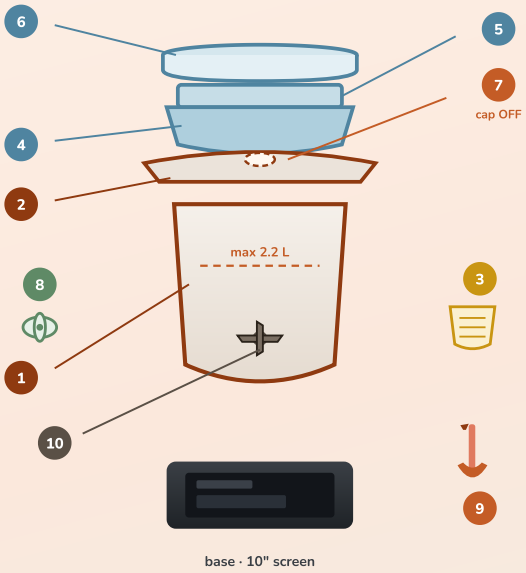
NOOSA HOUSEHOLD · TM7 · V5

Thermomix Quick Reference Workbook

Plain visuals so anyone — family, babysitter, or a friend setting up their own machine with an AI assistant — can cook with confidence.

Meet the machine | Speed & temp | Common jobs | Safety | Sample family | Lessons learned | AI + Cookidoo | Fill-in pages | Grok Bot setup | Advanced ordering | Extra resources

Grok Bot: start at page 13



Latest version and AI files: https://thermomix-workbook.pages.dev

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How to use this

Print A4 double-sided, or keep on your phone. Leave a copy near the Thermomix.

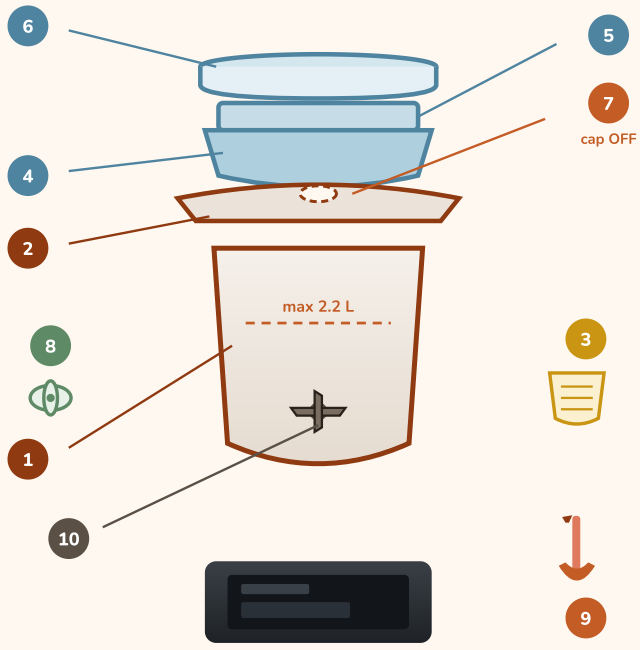
Sharing this PDF? Send it to a fresh Grok Bot and start at **page 13** (setup kit through page 16).

Official Vorwerk / Thermomix AU · **Ours** = family-tested

SECTION 01

Meet the machine

What's in a TM7 and where it goes. Official name for the splash-guard is **lid cap** (AU: lid cover).



base · 10" screen

1 Mixing bowl
Stainless steel + insulation cover (cool to touch). Capacity marks: 1 L · 2 L · **max 2.2 L**.

2 Lid
Locks automatically above speed 2. Centre hole takes the lid cap.

3 Simmering basket
Inside bowl for rice, potatoes, drained veg. Max ~1.4 L. Permanent lid. Lift with spatula hook.

4–6 Varoma (steamer)
Dish + tray + lid (~6.8 L total). Sits on the bowl lid. Use Steaming mode.

7 Lid cap
Twists on as splash guard. **Must be OFF before the Varoma goes on.** Leave off to reduce sauces. Write "lid cap" / "measuring cup" in full — never "MC".

8 Butterfly whisk
Clips onto the knife. Max **speed 4** · max 100°C. Remove before Pre-clean. (Sold separately in AU — check your box.)

9 Spatula
Scrape the bowl. Hook lifts the basket. Dough-releaser end turns the knife safely.

10 Mixing knife
Blade locked into the bowl. Sharp — hold by the hub.

Numbers match the list → **7** = lid cap (remove before Varoma)

Varoma stack (correct): Bowl → lid *without* lid cap → Varoma dish → tray → Varoma lid. Leave some slots clear for steam.

Sources: TM7 User Manual GB; thermomix.com.au product page & FAQs. AU box: base, bowl + knife + insulation, lid + lid cover, spatula, simmering basket, Varoma.

SECTION 02

Reading a step

Recipe language looks like this. Read left to right.

15 min / 100°C / reverse / speed 1

time · temperature · direction · speed

TIME

15 min

Seconds for chops; minutes for cooking.

TEMP

100°C

No number = no heat. Steaming uses Steaming mode / Varoma setting (not a temp above 120°C).

DIRECTION

reverse

Counter-clockwise — gentle stir **without chopping**. Keep chunks intact.

SPEED

speed 1

Gentle stir zone is up to speed 2 (lid unlocked). From 2.5 the lid locks.

Example — sauté

3 min / 120°C / speed 1

Lid cap often off so steam escapes. Or use Browning / Open Cooking modes.

Example — chop

5 sec / speed 5

No temperature = cold chop. Pulse and check.

Reverse tip: use whenever you want pieces to stay whole (chicken chunks, peas, fish). Write “reverse” into Cookidoo step text if the editor won’t store it as a field.

Write it like this

Every step = ingredients + time / temp / direction / speed.

Liquids: cups **with** ml — e.g. 1¼ cups (300 ml). Solids: grams. Never write “MC” — say lid cap / measuring cup.

Quick practice

Gently stir onions 3 minutes at sauté heat →

Answer: 3 min / 120°C / speed 1 (lid cap often off).

Speed lock behaviour: TM7 User Manual §7.2–7.4. Reverse = common Cookidoo recipe language for counter-clockwise stirring.

SECTION 03

Speed cheat sheet

Motor range ~40–10,700 rpm. On screen: gentle stir up to 2, then 2.5–10.

≤2	2.5–3	4–5	6–7	8–10
gentle stir	mix	chop / mash	fine	blitz

≤ speed 2 — gentle stir

40–300 rpm. Lid and bowl stay **unlocked** — add ingredients, stir like a wooden spoon. Soups & stews live here. Soups/casseroles/jams should stay ≤100°C and unlocked (≤2).

Speed 2.5–10

Lid **locks** (padlock on screen). Coarse chop → fine chop → blend. Turbo mode = short max-speed bursts.

Speed 4–5 — chop / mash

Ours For mash: max speed 4, ≤ ~30 sec (gluey if longer).

Speed 8–10 — blitz

Smoothies, powders, silky soups. Lid cap on for hot liquids. Step speed up gradually when hot.

Butterfly max = 4

Official limit: speed 4, max 100°C, max 2 hours. Remove before Pre-clean.

Steaming speed

Steaming mode works with speeds up to **6**. Heating stops higher.

Hot contents: never jump straight to high speed. Step up gradually so nothing erupts from the lid.

TM7 User Manual §7.4 (gentle stir ≤2 unlocked; 2.5–10 locked); §3.2 / §6.6 butterfly; §7.15 steaming ≤6.

SECTION 04

Temperature & modes

Pick heat for the job. Varoma is a *steaming function*, not a temperature above 120°C.

37°	50–70°	90°	100°	120°	Steam
warm	melt	eggs	simmer	sauté	Varoma

37°C — warm

Proving dough, gentle warm-ups. Fermentation mode handles yoghurt / prove.

50–70°C — melt

Chocolate, butter, coconut oil — slow and safe.

90°C — custards / eggs

Ours Egg custards & sauces to 90°C — no raw-egg worry. Or use Thicken mode.

100°C — simmer / boil

Soups, stews, jams: official max **100°C**, unlocked (≤ speed 2).

120°C — sauté

Onion + garlic in manual cooking. Or use **Browning** mode (follow the screen; oil max 100 ml).

Steaming / Varoma

Steaming mode. ≥0.5 L water for ≤30 min. ~250 ml evaporates / 15 min. Lid cap OFF. Speed ≤6.

Built-in modes on TM7 Official

Open Cooking · Browning · Steaming · Dough · Blend · Turbo · Pre-clean · Rice Cooker · Slow Cook · Sous-vide · Fermentation · Warm Up · Thicken · Kettle · Egg Boiler · Sugar Stages · + Peeler / Grate / Slice / Sensor

thermomix.com.au/pages/faqs & /pages/functions; TM7 Manual safety (soups ≤100°C); steaming §7.15.

SECTION 05

Common jobs at a glance

Settings are starting points. Family methods are marked Ours.

Chop onion + garlic

Halve onion, peel garlic, dry bowl.

5 sec / speed 5

Sauté

After chopping. Lid cap often off. Or Browning mode.

3–4 min / 120°C / speed 1

Steam veg / fish

Lid cap OFF. Food in Varoma. Liquid in bowl. Speed ≤6.

Steaming / Varoma · reverse · sp ≤1–2

Whip cream

Ours Butterfly on. Watch soft peaks.

~40–60 s / speed 3.5 · butterfly

Custard

Ours Butterfly. Or use Thicken mode.

9 min / 90°C / speed 4 · butterfly

Dough

Official Dough mode = knead sequence (clockwise / reverse / pauses).

Dough mode

Extra-buttery mash — Our tested method

1. Steam potatoes in simmering basket over ~1 L water.
30 min / Varoma / speed 1

2. Lift basket (spatula hook). Pour water off.
3. Return potatoes; dry:
2 min / 100°C / reverse / speed 1

4. Add butter + warm milk; mash briefly:
~20 sec / speed 4

Never above speed 4 · never past ~30 sec (goes gluey).

Ratio we love: ~150 g butter per 1 kg potatoes.

Why not boil in milk? We tried 300 ml milk in the bowl — soupy/lumpy. Steaming + drying fixed it.

SECTION 06

Do's & don'ts

Habits that keep food tasty and the machine happy.

Do

- ✓ Scrape down with the spatula between steps
- ✓ Remove lid cap before Varoma; leave it off when reducing
- ✓ Stay under the **max 2.2 L** mark — leave headroom when hot
- ✓ Use reverse to keep chunks intact
- ✓ Trust the lid lock above speed 2 — never force it

Don't

- ✗ Don't overfill past the max mark
- ✗ Don't run butterfly above speed 4 (or in Pre-clean)
- ✗ Don't jump hot contents straight to speed 8–10
- ✗ Don't cook soups/jams above 100°C or locked high speed
- ✗ Don't expect neat chicken cubes from the blade — see below

Chunks vs mince — raw meat in the bowl

Want CHUNKS?

The blade won't dice raw chicken into neat pieces — it turns them to mince.

Do this instead:

- Buy diced 3–4 cm pieces
- Or snip with kitchen scissors

Then cook on **reverse** so pieces stay whole.

VS

Want MINCE on purpose? Ours

Great for kafta, fishcakes, meatballs, chicken burgers.

How:

- Cut into ~3 cm pieces
- Partly freeze 20–30 min
- Max ~500 g at a time, keep cold
- Pulse **5–10 sec / speed 6–7**
- Scrape down, check, pulse again

Scratch notes

Tricks that worked for you (speeds, times, “never do X”):

SECTION 07

Safety & cleaning

Steam is hotter than it looks. A two-minute clean beats scrubbing later.

Steam & heat

- Open Varoma / lid tilted away from your face
- Use mitts for hot Varoma and bowl
- Lid cap ON when blitzing hot soup (splash guard)
- Lid locks above speed 2 — never force open
- Keep kids a step back while it's running hot

Cleaning

Official **Pre-clean** mode — Manual Cooking menu. Follow on-screen steps. Remove butterfly first.

Ours Quick rinse alternative:

warm water + drop of detergent · 10 sec / speed 6

Dishwasher: all parts except the base (plastic parts preferably top rack). Wipe base with a slightly damp cloth only — never dunk it.



Hot = mitts
Varoma & bowl



Lid cap on
Hot blitzing



Pre-clean
Then dishwasher

Blade care: Hold the mixing knife by the plastic hub. Empty the bowl before unlocking the knife lever.

TM7 Manual §5.2 dishwasher (except base); §7.2 lid lock; §8.1 Pre-clean; §6.6 remove butterfly before Pre-clean. vorwerk.com: all parts except base dishwasher-safe.

Fridge & freezer keep guide

General guide

Conservative times for batch leftovers. Confirm with foodsafety.asn.au for your household.

Fridge ≤ 5°C	Freezer ≈ −18°C	Ours · batches
Cooked leftovers: 2–3 days (use or freeze).	**Safety:** frozen food stays safe longer.	Full-bowl soups/stews/sauces → portion same day.
Vulnerable people: prefer within 24 h.	**Quality (fridge-freezer):** aim ≤ ~6 weeks.	Adult + kid tubs · date on lid.
Cool quickly · labelled tubs · reheat steaming hot.	Defrost in fridge, not on the bench.	One-meal dishes: eat that day.

Sources: foodsafety.asn.au · FSANZ. Not medical advice.

SECTION 08

Sample family & shops

A light example so you can copy the pattern. Fill in *your* household and shops on the blank pages.

Sample household

Example

Huxley, partner and two girls (Noosa, Australia).

- One of the girls is a fussy eater — no spice, mushable textures OK
- Partner loves French and Lebanese food
- Adults can go punchier; kid portions milder / softer

Prompt your AI with **your** headcount, ages, picky eaters, flavours, allergies, spice, and whether you want leftovers.

Full-bowl batches

If it keeps 24 h+ (fridge or freezer), cook a **full bowl** (up to max 2.2 L), then portion into labelled containers:

- Adult portions
- Kid portions (often half size)

One-meal dishes (eggs, steamed fish) stay single-batch.

Where this sample shops

Example · Noosa

Labelled so you can see the pattern — tell **your** AI where **you** shop.

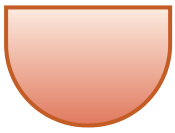
Noosa Farmers Market · Butchers of Noosa · Rick's Bakery · IGA · Coles · Woolworths · Kmart (gear)

Bread: often made from scratch with Dough mode (bakeries for ideas).

Your shops: _____ / _____ / _____

Adult vs kid portions

Ours



Adult

Full labelled portion from a full-bowl batch.

≈ 2×



Kid

Often about half · milder / softer for fussy eaters.

Week-at-a-glance meal prep

Ours

Shop — Your shops → **Prep** — Chop · weigh → **Full bowl** — ≤ max 2.2 L → **Portion** — Adult + kid → **Label** — Date · who → **Store** — Fridge / freeze

Planning in Notion

Rolling shopping plan + staples. Grok Bot updates from the fridge photo.

Recipes in Cookidoo

My Recipes → **Created Recipes**. Same account syncs to the TM7.

Babysitter shortcut: Cookidoo → Created Recipes → tonight's dish. Fridge labels show adult vs kid.

SECTION 09

Lessons learned

Real mistakes we made — and the fixes we keep. Steal these freely. Family items marked Ours.

Mash went soupy / lumpy Ours

Tried: boiling potatoes in 300 ml milk. Sad mash.

Fix: steam in basket over ~1 L water · 30 min / Varoma / speed 1 → pour off → dry 2 min / 100°C / reverse → butter + warm milk · ≤ speed 4 · ≤ 30 sec. ~150 g butter / 1 kg potatoes.

Reverse = keep the chunks

Counter-clockwise stir without chopping. Use for chicken pieces, peas, fish flakes — anything you want whole.

Cold butter at the end Ours

Drop a knob of cold butter in at the finish for glossy sauces.

Cookidoo editor quirks Ours

Editor often can't save "reverse" or speed-only settings as fields. Write them into the *step text* so they still show on the machine.

Whipping cream Ours

No fixed time. Butterfly on, watch soft peaks — usually ~40–60 sec at speed 3.5. Stop early; over-whipped = butter. (Official butterfly max = speed 4.)

Eggs → 90°C Ours

Custards and egg sauces to 90°C so there's no raw-egg worry. Or use Thicken mode.

How we write every recipe now

- ✓ Full-bowl batches + labelled adult/kid portions when it keeps 24 h+
- ✓ Liquids as cups *with* ml — e.g. 1¼ cups (300 ml)
- ✓ Every step lists its quantities
- ✓ Write "lid cap" / "measuring cup" in full — never "MC"

SECTION 10 · PART A

Set up your own Thermomix + AI

How we hooked Grok Bot into Cookidoo + Notion — copy this system at home.

A — **Photograph or dictate what's in**
Pantry, fridge, freezer, garden. A messy photo is fine.

B — **Tell the assistant your household**
Headcount, adults/kids, picky eaters, flavours, leftovers yes/no, allergies, spice, shops, goals.

C — **It writes recipes in Thermomix format**
Every step has time / temp / speed, quantities in the step, metric units. Liquids as cups with ml; solids in grams.

D — **Save into Cookidoo → Created Recipes**
Log the TM7 into the same Cookidoo account so recipes sync to the screen. Write reverse / speed-only into step text if the editor won't store them.

E — **Build shopping + staples lists in Notion**
A 2-week plan you can tick off at the market.

F — **Cook → feedback → it fixes the recipe**
"Too wet", "more butter", "kid refused mushrooms" — next version gets better.

From pantry photo to cart

1. **Photo**
   Fridge, freezer, pantry, garden — messy snaps are fine.
2. **Plan**
   AI writes dinners for your household profile + shops.
3. **Cookidoo**
   Save as private Created Recipes (reverse in step text).
4. **Cart**
   Advanced: browser fills Coles / Woolies — you OK before pay.

Same loop as A–F above. Cart step is optional (see page 15).

SECTION 10 · PART B

Copy-paste prompts

Send these to your AI assistant (we use Grok Bot). Swap in your household details.

Tonight, from a fridge photo

```
Here's a photo of my fridge — what's dinner in the Thermomix for our household (see our profile)? Write full Thermomix format (time/temp/speed, quantities in every step, metric). Lid cap off for Varoma.
```

Scale to a freezer batch

```
Turn this into a full-bowl batch recipe with freezer portions. Label adult vs kid portions. Only do a full bowl if it keeps 24 h+; otherwise keep it as one meal. Stay under the 2.2 L max mark.
```

Save everywhere

```
Add this to Cookidoo as a Created Recipe on my TM7, and add the ingredients to the Notion shopping list. Write “reverse” and speed-only settings into the step text. Reminder: lid cap OFF when using the Varoma.
```

Pantry → plan

```
Here's what I have in the cupboard and garden (dictated list). Build a 5-dinner Thermomix plan for our household, a staples restock list, and flag what to get at each of our usual shops.
```

Feedback loop

```
We cooked the mash — it went gluey. Fix the recipe: steam in the basket, dry on reverse, never above speed 4 or 30 sec, more butter. Update Cookidoo.
```

Setup tip: Connect your assistant to Cookidoo + Notion (or paste recipes by hand). The magic is the feedback loop.

SECTION 11 · PART A

Set up Grok Bot from scratch

Self-setup kit: send this PDF to a fresh Grok Bot and it configures itself as your Thermomix kitchen assistant.

One-line instruction (for a human)

Open Grok Bot, attach this PDF, and send:

```
Set yourself up as our Thermomix kitchen assistant using the setup prompts in this workbook.
```

INSTRUCTIONS FOR GROK BOT — READ ME

House rules for setup

a. Read this whole workbook first. Treat it as the house rules for Thermomix cooking, safety, recipe format, and family workflow.

b. **b.** Learn the latest official info yourself. Prefer these sources (also on the Extra resources page): **thermomix.com.au** (TM7 page, FAQs, functions), the TM7 user manual PDF (Vorwerk), **cookidoo.com.au** + Created Recipes help, Themix Shop accessories, and foodsafety.asn.au / FSANZ for fridge–freezer keep times. Note regional differences; check machine limits before giving instructions.

c. Ask the household questions in one short form/widget: number of people; how many adults and kids (ages); picky eaters or particular tastes; flavours everyone likes; leftovers preference (full-bowl batches vs one meal); allergies/intolerances; spice tolerance; model (TM7 / TM6 / TM5) and accessories (butterfly, extra bowl, Varoma, Cutter+); shops they use; units (metric).

d. Ask for the Cookidoo login securely: check the user's vault / 1Password first; otherwise request it through Grok Bot's secure in-chat login form — never ask them to paste a password into chat. Sign in to Cookidoo in your own browser; if there's a 2FA code or captcha, hand the screen to the user. Confirm the region site (e.g. cookidoo.com.au) and the subscription status.

e. Ask the user to photograph or dictate their pantry, fridge, freezer and garden; build a staples list from it.

f. Propose a starter set of recipes, then write each in Thermomix format: every step lists ingredient quantities and time / temperature / speed; reverse noted in the step text; liquids as metric cups with ml e.g. 1¼ cups (300 ml); solids in grams; write “measuring cup” / “lid cap” in full, never “MC”; serving sizes with adult and kid portions; full-bowl batches for anything that keeps 24 h+ (within 2.2 L max fill), else one meal.

Continue on the next page (g–k) · then Advanced ordering · then copy-paste prompts.

SECTION 11 · PART B

Instructions for Grok Bot (continued)

Finish setup, then keep improving recipes from real cooks.

INSTRUCTIONS FOR GROK BOT — CONTINUED

g. Save each recipe to Cookidoo → Created Recipes (private, set to the user's device, with a photo) so it appears on the machine. Known editor quirks: reverse and speed-only settings don't save as structured fields — write them in the step text.

h. Create a shopping list and staples plan (Notion or another tool the user connects), grouped by shop.

i. After each cook, ask for feedback and update the recipe; keep a “lessons learned” list.

j. Offer a weekly routine: a meal plan + shopping list every week on the day they choose.

k. Safety: follow the official limits in this workbook (lid cap off for Varoma, butterfly max speed 4, hot soups/casseroles/jams ≤100°C and unlocked ≤ speed 2, stay under max 2.2 L fill). Never chop raw chicken into neat chunks in the bowl — buy diced or use scissors for chunks; mince on purpose only (part-freeze, pulse). No raw egg in desserts unless they ask (prefer 90°C custards / Thicken mode).

Privacy

Logins only through the secure form or password manager — never in chat. Keep Created Recipes private unless the user asks to share. Do not invent or store personal emails, passwords, or family names in this workbook text.

When you're done setting up

Confirm: Cookidoo signed in · household profile saved · staples list started · at least one Created Recipe on the device · shopping list tool connected (if available).

If something's missing

Say what's blocked (no vault, no Notion connector, Cookidoo 2FA waiting) and ask the user for the next secure step — don't guess passwords or skip safety checks.

SECTION 11 · PART C · ADVANCED

Advanced: order with the computer

Once logged in, Grok Bot can drive a browser to fill carts. Nothing is paid or submitted without your OK.

Tip: You often have to prompt Grok Bot **explicitly** to use its computer / browser for Cookidoo, Coles and Woolworths.

INSTRUCTIONS FOR GROK BOT — ADVANCED

1. After basic setup, offer computer-use ordering. Logins only via vault, 1Password or the secure in-chat form — never paste passwords in chat.
2. Use your browser / computer tools to open Cookidoo, Coles or Woolworths (region sites the user names). Hand the screen to the user for 2FA or captcha.
3. Fill the cart from the meal plan or shopping list. Stop before checkout. Read back the cart (items, quantities, estimated total) and wait for an explicit “yes, place the order” or “yes, submit”.
4. Never pay, submit payment, or confirm an order unless the user clearly says so in this conversation.
5. If the site blocks automation, say so and fall back to a ticked shopping list the human can use in-store or in their own app.

Copy-paste prompts (advanced)

```
Use your computer/browser to open Coles (or Woolworths), sign in via my vault/secure form if needed, and fill the cart from this week’s shopping list. Do not checkout — show me the cart first.
```

```
Use your computer to open Cookidoo, add these Created Recipes to My Week, and build the Cookidoo shopping list. Don’t change payment or subscription settings.
```

```
Open Woolworths in your browser, fill the cart from Notion’s shopping list grouped by aisle if you can, then pause for my OK before anything is submitted.
```

Safety

Cart only until you say yes. Logins via vault / 1Password / secure form. No passwords in chat.

SECTION 11 · PART D

Copy-paste prompts

For humans talking to Grok Bot. Swap in your household details.

Setup kickoff

```
Set yourself up as our Thermomix kitchen assistant using the setup prompts in this workbook.
Read the whole PDF first, then start at Instructions for Grok Bot.
```

Family profile

```
Here's our household: __ adults, __ kids (ages __). Picky eaters / tastes: ___. Flavours we
like: ___. Leftovers: yes full-bowl batches / no one-meal only. Allergies: ___. Spice: ___.
Shops: ___. Save this as our profile.
```

Fridge photo → dinner

```
Here's a photo of my fridge — what's dinner tonight for our saved household profile? Full
Thermomix format (time/temp/speed, quantities in every step, metric). Lid cap off for Varoma.
```

Full-bowl batch

```
Turn this into a full-bowl batch with freezer portions. Adult + kid portions. Only full-bowl
if it keeps 24 h+; stay under the 2.2 L max mark.
```

Add to Cookidoo

```
Add this to Cookidoo as a private Created Recipe on my device (with a photo). Write reverse
and speed-only settings into the step text.
```

Shopping list

```
Make this week's shopping list from our meal plan, grouped by the shops in our profile, and
update staples.
```

Feedback → fix

```
This came out too wet — fix the recipe, update Cookidoo, and add a note to lessons learned.
```

Tip: For Coles / Woolworths / Cookidoo cart-filling, see Advanced (page 15) and say "use your computer/browser".

My household profile

Fill this in, photo it, and send to your AI. Keep it updated when tastes change.

People

Adults: ____ Kids: ____ Ages: _____

Picky eaters / particular tastes:

Flavours everyone likes:

Diet & leftovers

- [ ] Allergies / intolerances: _____
- [ ] Spice: none / mild / medium / hot
- [ ] Leftovers yes — full-bowl batches
- [ ] One-meal only (no big leftovers)
- [ ] Model: TM7 / TM6 / TM5
- [ ] Accessories: butterfly · Varoma · extra bowl · Cutter+

Where we shop Yours

Write your shops (the Noosa list on page 9 is only an example).

Gear / housewares: _____

Recipe feedback

What we cooked: _____

Change next time:

☐ keep ☐ tweak ☐ drop

Weekly goals

- [ ] Batch-cook day: _____
- [ ] Bread / dough day: _____
- [ ] Market / big shop: _____
- [ ] New Created Recipe this week
- [ ] Update staples in Notion

Notes:

SECTION 12 · BLANKS

My pantry today + week plan

Tick what you've got. Snap a photo for your AI. Plan dinners below.

Fridge

- [ ] Milk / butter / yoghurt
- [ ] Eggs
- [ ] Cheese
- [ ] Fresh veg _____
- [ ] Herbs _____
- [ ] Leftovers _____

Freezer

- [ ] Peas / corn
- [ ] Fish
- [ ] Chicken (diced)
- [ ] Mince
- [ ] Berries / mango
- [ ] Stock / broth

Pantry & garden

- [ ] Onion / garlic
- [ ] Rice / pasta / quinoa
- [ ] Lentils / chickpeas
- [ ] Tinned tomatoes
- [ ] Coconut milk / flour
- [ ] Garden: _____

Week of: _____

	Dinner	Leftovers / lunch
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

End of week: photograph leftovers + this plan → send to your AI for next week's dinners.

SECTION 13 · EXTRAS

Extra resources & links

Latest version and AI files: https://thermomix-workbook.pages.dev

Point your AI here. Prefer official sources when facts may have changed. Continues next page.

Copy-paste prompt for your AI

```
Before answering Thermomix questions, check these official sources for the latest info:
thermomix.com.au (TM7 page, FAQs, functions), the TM7 user manual PDF, cookidoo.com.au and
Created Recipes help, Themix Shop accessories, foodsafety.asn.au fridge/freezer guidance, and
Food Standards Australia New Zealand. Prefer official docs over guesswork. Region: Australia.
```

Thermomix AU (home)
https://thermomix.com.au/
Official AU site — product, support and shopping.

TM7 product page
https://thermomix.com.au/products/thermomix-tm7
What's in the box, features, AU pricing context.

TM7 overview page
https://thermomix.com.au/pages/thermomix-tm7
TM7 overview + FAQ block.

TM7 user manual (PDF, EN)
https://assets.vorwerk.com/content/dam/general/zendesk-guide/manuals/tm7_2025-04/user%20manual_TM7_11012_V1.0_GB.pdf
Official Vorwerk GB manual — speeds, Varoma, butterfly, fill limits.

TM7 manual hub (Vorwerk support)
https://globalsupport.vorwerk.com/hc/en-us/articles/22778891118748-Thermomix-TM7-User-Manual
Language list + PDF downloads (may block some bots).

FAQs
https://thermomix.com.au/pages/faqs
Thermomix AU support FAQ.

Functions & modes
https://thermomix.com.au/pages/functions
Official modes list (Steaming, Dough, Pre-clean, ...).

Accessories (Themix Shop)
https://thermomix.com.au/pages/themix-shop
Butterfly whisk, Varoma parts and other AU gear.

Cookidoo AU
https://cookidoo.com.au/
Official recipe platform for AU accounts.

Created Recipes (discover)
https://cookidoo.com.au/foundation/en-AU/pages/discover-created-recipes
Create, import and modify your own recipes.

Cookidoo Help
https://cookidoo.com.au/foundation/en-AU/help
Help centre for account, sync and on-device cooking.

Fridge & freezer food safety
https://www.foodsafety.asn.au/topic/fridge-and-freezer-food-safety/
AU guidance: fridge ≤5°C, freezer ≈−18°C, leftovers.

Food storage (pantry / fridge / freezer)
https://www.foodsafety.asn.au/topic/food-storage-pantry-fridge-or-freezer/
Where food belongs and keep-time reminders.

Food Standards Australia New Zealand
https://www.foodstandards.gov.au/
National food standards home.

Extra resources • shops & gear

Online shops for Advanced cart-fill, plus gearlist for agent tooling.

Coles online
`https://www.coles.com.au/`
Advanced cart-fill (browser) — never pay without your OK.

Woolworths online
`https://www.woolworths.com.au/`
Same — cart only until you confirm (site may block bots).

Gearlist
`https://gearlist.build/`
Live AI-agent tools / MCP / skills catalogue (Tech Horizon Labs). Kitchen-agent gear may land here.

Gearlist on GitHub
`https://github.com/techhorizonlabs/gearlist`
Source for `npx skills add techhorizonlabs/gearlist`.

Quick checklist before you share this PDF

- [ ] No passwords or personal emails in the file
- [ ] Sample family is generic (or replaced with yours)
- [ ] Shops are examples — reader fills their own
- [ ] Recipient starts at page 13 for Grok Bot setup

GitHub (your other repos)

Add any workbook / Grok Bot setup repo of your own:

Made with Grok Bot for shareable Thermomix + AI kitchen setups. Official TM7 facts: thermomix.com.au · Vorwerk manuals.