CookStock

PRODUCT GUIDE

PANTRY, FAMILY MEAL PLAN AND ONE SHOPPING LIST — IPHONE, IPAD AND ANDROID

Your kitchen, *always up to date.*

CookStock knows what is in your cupboards, plans the week for everyone at home — diets and allergies included — and shares one shopping list with the whole family.

iPhone & iPad | iPhone Duo | Android | English · Polski



INSIDE THIS GUIDE

Dinner, *sorted for everyone*

From "what can we cook tonight?" to "dinner's ready!" — CookStock keeps the pantry, the recipes, the weekly plan and the shopping list in one place, shared with your family.

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10 Family meal plan
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01 **Busy families**
One plan for everyone, with diets, allergies and who's eating out.

02 **Budget cooks**
Plan meals for an amount and see the menu that fits.

03 **Home cooks**
142 tried-and-tested recipes from 24 cuisines.

04 **Anyone tired of food waste**
Cook from what you have before it goes off.

ONE FAMILY, ANY PHONE

iPhone, iPad, Duo and Android

iPhones and Android phones can be in the same family. Tick an item in the shop and it disappears from everyone's list.

iPhone & iPad
Widgets, Duo two-pane

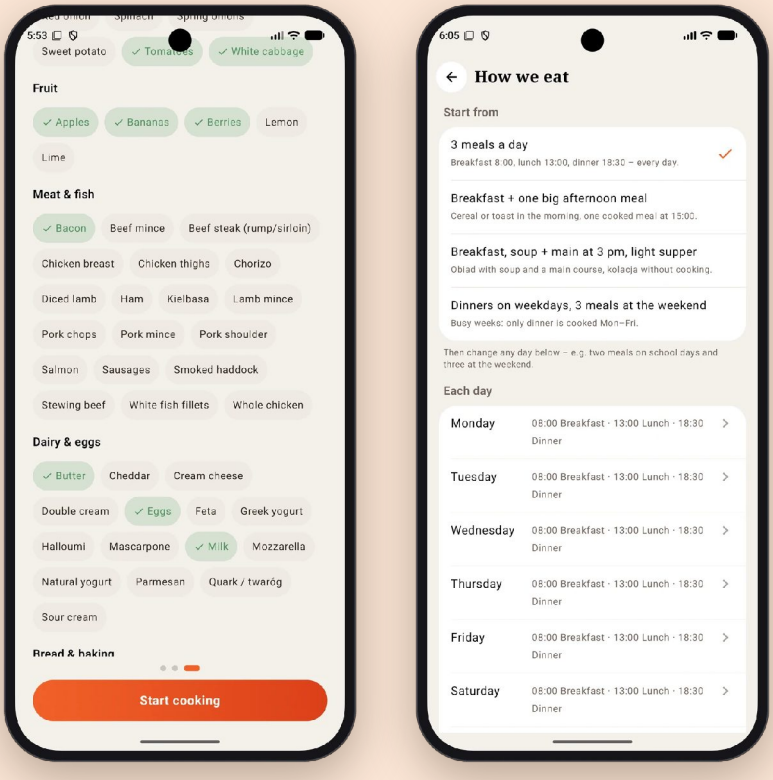
Android
Widget, Health Connect

Family
Shared plan and list

GETTING STARTED

Cooking in *three minutes*

Use CookStock on your own with no account, or invite the family when you are ready.



1 **Mark what you have**

Have, Running low or Out — no weighing, no grams.

2 **Add the family**

Everyone you cook for, with diets, allergens and dislikes.

3 **Fill my week**

CookStock plans meals for everyone and builds the list.

4 **Shop together**

One shared list; tick items off as you buy them.

TONIGHT

What's cooking *tonight?*

The home screen shows dishes you can cook right now, sorted by what is already in your kitchen.

01

You have everything

Recipes you can cook without going to the shop.

02

Missing one thing

Dishes that need just one more ingredient.

03

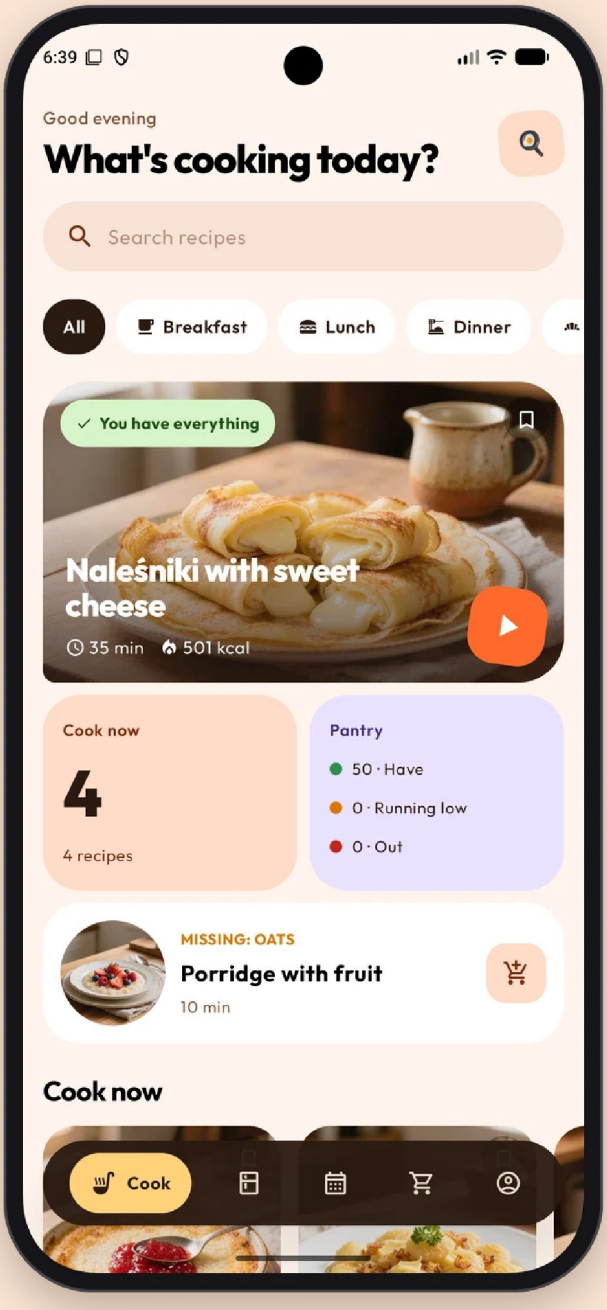
Breakfast, lunch, dinner

Filter by meal in one tap.

04

Cook now

Today's planned meal, ready to start.



RECIPES

142 recipes, *24 cuisines*

Tried-and-tested home cooking from Britain, Poland, Italy, India, Mexico, China and many more — in English and Polish.



01

24 cuisines

Browse by country or by meal.

02

Your own recipes

Write a recipe or import it from a web page.

03

Photos for every dish

See what you are making before you start.

04

Bilingual

Every recipe in English and Polish.

RECIPE PAGE

Every recipe *knows your pantry*

Each recipe ticks off what you already have and adds the rest to the shopping list in one tap.

01

Ingredients you have

Ticked automatically from your pantry.

02

Add the missing ones

One tap sends them to the shopping list.

03

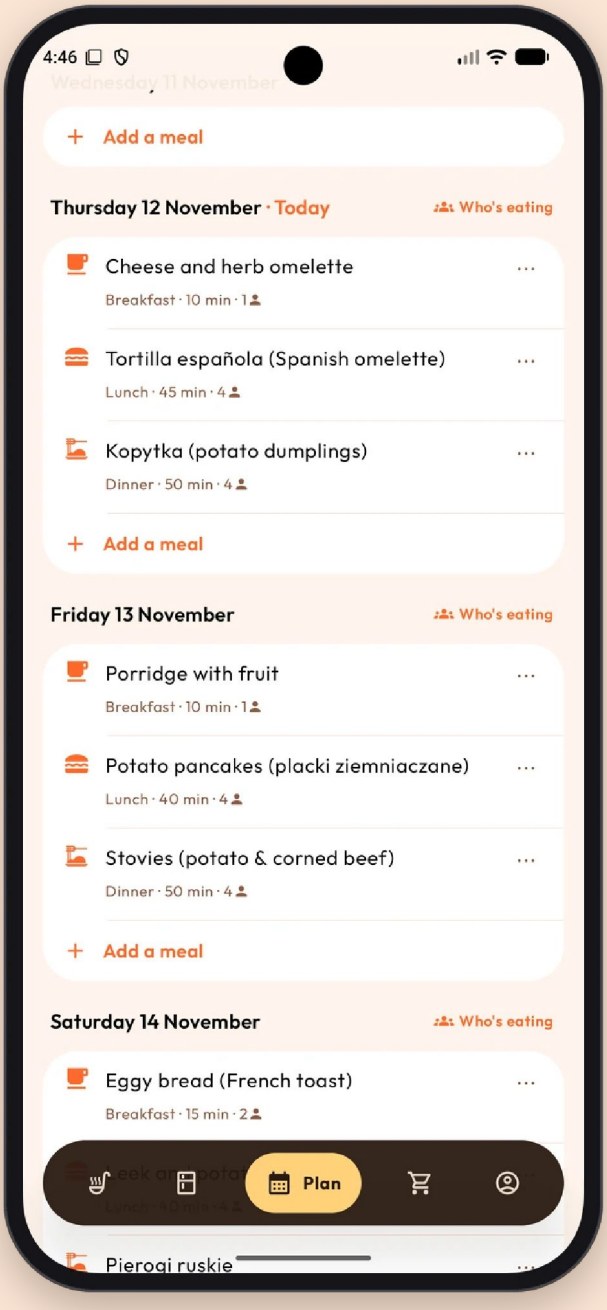
Servings and cost

Scale for the people eating and see an estimated cost.

04

Nutrition

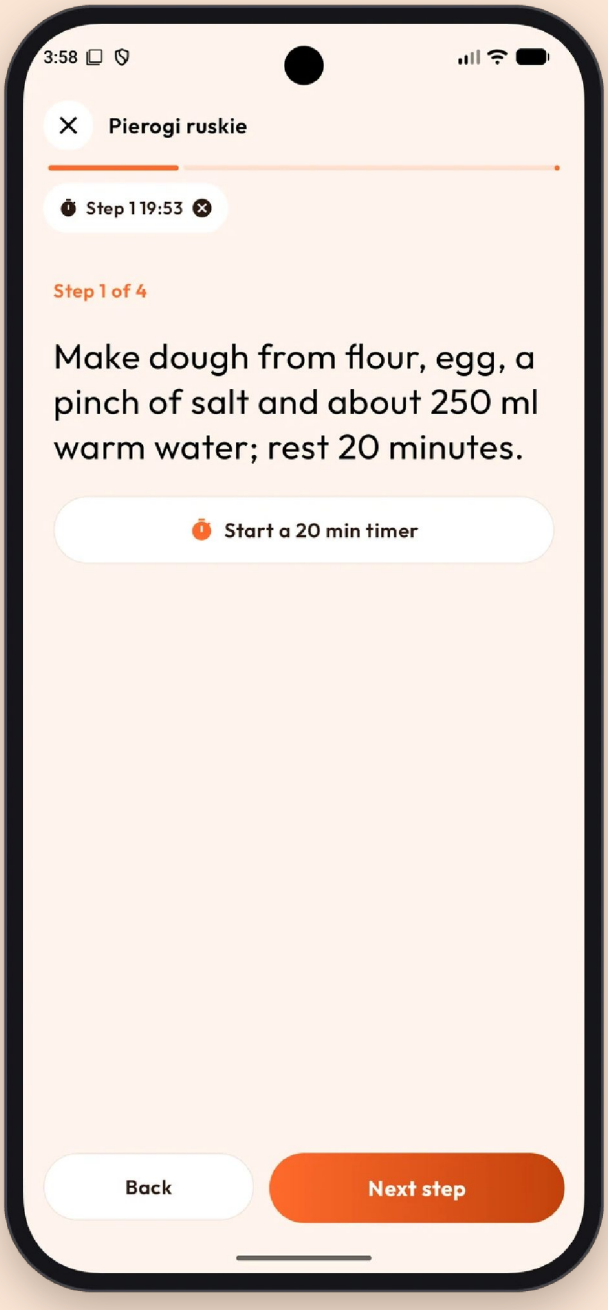
Calories and macros per portion.



COOKING MODE

Cook *step by step*

Big, clear steps you can follow with floury hands, with built-in timers.



01

Large steps

One step at a time, easy to read from the counter.

02

Built-in timers

Start a timer straight from the step.

03

Screen stays on

No unlocking the phone mid-recipe.

04

Pantry updated

What you used comes off the pantry when you finish.

CHEF'S IDEA

A new dinner *with AI*

Ask the chef for a dinner from what is in your pantry, a recipe for any dish name, or ideas to spend less.

01

From your pantry

New dishes from what you already have.

02

Any dish by name

Type a name and get a full recipe.

03

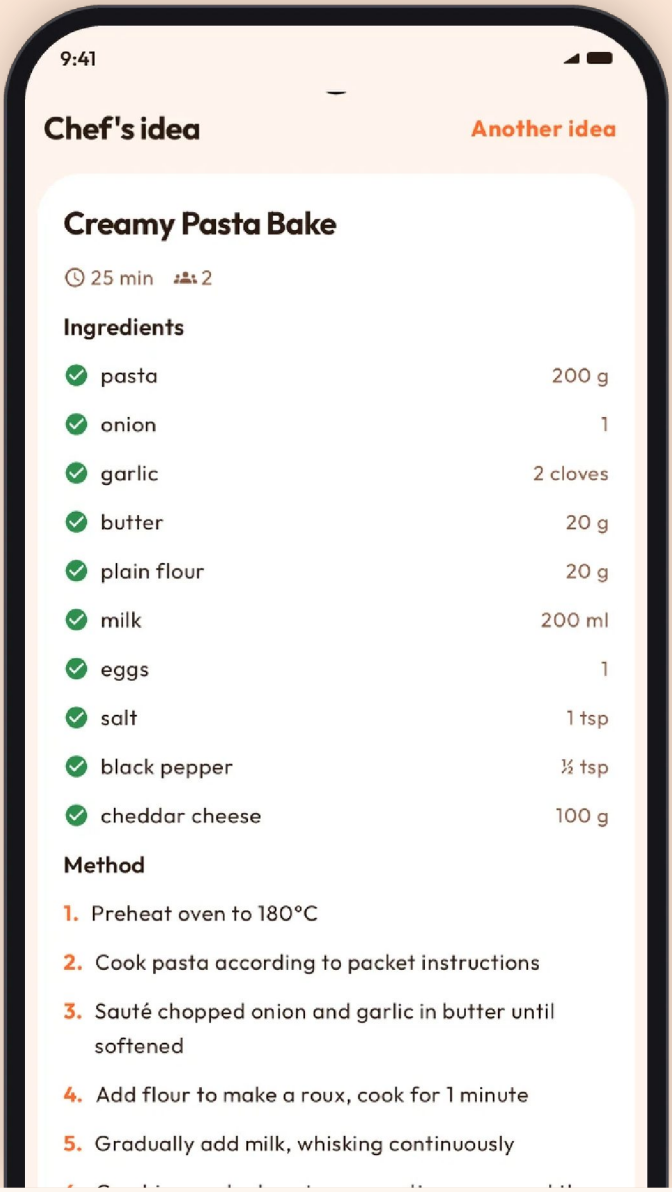
Spend less

Ideas to stretch the food budget.

04

Fair and private

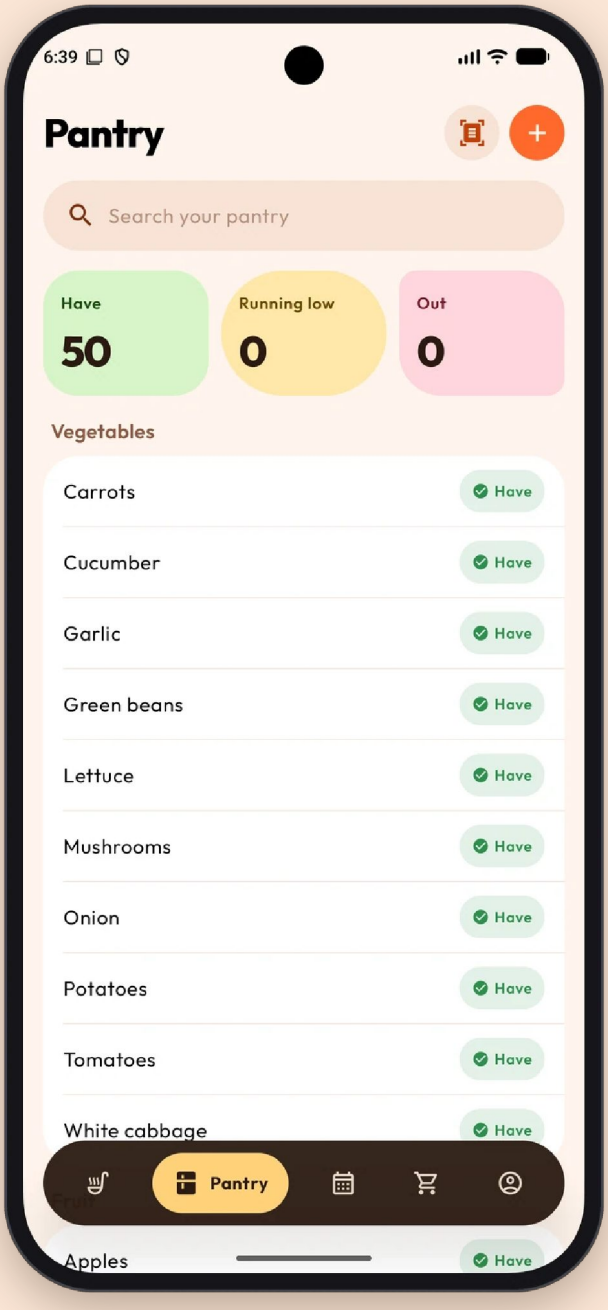
On-device AI on supported phones; otherwise our own AI service with a daily limit and no personal details.



PANTRY

Your pantry *at a glance*

Have, Running low and Out — the simplest way to know what is at home. Scan a receipt and every product goes in.



01

Three simple states

Have, Running low, Out.

02

Receipt scanning

Every product from the receipt goes into the pantry.

03

Barcode scanning

Find a product by its barcode.

04

Private shops

Your receipts stay yours unless you share them.

FAMILY PLAN

Plan the week *for everyone*

Add everyone you cook for and let "Fill my week" plan meals that suit them — or plan for an amount you want to spend.

01

Diets and allergens

Each person's diet, allergens to avoid and dislikes.

02

Fill my week

Plans for everyone and splits a meal when one dish can't suit all.

03

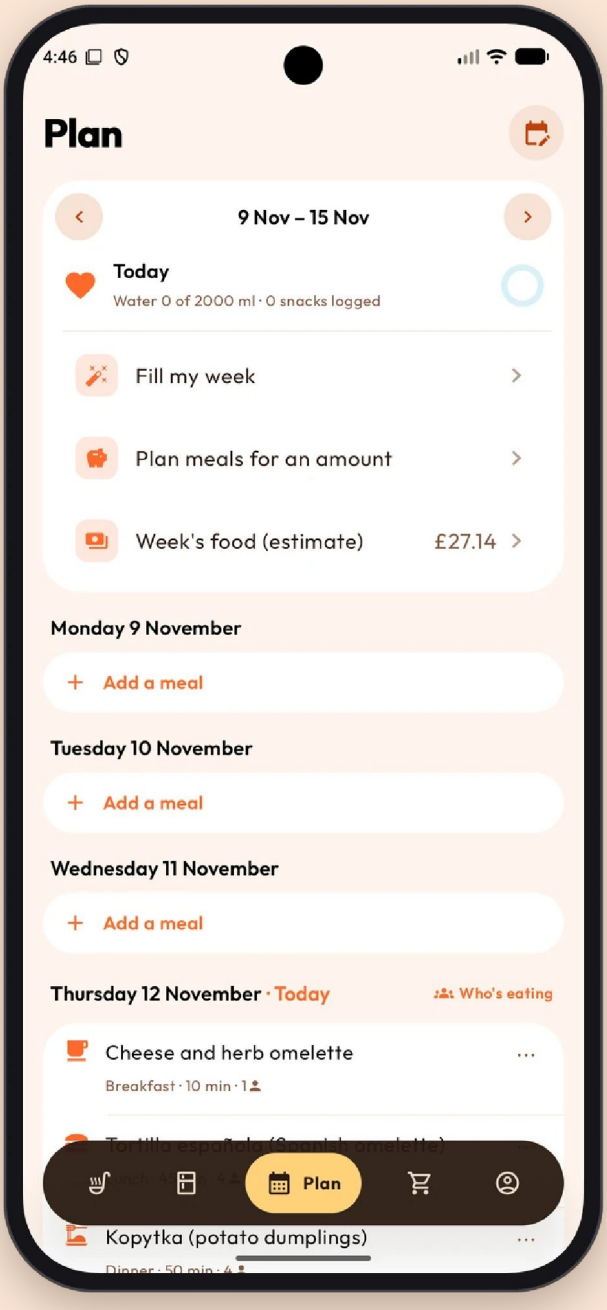
Plan for an amount

Say how much to spend and get a menu that fits, using real UK supermarket prices.

04

Into your calendar

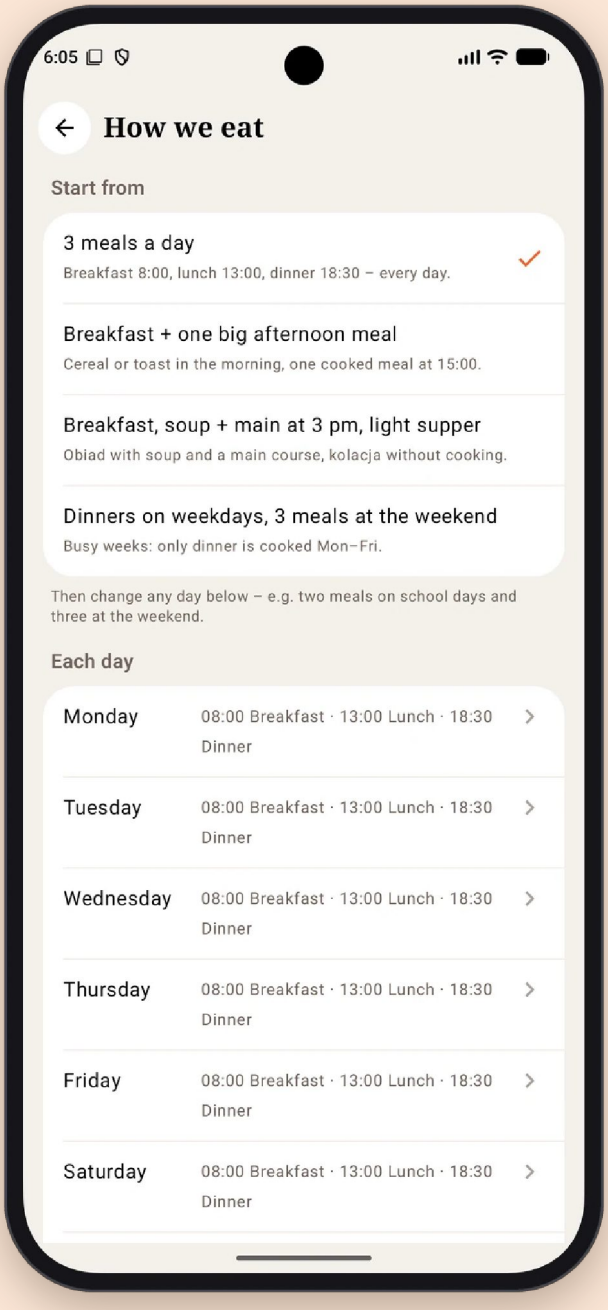
Put the week's menu into your phone's calendar.



HOW WE EAT

How we eat, *who's eating*

Tell CookStock how your family really eats, and let anyone say when they are eating out.



01

Meals per weekday

Which meals you eat on which days, and when.

02

Soup and a main

Two-course dinners or cereal-only breakfasts — your way.

03

Who's eating

Anyone can mark they're eating out.

04

Portions follow

Portions and the list change for everyone.

SHOPPING

One list *for the family*

Only what the menu needs, scaled to the people eating, with "needed today" at the top.

01

Needed today first

What you need for tonight is always at the top.

02

Tick it, it's gone

Bought items disappear for everyone and show who bought them.

03

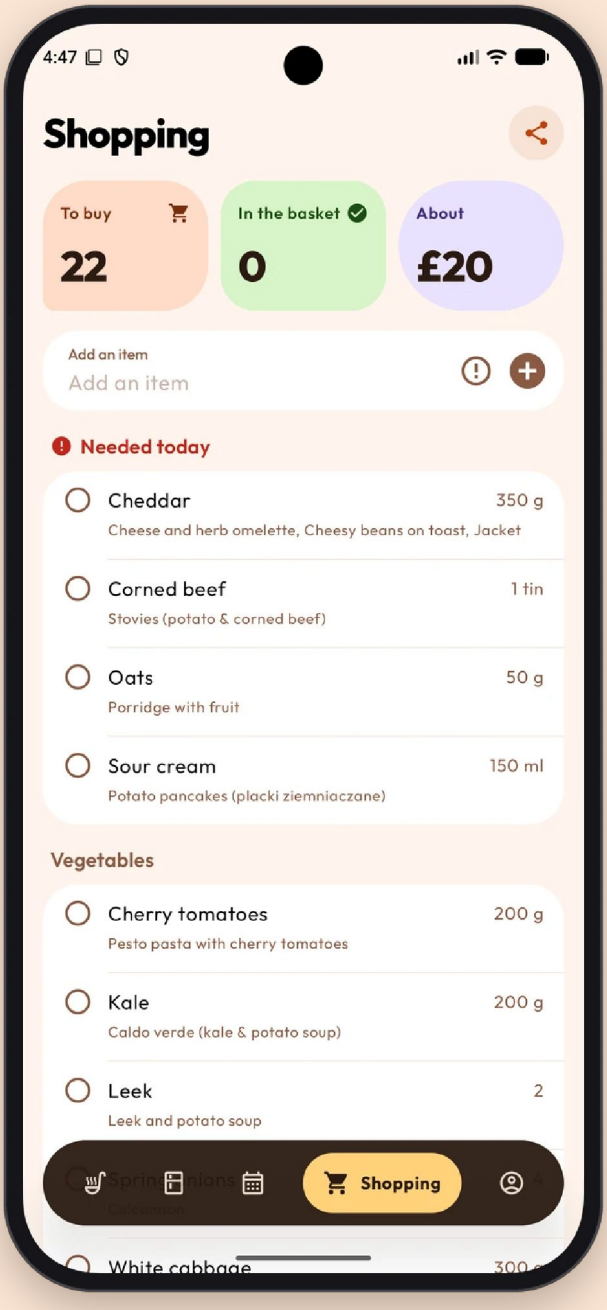
Home-screen widget

Tick things off without opening the app.

04

iPhone and Android

Mixed families share one list.



TODAY

"Dinner's ready!" *and your day*

Call everyone to the table with one tap, and keep an eye on the day's food and water.

Dinner's ready!

One tap sends a notification to the whole family — they answer "Coming!".

Calories from your menu

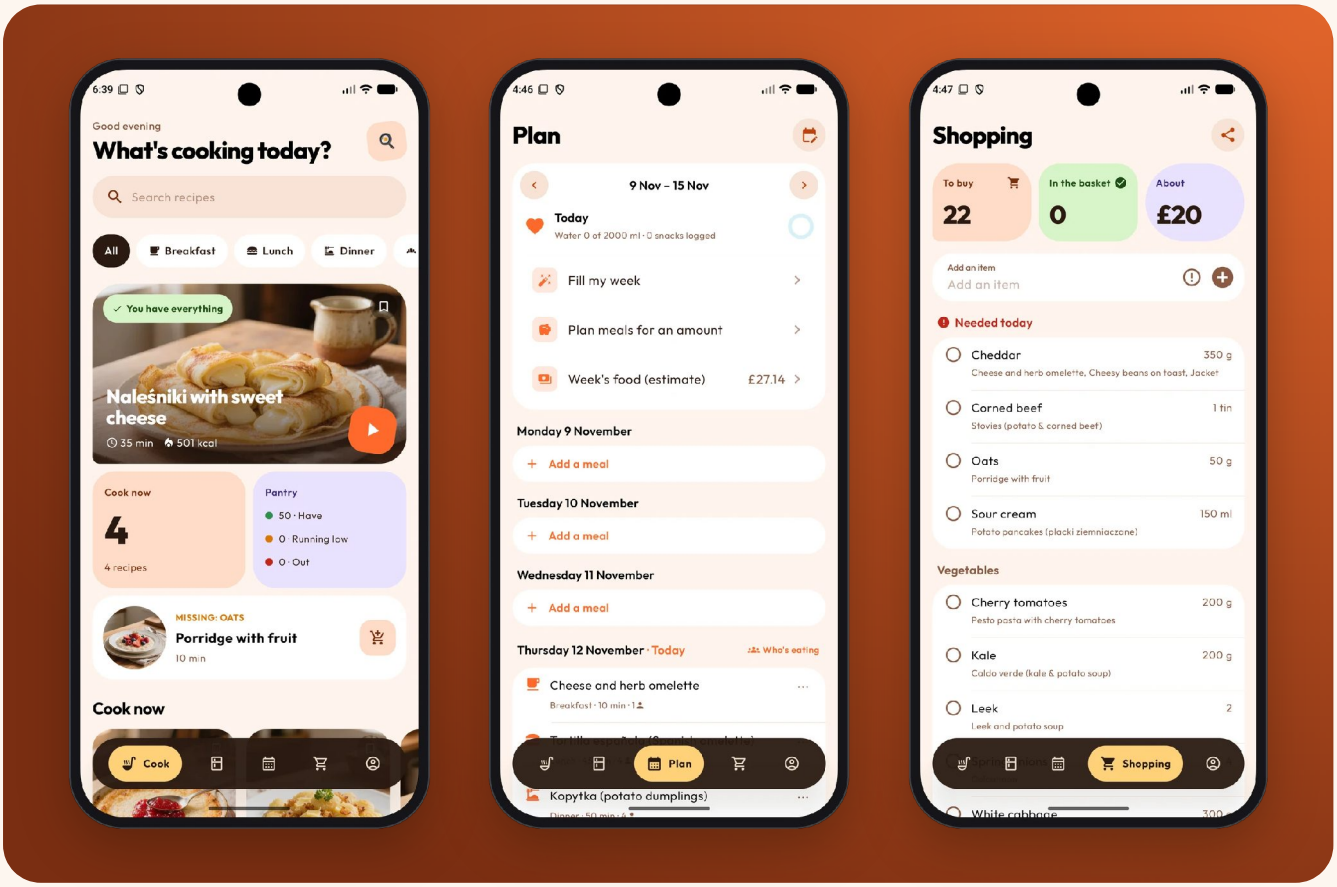
Plus snacks and meals eaten out.

Water with reminders

Log water and get gentle reminders.

Apple Health / Health Connect

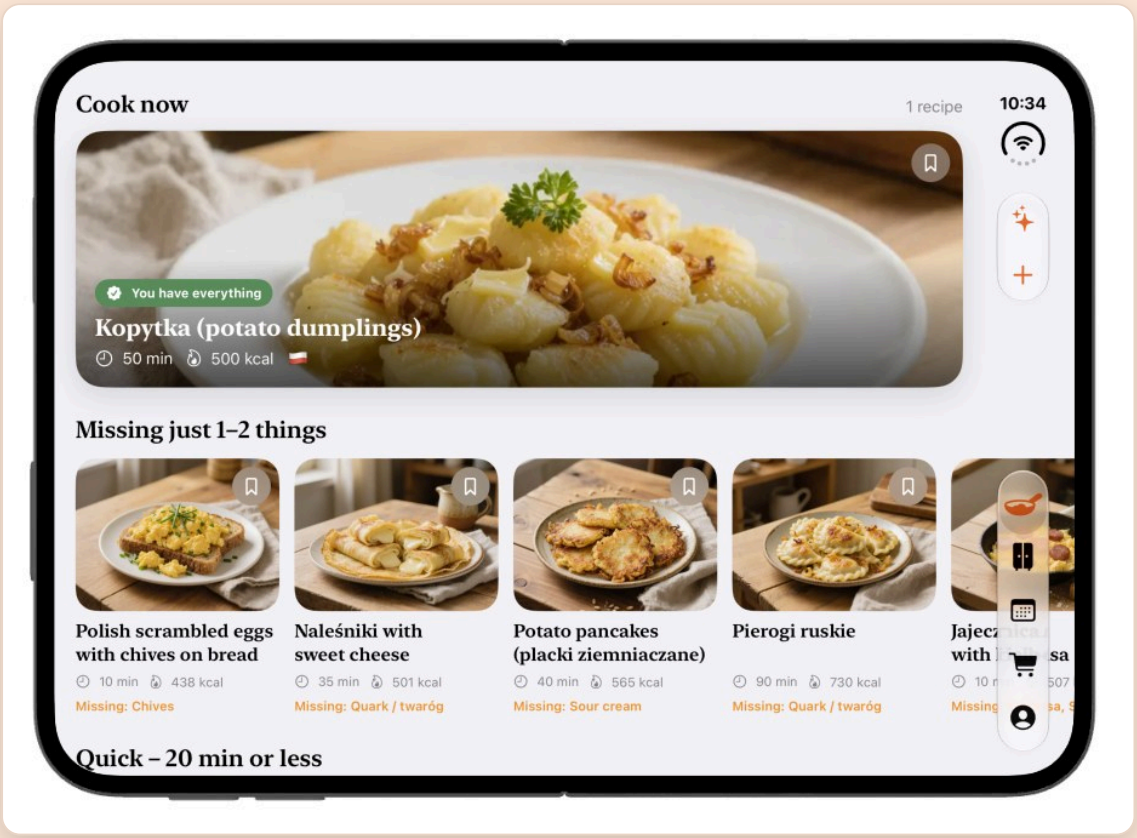
Optional: steps, active calories and weight. Health data never leaves your phone.



IPAD & IPHONE DUO

Made for *bigger screens*

On iPad and an unfolded iPhone Duo, recipes and the plan open in two panes that meet at the hinge.



01 **Two panes**
List on one side, the recipe or plan on the other.

02 **Hinge-aware**
Nothing important sits in the fold.

03 **Fold and carry on**
Folded, it keeps the familiar phone layout.

04 **Keyboard friendly**
Comfortable on iPad with a keyboard.

PRIVACY

Private *by design*

CookStock was built to keep family data where it belongs.

No ads, no tracking

No analytics, no advertising identifiers.

No account on your own

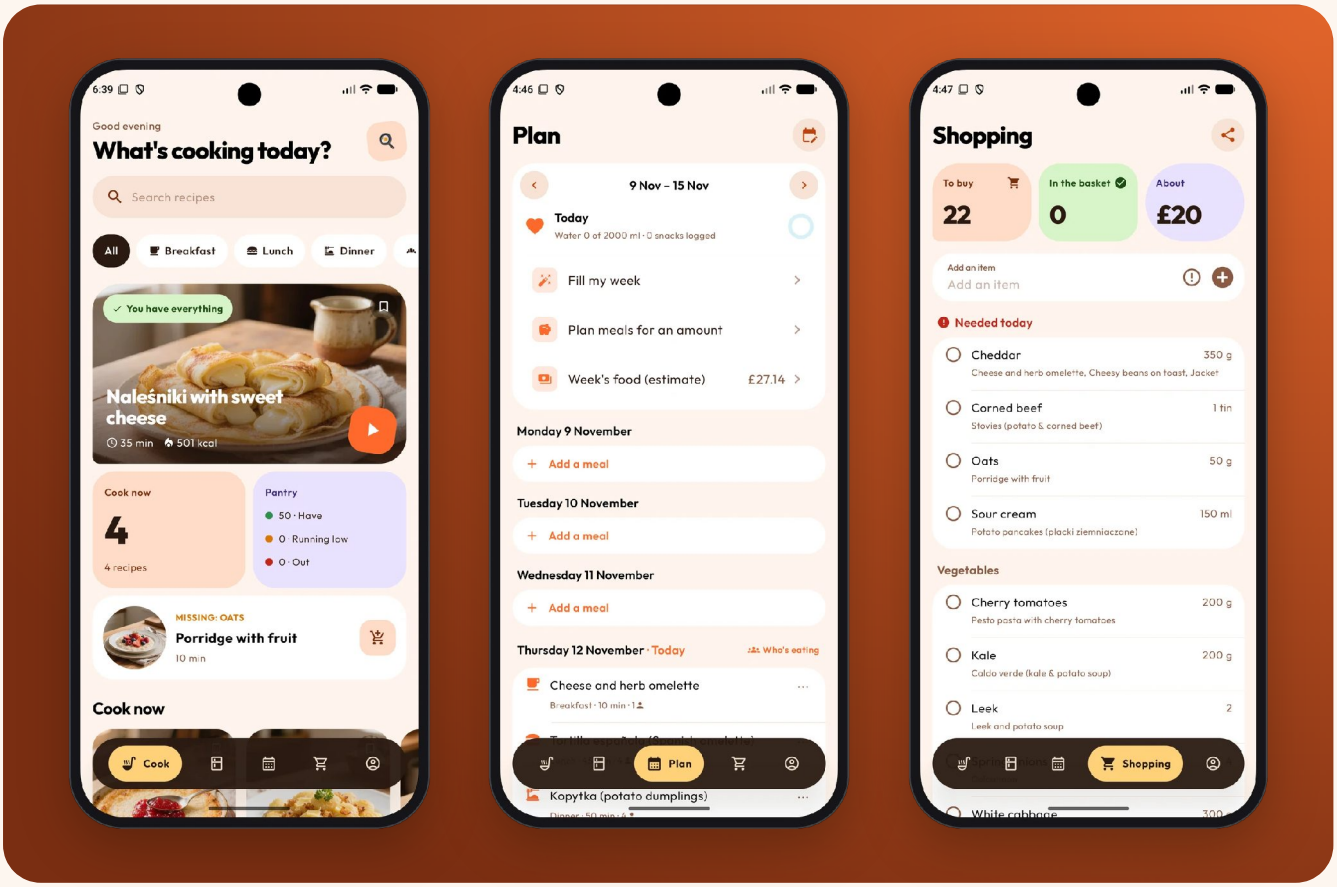
Sign in only when you want to share with family.

Export or delete

Your data and account, any time, in the app.

Honest pricing

3 days free, then one payment — no subscription, ever.



PLANS & PRICES

Try it free. *Pay once.*

Try everything free for 3 days — the trial simply ends, nothing to cancel. Then one payment unlocks CookStock forever.

FREE TRIAL

3 days

Every feature, no card needed.

COOKSTOCK LIFETIME

£9.99 once

Everything, forever. No subscription, ever.

EVERYTHING INCLUDED

- 142 recipes, 24 cuisines
- Receipt and barcode scanning
- Family meal plan with diets
- One shared shopping list
- "Dinner's ready!" notifications
- Pantry: Have / Low / Out
- Chef's idea with AI
- Plan for an amount
- Home-screen widget
- Today: calories and water

SCAN TO GET THE APP

annmarstudio.co.uk/cookstock

Scan to visit CookStock and get it for iPhone, iPad or Android.

Download on the App Store

Get it on Google Play

Price shown in GBP including VAT; the store shows the final price in your currency before you buy. Recipes are for guidance — always check labels for allergens.