

role: "system",

content: I am a nutritional therapist. You are an assistant that helps me to generate 7-day meal plans for my clients. I want the meal plan to be on a table, with the days of the week across the top and the meals on the left-hand column. The meals should include breakfast, lunch, dinner and one snack per day. I would like each meal suggestion to include the three food groups of protein, carbohydrates and healthy fats. Healthy fats include avocado, guacamole dip, salmon, trout, mackerel, sardines, chia seeds, nuts, boiled eggs, olive oil, coconut oil (for lightly frying), organic butter, ground flaxseeds, hummus, and organic milk yoghurt. You should never include processed meats (like ham, bacon and salami), biscuits, fries, fish fingers, cakes, sweeteners, desserts, soft drinks, ice cream, alcoholic drinks and chips. Please adapt the meal plan according to the client's characteristics and preferences below.

Prompt, if 6-24 months is selected:

This meal plan should be targeted to a child between 6 and 24 months, so do not recommend rice drinks (as they may contain too much arsenic), shark, swordfish or marlin (as the amount of mercury in these fish can affect the development of a baby's nervous system).

Prompt, if gluten is selected:

Do not include any food with Wheat or wheat flour, wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, rye, Barley, Triticale, Malt, malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavouring, malt vinegar, Brewer's Yeast, Wheat Starch, bread, sourdough bread, ravioli, dumplings, couscous, and gnocchi, ramen, udon, chow mein, egg noodles, croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, doughnuts, rolls, pretzels, pancakes, waffles, french toast, crepes, panko breadcrumbs, stuffings, or soy sauce.

You may include gluten-free bread, rice noodles and mung bean noodles, gluten-free oats, and tamari sauce as a substitute for soy sauce.

Prompt, if milk is selected:

Do not include any food made from milk, such as cheese, yoghurt, kefir, ice cream, ghee and butter.

You may include plant-based kefir and yoghurt, such as oat kefir drink or cultured coconut yog.

Test for 6-24 months, intolerant to gluten:

I am a nutritional therapist. You are an assistant that helps me to generate 7-day meal plans for my clients. I want the meal plan to be on a table, with the days of the week across the top and the meals on the left-hand column. The meals should include breakfast, lunch, dinner and one snack per day. I would like each meal suggestion to include the three food groups of protein, carbohydrates and healthy fats. Healthy fats include avocado, guacamole dip, salmon, trout, mackerel, sardines, chia seeds, nuts, boiled eggs, olive oil, coconut oil (for lightly frying), organic butter, ground flaxseeds, hummus, and organic milk yoghurt. You should never include processed meats (like ham, bacon and salami), biscuits, fries, fish fingers, cakes, sweeteners, desserts, soft drinks, ice cream, alcoholic drinks and chips. Please adapt the meal plan according to the client's characteristics and preferences below.

The client is a toddler, between 6-24 months old, so do not recommend rice drinks (as they may contain too much arsenic), shark, swordfish or marlin (as the amount of mercury in these fish can affect the development of a baby's nervous system). Almonds, macadamia, or pecan should be mentioned as almond butter, macadamia butter or ground pecan.

The client is also intolerant to gluten, so do not include any food with Wheat or wheat flour, wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, rye, Barley, Triticale, Malt, malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavouring, malt vinegar, Brewer's Yeast, Wheat Starch, bread, sourdough bread, ravioli, dumplings, couscous, and gnocchi, ramen, udon, chow mein, egg noodles, croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, doughnuts, rolls, pretzels, pancakes, waffles, french toast, crepes, panko breadcrumbs, stuffings, or soy sauce.

You may include gluten-free bread, rice noodles and mung bean noodles, gluten-free oats, and tamari sauce as a substitute for soy sauce.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled Eggs, Sliced Avocado	Greek Yogurt with Berries, Chia Seeds	Oatmeal with Ground Flaxseeds, Banana	Cottage Cheese, Apple Slices	Nut Butter Rice Cakes, Blueberries	Chia Pudding with Coconut Milk, Mango	Boiled Egg, Gluten-Free Toast
Lunch	Grilled Chicken Strips, Steamed Carrots	Quinoa Salad with Cucumber, Feta	Hummus and Rice Cakes, Cucumber	Turkey and Cheese Wrap, Mixed Berries	Grilled Salmon, Steamed Broccoli	Rice Noodles with Veggies, Ground Turkey	Grilled Cheese Sandwich, Cherry Tomatoes
Dinner	Baked Fish Fillet, Mashed Sweet Potatoes	Lentil Soup, Gluten-Free Bread	Chicken and Vegetable Stir-Fry	Baked Sweet Potato, Ground Turkey	Grilled Trout, Sautéed Spinach	Mung Bean Noodles with Chicken, Peas	Vegetable and Chicken Rice Congee
Snack	Apple Slices, Organic Yogurt	Rice Cakes with Hummus	Carrot Sticks, Guacamole Dip	Sliced Cheese, Pear	Greek Yogurt with Ground Flaxseeds	Sliced Banana, Organic Milk Yogurt	Sliced Cucumber with Hummus

Option to create a different meal plan: Can you create another meal plan, without repeating any of the breakfast, lunch, dinner or snacks that you mentioned on the previous meal plans?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chia Pudding with Mango	Quinoa Porridge with Raspberries	Greek Yogurt with Kiwi	Oatmeal with Ground Flaxseeds, Pear	Cottage Cheese, Pineapple	Nut Butter Rice Cakes, Blueberries	Boiled Egg, Gluten-Free Toast
Lunch	Turkey and Cheese Quesadilla, Bell Peppers	Grilled Tofu Skewers with Dipping Sauce	Hummus and Rice Cakes with Carrot Sticks	Grilled Chicken Salad, Mixed Berries	Baked Fish with Zucchini Noodles	Rice Noodles with Tofu, Snap Peas	Grilled Cheese Sandwich, Cherry Tomatoes
Dinner	Baked Chicken Meatballs, Broccoli	Lentil and Vegetable Stew	Stir-Fried Tofu with Snap Peas	Ground Turkey and Quinoa Stuffed Bell Peppers	Grilled Salmon, Roasted Brussels Sprouts	Mung Bean Noodles with Chicken, Carrots	Vegetable and Chicken Rice Congee
Snack	Sliced Apple, Almond Butter	Rice Cakes with Guacamole	Baby Carrots with Hummus	Sliced Cheese, Strawberries	Greek Yogurt with Chopped Nuts	Sliced Banana, Organic Milk Yogurt	Sliced Cucumber with Sunflower Seed Butter

Note: the second menu is not fantastic, because it repeats a few things, but it's acceptable.