Say goodbye to "What do you want for dinner?" - Eatgent.ai removes the weekly decision gridlock

Eatgent is a personal food agent that learns what your household actually likes and turns it into a realistic week of cooking, takeout, and nights out

VANCOUVER, BC - Feb 9, 2026 - Eatgent.ai today announced Eatgent, a personal food agent built to end the most common dinner conversation in the world: "What do you want for dinner?" followed by "I don't know." While the internet has an endless supply of recipes and meal-planning apps, most solutions still ask customers to do the hardest part - make decisions, coordinate a week, and turn ideas into action. Eatgent does the thinking for you.

Eatgent learns your preferences over time - cuisines you repeat, ingredients you avoid, prep-time limits, nutrition goals, "Thursday takeout" traditions, and the reality that not every night is a home-cooked night. With that understanding, Eatgent produces a complete week plan that fits real life: a mix of home-cooked meals, leftovers, takeout orders, and dining-out plans, plus a consolidated grocery list that matches what you're actually cooking.

"People don't need more recipes; they need fewer decisions," said Derek G., founder of Eatgent. "The best plan is the one you'll actually follow. Eatgent learns your household, makes the choices for you, and keeps the week coherent - without the browsing, the debating, or the 5:30pm panic."

At launch, Eatgent helps customers:
- Onboard in minutes by setting constraints (dietary needs, budget, prep-time, family preferences) and rating a handful of meals.
- Generate a weekly plan in a single prompt, then iterate naturally: "make Tuesday 15 minutes," "swap one meal to vegetarian," "avoid seafood this week," or "add a date-night Friday."
- Treat takeout and going out as first-class parts of the plan - e.g., "Chinese takeout every Thursday," "Taco Tuesday," and "dinner out Friday."
- Receive a consolidated grocery list with sensible substitutions, pantry assumptions, and optional category grouping for faster shopping.
- Share the plan with a partner so the household is aligned before the week starts.

Eatgent is built using modern agentic planning. Instead of returning a one-shot set of suggestions, the system runs a multi-step workflow (discover -> evaluate -> balance -> schedule -> list) with constraint checks and feedback loops. This allows Eatgent to behave like a planner - resolving tradeoffs across taste, variety, effort, budget, leftovers, and schedule - rather than a recipe database that pushes decisions back to the customer.

Over time, Eatgent's value proposition is to become the expert on what you want to eat and when, and then reliably turn that intent into outcomes. As an AI agent ecosystem emerges, platforms like grocery delivery, takeout, and reservations are exposing APIs and agent-friendly experiences. Eatgent will not try to rebuild those services. Instead, it will hand off the right intent to partner agents, so the "plan" can seamlessly trigger the "do."

For example, a future Eatgent week could:
- Prepare a grocery order timed to arrive before a cooking night.
- Place takeout on your tradition night so it arrives when you get home.
- Suggest and then book a reservation for date night, aligned with your preferences and calendar.

Eatgent is available today as a web experience in early access. Customers can start with a free trial and choose an optional subscription tier for advanced preference learning, household profiles, and deeper integrations as they become available.

50 **Frequently Asked Questions**
51 FAQ 1. What is Eatgent?
52 Eatgent is a personal food agent that learns your household's food preferences and produces a realistic weekly
53 plan - home-cooked meals, takeout traditions, and nights out - plus a consolidated grocery list. It is built to
54 remove decision-making, not add another recipe library.
55
56 FAQ 2. Who is the customer?
57 Anyone who routinely hits decision gridlock around dinner, especially couples and families where one person
58 ends up doing the planning work and the default answer to "What do you want?" is "I don't know."
59
60 FAQ 3. What problem does Eatgent solve?
61 The core problem is decision fatigue and coordination. Customers waste time browsing, negotiating, and
62 re-planning, then end up ordering last-minute takeout or repeating the same meals. Eatgent reduces weekly
63 planning to a quick approve-and-adjust loop.
64
65 FAQ 4. How is this different from recipe sites, meal-planning apps, or meal kits?
66 Recipe sites optimize discovery. Many meal-planning apps still require selecting recipes and assembling a plan
67 manually. Meal kits outsource shopping but constrain choice and can be expensive. Eatgent acts like a
68 planner: it makes decisions based on your constraints, keeps the week coherent, and outputs a plan you can
69 execute.
70
71 FAQ 5. What makes Eatgent "agentic"?
72 Eatgent runs a multi-step planning workflow (discover -> evaluate -> balance -> schedule -> list) with constraint
73 checks and iterative feedback. This enables natural replanning ("swap Tuesday," "lower calories," "shorter
74 prep") without starting over, and allows the system to resolve tradeoffs the way a human planner would.
75
76 FAQ 6. Does Eatgent assume you cook seven nights a week?
77 No. Eatgent treats cooking, leftovers, takeout, and dining out as first-class options. The best week for many
78 customers includes traditions (e.g., Thursday takeout) and nights out (e.g., Friday date night). Eatgent plans for
79 reality.
80
81 FAQ 7. How does Eatgent learn preferences over time?
82 Customers can start with explicit constraints and ratings, and Eatgent improves as it observes edits, repeats,
83 skips, and swaps. Over time it learns stable household defaults (favorite cuisines, tolerated effort, repeat
84 cadence, disliked ingredients) so planning becomes increasingly hands-free.
85
86 FAQ 8. How do grocery integrations work at launch?
87 At launch, Eatgent produces a consolidated grocery list designed to be easy to shop. Where available, Eatgent
88 can generate a "shop this list" flow via partner links or export formats. Deeper cart-building and checkout
89 automation depend on partner APIs and customer permissions.
90
91 FAQ 9. What is the long-term vision around other agents (OpenTable, Uber Eats, etc.)?
92 Eatgent's role is to be the expert on your intent - what you want to eat and when. As other platforms expose
93 agent interfaces, Eatgent can hand off structured intents (reserve, order, deliver) to those services. Eatgent will
94 not replace those platforms; it will coordinate with them.
95
96 FAQ 10. How does Eatgent handle privacy and customer trust?
97 Customers control their preference data and can edit or delete it. Eatgent uses customer inputs to improve
98 planning for that customer's household. Eatgent does not sell personal preference data. Any partner handoff
99 requires explicit customer action and permission.
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101 FAQ 11. How does Eatgent avoid "scraping" or misusing creator content?
102 Eatgent is built to guide customers to make decisions and then act, often by linking out to original sources for
103 full instructions when appropriate. Eatgent focuses on planning, summarization, and workflow, not republishing
104 full recipe content.
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106 FAQ 12. What is the business model?
107 Eatgent offers a free trial and a subscription tier for advanced personalization, household profiles, and deeper
108 integrations. Over time, partner referrals (e.g., grocery delivery) may complement subscriptions, but the core
109 value is planning intelligence customers pay for.
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111 FAQ 13. What's next after launch?
112 Near-term: better onboarding, faster iteration loops, pantry-aware planning, budget optimization, and household
113 collaboration. Longer-term: deeper partner integrations as APIs mature, so "plan" reliably becomes "delivered"
114 across cooking, takeout, and dining out.