WEBVTT 1 00:00:00.130 --> 00:00:01.529 Kayley Lafreniere: I am going. I'm going to share my screen, R, just to show you what we're going to work on today, and then I'll have you share your screen like we did on Thursday. So we could see your gemini.Okay, so today, we're going to look at meal preparation.How how do you feel about cooking? 2 00:00:33.911 --> 00:00:42.699 RT: Well, I'm the person I like reheating like, put in the microwave, or as you go to the grocery store, get this little meal kits.Buying it. It makes it good. But likeit's like, you know, real cooking is a lot of work. I have done some brownies from like like. Get one of those better, Betty Crocker boxes and follow instructions. It's really basic chemistry, but it's like it tastes good. So you just like all laid out person. Just stick to to the time. So it's like a lot of work, but it's tasty. 3 00:01:11.840 --> 00:01:14.900 Kayley Lafreniere: Definitely, I love those brownies. I actually made them this weekend.Yeah, I also like Trader Joe's frozen meals. I don't. That sounds like something, maybe similar to what you like to do. 4 00:01:23.480 --> 00:01:24.230 RT: Yeah. 5 00:01:24.230 --> 00:01:24.850 Kayley Lafreniere: Yeah.so maybe we can see Gemini, how Gemini can help us, maybe step out of our comfort zone and. 6 00:01:32.740 --> 00:01:33.150 RT: Okay. 7 00:01:33.150 --> 00:01:34.850 Kayley Lafreniere: It's some easy recipes.So yeah, and finally, meal, we need 4 components, the ingredients directions timing. And then the nutritional facts. And we can see how Gemini can help us with those 4 components.Okay, so first, st maybe let's think of a recipe we like. And we can ask Gemini, find me a recipe, for I don't know if you want to. Brainstorm breakfast, lunch, dinner, a specific cuisine you like. 8 00:02:15.359 --> 00:02:17.039 RT: Well, like, you know.I really like, you know, Burritos, you just put it one thing you just eat, but like make, you know. Make me make your own like breakfast, burrito, because it started. Good day. 9 00:02:28.280 --> 00:02:35.540 Kayley Lafreniere: Okay, yeah, let's do that. I'm going to stop sharing, and I will have you share your screen and pull up Gemini. 10 00:02:35.760 --> 00:02:36.570 RT: Okay. 11 00:04:05.050 --> 00:04:07.079 Kayley Lafreniere: Were you able to pull up Gemini, R. 12 00:04:09.480 --> 00:04:12.869 RT: I'm trying to share my screen. So. 12 00:04:12.870 --> 00:04:16.830 Kayley Lafreniere: Oh, okay, do you need? Do you need help remembering where the button is. 13 00:04:21.640 --> 00:04:26.890 RT: Well, it's still saying I've not access to the Gemini App, hey?Maybe I need to switch my to my different account, because I think it's maybe my school's email is not not letting me use Gemini. 14 00:04:42.610 --> 00:04:46.369 Kayley Lafreniere: Okay, could you share your screen? So I could maybe see. 15 00:04:46.370 --> 00:04:46.970 RT: Okay. 16 00:04:47.500 --> 00:04:52.060 Kayley Lafreniere: What's the problem, Duke?It's in the bottom middle. 17 00:05:08.680 --> 00:05:10.450 RT: Oh, actually, I think you have it so. 18 00:05:10.450 --> 00:05:12.060 Kayley Lafreniere: Yeah, okay, that looks correct. 19 00:05:12.060 --> 00:05:14.859 RT: Yes, sir, I'll ask. 20 00:05:17.570 --> 00:05:19.639 Kayley Lafreniere: Yeah. Recipe for breakfast. Burrito. 21 00:05:19.640 --> 00:05:23.400 RT: Yeah, it's done nothing.I don't know if I do a question mark or this 22 00:05:55.102 --> 00:05:58.740 Kayley Lafreniere: I think you can just input it like that. I think it will understand you. 23 00:05:58.740 --> 00:06:01.750 RT: Yeah, sometimes, like she is like.I phrased my sense, he's like, Okay, so it says.well, this one makes 4 burritos. 24 00:06:11.390 --> 00:06:13.850 Kayley Lafreniere: Okay, maybe that sounds like a lot. 25 00:06:14.279 --> 00:06:19.000 RT: Give it to my parents and say one for tomorrow morning. 26 00:06:21.990 --> 00:06:27.379 Kayley Lafreniere: You could always adjust your prompt and say, a recipe for one. 27 00:06:27.380 --> 00:06:28.050 RT: Oh, yeah. 28 00:06:30.010 --> 00:06:36.979 Kayley Lafreniere: or if you live with your parents, I'm not sure if you have like roommates, you live with your parents, maybe depending on how many people are in your household. 29 00:06:38.100 --> 00:06:41.310 RT: Yeah, I live for my parents. I have a recipe.Breakfast free is for 3. 30 00:06:43.980 --> 00:06:45.659 Kayley Lafreniere: Okay, yeah, let's adjust our prompt. 31 00:06:46.200 --> 00:06:46.740 RT: Okay?Well, I just updated it. It says, yield 3 burritos and. 32 00:07:43.090 --> 00:07:45.510 Kayley Lafreniere: All right fillings. Do you have any dietary restrictions or preferences? 33 00:07:56.380 --> 00:07:59.619 RT: Well, one thing I don't like is jalapenos. 34 00:07:59.860 --> 00:08:00.620 Kayley Lafreniere: Okay. 35 00:08:00.910 --> 00:08:07.579 RT: I love everything else. But no, Jalapeno, it's you know. Some people like it. It's too spicy. 36 00:08:07.580 --> 00:08:09.870 Kayley Lafreniere: Okay, spicy. Okay? So that's in the optional. So. 37 00:08:09.870 --> 00:08:18.689 RT: Yeah, no, that's optional. You can get it out. But like, you know, as if I was making these like a mixed dish, and my dad loves them but me and my mom. No. 38 00:08:20.380 --> 00:08:23.880 Kayley Lafreniere: Yeah. So maybe we could have jalapenos on the side. 39 00:08:23.880 --> 00:08:25.979 RT: I'll put it on the side and add them right after. 40 00:08:26.170 --> 00:08:26.850 Kayley Lafreniere: Yeah.Okay, let's see. Eggs, salt and pepper, hash, browns, cheese.Oliver butter, and like a breakfast protein. 41 00:08:42.309 --> 00:08:43.119 RT: Yeah. 42 00:08:43.740 --> 00:08:46.930 Kayley Lafreniere: Is there anything missing in there that you would like to add in. 43 00:08:51.790 --> 00:08:58.810 RT: I think this is a good combo, like, you know. If you have a good mix it makes.If you combine the some of those proteins, and like cheeses and like beans, are, don't mix, but if it combines good good deal. 44 00:09:12.900 --> 00:09:15.279 Kayley Lafreniere: Yeah, no, this looks good. 45 00:09:15.280 --> 00:09:18.330 RT: And it's like Sundays. Someone asked me, Oh.either my dad says I want 2 jalapeno, and I'm like, No, it's like or like sometimes like when my sisters are over, like having, like Thanksgiving with the family, or something like we like, make food together, and, like my younger sister, loves bikes like my dad, and she's like, Oh, let's add some Chili powder. I'm like. It just hangs like, what are you doing so is, this is a good mix of these ingredients. 46 00:09:52.730 --> 00:10:00.919 Kayley Lafreniere: Yeah, maybe we can ask Gemini to create a grocery list. 47 00:10:00.920 --> 00:10:01.700 RT: Okay. 48 00:10:02.650 --> 00:10:08.500 Kayley Lafreniere: Is there? Are there any of those ingredients that you already have at home that you wouldn't need to go to the grocery store for. 49 00:10:30.150 --> 00:10:35.540 RT: I looks like I need 2 things here, which is thank you. More like breakfast like protein, which I like Chorizo, and then also looking at the like mashed potatoes or dice like a hash browns I like you know you have a little like little pieces of potato like hash browns. I wanna I would need to have some chorizo or hash hash, Browns added, so don't know how to tell her that. But. 50 00:11:05.100 --> 00:11:13.319 Kayley Lafreniere: And maybe you wouldn't even need a grocery list. I feel like then, if you already have all the ingredients, maybe that wouldn't be that helpful, helpful for you. 51 00:11:13.320 --> 00:11:31.329 RT: Yeah. But like from this, I would have to print it out, because, like, when I have, when I make something if I had the recipe right in front of me. I can just check it off, and when I do a step I check it off. I'm a really visual learner. So like using this Gemini to find it first, st I would just send it to my printer and make it work. 52 00:11:31.490 --> 00:11:37.299 Kayley Lafreniere: Yeah. I wonder if you could ask Gemini to do a step by step. 53 00:11:37.300 --> 00:11:39.690 RT: Oh, hmm! Don't know how to say phrase that one. 54 00:11:44.010 --> 00:11:50.200 Kayley Lafreniere: Maybe. Say, could you provide me with a step by step, recipe. 55 00:11:50.200 --> 00:11:50.940 RT: Okay. 56 00:11:51.930 --> 00:11:53.190 Kayley Lafreniere: For breakfast, burritos.Let's see if it can scroll down. 57 00:13:00.590 --> 00:13:01.260 RT: Hey! Oh, here, here I just look too angry, and say, Thanks.Good to meet you. Teresa, yeah.yeah. You know, you have to do the meat first, st because that has to be on the grill. And yeah, it's like, sometimes an hour. 58 00:13:25.450 --> 00:13:27.859 Kayley Lafreniere: Yeah. Sometimes the hash browns take a while, too. 59 00:13:27.860 --> 00:13:32.850 RT: Yeah, like some of those things that we like in the oven or the grill top. It's like.like, you wake up. You want that burrito, but it's like hour and a half later thing. 60 00:13:36.950 --> 00:13:40.139 Kayley Lafreniere: Yeah, seriously, especially if you have to stop at the store. 61 00:13:40.140 --> 00:13:40.589 RT: Yeah. 62 00:13:56.000 --> 00:14:00.940 RT: Well, the time frames we've given her kind of quicker. So and also this is set aside when, after you get them off ago. You probably I avoid. Pack it all on that tortilla. and then you have to. Make the scrambled eggs, whisk them up and stick. 63 00:14:40.570 --> 00:14:44.519 Kayley Lafreniere: Yeah, I'm looking at. It. Looks like it provides all the steps.Yeah, better, step by step. But do you feel like it's a lot of information. 64 00:14:49.950 --> 00:14:57.900 RT: It's a long like it's bulky. This is like, I want to be step by step, like one or 2 sentences each. But this is a long. 65 00:14:58.390 --> 00:15:01.709 Kayley Lafreniere: Okay. So let's ask Gemini to condense it. 66 00:15:01.710 --> 00:15:02.650 RT: Yeah, connect. 67 00:15:03.170 --> 00:15:04.030 Kayley Lafreniere: Yeah. 68 00:15:04.860 --> 00:15:06.429 RT: I don't know how to prompt that. 69 00:15:12.490 --> 00:15:14.510 Kayley Lafreniere: How much information do you think would be helpful for each step. Maybe just a sentence or 2. 70 00:15:15.133 --> 00:15:17.299 RT: Yeah. One or 2 sentences. 71 00:15:17.440 --> 00:15:18.260 Kayley Lafreniere: Okay?So we can incorporate in that our prompt I like when you started the prompt with condense. 72 00:16:09.360 --> 00:16:15.410 RT: So, yeah, yeah, I'm trying to spell it right? It's kind of not my favorite thing. 73 00:16:19.370 --> 00:16:25.879 Kayley Lafreniere: Perfect you can delete the d, so it's not past 10, so we can. 74 00:16:28.360 --> 00:16:30.570 RT: Go! Ahead, commend. 75 00:16:34.640 --> 00:16:36.879 Kayley Lafreniere: the burrito, yeah, yeah. 76 00:16:56.750 --> 00:16:58.579 RT: And we'll see what happened to it is, he did something. 77 00:17:09.069 --> 00:17:10.519 Kayley Lafreniere: Yeah, this is a lot easier. 78 00:17:10.776 --> 00:17:14.373 RT: Straight to the point. That's why I like right right out front of me. 79 00:17:14.630 --> 00:17:16.939 Kayley Lafreniere: Yeah, straight to the point for sure. Yeah, that's something you could easily print out. 80 00:17:21.440 --> 00:17:24.190 RT: I could right there. Just send it to my printer. 81 00:17:25.349 --> 00:17:32.670 Kayley Lafreniere: And were the times on the previous response more helpful? Or do you think you could visualize when the potatoes or the chorizo are done. 82 00:17:44.740 --> 00:18:05.199 RT: Usually like. When you're in the kitchen, you can see it. If it's done or not you, it's brown. Just take it off or connect you like. Oh, does that need more or not? But usually, if you have a little like goal frame of timing, it's good to oh, is this is this in the is this gonna be done, or think that has more time to wait? So yeah.if you like it. But it gives you that option like in this timeframe. 83 00:18:11.720 --> 00:18:14.019 Kayley Lafreniere: Okay, yeah, so we we like this response. 84 00:18:14.020 --> 00:18:14.304 RT: Do. 85 00:18:14.590 --> 00:18:16.430 Kayley Lafreniere: Easy, straightforward. 86 00:18:16.430 --> 00:18:18.079 RT: Yeah, that's what I like. 87 00:18:19.280 --> 00:18:24.189 Kayley Lafreniere: Alright. Do you want to try another recipe? Maybe this time we could do lunch or dinner. 88 00:18:24.390 --> 00:18:25.200 RT: Okay.Hmm. Trying to remember how to spell this word. 89 00:19:00.062 --> 00:19:01.550 Kayley Lafreniere: Yeah. There we go.The spell. Suggestions always really helpful. 90 00:19:05.150 --> 00:19:05.850 RT: You know. 91 00:19:07.640 --> 00:19:11.139 Kayley Lafreniere: Is there a specific type of linguine that you like. 92 00:19:11.300 --> 00:19:16.050 RT: Well, I just like I like pasta in general, like oh, that name came to my head so. 93 00:19:16.330 --> 00:19:21.790 Kayley Lafreniere: Okay, maybe we can change the prompt to be more specific. 94 00:19:21.790 --> 00:19:22.170 RT: Yes. 95 00:19:22.170 --> 00:19:24.080 Kayley Lafreniere: They recipe with linguine. 96 00:19:24.080 --> 00:19:25.669 RT: Yeah, okay, yeah.Come to them.Hey? That's headset. Okay? 97 00:19:44.500 --> 00:19:45.290 Kayley Lafreniere: Perfect.lemon, garlic. Sounds good. 98 00:19:58.810 --> 00:20:00.509 RT: Until, like a good meal. I like how it says, this is a bright, flavorful, and real, reliable, quick pause. I like how it's quick right to the point, and like when I,Kira myself or this. if you can do it, it's quick. It's like if my friends are coming over or. 99 00:20:24.080 --> 00:20:29.240 Kayley Lafreniere: Yeah, definitely. Let's scroll down and see what kind of output it. Put this in. 100 00:20:34.180 --> 00:20:41.810 RT: So we gave me the one pound of the beanie, and then it says, salt for pot use, and I salt the water, and then. You need some olive oil and unsalted butter, because then you need a pound of shrimp.That's a lot of shrimp 101 00:20:58.120 --> 00:20:59.012 Kayley Lafreniere: that’s a lot of shrimp 102 00:20:59.310 --> 00:21:03.819 RT: Yeah. Well, you have to just go to the frozen aisle and get a big bag of. 103 00:21:05.360 --> 00:21:09.969 Kayley Lafreniere: So, yeah, this 1st section looks like it'd be a helpful grocery list. 104 00:21:09.970 --> 00:21:10.790 RT: It would. 105 00:21:13.920 --> 00:21:15.300 Kayley Lafreniere: Let's keep scrolling. 106 00:21:15.300 --> 00:21:16.369 RT: Okay, let's see. And also what is, you know, have the wine or flavory, because, you know, when people add a bottle of wine, it actually.And obviously, they, it's a lot of play for too much, but really fills who out.And also like chicken broth, and even though it's shrimp, but chicken broth makes everything good. 107 00:21:45.400 --> 00:21:47.400 Kayley Lafreniere: Yeah, it really helps add to the flavor. 108 00:21:47.400 --> 00:21:48.140 RT: Yeah.This is a citrusy. It's like lemon. Garnish, and like parsley, then you add cheese on top if it was optional, but.Well, then, you can gather the big pot. We got a bone big pot inside of our.and then you got your. You can put your sauce on separate, you know. Cook your sauce and skill it around again, judge Oven. Bake your sauce in there, and then you get your tongues to take it out and whisk it up, and and then here's the steps that. And then boil it, cook, and and sometimes this, when you make the the leftover pasta water. 109 00:22:45.220 --> 00:22:48.999 Kayley Lafreniere: Oh, yeah, it like really helps with the the flavor of the pasta 110 00:22:49.000 --> 00:22:52.710 RT: Yeah, that says liquid gold, hey?So liquid is gold for your sauce.and then well, you know you're draining your pasta after you cook it, and.Instances do not rinse it. They run water over it, sometimes like some, some you can, but this one doesn't let you drink. Send it sautes like make him cook again.Okay?Well, I guess like when you cook these shrimp on the Come on the grill or something. You see, they're peeled and deveined first, st because.1. 0, they put it on the grill like not my favorite thing, too.and it says, do not overcook, because what says become rubber. 111 00:24:02.220 --> 00:24:03.270 Kayley Lafreniere: Yeah, that would be gross. 112 00:24:04.220 --> 00:24:10.640 RT: Well like, you know, if your friend made it for you, or he made it from our parents, it'd be like she did this. But even thoughc it's like an erasure, but well, you know you got you got your chicken broth on. It tastes good. 113 00:24:18.370 --> 00:24:23.790 Kayley Lafreniere: Yep, so are these steps for you. Is it too much information? Do you think it's just right? 114 00:24:29.283 --> 00:24:36.910 RT: This set is good amount of information, not too much or too little. It's a good chunk in middle, because I like when things are like laid out for me like this. 115 00:24:40.480 --> 00:24:43.370 Kayley Lafreniere: Yeah. And this recipe is a little bit more challenging. 115 00:24:43.370 --> 00:24:44.070 RT: Yeah. 116 00:24:46.870 --> 00:24:47.970 Kayley Lafreniere: Alright good. It also might have understood last time when you said, because you condense information, it. 117 00:24:56.440 --> 00:25:02.310 RT: Yeah, But it's like good to, you know. Get get those prompts out, yeah, or not to say when I tell her.and she doesn't understand what I'm saying so. But Gemini is more straight to the point like that. 118 00:25:10.510 --> 00:25:11.240 Kayley Lafreniere: Yeah.Alright. Do you want to try another recipe? 119 00:25:14.870 --> 00:25:15.650 RT: Okay. 120 00:25:19.060 --> 00:25:22.209 Kayley Lafreniere: Looks like you got breakfast linguite like shrimp linguine, is kind of more dessert or sorry for dinner, so maybe we can either do a lunch or a dessert. 121 00:25:28.880 --> 00:25:29.630 RT: Dessert. Yes. I'm trying to see a word. Maybe I want to put this flavor chocolate in here.Well, it's only one serving. That's what I like.Parents. Here's dinner. I'm gonna go over here. 122 00:27:05.640 --> 00:27:09.470 Kayley Lafreniere: Oh, yum, yeah. This one's easy, simple. 123 00:27:09.470 --> 00:27:16.660 RT: Yeah, that's what I like and like was like, Get your shirt.Some of you are brand like specific like, well, Hershey is always good. 124 00:27:22.530 --> 00:27:24.150 Kayley Lafreniere: Yeah, definitely. 125 00:27:25.700 --> 00:27:27.999 RT: And also you need to put topics on it.Well, some people put a cherry red on top. I just like sprinkle. 126 00:27:33.770 --> 00:27:34.860 Kayley Lafreniere: Sprinkles. 127 00:27:37.820 --> 00:27:40.760 RT: Oh, you need to have your blender. That's important, Evan. Button it up first, st and since. oh, add it to the blender. Add it up and and says, start with 1 4th cup of milk for thicker. If we want it, add more. If you want a thinner. Because, like you have less milk, it'll be more other stuff like a ratio. So.Like a lot of cooking is biochem ratios. It's like that reacts that reacts.And so. 128 00:28:30.940 --> 00:28:32.190 Kayley Lafreniere: Yeah, that's exactly. 129 00:28:32.190 --> 00:28:39.239 RT: They say, use a tall glass if you try to serve it in something short. It's gonna spill over all of your table. 130 00:28:39.240 --> 00:28:42.549 Kayley Lafreniere: Yeah, it's not gonna fit the shake. 131 00:28:42.550 --> 00:28:46.949 RT: Yeah, I really like this one. How it is. Garnish it with, you know.shavings with cherry sprinkles, and then it says, enjoy immediately. So right after, like here, here's your shrimp. really. He's a shorter shit. 132 00:29:02.520 --> 00:29:04.840 Kayley Lafreniere: Alright. These are some great recipes. 133 00:29:04.840 --> 00:29:05.680 RT: Yeah. 134 00:29:05.981 --> 00:29:11.399 Kayley Lafreniere: Do you want to try one more recipe? Maybe lunch, or if you want to try another dinner. 135 00:29:11.400 --> 00:29:11.785 RT: Okay.This is lunchtime. 136 00:29:47.320 --> 00:29:48.559 Kayley Lafreniere: Yeah, that sounds good. 137 00:29:50.980 --> 00:29:57.510 RT: Well, yeah, I'm supposed to be putting more greens into my diet. So I got this one. And I like how it's 20 min prep time. 138 00:30:06.170 --> 00:30:07.480 Kayley Lafreniere: yeah, Quick and easy. 139 00:30:17.460 --> 00:30:19.989 RT: Like whenever they were salad.you know, when he had fruit, added his like. Whatever cheese you picks makes a big difference.Work, or like, what is that? Get it out. 140 00:30:34.965 --> 00:30:43.630 Kayley Lafreniere: does anyone have any allergy restrictions like our nuts okay, in the salad for you and your parents. 141 00:30:43.630 --> 00:30:44.690 RT: Yes, sir. 142 00:30:45.000 --> 00:30:45.600 Kayley Lafreniere: Okay?Because if that was the case, I'm sure you could tell Gemini. 143 00:30:51.300 --> 00:30:54.900 RT: Oh, yeah, next time they no peanut. 144 00:30:54.900 --> 00:30:56.160 Kayley Lafreniere: Yeah. No nuts. 145 00:30:56.868 --> 00:31:02.789 RT: Well, I would just say, look at this recipe, and on this they say, Oh, they're not really. 146 00:31:03.640 --> 00:31:05.189 Kayley Lafreniere: Yeah, like, leave them out. 147 00:31:05.190 --> 00:31:10.000 RT: It isn't none trying to see. Okay, I was looking over here. The instructions. So you need, you know.make that meet 1st cause like phone is a long time. 148 00:31:47.310 --> 00:31:50.239 Kayley Lafreniere: Yeah, I feel like it's a lot of scrolling to get to the recipe. Maybe we could ask Gemini to have a brief list of the ingredients, and then the instructions. Like, condense, the ingredients. 149 00:33:14.480 --> 00:33:16.070 RT: Oh, this is much better. 150 00:33:16.070 --> 00:33:17.250 Kayley Lafreniere: Yeah, that is much better. 151 00:33:17.810 --> 00:33:20.019 RT: I'm gonna print this out right now. 152 00:33:20.170 --> 00:33:21.919 Kayley Lafreniere: Yeah. Less scrolling.Strict. 153 00:33:22.930 --> 00:33:23.896 RT: Building, up. 154 00:33:26.620 --> 00:33:27.390 Kayley Lafreniere: Yes.yeah, that looks good.Alright. So say, if we were going to make this recipe tomorrow, and you had all the ingredients except for Dijon Mustard. Do you wanna ask if Gemini can give you a substitution for Dijon? 155 00:33:56.070 --> 00:33:58.129 RT: You know how they cue that like. 156 00:34:00.560 --> 00:34:03.269 Kayley Lafreniere: Can just begin. I don't have. 157 00:34:03.270 --> 00:34:04.020 RT: Yeah. 158 00:34:44.630 --> 00:34:46.090 Kayley Lafreniere: Yeah, I think that should work. 159 00:34:46.950 --> 00:34:50.690 RT: Post everything sups. 160 00:34:50.690 --> 00:34:52.079 Kayley Lafreniere: The bottom one. Yeah. 161 00:34:52.080 --> 00:34:56.429 RT: Yeah, see? What happens?Oh, yeah, just yeah. Mustard. 162 00:35:02.720 --> 00:35:03.980 Kayley Lafreniere: Other methods. 163 00:35:03.980 --> 00:35:06.966 RT: Well, like, you know, yellow Mustard is mustard.Well, like you know some people.I think my dad looks spicy.You're over here 164 00:35:27.790 --> 00:35:30.380 Kayley Lafreniere: Okay? So Mayo might be a good substitution. 165 00:35:30.380 --> 00:35:35.746 RT: Yeah, May, if you had maintenance like it would be like creamier, like, I like the sweeter, creamier taste. Maybe we'll add Mayo to it. Because, like, you know, Daejong is kind of turn.not my favorite thing, but some people like it. 166 00:36:00.030 --> 00:36:02.480 Kayley Lafreniere: Mustard, powder, horseradish. 167 00:36:10.510 --> 00:36:11.717 RT: Not my thing that like no, all that. If I had a lot of horse riders, it would clear my sinuses like. 168 00:36:30.360 --> 00:36:33.850 Kayley Lafreniere: Okay. So most of the substitutions are other mustards. 169 00:36:33.850 --> 00:36:34.780 RT: Fair. 170 00:36:37.600 --> 00:36:42.979 Kayley Lafreniere: Maybe. Just say you don't have mayonnaise any mustards or horseradish. Let's see if Gemini will give you.The 2 shares. 171 00:37:24.190 --> 00:37:29.490 RT: Can you remind me what other ones this I don't have mayonnaise and mustard, or. 172 00:37:29.490 --> 00:37:30.550 Kayley Lafreniere: Mayonnaise. 173 00:37:30.550 --> 00:37:31.210 RT: And. 174 00:37:31.210 --> 00:37:33.360 Kayley Lafreniere: Mustard or horseradish. and then maybe you can say like, turn it into a question. like, can you provide other substitutions. 175 00:37:58.750 --> 00:37:59.490 RT: Yeah, and give me 2. Says of that. 176 00:39:00.020 --> 00:39:02.720 Kayley Lafreniere: Okay. So it it says, you can just leave it out. I think. 177 00:39:02.970 --> 00:39:04.760 RT: Yeah, you have to take it out. Yeah. 178 00:39:05.640 --> 00:39:07.509 Kayley Lafreniere: Okay, well, that's good to know. And then it gives you options to. 179 00:39:16.390 --> 00:39:17.230 RT: Yeah.it's like funny if you add, like maple syrup or honey, that couldn't be too many. Is it sweet, is it tart?Is it like what's going on here.But if you're adding, like berries and stuff that's sweet.and avocado is always good addition. Anything. 180 00:39:45.920 --> 00:39:48.139 Kayley Lafreniere: Yeah, I agree with that as well. 181 00:39:56.380 --> 00:39:57.999 RT: No, some Greek yogurt. 182 00:39:58.340 --> 00:40:00.189 Kayley Lafreniere: Oh, yeah, that could help. 183 00:40:00.420 --> 00:40:02.710 RT: Everything. 184 00:40:02.710 --> 00:40:04.060 Kayley Lafreniere: Then substitution. 185 00:40:04.060 --> 00:40:11.079 RT: It's like it seems like these substitutions, like better than original that you gave me. 186 00:40:11.080 --> 00:40:11.980 Kayley Lafreniere: Yeah. Yeah. Greek yogurt is always a good addition for A salad dressing to like make it thicker. 187 00:40:19.190 --> 00:40:19.900 RT: Yeah. 188 00:40:21.080 --> 00:40:25.690 Kayley Lafreniere: Oh, and then it it gives you an updated recipe. 189 00:40:26.010 --> 00:40:26.710 RT: Yeah. 190 00:40:27.760 --> 00:40:29.139 Kayley Lafreniere: Without Dijon. 191 00:40:34.740 --> 00:40:35.910 RT: Yeah, because. yeah, like the vinaigrette you add to it needs to be. I like spice. So I just. Sway, because even though some things a little sweetness, if it's completely out of place, it's chicken or it's it works in different places like, you know, orange chicken that's sweet, but that's good. But if you try to make some mixing doesn't work. But this combo, right here is a good option. Gonna make this recipe tomorrow. 192 00:41:20.850 --> 00:41:27.040 Kayley Lafreniere: yeah, do you want to? See? If say, just for example, maybe the next couple, of days, you wanna make these recipes. see if Gemini can create a list of ingredients for all the recipes. 193 00:41:37.300 --> 00:41:38.090 RT: Okay. 194 00:41:39.660 --> 00:41:41.290 Kayley Lafreniere: Or a grocery store list. 195 00:42:47.060 --> 00:42:48.720 RT: Your response to this. 196 00:42:57.695 --> 00:43:01.070 Kayley Lafreniere: I would just say cancel. 197 00:43:01.070 --> 00:43:02.230 RT: And so yes.Well, she gave a a grocery store list for the salad. 198 00:43:16.780 --> 00:43:18.390 Kayley Lafreniere: Is it just for the salad. 199 00:43:18.390 --> 00:43:20.000 RT: It's only for the side. 200 00:43:21.490 --> 00:43:30.190 Kayley Lafreniere: Okay, how do we adjust the prompt? So Gemini knows that you're asking for all of the recipes that we that you asked about today.Maybe you can say, can you. I think it was 4 on the account. Frito linguine, shake, salad. 201 00:44:33.430 --> 00:44:35.477 RT: Oh, yeah, yeah, I forgot the shake.See what she says? 202 00:44:38.880 --> 00:44:39.540 Kayley Lafreniere: Perfect. 203 00:44:40.680 --> 00:44:46.680 Kayley Lafreniere: And then can you click the X on the Gemini personal assistant message so we can see perfect. Thank you. 204 00:44:50.160 --> 00:44:51.000 RT: Wow! I got get a lot. 205 00:45:01.740 --> 00:45:02.840 Kayley Lafreniere: Yeah, that's a lot. 206 00:45:03.110 --> 00:45:09.923 RT: But, like, you know, it's a full, you know. So you get like a you go in there with like one list, and you get a full cart at the end of the. I got enough food for a week for these recipes. 207 00:45:14.880 --> 00:45:20.809 Kayley Lafreniere: I think this would be helpful to print out, and then you can go in your own kitchen and see what you already have. 208 00:45:20.810 --> 00:45:25.610 RT: Yeah. Then I put it out and see, I got that right there. Highlight it all, or. 209 00:45:25.610 --> 00:45:26.240 Kayley Lafreniere: Hmm. 210 00:45:26.240 --> 00:45:28.089 RT: Oh, I only gotta get 4 more things and just go ask my mom take me down to the store. How I got 3 more. 211 00:45:34.560 --> 00:45:35.170 Kayley Lafreniere: Yeah. So then, after you go in your kitchen and you cross it off, you can use the remaining items and walk through the store. 212 00:45:42.720 --> 00:45:43.360 RT: Yeah. 213 00:45:46.150 --> 00:45:49.340 Kayley Lafreniere: Alright awesome, that looks great. 214 00:45:52.510 --> 00:45:58.760 RT: It's funny how the frozen section 2 different things ice cream, frozen potatoes. Breakfast. Read. yeah, you know tortillas for getting a breakfast burrito. Some people we want the big big ones are like full tortilla. Big brand, or something like the little like street taco tortillas. And I'm like. well, we find those in the grocery store. It's a hard thing, but I like the bigger ones is awesome. Tortilla burrito. So there's the guys in the back. Say, go down all 12 right there. But like you just need to like part of cooking, we, if you have it, you have it, or just go back to the store. So it's good how these are all listed out like this. 215 00:46:45.513 --> 00:46:46.700 Kayley Lafreniere: And organized. 216 00:46:46.700 --> 00:46:48.669 RT: Yes, this is why I like it. 217 00:46:51.030 --> 00:46:53.260 Kayley Lafreniere: Yeah, they'd be in the same sections. 218 00:46:53.260 --> 00:47:03.560 RT: Yeah, like, when it's all organized like this, I bring my little list. So a frozen section. I got 2 things, probably not in the same aisle, but. Okay. 219 00:47:09.370 --> 00:47:10.910 Kayley Lafreniere: Yeah. Super helpful. 220 00:47:10.910 --> 00:47:11.740 RT: Wise. 221 00:47:19.450 --> 00:47:27.969 Kayley Lafreniere: I wonder if it would provide you with a calorie, count one of the recipes. 222 00:47:27.970 --> 00:47:29.179 RT: Down, or something like. 223 00:47:29.180 --> 00:47:30.040 Kayley Lafreniere: Yeah. 224 00:47:30.250 --> 00:47:35.110 RT: Like some people like proteins and breakfast freedom. I like Teresa, but some people like only Ham, not me, but like they were like, oh, I want protein powder from beans. I'm like. I don't make Teresa. It's like, whoever has. Who? Whose kitchen is it? Who's gonna make that choice? Say for me? Teresa. 225 00:47:52.300 --> 00:47:58.519 Kayley Lafreniere: Which maybe we can find the nutrition facts for one of the recipes which recipes. Are you curious about. 226 00:47:59.030 --> 00:47:59.840 RT: Okay. I wanna ask for the recipe for like breakdown for the the shake, and the like. Parm salad they would have. I know the breakfast burritos have hefty, anyway, but I know the other cheese. It happens. 227 00:48:23.680 --> 00:48:28.370 Kayley Lafreniere: Yeah, so what can we say, how can we formulate that question prompt for Gemini. 228 00:48:31.200 --> 00:48:33.700 RT: Maybe calorie breakdown for. 229 00:48:34.150 --> 00:48:35.459 Kayley Lafreniere: The nutrition box. 230 00:48:35.460 --> 00:48:36.764 RT: Oh, yeah, I knew you have too much pans for this. 231 00:49:35.490 --> 00:49:36.999 Kayley Lafreniere: That looks pretty accurate, I think. 232 00:49:37.000 --> 00:49:45.260 RT: Yeah, that's good, even though the carbs from sugar, not the good, but it tastes good. So. 233 00:49:45.810 --> 00:49:46.570 Kayley Lafreniere: Yeah. 234 00:49:51.770 --> 00:49:57.959 RT: This breakdown for the salad. It's like what it is good good meal, and in the Calorie range what I like. 235 00:50:08.590 --> 00:50:10.360 Kayley Lafreniere: Okay, but that's a good estimate. 236 00:50:10.570 --> 00:50:22.789 RT: Yeah. And like, you know, they're saying like what sausage or dressing made with it I would have if I had that dish on mustard issue what I put in there. It's gonna make the numbers go up or down. 237 00:50:31.720 --> 00:50:36.950 Kayley Lafreniere: you could even compare to recommendations. For, like your age, too. 238 00:50:41.760 --> 00:50:43.360 RT: Have a phrase echo. 239 00:50:43.680 --> 00:50:49.510 Kayley Lafreniere: What are my recommended? Daily intake recommended daily intake and do like just like for your age and your i'm not sure, if Gemini knows your agent gender. Do you want to tell Gemini. 240 00:51:34.222 --> 00:51:37.900 RT: Think she says it, says R on the top, so maybe she knows. 241 00:51:37.900 --> 00:51:38.950 Kayley Lafreniere: She might know. 242 00:51:39.150 --> 00:51:39.840 RT: Yeah. 243 00:51:40.790 --> 00:51:43.290 Kayley Lafreniere: Let's see if she knows. I think Gemini will ask you if. 244 00:51:44.100 --> 00:51:45.070 RT: I am. 245 00:51:47.490 --> 00:51:55.310 Yao Du: Hey, R, we're doing this just for training purposes. If you're not comfortable sharing any personal information, you can fix something or make something up. 246 00:51:55.310 --> 00:51:56.150 Kayley Lafreniere: Roughly. Yeah. Oh, okay. Well, it gives you some guidelines. Americans per day. 247 00:52:04.730 --> 00:52:08.940 RT: Yeah, like, my age range is in like this one adult females. 26 to 50. That's a large range, 26 year old and 50 year old, not the same. 248 00:52:18.000 --> 00:52:28.150 Kayley Lafreniere: So you could always be like, Oh, my age range. I'm adult female age range, and provide gemini with that. And then with the recipes you provided. You could subtract the nutritional facts from those and see if that's a good fit for you. If you were looking to some people like to track their nutrition. 249 00:52:47.160 --> 00:52:50.150 RT: Yeah, like what they're put in. 250 00:52:50.150 --> 00:52:52.520 Kayley Lafreniere: Yeah, like, are you getting enough? Protein. 251 00:52:52.520 --> 00:52:54.040 RT: What their value shirt. They relate to what actually you're supposed to be doing. 252 00:52:57.752 --> 00:52:58.479 Kayley Lafreniere: I hear you. 253 00:52:58.480 --> 00:52:59.450 RT: Lower, higher. 254 00:52:59.450 --> 00:53:04.160 Kayley Lafreniere: Too much sugar, so Gemini could also help you with that as well. 255 00:53:07.300 --> 00:53:11.640 RT: And also it says they can also, as a personal estimates, like daily activity, level, like sedentary, moderate, active, or active. I'm active because I'm an athlete and have fun. So it's like well, like how my calorie countdown, how these meals would affect me differently than someone who's sedentary. I like how Gemini is giving me that choice, how I would put in my daily the calorie intake compared to my, how I'm spending my life. 256 00:53:46.140 --> 00:53:48.790 Kayley Lafreniere: Yeah, yeah, definitely. Is there one thing that you want to remember from this session to share on Thursday with M. 257 00:54:00.730 --> 00:54:10.200 RT: asking her to provide us with recipes, you know, like categories, that we have a overall recipe category like breakfast burrito, and also A salad, like different kinds of categories, goes first.st So like we need to like before we start our meals, we need to break it down to. I want this kind of meal on this kind of meal, like. 258 00:54:31.010 --> 00:54:33.399 Kayley Lafreniere: Gemini can provide the step by step. Yeah, that sounds great. I'm sure you heard that. Yeah, mom would love to hear that. Alright! I think that is time. 259 00:54:52.420 --> 00:54:53.220 RT: Alright! 260 00:54:54.440 --> 00:54:55.120 Kayley Lafreniere: Today. 261 00:54:55.120 --> 00:54:58.950 Yao Du: Which nice work R. 262 00:54:58.950 --> 00:55:00.860 RT: Okay. Alright. See? You guys. 263 00:55:00.860 --> 00:55:08.649 Yao Du: Leading Kaylee. I like how, R, you picked up some additional information seeking tasks through the cooking preparation so definitely, yeah, whatever we talk to you. 264 00:55:11.100 --> 00:55:14.760 RT: Whatever's in your fridge, it's not what you actually need. So. 265 00:55:14.760 --> 00:55:15.420 Yao Du: Yeah. And I think, this could be something super handy, because you do have this on the app. I don't know if you've downloaded the app. So if you are ever in the grocery store you want something more convenient, you can pull up the applications as well. To get this. Yeah. And it has your chat history. So everything you've done before, like at home on your computer, it's all it's all available and very mobile. Yeah. 266 00:55:38.880 --> 00:55:39.550 RT: Right. 267 00:55:40.000 --> 00:55:42.700 Yao Du: Awesome. Thank you so much for your help today. 268 00:55:43.090 --> 00:55:45.139 RT: Alright, guys, we'll see you on Thursday. 269 00:55:45.450 --> 00:55:47.869 Yao Du: Yeah. See you on Thursday last day, bye. 270 00:55:47.870 --> 00:55:48.190 RT: Hi.