# Cleaned Diet Test Set - 10 Unique Examples

## Example 1

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 53 years old, 175 cm, weighs 81.0 kg, BMI: 26.4, activity level: Active, no dietary restrictions, no allergies, prefers Chinese food.

* 🟠 Output (Plan):

This is a customized plan based on your profile:  
balanced meals with lean protein, whole grains, and vegetables. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Rice porridge with boiled egg and green tea  
- Lunch: Chicken stir-fry with vegetables and jasmine rice  
- Dinner: Grilled shrimp with broccoli and soba noodles  
- Snacks: Rice crackers or fresh fruit  
  
Lifestyle Tips:  
- Exercise: 60 minutes of high-intensity workouts or gym training 5-6 days per week.  
- Sleep: Aim for 7-9 hours per night.

## Example 2

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 75 years old, 150 cm, weighs 108.1 kg, BMI: 48.0, suffers from Hypertension (Severity: Mild), activity level: Moderate, dietary restrictions: Low\_Sugar, allergies: Gluten, prefers Indian food.

* 🟠 Output (Plan):

low sodium and potassium-rich meals. Caloric intake: around 1500-1800 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Oatmeal with skim milk, a boiled egg, and apple slices  
- Lunch: Grilled chicken breast, quinoa, and steamed vegetables  
- Dinner: Baked salmon, sweet potato, and a mixed green salad  
- Snacks: Nuts, Greek yogurt, or carrot sticks  
  
Lifestyle Tips:  
- Exercise: 30-45 minutes of flexibility and balance exercises like yoga or walking.  
- Sleep: Aim for 7-8 hours per night.

## Example 3

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 78 years old, 194 cm, weighs 95.2 kg, BMI: 25.3, activity level: Active, no dietary restrictions, allergies: Peanuts, prefers Mexican food.

* 🟠 Output (Plan):

balanced meals with lean protein, whole grains, and vegetables. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Breakfast burrito with egg and veggies on whole wheat tortilla  
- Lunch: Grilled chicken quesadilla with beans and salad  
- Dinner: Beef tacos with avocado and rice  
- Snacks: Corn chips with guacamole  
  
Lifestyle Tips:  
- Exercise: 45 minutes of moderate activity like swimming or cycling.  
- Sleep: Aim for 7-8 hours per night.

## Example 4

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 23 years old, 167 cm, weighs 52.0 kg, BMI: 18.6, suffers from Hypertension (Severity: Severe), activity level: Active, dietary restrictions: Low\_Sodium, allergies: Peanuts, prefers Italian food.

* 🟠 Output (Plan):

low sodium and potassium-rich meals. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Whole wheat toast with avocado and herbal tea  
- Lunch: Grilled chicken with tomato-basil sauce and whole wheat pasta (low-sodium)  
- Dinner: Baked eggplant with herbs and olive oil, side salad  
- Snacks: Unsalted nuts or cherry tomatoes  
  
Lifestyle Tips:  
- Exercise: 60 minutes of high-intensity workouts or gym training 5-6 days per week.  
- Sleep: Aim for 7-9 hours per night.

## Example 5

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 43 years old, 190 cm, weighs 87.8 kg, BMI: 24.3, activity level: Moderate, dietary restrictions: Low\_Sugar, no allergies, prefers Mexican food.

* 🟠 Output (Plan):

balanced meals with lean protein, whole grains, and vegetables. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Breakfast burrito with egg and veggies on whole wheat tortilla  
- Lunch: Grilled chicken quesadilla with beans and salad  
- Dinner: Beef tacos with avocado and rice  
- Snacks: Corn chips with guacamole  
  
Lifestyle Tips:  
- Exercise: 45 minutes of cardio or resistance training 4-5 days per week.  
- Sleep: Aim for 7-9 hours per night.

## Example 6

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 19 years old, 172 cm, weighs 67.9 kg, BMI: 23.0, suffers from Hypertension (Severity: Mild), activity level: Moderate, dietary restrictions: Low\_Sugar, no allergies, prefers Mexican food.

* 🟠 Output (Plan):

Here is your tailored health plan:  
low sodium and potassium-rich meals. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Breakfast burrito with egg and veggies on whole wheat tortilla  
- Lunch: Grilled chicken quesadilla with beans and salad  
- Dinner: Beef tacos with avocado and rice  
- Snacks: Corn chips with guacamole  
  
Lifestyle Tips:  
- Exercise: 45 minutes of cardio or resistance training 4-5 days per week.  
- Sleep: Aim for 7-9 hours per night.

## Example 7

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 78 years old, 191 cm, weighs 67.1 kg, BMI: 18.4, suffers from Diabetes (Severity: Moderate), activity level: Moderate, dietary restrictions: Low\_Sugar, allergies: Peanuts, prefers Chinese food.

* 🟠 Output (Plan):

Here is your tailored health plan:  
low sugar and high fiber meals. Caloric intake: about 1600-2000 kcal per day  
  
Meal Suggestions:  
- Breakfast: Steamed egg with whole grain toast and unsweetened soy milk  
- Lunch: Stir-fried vegetables with tofu and brown rice (low-sugar sauce)  
- Dinner: Steamed fish with garlic bok choy and brown noodles  
- Snacks: Edamame or cucumber slices  
  
Lifestyle Tips:  
- Exercise: 30-45 minutes of flexibility and balance exercises like yoga or walking.  
- Sleep: Aim for 7-8 hours per night.

## Example 8

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 19 years old, 168 cm, weighs 107.5 kg, BMI: 38.1, suffers from Obesity (Severity: Mild), activity level: Moderate, no dietary restrictions, allergies: Gluten, prefers Chinese food.

* 🟠 Output (Plan):

low fat, high protein meals. Caloric intake: around 1500-1800 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Rice porridge with boiled egg and green tea  
- Lunch: Chicken stir-fry with vegetables and jasmine rice  
- Dinner: Grilled shrimp with broccoli and soba noodles  
- Snacks: Rice crackers or fresh fruit  
  
Lifestyle Tips:  
- Exercise: 45 minutes of cardio or resistance training 4-5 days per week.  
- Sleep: Aim for 7-9 hours per night.

## Example 9

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 27 years old, 194 cm, weighs 65.7 kg, BMI: 17.5, suffers from Hypertension (Severity: Moderate), activity level: Sedentary, no dietary restrictions, allergies: Gluten, prefers Indian food.

* 🟠 Output (Plan):

low sodium and potassium-rich meals. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Oatmeal with skim milk, a boiled egg, and apple slices  
- Lunch: Grilled chicken breast, quinoa, and steamed vegetables  
- Dinner: Baked salmon, sweet potato, and a mixed green salad  
- Snacks: Nuts, Greek yogurt, or carrot sticks  
  
Lifestyle Tips:  
- Exercise: 30 minutes of walking 5 days a week.  
- Sleep: Aim for 7-9 hours per night.

## Example 10

* 🟢 Input (Prompt):

Generate a full meal and fitness strategy for this profile: A female, 62 years old, 195 cm, weighs 58.0 kg, BMI: 15.3, suffers from Hypertension (Severity: Moderate), activity level: Moderate, no dietary restrictions, allergies: Gluten, prefers Italian food.

* 🟠 Output (Plan):

low sodium and potassium-rich meals. Caloric intake: about 2000-2200 kcal per day.  
  
Meal Suggestions:  
- Breakfast: Whole wheat toast with avocado and herbal tea  
- Lunch: Grilled chicken with tomato-basil sauce and whole wheat pasta (low-sodium)  
- Dinner: Baked eggplant with herbs and olive oil, side salad  
- Snacks: Unsalted nuts or cherry tomatoes  
  
Lifestyle Tips:  
- Exercise: 45 minutes of cardio or resistance training 4-5 days per week.  
- Sleep: Aim for 7-9 hours per night.