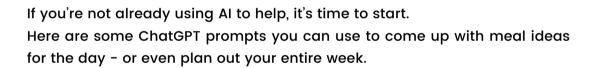
AI TO THE RESCUE!

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?





- 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!