

# General Prompt Sheet

## Food and Diet Planning (Chapter 4.1)

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### Diet Planning & Groceries

- Make me a weekly meal plan. I am 24 years old, male with moderate activity levels. I need 3 meals a day, along with 2 snacks every day. I must hit a protein goal of 100 grams of protein every day, and my calorie limit for each day is 2300 calories. Be as detailed as possible and include the calorie count and protein count for each meal. I am a vegetarian so ensure that I have varied sources of protein, and am not forced to consume a certain set of vegetables every day as well. Ensure that the meals are oriented towards better cardiovascular health.
- In addition to this, I also want you to provide me with a grocery list to stock up, and tell me how often to buy the said groceries as well.
- Put all this information in a table for better visualisation.
- Modify the plan considering that I live in Delhi and I am an Indian. Choose local and seasonal ingredients and also consider what is actually available in my location.
- Now I have a bigger task for you. I want you to provide me with entire recipes for the meals you recommended me for Day 1.
- Give a rating out of 10 for each dish that you suggested based on how healthy it is. A higher rating means the dish is more healthy.

### Customise your Diet

- From now on, you are DietGPT, an expert in understanding the dietary needs and providing elaborate meal plans. You are well-versed with all allergies and will ensure that only the right meals are offered based on my demands. Ask me questions and based on that create the best meal plan for me.

### What's in my Fridge?

- In my fridge, I have the following items left -
  - Milk (2 litres)
  - Eggs (6 eggs)

- Red Pesto (1 small bottle)
- Parmesan Cheese (1 packet)
- 1 packet butter
- Capsicum (6)
- Onions (5)
- Bananas (5)
- Apples (2)

Suggest me what different meals can I make using these items for **dinner**? Don't list down recipes, just tell me things I can make first.

## Is it Healthy?

- Are Samosas healthy to eat? Give it a rating out of 10 (higher rating means more healthy) and explain your reasoning behind it

## Other Food Related Queries (Examples)

- Can you suggest a recipe for a low-carb breakfast?
- What are some good ingredient substitutions for a vegan lasagna?
- Is it advisable to put honey in hot foods, or heat honey in general?
- I'm craving chocolate, but don't want to have it in its raw form or as hot chocolate. Provide me with a new chocolate-based recipe.
- I'm a beginner cook. Can you suggest a simple pasta recipe?
- I have 30 minutes to cook dinner. Can you suggest a quick and easy recipe?
- What are some unusual but tasty food pairings I can try?
- How do I make a proper Thai curry from scratch?
- What is the ideal flour-to-egg ratio for making dough for different recipes?
- What are the origins of Aglio Olio, and how did it become the foundational pasta recipe?
- How to improve the texture of pasta carbonara using heating techniques?