ZENO ONE LLC

Zeno Kitchen

The basics

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About Zeno Kitchen

Zeno Kitchen helps you decide what to cook, plan the week's meals, and keep one grocery list that everyone in your kitchen can use. It is built for one cook, for two people who share a kitchen, or for a full house.

Zeno Kitchen is a separate app. It is also the Kitchen tab inside Zeno Home. The screens and steps in this guide are the same in both places. Where the two differ, the guide says so.

Where Zeno Kitchen is available

- Zeno Kitchen is in testing. It is open on the web today.
- It is coming to Google Play first, then the App Store.
- Subscriptions are bought through Apple and Google Play. You cannot buy a subscription on the web.

What this guide covers

This guide covers the everyday features: setting up, Tonight, the week's meals, grocery lists, shopping at the store, using a recipe once to fill your list, your plan and the 30-day trial, and your data. A second guide, "Zeno Kitchen: every feature", describes every option in the app. A one-page quick start is also available.

The screenshots in this guide were taken in a kitchen that has Kitchen Plus turned on. A Free kitchen shows the same screens. Some rows on a Free kitchen carry the word "Plus", and a few buttons are missing.

What is Free and what is Kitchen Plus

Zeno Kitchen has two plans.

What you can do	Free	Kitchen Plus
Tonight: tonight's dinner, quick picks, "Busy tonight?"	Yes	Yes
Weekly meal plan	Yes	Yes
Grocery lists by store, with Add again	Yes	Yes
Share list	Yes	Yes
Use a recipe once to fill the list	Yes	Yes
Export or delete your data	Yes	Yes
Saved recipe box (save, edit, reopen)	No	Yes
Cook Mode	No	Yes
Recipe import and starter recipes	No	Yes

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What you can do	Free	Kitchen Plus
Ingredient swaps	No	Yes
Recipes from a photo or screenshot	No	Yes, from the first paid charge
Weekly dinner chooser and Decide for me	No	Yes
Stock at home	No	Yes
Receipts with spending and price history	No	Yes
Remembered aisle order	No	Yes
List handoff to supported stores	No	Yes

Zeno Home Plus includes Kitchen Plus. Features that need a paid plan are marked in this guide with a gold "Kitchen Plus" box.

Set up your kitchen

The first time you open Zeno Kitchen on its own, you sign in and then answer four short questions. Setup takes about two minutes. Nothing is saved until the last step, and the screen shows "Saved to your Zeno account." at the bottom.

If you open Kitchen as a tab in Zeno Home, there is no setup. Your household already exists.

Sign in

The first screen is titled "Log in to Zeno Kitchen". One Zeno account works for Zeno Kitchen, Zeno Home, and Lampway. If you already have a Zeno account, use the same sign-in as before. If you are new, signing in creates your account.

1. Tap "Continue with Google" or "Continue with Apple".
2. Or type your address in the field labelled "Zeno Kitchen account email" and tap "Send email link". Open the emailed link on the same device, then tap "Finish login".

If someone invited you to their kitchen, open their invite link first, then sign in.

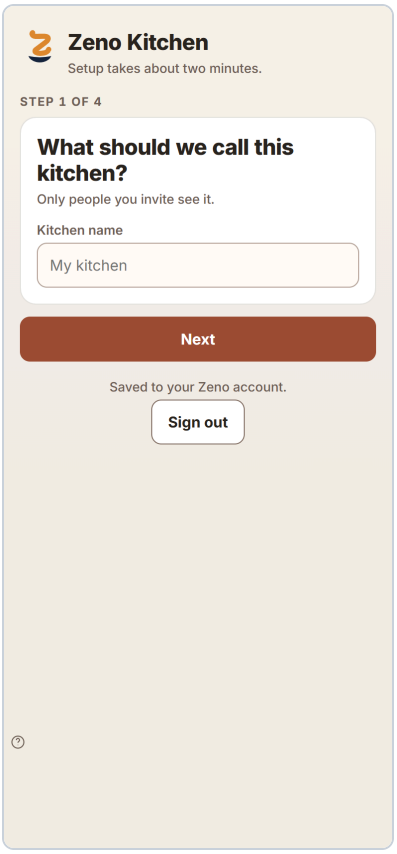
The four setup steps

1. Step 1 of 4, "What should we call this kitchen?" Type a name in the "Kitchen name" field. If you leave it blank, the kitchen is called "My kitchen". Tap "Next".
2. Step 2 of 4, "Where do you shop?" Tap the stores you use. Tap "Next". If you pick none, the button reads "Skip for now".
3. Step 3 of 4, "Anything you always buy?" Tap the items you restock. Tap "Next".

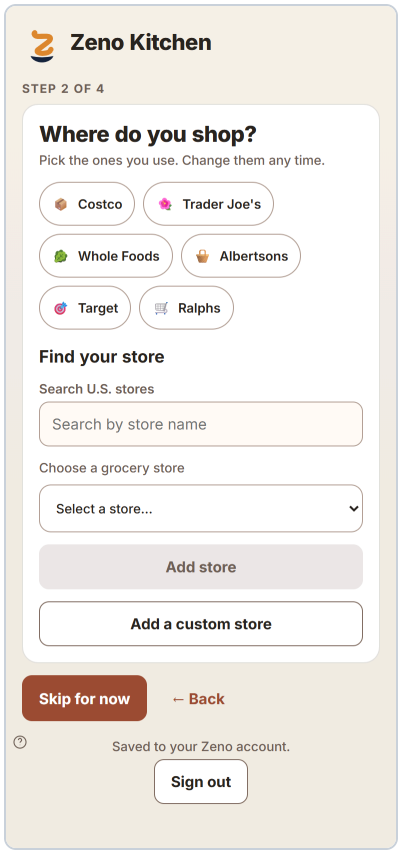
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4. Step 4 of 4, "Who shops with you?" Tap "Just me for now" to finish, or "Invite people" to finish and open the page where you copy an invite link.

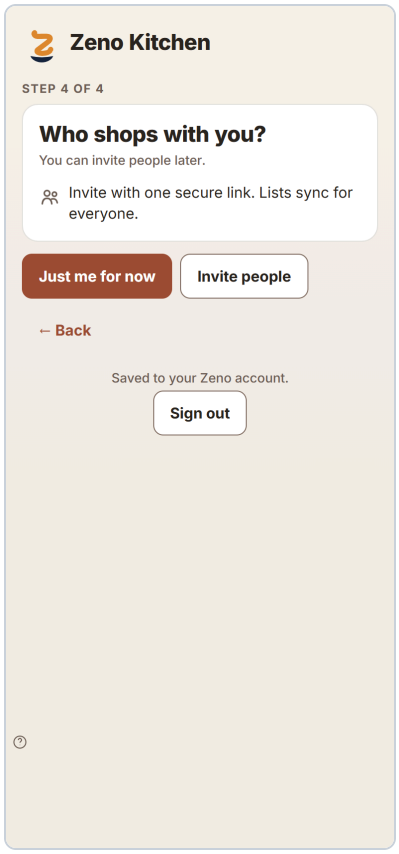
Tap "← Back" on any step to go to the step before it.



Step 1: name your kitchen.



Step 2: pick your stores.



Step 4: finish or invite people.

Picking stores

The store chips in step 2 are Costco, Trader Joe's, Whole Foods, Albertsons, Target, and Ralphs. Nothing is selected until you tap. Tap a chip again to unselect it.

To add a store that is not in the chips:

1. Under "Find your store", type in "Search U.S. stores".
2. Open "Choose a grocery store", pick a store, and tap "Add store".
3. Or tap "Add a custom store", type a name under "Custom store name", and tap "Add store".

You can add up to 6 extra stores during setup. You can add more later in Lists. You can change your stores at any time.

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If setup does not finish

If a save fails, Zeno Kitchen keeps your choices on the screen. Tap the button again to retry. If you see a message that the kitchen was already set up on another tab or device, reload the page to open it.

Find your way around

Zeno Kitchen has four tabs along the bottom of the screen.

Tab	What it is for
Tonight	Tonight's dinner, quick picks, and what is coming up
Lists	Your grocery lists, grouped by store
Meals	The week's meals, one day at a time
Recipes	Recipes you add, save, and cook

In Zeno Home, tap "Kitchen" in the bottom bar. A row of four choices, Tonight, Lists, Meals, and Recipes, sits at the top of the Kitchen screen.

Settings

Adults open Settings from the icon in the top right corner. On Tonight the icon is labelled "Settings". On Lists, Meals, and Recipes it is labelled "Settings for Kitchen". Settings has four rows: Kitchen, People & devices, Kitchen Plus, and Safety & data.

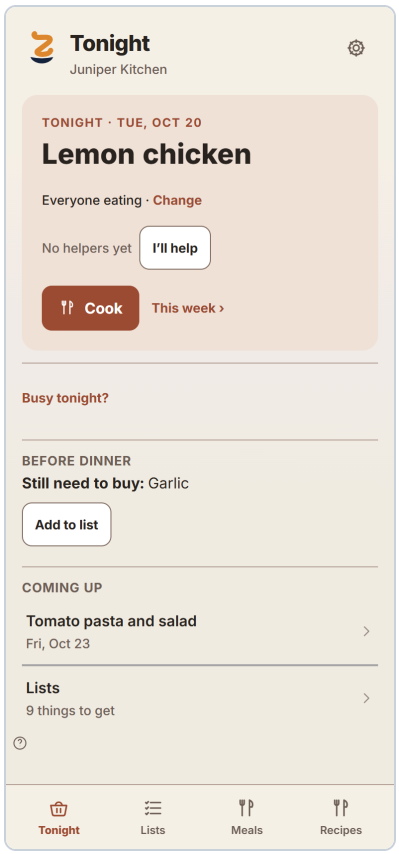
To rename your kitchen:

1. Open Settings, then "Kitchen".
2. Change the text in the "Kitchen name" field. It saves as you type.

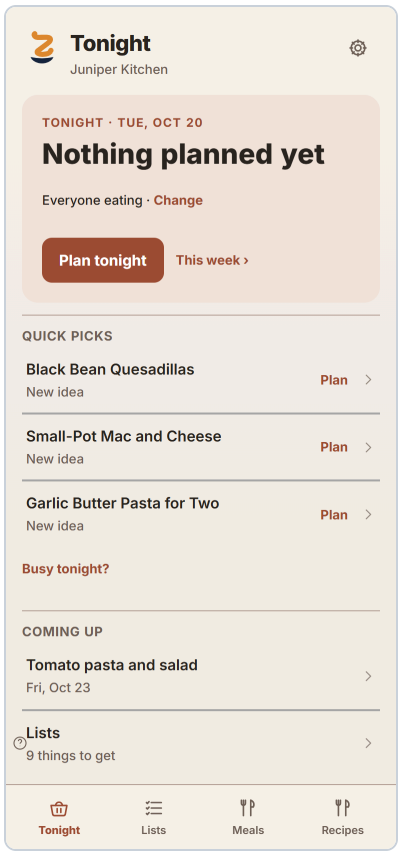
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Tonight

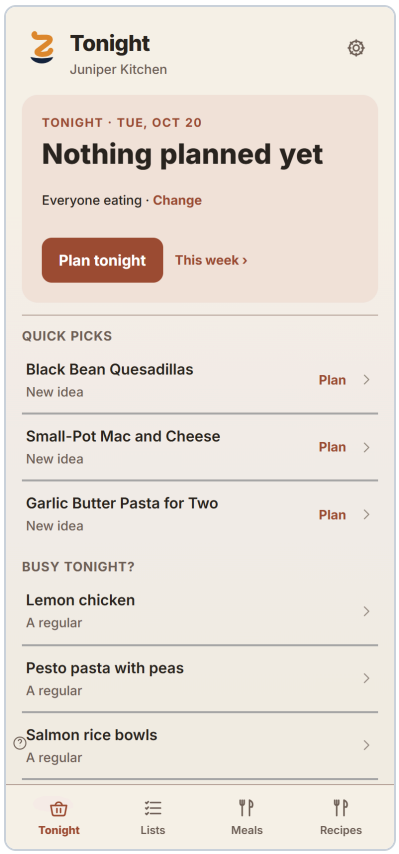
Tonight is the first tab. It answers one question: what is for dinner?



Tonight, with a dinner planned.



Quick picks, when nothing is planned.



Busy tonight? opens a list of dinners to swap in.

Tonight's dinner

The top card shows the date, tonight's dinner, and anything planned with it. If sides are planned, the card says "With" and lists them. It also shows who is eating and who is helping.

- If a dinner is planned, the card shows "This week ›". If the dinner is a saved recipe with steps, it also shows "Cook".
- If nothing is planned, the card says "Nothing planned yet" and shows "Plan tonight" and "This week ›".

Tap "Plan tonight" to open Meals and plan a dinner. Tap "This week ›" to see the week.

> **KITCHEN PLUS**
>
> "Cook" opens Cook Mode, which shows a saved recipe one step at a time. On a Free kitchen, tapping "Cook" opens a screen that describes Kitchen Plus.

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Who is eating

The line "Everyone eating" tells you who dinner is planned for. To change it:

1. Tap "Change".
2. Tap a person's name to take them off tonight, or tap it again to put them back.
3. Tap "Done".

The line then reads "Everyone but" and the names, or "No one eating". People who are out tonight are not asked to rate the dinner.

Helping with dinner

The card shows "No helpers yet" until someone signs up.

1. Tap "I'll help" to add yourself as a helper.
2. Tap "Can't help" if your plans change.

"Everyone eating", "Change", and "I'll help" show up when your kitchen has two or more people listed under Settings, People & devices. With fewer than two, Tonight shows neither "Everyone eating" nor a helpers line.

Quick picks

When nothing is planned for tonight, Tonight shows up to three ideas under "Quick picks". Each row shows the dinner and a short label such as "Requested", "New idea", "A regular", "Saved recipe", or "Recent".

1. Tap a row, or tap "Plan" at the end of the row.
2. The dinner becomes tonight's dinner right away, with everyone eating.

Quick picks are ranked from meal requests, your ratings, how long a dinner takes, and how recently you cooked it. If you have no ideas yet, the screen says "Save a recipe to get picks here."

On Free, a "New idea" row does not appear. Those rows come from the starter recipes, which are part of Kitchen Plus.

Busy tonight?

Use "Busy tonight?" when the plan for tonight does not fit the evening. It swaps tonight's dinner and keeps the old one for later.

1. Tap "Busy tonight?".
2. Tap a row. The choices are quick dinners, "Leftovers", and "Eating out". A quick dinner is a saved recipe that takes 30 minutes or less, or one of your recent saved dinners.

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3. Tonight changes, and a line tells you where the old dinner went. For example, it says the new dinner is tonight and that the old one moved to another day.

The old dinner moves to the next open night this week and keeps its sides and ratings. If the week is full, you choose a day to move it to, or tap "Drop it", or tap "Keep" to leave things as they were. Tap "Never mind" to close the list.

Coming up

The "Coming up" list shows the next planned dinners and a row for your grocery lists. The Lists row says how many things you need to get, or "All clear".

- Tap a dinner row to open Meals.
- Tap the "Lists" row to open Lists.

Rating a dinner

After dinner time, Tonight asks "How was the" and the dinner name. Dinner time is the time you planned for that meal, or your usual dinner time, or 7 pm if neither is known. The question stays until 2 pm the next day.

1. Tap "Definitely again", "OK", or "Not again".
2. A thank-you line confirms your answer and stays on the screen for the rest of that day.

Your ratings help Zeno Kitchen choose which dinners to show you next. If the save fails, tap "Retry".

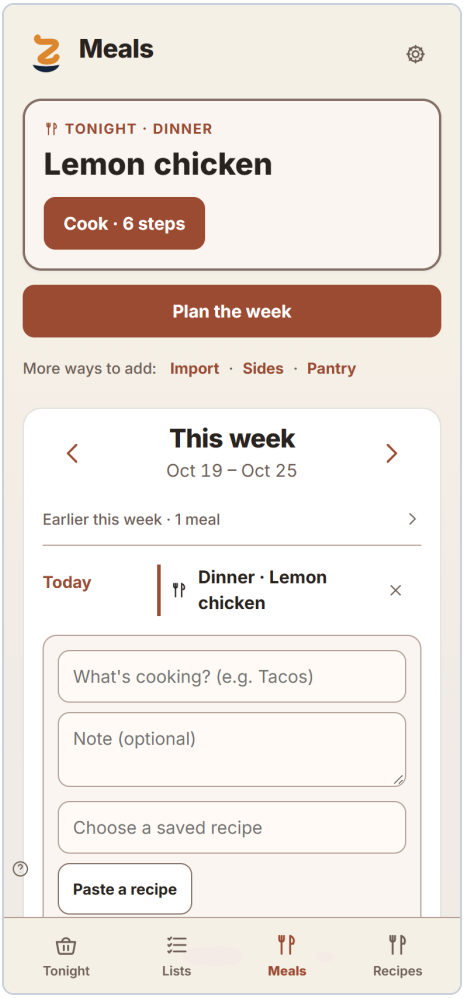
What Kitchen Plus adds to Tonight

> **KITCHEN PLUS**
>
> On Kitchen Plus, Tonight also shows "Before dinner". It compares tonight's saved recipe with your list. It shows "Still need to buy" with the missing items and a button, "Add to list" or "Add all" and a number. It says "You have what you need." when nothing is missing. It also tells you when tomorrow's recipe needs thawing, marinating, or soaking tonight.
>
> On Free, Tonight shows the line "More with Plus: what to buy, when to start" instead.

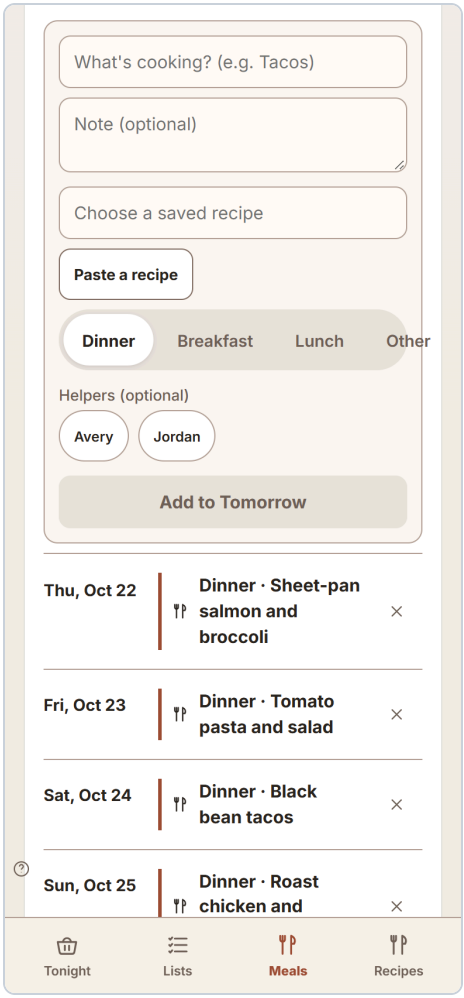
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The week's meals

Meals is the second planning tab. It shows tonight's dinner, then the week one day at a time.



Meals: tonight's dinner and this week.



Planning a day.

Read the week

The header says "This week", with the dates under it. Use the arrows to move to "Last week" or "Next week". You can look 2 weeks back and 5 weeks ahead. The week starts on the day your household chose. Tap "Back to this week" to return.

Each day shows its meals, for example "Dinner · Lemon chicken". A meal can also show a side dish, helpers, a note, and a rating. Today and later days can be changed. Earlier days are read-only. Earlier days of the current week are in a fold called "Earlier this week".

Plan a day

1. Tap a day name, or tap "+ Plan this day" or "+ Plan tonight".

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2. Type the meal under "What's cooking? (e.g. Tacos)".
3. Optional: add a note under "Note (optional)".
4. Optional: tap "Dinner", "Breakfast", "Lunch", or "Other" to choose the meal.
5. Optional: tap the names under "Helpers (optional)".
6. Tap the button at the bottom. It reads "Add to" and the day, for example "Add to Tomorrow".

The form closes after the meal is added, and the new meal is in the list.

On an empty day, up to two one-tap choices plan a request or a recent saved recipe. Under "Ideas for" the day, tap an idea to fill in the meal name.

Change or remove a meal

1. Tap the meal.
2. Change the name, note, meal, or helpers. To move it, tap a day such as "→ Tomorrow" under "Move to".
3. Tap "Save changes", or tap "Cancel editing".

To remove a meal, tap the X at the end of its row. There is no confirmation and no undo for removing a meal.

Meal requests

Anyone in the kitchen can ask for a dish. Open requests rank first in quick picks and ideas.

1. Scroll to the "Requests" card.
2. Type the dish in the field "I'd love… (e.g. Tacos)".
3. Tap "Ask".

A request shows as a chip with the dish and the name of the person who asked. Tap the chip to plan it. Tap the X on a chip to dismiss it. If your household has a PIN and you dismiss someone else's request, you enter the PIN first.

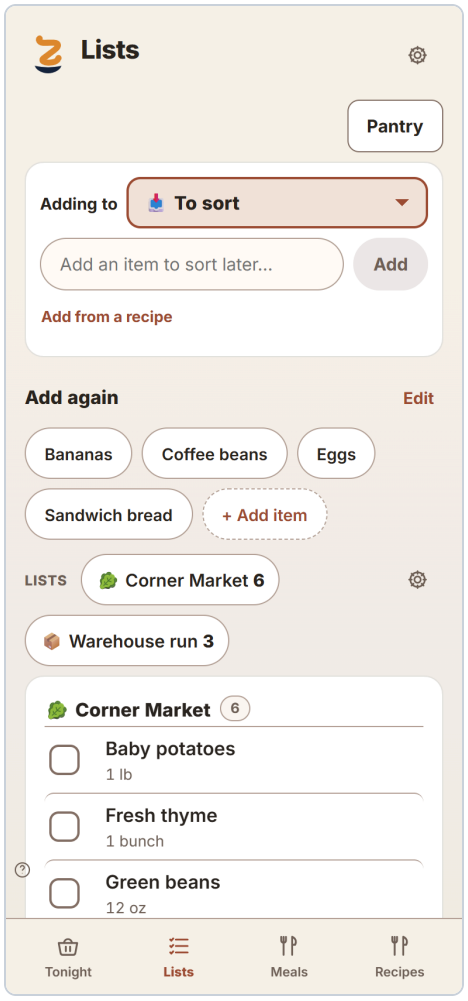
What Kitchen Plus adds to Meals

> **KITCHEN PLUS**
>
> - "Decide for me" plans the top suggestion for tonight with one tap.
> - "Plan the week" plans up to 7 dinners at once and updates your grocery list in one step.
> - "Choose a saved recipe" in the meal form links a meal to a recipe in your recipe box.

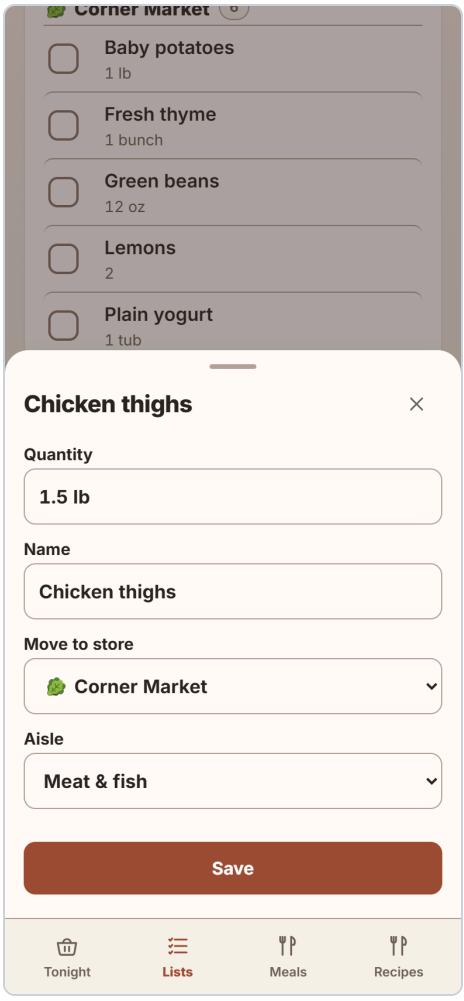
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Grocery lists

Lists is where your shopping lives. Items are grouped by store. Everyone who shares your kitchen sees the same lists.



Lists: the add box, Add again, and your stores.



The item sheet for Chicken thighs: Quantity, Name, Move to store, Aisle and Save.

Add an item

1. Open "Adding to" and choose a list. A list is one of your stores, or "To sort".
2. Type the item in the field "Add a grocery item".
3. Tap "Add", or press Enter.

A line under the box confirms where the item went. For a few seconds, "Undo" is available next to it.

Zeno Kitchen remembers the list you chose on this device.

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Under the add box, small suggestion chips show items from a built-in catalog and from your history. Tap a chip to add that item to the list you picked.

To type a quantity, put it with the name, or open the item later and use the "Quantity" field.

When the same item is added twice

If an item has the same name as one already on that list, Zeno Kitchen joins them. A simple singular or plural counts as the same name, so "lemon" joins "Lemons". If the amounts use the same unit, they add up: "1 cup" plus "2 cups" reads "3 cups". If the units differ, the amounts stay as text and are not converted. The confirmation line names the row that was joined.

The shared list holds up to 64 open items. If it is full, check off or remove an item first.

How items find their store

Each item belongs to one list. This is how items get to the right store.

1. **You pick the list when you add.** The "Adding to" menu above the add box decides which store list the item goes on.
2. **An item with no store waits in "To sort".** Pick "To sort" in "Adding to" when you do not know the store yet. The add box then reads "Add an item to sort later…".
3. **After you buy an item at a store, it goes to that store the next time you add it.** If you have bought a name at a store before, Zeno Kitchen puts it on that store's list. A singular or plural of the name counts as a match.
4. **You can move an item yourself.** Tap the item's name, open "Move to store", pick a store or "To sort", and tap "Save".
5. **Removing a store keeps its items.** They move to "To sort".
6. **You choose how to shop.** You can shop one store's list or all lists in one trip.

Kitchen Plus adds one more option, "Remember aisle order". See "Shopping at the store".

Change or remove an item

Tap an item's name to open its sheet. The sheet has these fields:

- "Quantity". Clear it to remove the quantity.
- "Name".
- "Move to store".
- "Aisle". The choices are Produce, Dairy, Meat & fish, Pantry, Frozen, Household, and Other.

Tap "Save" to keep your changes. Tap "Remove from list" to remove the item. After a removal, "Removed" and the item name appear with "Undo" for about 8 seconds.

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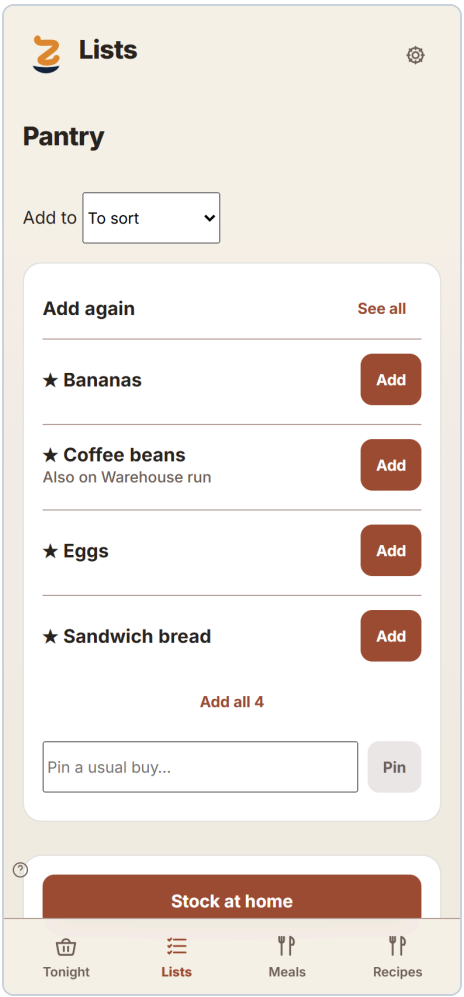
Add again

"Add again" is the row of chips under the add box. It holds the things you buy most weeks.

1. Tap a chip to add that item to the list shown in "Adding to". The chip turns into a check mark when the item is already on that list.
2. To add an item to the row, tap "+ Add item", type a name in the field "An item, like milk", and tap "Save".
3. To remove an item from the row, tap "Edit", tap the X on a chip, then tap "Done".

"Add again" is free on every plan. It also appears in Pantry. To open Pantry, tap "Pantry" at the top right of Lists. Adults can open it.

1. In Pantry, open the "Add to" menu and pick the list.
2. Tap "Add" beside an item, or "Add all" and the number to add them all.
3. To pin an item, type it in "Pin a usual buy..." and tap "Pin".



Pantry: Add again, with a star on pinned items.

Pantry also shows how many times you bought an item recently, and "Also on" another store when you buy it in two places.

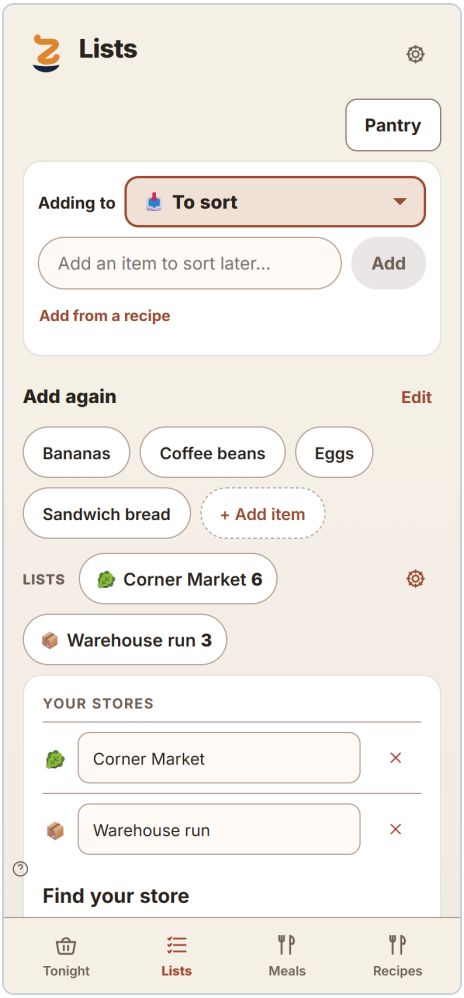
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Your stores

Tap the gear next to "Lists" to open "Your stores".

1. To rename a store, tap its name and type. It saves when you press Enter or leave the field.
2. To remove a store, tap the X. Its items move to "To sort".
3. To add a store, use "Find your store" below the list. It works like step 2 of setup. A message confirms the store you added.

You can have up to 24 stores.



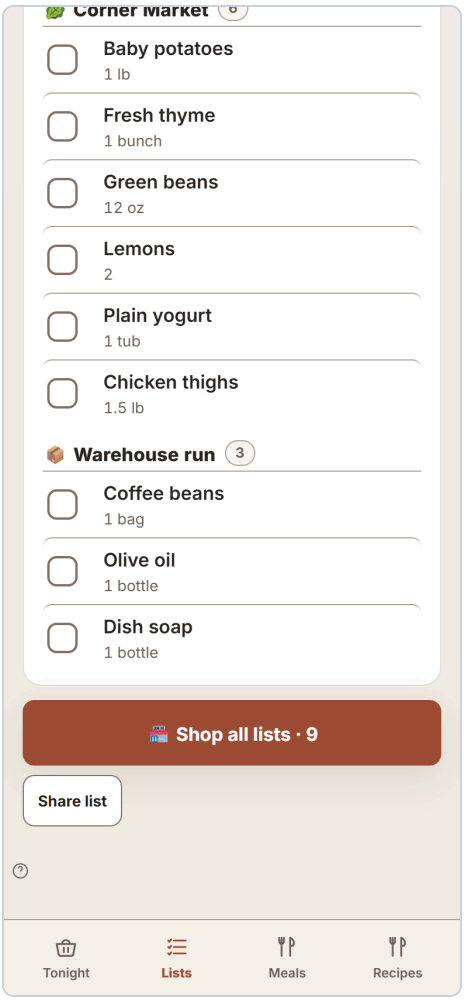
Your stores: rename, remove, or add.

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Share the list

"Share list" sends your list as text. It is free on every plan. It does not send anything to a store.

1. On Lists, scroll to the bottom and tap "Share list".
2. On a phone, pick an app from the share sheet to send the list.
3. On a device without a share sheet, such as most computers, the list is copied instead and the button reads "Copied ✓" for about two seconds.



Share list, under the Shop button.

The text includes the items you have not checked off on the list that is selected, one per line, with its quantity. It shows one store's list or all lists, depending on which is selected. The button is hidden when nothing is open on the list.

Invite people to your kitchen

To let another person see and edit the lists, send them a link.

1. Open Settings, then "People & devices".
2. In the "Invite people" card, tap "Copy invite link".
3. Send the link to the person. They sign in to their own Zeno account, and the kitchen opens.

Send the same link to each person. To make old links stop working, tap "Replace link". Only the household owner can replace the link. Replacing a link does not remove anyone.

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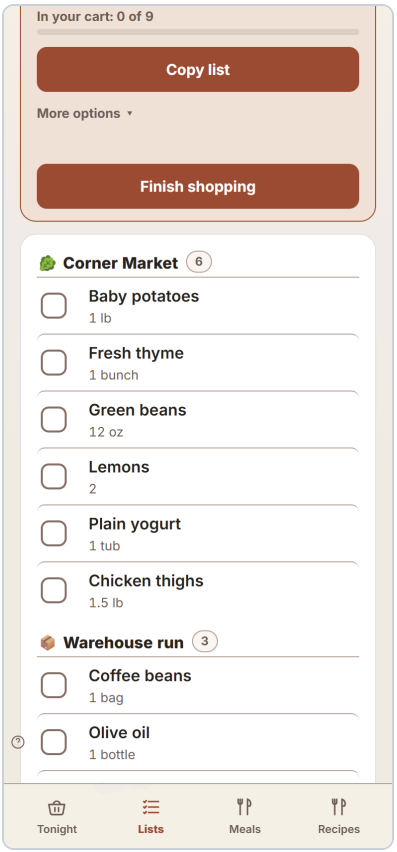
Shopping at the store

Shopping mode turns the list into a checklist for one trip.

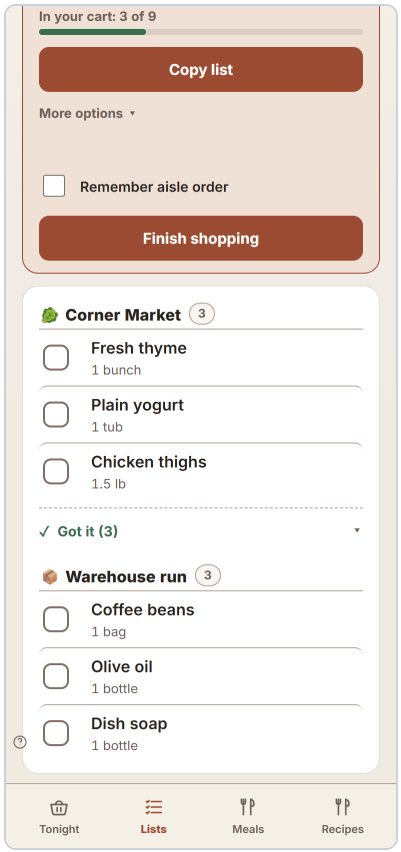
Start a trip

1. On Lists, tap the large button at the bottom. It reads "Shop" and the name of a store with a count, or "Shop all lists" with a count.
2. The screen changes to "Shopping" with the store name, or "All lists". A bar shows "In your cart" and a count, such as "In your cart: 5 of 9".

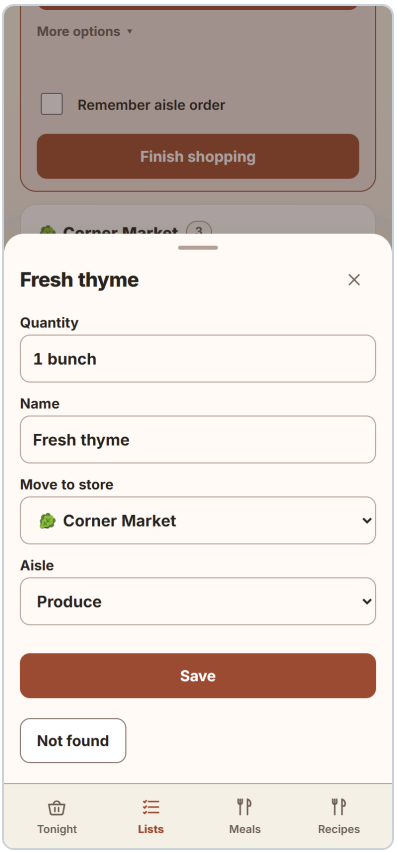
Checking off an item on the list also starts a trip for that list.



A trip across all lists.



Checked items, and the cart count.



Not found, in the item sheet.

Check items off

1. Tap the box beside an item when it is in your cart.
2. Checked items move under "Got it" in that store's section. Tap one to put it back.

If you add an item during the trip, it shows "Added during this trip".

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When the store does not have an item

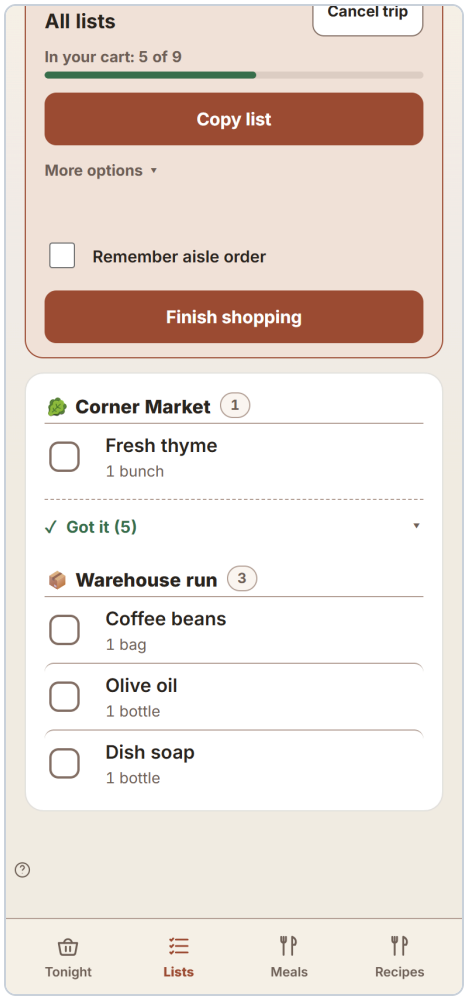
1. Tap the item's name.
2. Tap "Not found".

The row then shows its quantity and "Not found", and the top of the screen says how many were not found and that they are still on your list. To undo it, open the item again and tap "Try again this trip".

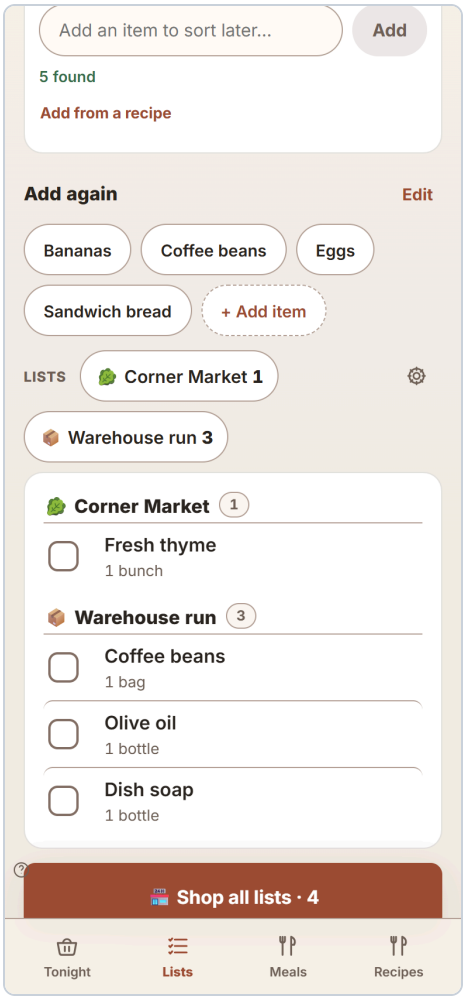
Finish or cancel

1. Tap "Finish shopping".
2. A line shows the result, for example "5 found · 1 still needed".
3. Items you checked leave the list. Items you did not check stay.

To stop without changing anything, tap "Cancel trip". The screen says "Shopping trip canceled. The list is unchanged."



Finish shopping, at the top of the trip.



After the trip: the line 5 found, and the items you did not check stay on the lists.

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Copy the list during a trip

In the shopping header, "Copy list" copies the items you have not checked off. Tap "More options" for "Share list" as well, on a phone that can share.

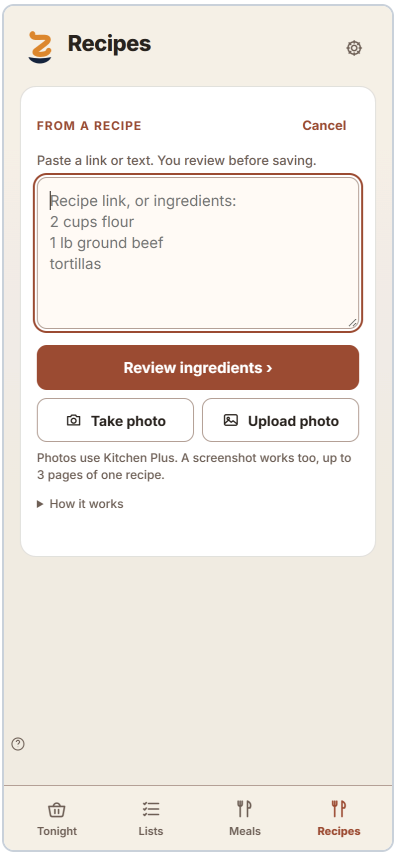
> **KITCHEN PLUS**
>
> - "Remember aisle order": tick the box, then tap "Finish shopping". Next time, that store's list is sorted in the order you picked things up. The box shows after you check something off.
> - List handoff to supported stores: some stores show a button that copies your list and opens the store's website, or connects a store account. Zeno Kitchen does not place an order for you. Any retailer handoff is a separate step you take.

Use a recipe once to fill your list

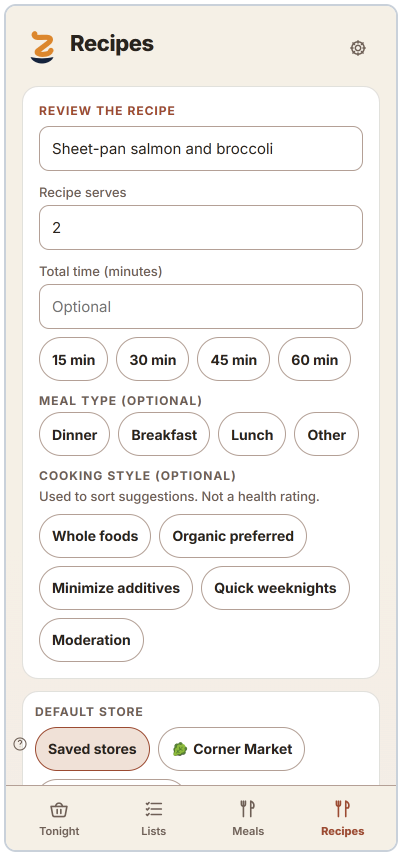
You can turn a recipe into grocery items without saving the recipe. This is free on every plan.

1. On Lists, tap "Add from a recipe". Or open Recipes and tap "+ Add a recipe".
2. In the box labelled "Paste a recipe link or ingredients", paste a web address or the ingredients, one per line. A title line at the top is used as the name.
3. Tap "Review ingredients ›". If you pasted a link, the button reads "Read the recipe ›".
4. Check the review screen. Fix the title, the servings, and any ingredient.
5. Tap the button at the bottom that starts with "Plan" and a day to put the meal on the calendar and send the ticked items to your list.

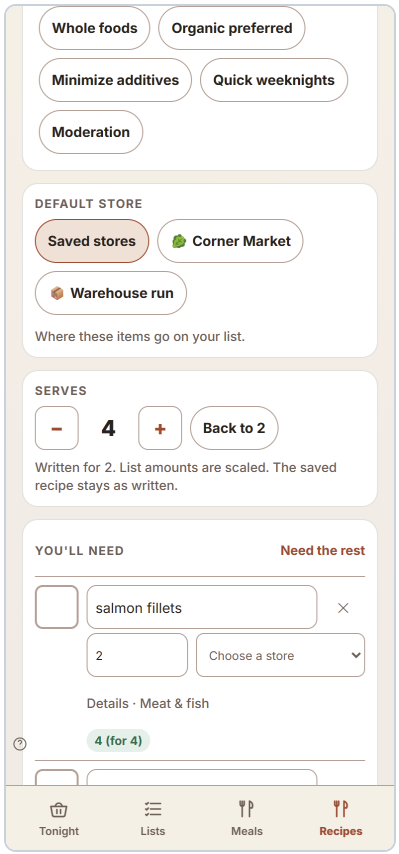
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From a recipe: paste a link or the ingredients, then tap Review ingredients.



Review the recipe: title, serves, total time, meal type and cooking style.



More servings: Serves 4, Back to 2, and list amounts that change with it.

The review screen

The screen is titled "Review the recipe". It has these parts:

- The recipe title, and "Recipe serves".
- "Total time (minutes)", with chips for 15, 30, 45, and 60 minutes.
- "Meal type (optional)" and "Cooking style (optional)".
- "Default store". "Saved stores" uses each item's remembered store. Or tap a store to put every item there.
- Ingredients in groups. "You'll need" is ticked for your list. "You probably have" is not ticked. Tick any you need to buy. "Skipped: not groceries" holds items such as water.

To change how much you cook, use the "Fewer servings" and "More servings" buttons. The note says what the recipe was written for, and the amounts on your list are scaled. The saved recipe is not changed.

When you are ready, tap the "Plan" button. A message says how many items were added and that the meal is planned. The ingredients go to the stores shown on each row.

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To use a recipe once, leave "Keep in recipe box" unticked. The meal and the groceries are saved. The recipe is not.

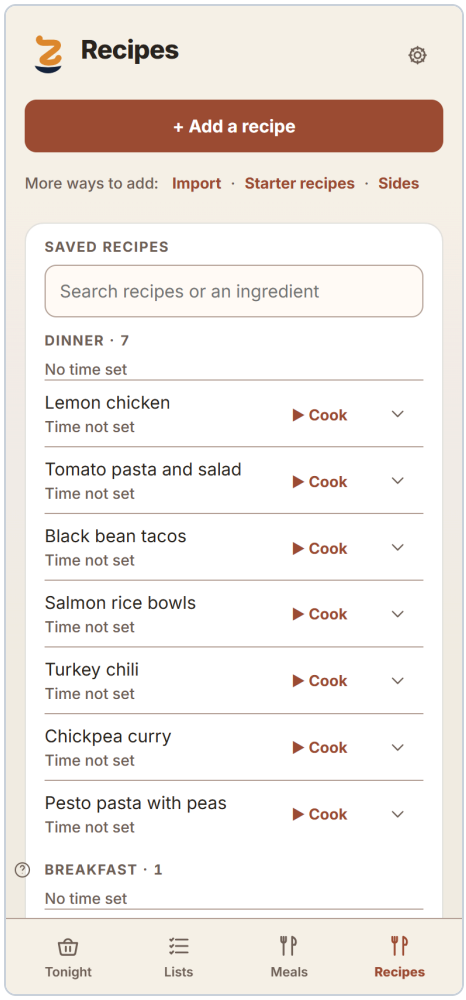
> **KITCHEN PLUS**
> To keep the recipe, tick "Keep in recipe box" and tap "Save recipe". A recipe box lets you reopen and cook a recipe later. The next section describes the box.

Recipes and Cook Mode

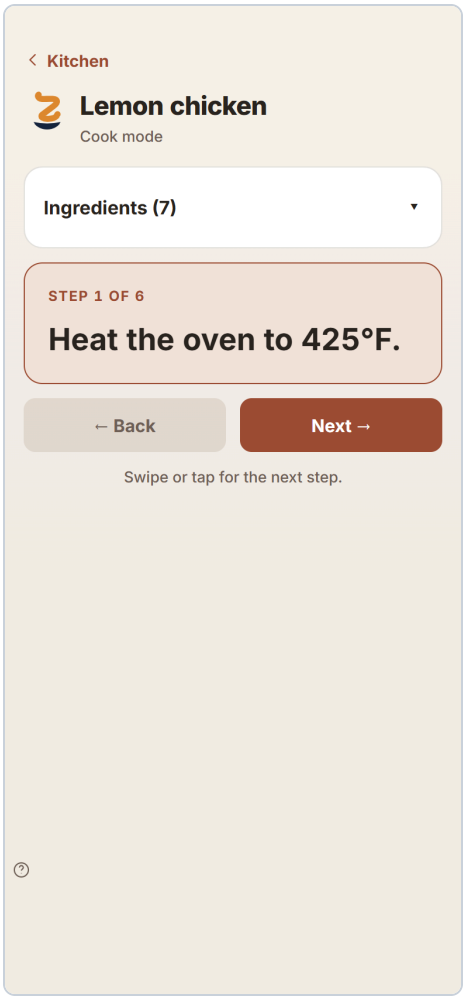
The Recipes tab is where recipes live. On Free, the tab lets you paste a recipe and use it once, as in the last section. A saved recipe box is part of Kitchen Plus.

> **KITCHEN PLUS**
> With Kitchen Plus you can do all of this.
>
> - **Save a recipe.** Tick "Keep in recipe box" on the review screen, or tap "Save recipe".
> - **Open and edit a saved recipe.** Tap its name in "Saved recipes". The heading reads "Edit recipe". Tap "Save changes" when you are done. A search box at the top finds recipes by name or ingredient. Recipes are grouped by meal type and by time, such as "Quick · 30 min or less".
> - **Cook Mode.** Tap "Cook" next to a saved recipe that has steps. Cook Mode shows one step at a time in large type. Tap "Next →" or swipe left for the next step, and "← Back" or swipe right to go back. Tap the "Ingredients" bar to see what you need. The last step ends with "Done".
> - **Starter recipes.** Tap "Starter recipes" under "More ways to add". Kitchen Plus has 75 recipes you can save with " + Save".
> - **Import.** Tap "Import" to paste recipes or choose a file.

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Recipes: the saved recipe box.



Cook Mode: one step at a time.

Plans and the 30-day trial

The 30-day trial

Every household gets Plus free for 30 days, with no card.

- After 30 days, your household moves to Free unless you subscribe. Nothing is deleted.
- Photo scans, recipe cleanup, and meal ideas start with a paid plan. They are not part of the trial.
- In Settings, open "Kitchen Plus". During the trial, the heading shows how many days are left, and the page says your kitchen has Kitchen Plus free for 30 days.

Free

Free keeps these features: Tonight, the weekly meal plan, grocery lists by store with Add again, Share list, using a recipe once to fill the list, and exporting or deleting your data.

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Kitchen Plus

Kitchen Plus adds the saved recipe box, Cook Mode, recipe import and starter recipes, ingredient swaps, recipes from a photo or screenshot, the weekly dinner chooser and Decide for me, Stock at home, receipts with spending and price history, remembered aisle order, and list handoff to supported stores.

Zeno Home Plus includes Kitchen Plus.

Subscribe or manage your plan

Subscriptions are bought through Apple and Google Play. There is no web checkout. If you are on the web, the screen tells you to subscribe in the app and then sign in with the same Zeno account.

1. Open Settings, then "Kitchen Plus".
2. Tap "See Kitchen Plus" or "View subscription".
3. Follow the steps in the store.

One purchase covers the whole household and follows the signed-in account. Tap "Restore purchases" if you subscribed on another device.

Hints about paid features

On Free, and during the trial, an adult may see a quiet line such as "A paid plan can suggest meals based on what you have planned lately." Tap the line to see what the paid plan adds. Tap "Hide" to remove the line on this device.

When a feature needs Plus

If you tap a Kitchen Plus feature on a Free kitchen, a screen titled "Kitchen Plus" opens with a short reason. Tap "Keep using Zeno Kitchen Free" or "Done" to go back. Nothing is blocked from the free features.

Your data

You can export or delete your data on every plan, at any time.

Download a backup

1. Open Settings, then "Safety & data".
2. Under "Your data", tap "Download backup".
3. A file named `zeno-kitchen-export.json` is saved. It holds your people, recipes, meals, grocery lists, stores, and settings. It does not include your household PIN.

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Delete your data

Deleting is permanent. Download a backup first if you want a copy.

1. Open Settings, then "Safety & data".
2. Tap "Delete Kitchen data…".
3. Read the message, then tap "Yes, delete everything". Or tap "Keep my data" to cancel.

> **WARNING**
>
> If you subscribed through the App Store or Google Play, cancel the subscription there first. Deleting your data does not cancel a store subscription.

Privacy

Under "Safety & data", you can turn off anonymous usage counts and error reports from this device. The privacy policy and terms are linked on the same page.

Getting help

- Help page: zenoone.com/help/
- Email: msiljander@zenoone.com

To report a problem from the app, open Settings, then "Safety & data", and tap "Report an issue". You can capture the screen or attach a screenshot with your note.

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