

# Survival Mom's Emergency Meal Wizard

*Your quick-start guide to getting delicious recipes from any emergency meal*

You don't need any experience with AI to use this tool. If you can type into a search bar and click a button, you can do this. Follow the three steps below and you'll have recipes in under two minutes.

## STEP 1 — Create Your Free ChatGPT Account

ChatGPT is the AI platform that powers this tool. Creating an account is free and takes about two minutes.

1. Open your internet browser (Chrome, Safari, Firefox — any of them work).
2. Go to: <https://chatgpt.com>
3. Click the **Sign Up** button in the upper right corner.
4. You can sign up with your email address, or use your existing Google or Microsoft account — whichever is easier.
5. Follow the prompts to confirm your email and set a password. Takes about two minutes.
6. Once you're in, you'll see a simple chat screen. You're ready for Step 2.

*\* A free account is all you need. You do not need to pay for ChatGPT Plus to use this tool.*

## STEP 2 — Open Survival Mom's Emergency Meal Wizard

Once your account is set up, click the link below to open the tool. You can also copy and paste it into your browser's address bar.

Your link: <https://chatgpt.com/g/g-68409d82e0d48191b68ad82c9f84c417-survival-mom-s-emergency-meal-wizard>

1. Click the link above (or paste it into your browser).
2. If it asks you to log in, use the account you just created in Step 1.
3. You'll land on a chat screen titled **Survival Mom's Emergency Meal Wizard**.

4. Click the box that says "**Click here to get started!**" and you're ready to go.

### STEP 3 — Get Your Recipes

The tool will walk you through everything. Here's what to expect:

1. The Wizard will ask for the **brand name and variety** of your emergency meal. Example: *"Legacy Food Storage Classic Chili"* or *"Mountain House Beef Stew."*
2. It will ask if you have any **dietary restrictions** — gluten-free, dairy-free, low sodium, or none at all. Just type your answer.
3. Within seconds you'll receive creative recipes built on your meal as a base.
4. Want more ideas or a different style? Just ask. Want recipes for another meal? Type the name and repeat. Use it for every pouch on your shelf — as many times as you like.

#### A Few Tips

- Be specific with the meal name — the more detail you give, the better the recipes.
- If a recipe calls for an ingredient you don't have, ask it to suggest a substitute.
- Try follow-up questions: "Can you make that simpler?" or "What if I don't have an oven?"
- There's no wrong way to use it. Type naturally, like you're texting a friend.
- No subscription. No expiration. Pay once and use it for every meal you'll ever add to your shelf.