

```
import google.generativeai as genai
from google.colab import userdata
GOOGLE_API_KEY=userdata.get('GOOGLE_API_KEY')
genai.configure(api_key=GOOGLE_API_KEY)

from google import genai
from google.genai import types
client = genai.Client(api_key=GOOGLE_API_KEY)

client = genai.Client(api_key=GOOGLE_API_KEY)

import pathlib
import textwrap
from IPython.display import display, Markdown
def to_markdown(text):
    text = text.replace('.', '*')
    return Markdown(textwrap.indent(text, '>', predicate=lambda _:True))

import google.generativeai as genai
import PIL.Image
img = PIL.Image.open('image.jpg')
img
model = genai.GenerativeModel('gemini-1.5-flash')
response = model.generate_content(["Write a short,engaging blog post based on this picture.I
stream=True)
response.resolve()

to_markdown(response.text)
```



Here's a blog post based on the image:

## Conquer Your Week: My Meal Prep Journey & This Week's Delicious Creation

Hello, fellow food lovers! This week, I've been tackling my nemesis: meal prepping\* And you know what? It's actually been pretty rewarding! The key, I've found, is choosing recipes that are both delicious and easy to batch cook\* This week's triumph? These gorgeous containers of Teriyaki Chicken & Veggie Bowls!

Look at that vibrant color! Each one is packed with fluffy white rice as a base, topped with tender teriyaki chicken, vibrant roasted red peppers and carrots, and a generous helping of broccoli florets\* It's a complete meal, bursting with flavor and color – perfect for a quick and healthy lunch or dinner\*

### My Meal Prep Journey:

I used to dread meal prep\* The thought of spending hours in the kitchen on a Sunday was daunting\* But, I've found some tricks that make it way less overwhelming:

- **Choose simple recipes:** This teriyaki chicken recipe is incredibly easy\* Just marinate the chicken, then stir-fry everything together\*
- **Prep ingredients ahead:** Chop your veggies and measure out your rice the day before\* This massively cuts down cooking time\*
- **Invest in good containers:** These glass containers are a game changer\* They're easy to clean, microwave-safe, and look great in the fridge\*
- **Don't be afraid to repeat:** I often make double or triple batches of a favorite recipe so I can enjoy it throughout the week\*

**The results?** I'm saving time, money (no more impulse takeout!), and most importantly, I'm eating healthy and delicious meals all week long\* So, ditch the takeout menus and join the meal prep revolution! Let me know in the comments if you want me to share my Teriyaki Chicken & Veggie Bowl recipe\* Happy cooking!

```
response=model.generate_content(["Genrate an accurate caption for this image",img])  
print(response.text)
```

⇒ Here are a few caption options for the image of two containers of food:

**\*\*Option 1 (Simple & Descriptive):\*\***

> Healthy and delicious meal prep! Chicken and veggies over rice.

```
from PIL import Image
image_path = "girl.jpg"
image = Image.open(image_path)
response = model.generate_content(["Description this image in detail",image])
print(response.text)
```

⇒ > Easy weeknight dinners sorted! Grab-and-go meals made simple with this healthy chick  
Here's a description of the image:

> Close-up view of a healthy woman with shoulder-length, curly brown hair.

> Two delicious and nutritious meal prepped lunches, featuring chicken, broccoli, carrots. She is smiling and gesturing with her right index finger, pointing to the viewer's left.

Choose the option that best suits your intended audience and platform. Remember to add She is wearing a teal or turquoise three-quarter sleeve tunic top with a subtle gold print.

The background is plain white, which keeps the focus entirely on the woman. The overall

```
response = model.generate_content(["What emotions can you detect in this image?"),
print(response.text)
```

⇒ The woman in the image appears to be expressing a combination of emotions:

- \* **\*\*Happiness/Positivity:\*\*** Her smile is genuine and her eyes crinkle at the corners, suggesting joy.
- \* **\*\*Helpfulness/Guidance:\*\*** Her pointing gesture indicates that she is trying to direct or inform.
- \* **\*\*Confidence/Assurance:\*\*** Her posture and direct gaze project confidence and a sense of authority.

Overall, the image conveys a feeling of cheerful helpfulness and positivity.