

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

Weekly Grocery Plan MCP

Turn your meal plans into precise, budget-friendly shopping lists.

Weekly Grocery Plan MCP connects your AI client to your kitchen management. It compares what you want to cook against what you already have in your pantry to figure out exactly what needs to be bought. It handles the math for ingredient quantities, adjusts for real-world package sizes, and keeps you under budget by suggesting cheaper alternatives when needed.

A+ Quality Score 100/100

grocery

meal-planning

budgeting

pantry

shopping-list



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.

Weekly Grocery Plan MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing what's in your pantry or overbuying at the store. This MCP acts as the logic layer between your meal ideas and your actual kitchen stock. When you tell your AI client what you want to eat for the week, it doesn't just give you a recipe. It looks at your current inventory and calculates the net amount of ingredients you actually need to purchase. It accounts for the fact that you can't buy half a bag of flour or a single egg, so it rounds requirements to realistic package sizes. If a specific ingredient is driving your total cost too high, your agent can suggest cheaper substitutes to keep you on track. You can use this with Claude, Cursor, Windsurf, or VS Code through Vinkius to turn a simple meal plan into a functional, cost-effective shopping trip.

Core Capabilities

01 — Pantry Reconciliation

Your agent subtracts what you already own from your recipe requirements.

02 — Budget Management

The MCP keeps your shopping list within a specific dollar amount.

03 — Package Size Logic

It converts raw weights into actual items you can find on a store shelf.

04 — Cost-Saving Substitutions

Your agent finds cheaper ingredient options when prices spike.

05 — Meal Breakdown

It extracts specific ingredient lists from any meal you plan.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/weekly-grocery-plan — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Tell your AI client what meals you want to cook.
- 03 Provide your current pantry stock levels to the agent.
- 04 The MCP calculates the net ingredients and optimizes the list for your budget.
- 05 Receive a ready-to-use shopping list.

Connect the MCP to your preferred AI client and start planning.

Built For

This is for anyone managing a household or meal prepping who wants to stop wasting food and money.

Home Cooks

They hand off meal ideas to the AI to get a clean, organized shopping list.

Budget-Conscious Shoppers

They use the MCP to ensure their grocery runs stay under a strict limit.

Meal Preppers

They rely on the pantry reconciliation to avoid buying duplicates of what they already have.

What Changes When You Connect

- 01 Reduces food waste by only buying what you don't already have.

-
- 02 Prevents overspending by enforcing budget constraints during list generation.

 - 03 Simplifies shopping by rounding ingredients to standard package sizes.

 - 04 Saves time by automating the math between recipes and inventory.

Real-World Applications

Weekly Meal Planning

Input your weekly menu and let the MCP generate a single, optimized list for the store.

Budget Tightening

Use the substitution tool to swap expensive proteins for cheaper alternatives when funds are low.

Inventory Management

Check what you need to buy by comparing your planned meals against your current pantry levels.

Smart Shopping

Get a list that reflects real-world items like bags, cartons, and jars rather than just raw grams.

Patterns to Avoid

Ignoring existing pantry stock

❌ AVOID

You tell your agent you want to make pasta and expect a full list of ingredients. You end up with three extra boxes of penne because you didn't account for the two you already have.

✓ INSTEAD

Always include your current inventory so you can use `calculate_net_requirements` to find only what you actually need to buy.

Planning without a budget

❌ AVOID

You pick out expensive steak recipes for the whole week without checking the total cost. Your shopping trip ends up costing twice what you intended.

✓ INSTEAD

Use `optimize_grocery_list` to ensure your final list stays within your specific dollar amount.

Buying raw weights instead of packages

❌ AVOID

Your agent tells you that you need 450 grams of flour. You walk into the store and realize you can't buy exactly that amount.

✓ INSTEAD

Rely on `optimize_grocery_list` to convert those raw weights into realistic package sizes like bags or boxes.

The Right Fit

Connect this MCP if you manage a household or meal prep and want to stop buying duplicate ingredients. Do not connect it if you don't track what's in your pantry. The deciding factor is whether you want your AI client to do the math between your recipes and your actual kitchen stock.

Weekly Grocery Plan MCP Tools

These tools bridge the gap between your meal ideas and your actual kitchen inventory. They handle the math of subtracting what you own from what you need to buy.

#	TOOL	DESCRIPTION
01	calculate_net_requirements	This tool finds the exact amount of ingredients you need to buy by subtracting your current pantry stock from your total recipe needs.
02	get_meal_details	Use this to pull the full list of ingredients required for a specific meal.
03	optimize_grocery_list	This tool turns raw ingredient counts into a practical shopping list that respects package sizes and your set budget.
04	suggest_substitutions	This tool provides alternative ingredients if your primary choice is too expensive or out of stock.

See It in Action

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

U I want to plan meals for 4 people. I have 200g of flour in my pantry. What do I need to buy for a pasta meal?



To serve 4 people, you need 500g of flour. After accounting for your 200g pantry stock, you need to buy one 500g bag of flour.

U My budget is \$20. Can you optimize my grocery list for these meals?



Your optimized list totals \$18.50, leaving \$1.50 remaining in your budget.

U What are some alternatives for salmon if it is too expensive?



Good alternatives for salmon include trout or arctic char, which may be more budget-friendly.

Frequently Asked Questions

01 How does this MCP help me save money?

It optimizes your list based on a specific budget and suggests cheaper ingredient substitutions if your primary choices are too expensive.

02 Which AI tools can I use with this MCP?

You can use this with any MCP-compatible client including Claude, Cursor, Windsurf, and VS Code.

03 Does it account for what I already have in my kitchen?

Yes, it uses the `calculate_net_requirements` tool to subtract your existing pantry stock from the total ingredients needed.

04 Will the shopping list be realistic?

Yes, the `optimize_grocery_list` tool converts raw ingredient amounts into realistic items based on standard package sizes.

05 Can I use this to find cheaper ingredients?

Yes, the `suggest_substitutions` tool provides culinary alternatives when certain items are too pricey or unavailable.

06 How does the tool handle my existing food?

The `'calculate_net_requirements'` tool subtracts your current pantry stock from the total ingredients needed for your meals, ensuring you only buy what you actually lack.

07 What happens if my grocery list exceeds my budget?

The `'optimize_grocery_list'` tool attempts to stay within your budget. If it cannot, it identifies shortages and you can use `'suggest_substitutions'` to find cheaper alternatives.

08 Does it suggest specific package sizes?

Yes, the `'optimize_grocery_list'` tool uses a package catalog to suggest buying full packages (like a 500g bag) rather than just raw weights.

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>"weekly-grocery-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

Weekly Grocery 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 Weekly Grocery 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	Weekly Grocery Plan MCP
Server ID	01a0f0fc-c4e5-73fa-9f90-080bd774358f
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/weekly-grocery-plan.