Applications

Time-Constrained Prep

You have exactly two hours on a Sunday and need to know exactly what to do and when to do it.

Inventory Verification

You want to make sure you won't need a food processor or a specific pan before you start cleaning the kitchen.

Appliance Management

You only have one oven and need to know if you can cook three different dishes at once.

Batch Efficiency

You are prepping five different vegetable dishes and want to do all the chopping in one go.

Patterns to Avoid

Ignoring appliance limits

❌ AVOID

You plan to roast three different dishes at 400 degrees simultaneously without checking if your oven can handle the load.

✓ INSTEAD

Use `calculate_equipment_utilization` to see if you're overworking your oven before you start preheating.

Underestimating prep time

❌ AVOID

You assume you can finish five different vegetable dishes in thirty minutes without accounting for the chopping work.

✓ INSTEAD

Run `optimize_batch_prep` to group your chopping and peeling tasks into a single, efficient block.

Missing gear mid-cook

❌ AVOID

You start a complex recipe only to realize you don't actually own the specific pan required for the second step.

✓ INSTEAD

Run `validate_recipe_requirements` to confirm your gear matches your recipe list before you even touch a knife.

The Right Fit

Connect this MCP if you view meal prepping as a logistics problem to solve. If you prefer cooking spontaneously without a plan, this isn't for you. The deciding factor is whether you want to manage your kitchen's capacity or just wing it.



Meal Prep Sunday Plan: 4 Essential Kitchen Logistics Tools

These tools handle the math and scheduling for your kitchen. They turn a list of recipes into a functional, timed execution plan.

#	TOOL	DESCRIPTION
01	calculate_equipment_utilization	This tool tracks how much each appliance is being used. It helps you see if you're overworking your oven or stovetop during a specific window.
02	get_meal_prep_timeline	This tool builds a step by step schedule. It organizes your tasks chronologically to fit within your available time.
03	optimize_batch_prep	This tool finds ways to group similar tasks together. It looks for opportunities to chop, peel, or prep multiple items at once to save time.
04	validate_recipe_requirements	This tool checks your recipe list against your available gear. It tells you if a plan is actually possible with the equipment you have on hand.

See It in Action

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

U Create a meal prep schedule for 2 recipes (Chicken Pasta and Veggie Stir Fry) with 120 minutes available and an oven and stovetop.



0-15m: Prep Chicken Pasta; 15-45m: Cook Chicken Pasta on Stovetop; 45-60m: Cooling Chicken Pasta; 60-75m: Prep Veggie Stir Fry; 75-95m: Cook Veggie Stir Fry on Stovetop; 95-110m: Cooling Veggie Stir Fry.

U Do I have the right equipment to make these recipes?



Yes, all required equipment for your selected recipes is available in your equipment list.

U Which appliance is my biggest bottleneck?



The Stovetop is your bottleneck, with 85% utilization during your scheduled prep session.

Frequently Asked Questions

01 How does this MCP help with cooking?

It manages the timing between prep, active cooking, and cooling to create a realistic schedule.

02 Can I use this with Claude?

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf.

03 Will it tell me if I'm missing a pan?

Yes, the validation tool checks your recipes against your provided equipment list to ensure you have what you need.

04 Does it handle cooling time?

Yes, the scheduling engine specifically accounts for passive phases like cooling to ensure the timeline is accurate.

05 How does it find bottlenecks?

The tool analyzes how heavily each piece of equipment is used to show you which appliance will be your limiting factor.

06 How do I create a schedule for my recipes?

You can use the `get\_meal\_prep\_timeline` tool. Provide your list of recipes, the total minutes you have available, and the equipment you have on hand.

07 Can I check if I have enough equipment for my meal prep?

Yes, the `validate\_recipe\_requirements` tool will check your recipe list against your available equipment and time constraints to ensure everything is physically possible.

08 How can I save time while prepping multiple meals?

Use the `optimize\_batch\_prep` tool. It identifies tasks that can be grouped together, such as chopping all vegetables at once, to reduce total preparation time.

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>"meal-prep-sunday-plan": { "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

Meal Prep Sunday Plan 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

INDEPENDENT PLATFORM DISCLAIMER

Vinkius is an independent platform and is not affiliated with, endorsed by, sponsored by, verified by, or otherwise authorized by Meal Prep Sunday Plan. All third-party trademarks, logos, and brand names are the property of their respective owners. Their use in this document is strictly for informational purposes to identify service compatibility and interoperability.

DOCUMENT INFORMATION

Generated	October 2026
MCP Server	Meal Prep Sunday Plan MCP
Server ID	01a0f0fc-2494-7109-8c43-2ce766f40d6a
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

LICENSE & USAGE

This document is generated automatically by the Vinkius PDF Engine. Content reflects the MCP server configuration at the time of generation and may change as updates are deployed. For the most current information, visit vinkius.com/en/ai-agent-connect/meal-prep-sunday-plan.