Hey Chef™

Plan your week.

Eat well. Stress less.

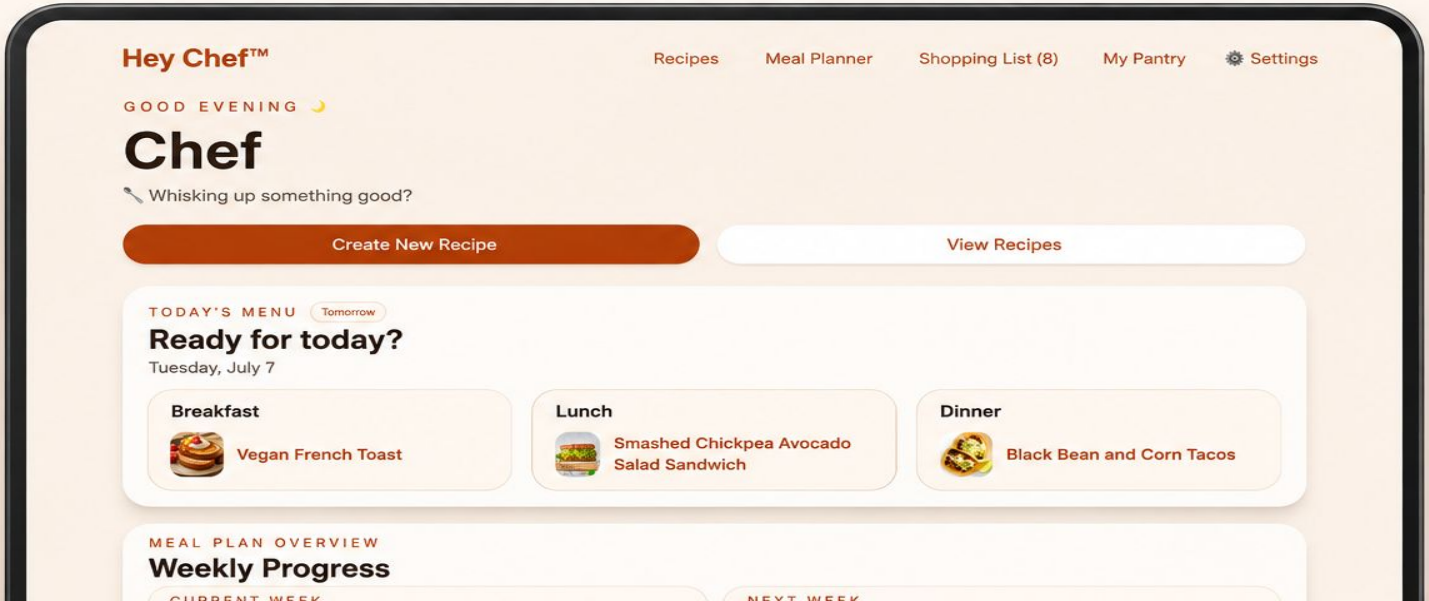
Smart meal planning, shopping lists, and pantry tracking
— all in one simple app.

Plan Ahead
Build your weekly meal plan

Shop Smarter
Auto-generate shopping lists

Use What You Have
Track your pantry and reduce waste

Save Favorites
Keep go-to recipes and meals



GOOD AFTERNOON

Alex

Taco 'bout lunch!

Create New Recipe View Recipes

Import a Recipe

Add a recipe, packaged food, or pantry item to Hey Chef.

Recipe | Go-To Foods | Shopping Item | Pantry Item

Paste grocery or product URL

Import Go-To Food

OR

Private Selection

Private Selection® Vegetable Combo Sushi Roll by Zenshi

6 rolls

Refrigerated

https://d1s8987jlndkbs.cloudfront.net/assets/missing-item-4bbe82b8555e4d1c12626fd482cb2409713e8e30835645ff3650ef66a725d03c.png

Save Go-To Food

Hey Chef™

All | Recipes | Go-To Foods | ✓ Ready

All Categories | A–Z



Avocado-Black Bean Tostadas ★

40 minutes · 6 tostadas · Main Dish

− Meal Plan Queue | Delete



Baked Potatoe ★

1 hr · 4 Servings · Side Dish

− Meal Plan Queue | Delete



Best Black Bean Burger ☆

30 mins · 6 Servings · Main Dish

+ Meal Plan Queue | Delete



Black Bean and Corn Tacos ★

30 Min · 4 Servings · Main Dish

− Meal Plan Queue | Delete



Buttered Noodles ★

20 mins · 8 · Main Dish

+ Meal Plan Queue | Delete



Cafe Spice® Chicken Tikka Masala with Basmati Saffron Rice Meal ☆

1 · Frozen

Hey Chef™

← Return to Dashboard

Recipes | Meal Planner | Shopping List (8) | My Pantry | Settings

Weekly Meal

Add up to 3 recipes per meal slot. Weeks

Add to List | Reset Week

This Week | Next Week

Monday

Breakfast 1/3



Sorghum Lemon Ricotta Pancakes — Remove

+ Add from Queue

Lunch 1/3

Dinner 1/3



Baked Potatoe — Remove

+ Add from Queue

Tuesday

Breakfast 1/3

Lunch 1/3

Dinner 1/3

Add to Plan

Add something to Monday, July 6 • Lunch

Baked Potatoe

or

Plan from shopping list

or

Plan leftovers

Add to Lunch

Cancel

Shopping List

Review ingredients you need and move items into your pantry.

Clear Shopping List

🛒 Add grocery item or paste url

Add Items to Shopping List

Shopping List

8 items still needed

A–Z

Show Pantry Items

21 Total Items

- [ ]  1 ½ cups black refried beans, from 1 (15-ounce) can, seasoned to taste with ground cumin, garlic and salt
  📖 View Recipe
  Canned Goods Mark On Hand Remove
- [ ]  Amy's Pesto Tortellini Bowl
  🛒 View in Store
  Other Mark On Hand Remove
- [ ]  Saffron Road® Butter Chicken Gluten-Free Indian Frozen Meal
  🛒 View in Store
  Frozen Mark On Hand Remove
- [ ]  Saffron Road® Chicken Tikka Masala with Basmati Rice Gluten-Free Indian Frozen Dinner
  🛒 View in Store
  Frozen Mark On Hand Remove

My Pantry

+ Add Pantry Items

See what you already have, find ingredients fast, and keep your kitchen organized.

Search pantry items...

68 Items • 12 Categories

SMART RESTOCK

Restock Suggestions

Based on your favorite recipes and items not already on your shopping list.

Carrot × | Celery Ribs × | / 400g Dried Lentils × | Litres / 1.5 Quarts Vegetable × | Each Cumin And Coriander Powder × | Dried Bay Leaves × | Lemon × | Chopped Parsley ×

Add All (8)

INVENTORY

Your Pantry

Bulk Edit | Reset Pantry | Expand all

Baking (9)

Beverages (3)



Buttered Noodles

20 mins 8 Main Dish

View Original Recipe

Edit Recipe ★ Favorite Delete

Add Ingredients to Shopping List

Ingredients

- [x] 1 (16 ounce) package fettuccine noodles
- [ ] 6 tablespoons butter, cut into pieces
- [ ] ⅓ cup grated Parmesan cheese
- [ ] salt and ground black pepper to taste

Plan This Recipe

+ Add to Planning Queue

Monday

Dinner

Add to Meal Plan

Steps