VM VINCE MARLOW PRESENTS

Everyday AI Playbook

Run your life like a boardroom: dinner, money, messages, travel and more.

"Less life admin. More of your evening."

24
everyday prompts

6 + 2
AI Tag Team plays + how to let one AI drive another

6
ready-made AI assistants to install

ChatGPT · Claude · Gemini · Copilot · vincemarlow.com

START HERE

Your first 5 quick wins

Five useful places to start. Tap one to jump to it.

05 **Cook Dinner From a Photo of Your Fridge**
You get: 3 dinner options and a recipe from what you have.

02 **Rescue an Overwhelming To-Do List**
You get: a sorted list and one 10-minute first step.

10 **Find Subscriptions You Forgot About**
You get: a table of likely recurring charges and a cancel / keep list.

14 **Reply to an Awkward Message**
You get: one clear reply you're happy to send.

26 **The Auditor: Get a Second Opinion on Any AI Answer**
You get: what's wrong, unsupported or missing in an AI answer.

"I need to..." finder

Plan my day	#01	Stop feeling overwhelmed	#02
Plan the week ahead	#03	Decide what's for dinner	#05
Plan meals for the week	#06	Write a shopping list	#07
Compare things to buy	#09	Cut my monthly costs	#10
Get a better price	#12	Reply to a tricky message	#14
Understand a form	#15	Write in another language	#17
Study or help with homework	#18	Find a gift	#21
Plan a trip	#22	Check an AI answer	#26
Get a better prompt	#25	Make a big decision	#29

05

THE KITCHEN DESK

Cook Dinner From a Photo of Your Fridge

One photo. Three dinner options.

TIME (EST.)
2 min

USE IT WHEN
It's 6 pm and you have no idea what to cook.

YOU'LL NEED
A photo of your fridge or a quick ingredient list.

GET YOUR STUFF IN Open the fridge and take one photo. Add a second one of the cupboard if you like.

1. Copy the whole box
2. Replace the [orange] text
3. Paste into your AI & press Enter
4. Check anything marked [CONFIRM]

COPY EVERYTHING IN THIS BOX

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Look at the attached fridge photo (or this list): [ingredients]

PEOPLE: [number]
TIME LIMIT: [minutes]
DIET / ALLERGIES: [details or none]

1. Tell me what you can see and what you're unsure about.
2. Suggest 3 dinners using mostly what I have.
3. List what's missing for each.
4. Give step-by-step instructions for the easiest one.
Allergies are hard rules, swaps included. Cooked rice: only if cooled fast,
refrigerated, under a day old. Other leftovers: ask when cooked and how stored.
Don't judge food safety from a photo. Ask me if it matters.

RULES: Use what I give you. Don't invent prices, opening hours, dates or facts. Mark
anything uncertain as [CONFIRM]. If a safety fact is missing (allergies, food
storage, medicine, children), ask first. Otherwise list empty fields under 'Missing
info' and carry on. Keep it short.
```

END OF PROMPT

EXAMPLE: YOU ASK

Photo: eggs, spinach, cherry tomatoes, cooked rice, half a block of cheddar, one onion. 4 people, 25 minutes, allergies: none, one child doesn't like spicy food.

YOU GET (EXCERPT)

1) Spinach and cheddar omelette (15 min) 2) Tomato, onion and cheese frittata (20 min) 3) Mild egg fried rice (20 min), only if the rice was chilled quickly and is under a day old: is it? Unsure: the jar at the back [CONFIRM].

MAKE IT BETTER: TYPE THIS NEXT

"Make option 2 kid-friendly and less spicy."

CHECK BEFORE YOU USE IT

✓ Check use-by dates yourself.

VINCE SAYS *"Decide dinner once, not five times an evening."*

26

THE TRADING FLOOR

The Auditor: Get a Second Opinion on Any AI Answer

One AI does the work. Another one checks it.

ChatGPT → Claude

TIME (EST.)	USE IT WHEN	YOU'LL NEED
2 min	Anything important: money, health, contracts, big decisions.	The answer from AI #1, and a different AI.

GET YOUR STUFF IN Copy the full answer from the first AI, plus your original question.

SEPARATE MESSAGES: FOLLOW THE STEP LABELS

STEP 2 - paste into a different AI

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You are a sceptical auditor. Another AI wrote the answer below.

ORIGINAL QUESTION: [what I asked]
THE ANSWER: [paste AI #1's answer]

1. Table: Claim | Evidence | Verdict (correct / wrong / unsupported / can't tell) | Check.
2. List anything important that's missing.
3. Rate it: Reliable / Needs checking / Don't trust, and say why.
4. Write a corrected version that only states what the evidence supports.
Be specific. Don't just agree to be polite. Agreement is not evidence. For each important claim, show the evidence given or mark it unverified.

RULES: Use what I give you. Don't invent prices, opening hours, dates or facts. Mark anything uncertain as [CONFIRM]. If a safety fact is missing (allergies, food storage, medicine, children), ask first. Otherwise list empty fields under 'Missing info' and carry on. Keep it short.
```

END OF PROMPT

EXAMPLE: YOU ASK

An AI said a car costs "1,200 a year": 840 litres of fuel at 2.00, and "older cars don't need insurance".

YOU GET (EXCERPT)

Maths wrong: 840 × 2.00 = 1,680. Insurance claim: unsupported, check your country's official rules. Missing: tyres, servicing, tax. Rating: Don't trust.

MAKE IT BETTER: TYPE THIS NEXT

"Paste the audit back into AI #1: "Respond to this review. Fix what's right, defend what's not.""

CHECK BEFORE YOU USE IT

- ✓ Agree or disagree: for money, health or law, check a real source.
- ✓ Remove private details: each AI sees what you paste.

VINCE SAYS *"A second look is cheap. A wrong answer isn't."*