

Cooking & AI



ChatGPT can be a powerful tool for simplifying meal planning and increasing protein and fiber intake. The quality of the response depends on the quality of your prompt. The more specific you are, the more helpful the result.

How to Write a Strong Prompt

Instead of asking: "Give me healthy dinner ideas." Try:

"Give me 5 dinner ideas with at least 35 grams of protein and 8 grams of fiber that I can make in under 30 minutes."

You can specify:

- Goals: protein, fiber or calorie range
- Preferences: time limit, ingredients to avoid, equipment available
- Budget constraints

The more details you include, the better the results.

Quick Protein Check

When reviewing suggestions, ask:

- Does this include at least 20–30 grams of protein per meal?
- Does it include fiber from vegetables, fruit, beans, or whole grains?

If not, refine your prompt. ChatGPT responds well to follow-up adjustments.

Prompt Ideas

High-Protein Meal Planning

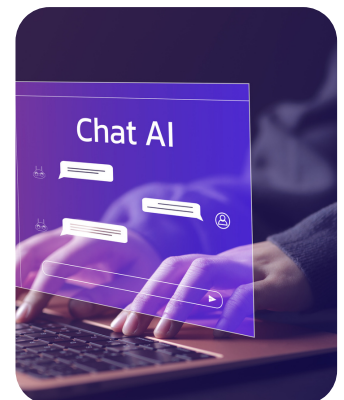
- "Create a 5-day meal plan with 30+ grams of protein per meal."
- "Give me high-protein breakfast options with at least 5 grams of fiber."
- "Give me snack ideas with at least 15 grams of protein."

Cooking with What You Have

- "What can I make with chicken, broccoli, and rice that is high in protein?"
- "Create a dinner recipe using ground turkey, black beans, and peppers."
- "Make this recipe higher in protein and fiber."

Grocery Planning

- "Create a grocery list for 4 days of high-protein, high-fiber meals."
- "Help me meal prep for the week with simple, whole-food ingredients."



Use AI as a Tool, Not a Rulebook

ChatGPT is most helpful as a brainstorming partner, a way to increase protein and fiber and a tool to reduce decision fatigue. It does not replace listening to your body or individualized medical advice. Use it to make balanced choices easier and more practical.