

Module 3

Chapter 5 notes

GPT as your Dietitians

ChatGPT can also act as your Dietitian when you need it.

Role:

I want you to act as a professional Nutritionist.

Goal:

I want you to create a 7 days meal plan for me, I only have meals thrice a day

Context:

I am 21 year old, whose weight is 65 Kg, Height 183cm, I want to increase my weight to 75 in 6 months

My maintenance calorie is 2500 calories, to increase it I want to eat 2900 calories everyday

Out of that I need 150g protein

Carbs 399 grams/day

Fat Including Saturated Fat 85 grams/day.

I am Non Vegetarian but not on Tuesday, thursday and saturday and I eat only chicken nothing else

Every Morning I have 25g of Protein shake has 250g milk, protein powder 25g protein, 3 scoop peanut butter, 1 banana, honey, 100g oat This is everyday morning shake Include this everyday

Format:

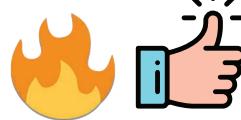
- I need the output in Table Form
- Include estimated calorie per meal, snack
Also include weight in gram of ingredients
- Include Protein, carbs and fats in Each Meal

ABA:

- Ask before you answer, ask all the questions that you might need to answer the desired output



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