

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:
7. Preferred Ingredients:

Now, moving on to my meal priorities, my top 3 are:

****Lifestyle Priorities:****

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:

****Health Goals:****

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!"