Meal Plan Mastery in Minutes Chat GPT Prompt

Copy and paste the whole prompt after adding your personal preferences and health goals.

"Hello Chat GPT,

Your task is to create a personalized 1-day meal plan for me that includes breakfast, lunch, dinner, and a snack that aligns perfectly with all of the following preferences and health goals.

Please include an explanation of why each meal meets my preferences and

- requirements. **Culinary Preferences:** 1. Styles of Cuisine: 2. Preferred Delivery Methods: 3. Dietary Style: 4. Favorite Sauces: 5. Favorite Spices: 6. Preferred Flavors:
- Now, moving on to my meal priorities, my top 3 are:
- **Lifestyle Priorities:**

7. Preferred Ingredients:

- 1. [Priority 1]
- 2. [Priority 2]
- 3. [Priority 3]

And, of course, my health is a top concern. Here are my key health goals and priorities:

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**Health Goals:**
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- 1. [Goal 1]
- 2. [Goal 2]
- 3. [Goal 3]

I'm ready for meals that cater to my well-being and are easy to prepare. Thank you for helping me create a menu that's both delicious and health-focused!"