### **Prompt Formatting**

**Simple:**

* Oatmeal with Berries and Almonds (Caucasian)
* Millet Porridge with Nuts and Honey (African)
* Congee with Tofu and Sesame Seeds (Asian)
* Arepa with Avocado and Cheese (Hispanic)
* Cornmeal Mush with Berries and Nuts (Native American)

**Long:**

* **Oatmeal with Berries and Almonds**
  + Ingredients: Oats, mixed berries, almonds, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Millet Porridge with Nuts and Honey**
  + Ingredients: Millet, mixed nuts, honey, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Congee with Tofu and Sesame Seeds**
  + Ingredients: Rice, tofu, sesame seeds, spring onions
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Arepa with Avocado and Cheese**
  + Ingredients: Cornmeal, avocado, cheese
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Cornmeal Mush with Berries and Nuts**
  + Ingredients: Cornmeal, mixed berries, nuts, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal

**Simple:**

* Quinoa Salad with Chickpeas and Avocado (Caucasian)
* Jollof Rice with Black Beans (African)
* Brown Rice Bowl with Tofu and Vegetables (Asian)
* Rice and Beans with Avocado (Hispanic)
* Wild Rice and Beans Salad (Native American)

**Long:**

* **Quinoa Salad with Chickpeas and Avocado**
  + Ingredients: Quinoa, chickpeas, avocado, cherry tomatoes, olive oil
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Jollof Rice with Black Beans**
  + Ingredients: Rice, tomatoes, black beans, onions, bell peppers
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Brown Rice Bowl with Tofu and Vegetables**
  + Ingredients: Brown rice, tofu, mixed vegetables (broccoli, carrots), soy sauce
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Rice and Beans with Avocado**
  + Ingredients: Rice, black beans, avocado, salsa, lime
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Wild Rice and Beans Salad**
  + Ingredients: Wild rice, kidney beans, corn, bell peppers, lime
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal

**Simple:**

* Grilled Chicken with Roasted Vegetables (Caucasian)
* Grilled Fish with Couscous and Vegetables (African)
* Stir-fried Tofu with Vegetables and Rice (Asian)
* Chicken Fajitas with Peppers and Onions (Hispanic)
* Bison Steak with Roasted Root Vegetables (Native American)

**Long:**

* **Grilled Chicken with Roasted Vegetables**
  + Ingredients: Chicken breast, mixed vegetables (broccoli, carrots, zucchini), olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Grilled Fish with Couscous and Vegetables**
  + Ingredients: Tilapia or another white fish, couscous, mixed vegetables, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Stir-fried Tofu with Vegetables and Rice**
  + Ingredients: Tofu, mixed vegetables (bell peppers, broccoli, carrots), brown rice, sesame oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Chicken Fajitas with Peppers and Onions**
  + Ingredients: Chicken breast, bell peppers, onions, tortillas, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Bison Steak with Roasted Root Vegetables**
  + Ingredients: Bison steak, sweet potatoes, carrots, parsnips, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal

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### **Breakfast**

* **Caucasian**: **Oatmeal with Berries and Almonds**
  + Ingredients: Oats, mixed berries, almonds, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **African**: **Millet Porridge with Nuts and Honey**
  + Ingredients: Millet, mixed nuts, honey, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Asian**: **Congee with Tofu and Sesame Seeds**
  + Ingredients: Rice, tofu, sesame seeds, spring onions
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Hispanic**: **Arepa with Avocado and Cheese**
  + Ingredients: Cornmeal, avocado, cheese
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal
* **Native American**: **Cornmeal Mush with Berries and Nuts**
  + Ingredients: Cornmeal, mixed berries, nuts, milk (or plant-based milk)
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 300-350 kcal

### **Lunch**

* **Caucasian**: **Quinoa Salad with Chickpeas and Avocado**
  + Ingredients: Quinoa, chickpeas, avocado, cherry tomatoes, olive oil
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **African**: **Jollof Rice with Black Beans**
  + Ingredients: Rice, tomatoes, black beans, onions, bell peppers
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Asian**: **Brown Rice Bowl with Tofu and Vegetables**
  + Ingredients: Brown rice, tofu, mixed vegetables (broccoli, carrots), soy sauce
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Hispanic**: **Rice and Beans with Avocado**
  + Ingredients: Rice, black beans, avocado, salsa, lime
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal
* **Native American**: **Wild Rice and Beans Salad**
  + Ingredients: Wild rice, kidney beans, corn, bell peppers, lime
  + Macronutrients: High in carbohydrates, moderate protein, moderate fat
  + Calories: Approximately 400-450 kcal

### **Dinner**

* **Caucasian**: **Grilled Chicken with Roasted Vegetables**
  + Ingredients: Chicken breast, mixed vegetables (broccoli, carrots, zucchini), olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **African**: **Grilled Fish with Couscous and Vegetables**
  + Ingredients: Tilapia or another white fish, couscous, mixed vegetables, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Asian**: **Stir-fried Tofu with Vegetables and Rice**
  + Ingredients: Tofu, mixed vegetables (bell peppers, broccoli, carrots), brown rice, sesame oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Hispanic**: **Chicken Fajitas with Peppers and Onions**
  + Ingredients: Chicken breast, bell peppers, onions, tortillas, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal
* **Native American**: **Bison Steak with Roasted Root Vegetables**
  + Ingredients: Bison steak, sweet potatoes, carrots, parsnips, olive oil
  + Macronutrients: High protein, moderate fat, low carbohydrates
  + Calories: Approximately 500-550 kcal