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EXP 3: Evaluation of Prompting Tools Across Diverse AI Platforms: ChatGPT, Claude, Bard, Cohere Command, and Meta

Aim:

- To compare the performance, user experience, and response quality of different AI platforms (ChatGPT, Claude, Bard, Cohere Command, and Meta) within a specific use case, such as summarizing text or answering technical questions.

Procedure:

1. **Define the Use Case:** To create a diet chart.

2. **Create a Prompt:**

Create a diet plan for someone who wants to eat meals that are high in protein but low in calories. The plan should include a variety of foods for breakfast, lunch, dinner, and snacks, with a focus on lean proteins and vegetables.

3. **Responses from each AI platform:**

Chat GPT:

Here's a high-protein, low-calorie diet plan that includes a variety of foods for breakfast, lunch, dinner, and snacks:

Breakfast

1. Scrambled Egg Whites with Spinach and Tomatoes

- 4 egg whites (68 calories, 14g protein)
- 1 cup spinach (7 calories, 1g protein)
- ½ cup cherry tomatoes (15 calories, 1g protein)

2. Greek Yogurt with Berries

- 1 cup non-fat Greek yogurt (100 calories, 20g protein)
- ½ cup mixed berries (40 calories, 1g protein)

Total:230 calories, 37g protein

Snack 1

-Cottage Cheese with Cucumber

- 1 cup low-fat cottage cheese (206 calories, 28g protein)
- ½ cucumber, sliced (8 calories, 0g protein)

Total:214 calories, 28g protein

Lunch

1. Grilled Chicken Salad

- 4 oz grilled chicken breast (165 calories, 31g protein)
- 2 cups mixed greens (10 calories, 1g protein)
- ½ cup cherry tomatoes (15 calories, 1g protein)
- ½ avocado (120 calories, 2g protein)
- 2 tablespoons balsamic vinaigrette (60 calories, 0g protein)

Total:370 calories, 35g protein

Snack 2

-Protein Shake

- 1 scoop protein powder (120 calories, 24g protein)
- Mixed with water or unsweetened almond milk (30 calories, 1g protein)

Total:150 calories, 25g protein

Dinner

1. Baked Salmon with Asparagus

- 4 oz baked salmon (233 calories, 25g protein)
- 1 cup roasted asparagus (27 calories, 3g protein)
- Lemon juice and herbs for flavoring (negligible calories)

Total:260 calories, 28g protein

Snack 3 (Optional)

- Hard-Boiled Eggs

- 2 hard-boiled eggs (140 calories, 12g protein)

Total: 140 calories, 12g protein

Daily Total:

- Calories: 1,364
- Protein: 165g

Tips:

- Drink plenty of water throughout the day.
- Feel free to adjust portion sizes or ingredients based on your preferences and caloric needs.
- Include a variety of herbs and spices to enhance flavor without adding calories.

Gemini:

High Protein, Low Calorie Diet Plan

Note: This is a general diet plan. It's always recommended to consult with a healthcare professional or registered dietitian before making significant changes to your diet, especially if you have underlying health conditions.

Breakfast Options

- **Oatmeal with protein powder:** Cook oatmeal with water or milk and add a scoop of protein powder, berries, and a drizzle of honey.
- **Greek yogurt with fruit and nuts:** Combine Greek yogurt with your favorite fruits, a handful of nuts, and a sprinkle of cinnamon.
- **Egg white omelet:** Fill an omelet with vegetables like spinach, mushrooms, and tomatoes.
- **Protein smoothie:** Blend protein powder with low-calorie milk or water, fruits, and a handful of spinach.

Lunch Options

- **Salad with grilled chicken or fish:** Toss a bed of greens with your choice of grilled protein, vegetables, and a low-calorie dressing.
- **Leftover protein:** Reheat leftover grilled chicken, fish, or steak with a side of vegetables.
- **Protein wrap:** Fill a whole-grain wrap with lean protein, vegetables, and a low-calorie spread.
- **Soup and sandwich:** Pair a bowl of low-sodium soup with a whole-grain sandwich filled with lean protein and vegetables.

Dinner Options

- **Baked salmon with roasted vegetables:** Season salmon with herbs and spices and bake with your favorite vegetables.
- **Chicken stir-fry:** Sauté lean chicken with vegetables in a low-calorie sauce.
- **Shrimp scampi:** Cook shrimp with garlic, lemon, and white wine.
- **Lentil soup:** Enjoy a hearty bowl of lentil soup with a side salad.

Snack Options

- **Hard-boiled eggs:** A simple and satisfying protein-packed snack.
- **Greek yogurt with berries:** A sweet and healthy treat.
- **Vegetable sticks with hummus:** A crunchy and nutritious snack.
- **Cottage cheese with fruit:** A creamy and satisfying option.

Remember:

- **Hydration:** Drink plenty of water throughout the day.
- **Portion control:** Be mindful of portion sizes to keep calories in check.
- **Variety:** Include a variety of foods in your diet to ensure you're getting all the necessary nutrients.
- **Listen to your body:** Pay attention to your hunger and fullness cues.

By following this diet plan and making healthy choices, you can increase your protein intake while keeping calories low and achieving your weight loss goals.

Claude:

High Protein, Low Calorie Diet Plan

Breakfast Options:

1. Greek yogurt parfait with berries and a sprinkle of low-fat granola
2. Egg white omelet with spinach, mushrooms, and low-fat feta cheese
3. Protein smoothie with unsweetened almond milk, spinach, banana, and a scoop of protein powder
4. Turkey bacon with scrambled egg whites and a side of cherry tomatoes

Lunch Options:

1. Grilled chicken breast salad with mixed greens, cucumber, and balsamic vinaigrette
2. Tuna salad (made with Greek yogurt instead of mayo) in a whole wheat pita with lettuce

3. Turkey and avocado roll-ups with sliced bell peppers on the side
4. Lentil soup with a side salad and a hard-boiled egg

Dinner Options:

1. Baked salmon with roasted Brussels sprouts and quinoa
2. Lean beef stir-fry with mixed vegetables and cauliflower rice
3. Grilled shrimp skewers with zucchini noodles and tomato sauce
4. Baked chicken breast with steamed broccoli and sweet potato

Snack Options:

1. Celery sticks with hummus
2. Low-fat cottage cheese with sliced cucumbers
3. Apple slices with a tablespoon of almond butter
4. Edamame pods
5. Turkey jerky (watch for added sugars)
6. Hard-boiled eggs

Tips:

- Aim to include a lean protein source in every meal and snack.
- Fill half your plate with non-starchy vegetables at lunch and dinner.
- Stay hydrated by drinking plenty of water throughout the day.
- Use herbs and spices to add flavor without adding calories.
- Consider using a food tracking app to monitor your protein intake and overall calorie consumption.

Remember to consult with a healthcare professional or registered dietitian before making significant changes to your diet, especially if you have any health conditions or concerns.

Comparision:

ChatGPT	Gemini	Claude
ChatGPT leads in accuracy, clarity, and relevance, providing well-rounded, in-depth responses.	Gemini is quick and creative but can lack depth in more technical or complex topics.	Claude is close behind, excelling in providing clear, user-friendly responses but may miss some niche technical details.
chatGPT lacks in giving my options in the diet as it only providing a limited options.	Gemini provides us plenty of choices to select as per our wish.	Claude provides us plenty of choices to select as per our wish.
chatGPT, as summary it provided the total calories and proteins we would gain,if we follow the diet	Gemini, it doesn't gave any count of both calories and proteins	Claude, it doesn't gave any count of both calories and proteins