

AI TO THE RESCUE!

Let's roll up our sleeves and get ready to have a little fun with our BFF, ChatGPT.



IS THIS YOU?

- Struggling to find creative ways to get enough protein each day?
- What about staying within your calorie budget while still hitting your protein goal?
- Or finding meals that work for your goals and for your family without doubling your work?



If you're not already using AI to help, it's time to start.

Here are some ChatGPT prompts you can use to come up with meal ideas for the day - or even plan out your entire week.

- Give me 7 breakfast ideas that each have 30g protein and not more than 400 cal.
- 3 dinner ideas with 30g protein, under 500 calories, and use any/all of my leftovers: chicken sausage, eggs, pancakes, potatoes, corn, salad greens, yogurt, fruit.
- 7 high protein bfast ideas that don't include eggs, that I can make in under 5 min.
- Give me a week's worth of meals (bfast, lunch, dinner, 2 snacks). Each day needs calories 1650, protein 140g, carbs 160, fat 50. Give me recipes that are easy and quick to make and include a shopping list.
- 5 high-protein dessert ideas that taste indulgent but are under 200 calories each.
- I want to bake something sweet this weekend. Give me 3 high-protein baked goods I can make with basic ingredients like oats, Greek yogurt, protein powder, or eggs.
- What can I make for my family for dinner in under 30 min that has lots of protein and uses any/all of the following leftovers: chicken, ground beef, american cheese, green beans, black beans, cottage cheese, bell peppers, strawberries. 5 options.
- Your turn: What can you ask that will help you the most where you struggle? Get creative!