

Healthiest Foods

Hey everyone! For the evidence-based lesson planner & How to Get Google Notebook to score writing pieces (It's AMAZING) – go to our literally brand new district youtube channel/website - we are happy to share!:

<https://www.youtube.com/@AIforKentuckyEducators>

Thanks! Dr. Jim Masters - Henry County Public Schools - Kentucky (Superintendent).

My personal email: effectiveeducators1@gmail.com — I would love to learn more about what you all do as well!

<https://districtadministration.com/article/the-why-behind-ai-in-education-how-to-enhance-education-or-effectiveness/>

Note: Other prompts to improve health are located on the tabs to your left of the document!

Prompt 1: Identify Healthiest Foods (Pulling From Selected Diets)

Determining Healthiest Foods - How To Use It:

1. Copy/paste the prompt.
2. When ChatGPT/Gemini/etc... responds, it should begin by asking for your key details (age, goals, any dietary restrictions).
3. Answer those questions.
4. ChatGPT will then produce a curated list of foods and any cautions or notes.

Prompt Text (copy/paste this):

“I want to determine the healthiest foods to eat based on various diets (such as Keto, Paleo, Carnivore, or any diet you consider relevant). Please ask me any necessary questions about my current health situation, age, height, weight, dietary restrictions, or health goals (e.g., losing fat, building muscle, improving energy, managing stress, etc.) so you can create a unified list of recommended foods.

1. **Ask me** what my top health or fitness goal is (e.g., lose fat, build muscle, improve energy).

2. **Ask me** about any specific diets I'd like to draw from (Keto, Paleo, etc.) or any foods I need to exclude (allergies, religious restrictions, personal dislikes).
3. **After gathering that information**, please provide:
 - A list of the healthiest foods that fit **all** my selected diets (i.e., foods each diet generally agrees on) and are aligned with my goal.
 - A brief explanation of why these foods are beneficial (with reference to basic research or credible health guidelines).
 - Notable differences among these diets that I should be aware of if my goals or health concerns dictate (e.g., if I have high cholesterol or high stress levels).
4. Include guidance on how to monitor progress (e.g., changes in weight, energy levels, blood work, etc.) and how to adjust if needed.
5. **If you need more information at any point**, let me know. Otherwise, assume I'm healthy enough for typical dietary changes.

Finally, **don't provide the final list until you've asked me the necessary questions and taken my answers into account**. Once you have my answers, give me the unified 'approved foods' list. Thank you!"**

Macronutrient Needs

Prompt 2: Determine Daily Macronutrient Needs

How To Use It:

1. Paste the prompt into ChatGPT.
2. ChatGPT will respond by asking you for your personal information.
3. Provide your answers.
4. ChatGPT will then produce a set of recommended macro targets (and possibly micronutrient suggestions), with a brief explanation.

Prompt Text (copy/paste this):

“Now that I have a list of approved foods, I want to establish my daily macronutrient targets to help me achieve my goal (e.g., fat loss, muscle gain, or increased energy). Please ask me the necessary questions—such as my age, weight, height, activity level, and whether I have any specific medical conditions—so you can calculate recommended protein, carbohydrate, and fat intake.

1. **Ask me** for details such as:
 - Age, height, weight
 - Typical weekly physical activity or workout schedule
 - Specific goal (lose fat, build muscle, etc.)
2. **Calculate** or estimate my daily macronutrient needs in grams (protein, carbs, fats), and provide approximate total calories.
3. **Explain briefly** how you arrived at these targets (e.g., grams of protein per pound of body weight, or a certain percentage from carbs/fats).
4. Mention **key micronutrients** (vitamins, minerals) that might be important, and note any relevant cautions or disclaimers (especially if I have certain health conditions).
5. **If you need additional info**, please ask. Otherwise, assume I’m generally healthy.

Finally, provide my customized daily macro targets once you’ve gathered my information.”

Meal Plan

Prompt 3: Generate a Meal Plan (With Recipes and Scheduling)

How To Use It:

1. Copy/paste the above text.
2. ChatGPT will begin by confirming you actually want a meal plan.
3. After you respond with how many meals, times of day, and the total number of days, ChatGPT should generate a plan that meets your macros.
4. Adjust as needed if you find any meal that doesn't suit your preferences.

Prompt Text (copy/paste this):

“I now have a list of approved foods and my daily macronutrient targets. Please ask me if I'd like a custom meal plan. If I say yes, then:

1. **Ask me** how many meals per day I want to eat (e.g., 3 meals a day, 5 smaller meals, etc.).
2. **Ask me** which times of day (breakfast, lunch, dinner, snacks) and for how many days (e.g., a 7-day plan).
3. **Use only the approved foods** (or close alternatives if needed) to create recipes or meal suggestions that align with my daily macro goals.
4. **List** the macronutrient breakdown (approx. protein, carbs, fats) for each meal so I know how it helps me reach my targets.
5. Provide any necessary instructions (cooking tips, portion sizes) and how to store/prepare in advance if that's relevant.
6. **Ask** if there are any foods I absolutely cannot eat (allergies, dislikes) and make sure to exclude them.

Finally, once you have my preferences (meal frequency, timing, number of days), produce a meal plan that hits my macro targets each day.”

Vitamins/Supplements

Prompt 4: Determine Research-Based Vitamins, Minerals, & Supplements

How To Use It:

1. Paste the above prompt into ChatGPT.
2. ChatGPT will ask you about your goals, any known deficiencies, or medications.
3. Provide your answers.
4. It will then produce an evidence-based list of supplements, schedule, references or rationale, and disclaimers.

Prompt Text (copy/paste this):

“I want to figure out which vitamins, minerals, or supplements (if any) are backed by credible research for my specific goals. Please ask me for my relevant health details—such as goals (fat loss, energy, stress control), any known deficiencies, current medications, etc.—so you can give me science-backed recommendations.

1. Only recommend supplements **proven effective** by reputable studies or organizations (e.g., references to peer-reviewed papers or recognized health authorities).
2. **Include** typical dosage ranges, best times to take them, and any known side effects or contraindications.
3. **Provide a daily schedule** for when to take these supplements (morning, pre-workout, bedtime, etc.), aligning with my goals and lifestyle constraints.
4. **Advise** me to consult a healthcare professional before starting anything new.
5. If you need more info about my diet, sleep, or stress levels, **ask** before finalizing.

Once you have enough details, give me your specific, research-based recommendations with at least a brief rationale for each supplement.”**

Exercise

Prompt 5: Create a Research-Based Exercise Routine

How To Use It:

1. Copy/paste the above text.
2. ChatGPT will inquire about your goals, any injuries, available time/equipment.
3. Provide your answers.
4. ChatGPT will then produce an exercise schedule (e.g., which days to do certain workouts, rest days) plus recommended sets/reps and rationale.

Prompt Text (copy/paste this):

“I want a research-based exercise routine customized to my goals (e.g., fat loss, muscle building, improved cardiovascular health). Please ask me for the details you need—such as age, current weight, fitness level, what equipment I have, how many days/week I can train, and how many minutes per day—so you can create a safe, effective program.

1. **Ask** about any injuries or limitations, plus any preferences (e.g., low impact, resistance training, group classes).
2. **Recommend** specific exercises, sets, reps, and a progression plan (e.g., progressive overload) based on credible fitness guidelines (e.g., ACSM, NASM).
3. **Include** stress-reducing components (like yoga or mindfulness) if relevant.
4. **Provide** recovery recommendations (rest days, sleep advice, how to avoid burnout).
5. **Encourage** me to consult with a healthcare or fitness professional if I have concerns.

Once you have my details, create a detailed routine and explain briefly why each component is beneficial.”