Henry

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Scan to get Henry on your iPhone

Henry plans your family's dinners for the week around everyone at the table and your busy nights, then builds one grocery list.

About Henry

Every family has the 5 p.m. question, and it usually lands on one parent: what's for dinner, who will actually eat it, and what still needs buying. Henry takes that job. You set up your household once: each person's tastes and dislikes, plus any allergies and restrictions. Henry reads which nights are busy and plans the week accordingly, with quick dinners, leftovers or a night off where the calendar is full, and an alternate plate when one child won't eat the main dish. Swap any meal you don't like. When the week looks right, Henry turns it into one grocery list you can send to Instacart in a tap. Henry plans around the allergies and restrictions you enter; always check every label.

What Henry does

- Plans for everyone at your table: each person's tastes and dislikes, with an alternate for the picky eater.
- Fits your week: busy nights get quick dinners, leftovers or a night off.
- One list, straight to Instacart: every ingredient for the week on one list, sent in a tap.
- Swap anything: tap a meal you don't like and Henry replaces it.
- Remembers your family: the household profile carries from week to week.

Key facts

Platform	iPhone
Availability	US App Store, launched October 30, 2026
Price	Henry Pro is 14 days free, then $9.99/month or $79.99/year; Family Sharing supported
Publisher	Double Springs Technology, LLC
Contact	hello@henry.kitchen
Web	henry.kitchen
App Store	apps.apple.com/app/id6771762463

From the beta

In Henry's beta, two-thirds of families said they had been spending more than 30 minutes a week deciding dinners and building the grocery list; 40 percent spent more than an hour.

> *"A great resource for meal planning when you are burnt out being the one deciding what everyone eats."*
>
> — a Henry beta tester

> *"Great for helping busy families plan meals based around schedules and preferences."*

— a Henry beta tester

> *“It has been a lifesaver and such a time saver. It’s basically your little helper and makes meal planning and prep actually fun.”*
>
> — a Henry beta tester

Testers were compensated by BetaTesting for participating; quotes shared with permission.

For journalists

- **Who makes Henry?** A small independent team at Double Springs Technology, LLC. We keep individual names off our materials.
- **Is it AI?** Yes. Henry uses AI to build each week’s plan from your family’s profile.
- **Android or iPad?** Not yet; iPhone only for now.
- **Review access:** complimentary full-access codes on request at hello@henry.kitchen.

Boilerplate

Henry is an iPhone app that plans a family’s weeknight dinners around everyone at the table and the family’s busy nights, then turns the week into one grocery list. Henry is published by Double Springs Technology, LLC. henry.kitchen

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