New conversation

Imagine

History

Mock Interview

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Meta AI prompts

Cover letter

Meta AI

Shark Image

You
I don't like tofu and all dinners should have a meat-based protein.

Meta AI
Here is a revised meal plan that excludes tofu and includes meat-based protein sources for dinner:

Monday

- Breakfast: Oatmeal with sliced banana, almond butter, and a splash of low-cost fruit juice (under $1.50)
- Lunch: Whole grain pita stuffed with roasted vegetables (carrots, zucchini, bell peppers) and hummus (under $2.50)
- Dinner: Grilled chicken breast with roasted sweet potato and steamed broccoli (under $3.50)

Tuesday

- Breakfast: Smoothie bowl made with frozen berries, almond milk, and chia seeds topped with sliced almonds and shredded coconut (under $2.50)
- Lunch: Grilled turkey and avocado wrap with mixed greens and whole grain tortilla (under $3)
- Dinner: Beef and vegetable stir-fry with brown rice (under $3.50)

Wednesday

- Breakfast: Avocado toast on whole grain bread with scrambled eggs and a slice of orange (under $2.50)
- Lunch: Whole grain wrap filled with roasted chicken breast, cucumber, tomato, and lettuce (under $3)
- Dinner: Grilled pork chop with roasted Brussels sprouts and sweet potato (under $3.50)

Thursday

- Breakfast: Whole grain cereal with sliced banana and almond butter (under $2)
- Lunch: Grilled chicken Caesar salad (under $3)
- Dinner: Grilled steak with roasted asparagus and brown rice (under $4)

Friday

- Breakfast: Whole grain waffles with sliced strawberries and a drizzle of honey (under $2.50)

Ask Meta AI anything...

Hillary Organa

Chatbot Prompts Meal Plan United States

Carolyn D. Berdanier,Johanna T. Dwyer,David Heber

Chatbot Prompts Meal Plan United States:

Life Stages Nourish Laura Anderson,AI,2025-02-27 Life Stages Nourish explores the vital role of nutrition across the human lifespan emphasizing how changing dietary needs impact health and wellness The book highlights the importance of tailored nutrition revealing that requirements differ significantly from infancy to old age For instance adequate nutrition during adolescence is crucial for bone density development while in adulthood dietary choices play a key role in preventing chronic diseases This approach sets the book apart by offering stage specific recommendations rather than generic advice The book begins with foundational nutrition concepts and then progresses through each life stage detailing unique requirements and potential deficiencies It supports its arguments with evidence based research and integrates knowledge from biology psychology and public health By understanding these principles readers can make informed food choices promoting both longevity and overall quality of life   1337 Use Cases for ChatGPT & other Chatbots in the AI-Driven Era Florin Badita,2023-01-03 1337 Use Cases for ChatGPT other Chatbots in the AI Driven Era is a book written by Florin Badita that explores the potential uses of advanced large language models LLMs like ChatGPT in various industries and scenarios The book provides 1337 use cases and around 4000 examples of how these technologies can be applied in the future The author Florin Badita is a data scientist social entrepreneur activist and artist who has written about his experiences with data analysis on Medium He is on the Forbes 30 under 30 list a TedX speaker and Landecker Democracy Fellow 2021 2022 He is known for his work in activism founding the civic group Corruption Kills in 2015 GIS data analysis and data mining The book covers a variety of tips and strategies including how to avoid errors when converting between different units how to provide context and examples to improve the LLM s understanding of the content and how to use the Markdown language to format and style text in chatbot responses The book is intended for anyone interested in learning more about the capabilities and potential uses of ChatGPT and other language models in the rapidly evolving world of artificial intelligence After the introduction part and the Table of content the book is split into 20 categories each category then being split into smaller categories with at least one use case and multiple examples A real example from the book Category 4 Science and technology Sub Category 4 60 Robotics 4 60 1 Text Generation General example text prompt Generate a description of a new robot design Formula Generate description of robot design Specific examples of prompts Generate a detailed description of a robot designed for underwater exploration Generate a brief overview of a robot designed for assisting with construction tasks Generate a marketing pitch for a robot designed to assist with household chores 4 60 2 Programming Assistance General example text prompt Write code to implement a specific behavior in a robot Formula Write code to implement behavior in robot Specific examples of prompts Write code to make a robot follow a specific path using sensors and control algorithms Write code to make a robot respond to voice commands using natural language processing Write code to make a robot perform basic tasks in a manufacturing setting such as moving objects from one location to another   **Handbook of**

Nutrition and Food Carolyn D. Berdanier,Johanna T. Dwyer,David Heber,2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics   **AI Business for Everyone** Michael T. Murphy, AI income strategies that actually work for YOUR life This 1 000 page manual guide delivers hyper personalized passive income roadmaps for 15 demographics parents retirees freelancers everyone With 2 100 ready to use prompts case studies exposing costly pitfalls and aggressive 30 day action checklists you ll build your 1 000 monthly automated income while others just read about AI While others debate whether AI will take their jobs smart individuals across every demographic are quietly building automated income streams generating thousands monthly This isn t another generic make money with AI guide assuming everyone s a tech savvy twenty something This is the first truly democratized roadmap to AI wealth crafted for YOUR specific situation Whether you re a stay at home parent squeezing work between school runs a retiree navigating technology a burned out freelancer seeking leverage or an influencer fighting algorithm changes this 1 000 page manual guide delivers hyper personalized strategies for your unique circumstances Each of fifteen demographic focused chapters weaponizes your specific advantages and turns perceived limitations into competitive edges What sets this guide apart is relentless practicality This isn t theoretical exploration it s a bootcamp Every chapter demands action through implementation checklists leaving zero room for procrastination You ll launch micro businesses during naptime automate client work during lunch breaks and build passive income streams aligned with your lifestyle constraints At its heart lies an arsenal of 2 100 battle tested prompts categorized by industry and demographic needs These aren t generic templates they re precision engineered tools transforming ChatGPT and Claude into your personal workforce From healthcare practitioners needing HIPAA compliant content to pet entrepreneurs dominating Instagram every prompt delivers immediate monetizable results Through detailed case studies you ll witness actual people not gurus building sustainable AI businesses Meet the seventy year old launching an AI consulting firm the exhausted mom automating her way to 3 000 monthly the weekend hobbyist whose Chrome extension generates 5 000 monthly Crucially you ll learn their failures and costly mistakes too This isn t success theater it s unvarnished truth about building AI income Every chapter follows an aggressive thirty day timeline transforming overwhelming possibilities into daily actions Week one tool setup and niche selection Week two minimum viable product Week three testing and refinement Week four launch and scale The structure pushes you from zero to revenue

through forced accountability and relentless momentum Specialized sections address challenges facing regulated industries and creative professionals Healthcare practitioners monetize expertise while maintaining ethical boundaries Artists discover how AI enhances rather than replaces creativity Educators transform teaching skills into automated course empires Small business owners multiply revenue without multiplying headcount This isn t about replacing human creativity with artificial intelligence It s about amplifying existing advantages through strategic automation The book teaches you to identify unfair advantages whether life experience professional network or availability during odd hours and systematically convert them into income generating systems working while you sleep parent travel or pursue passions The comprehensive prompt library eliminates the learning curve allowing immediate implementation Action checklists ensure you re not just reading but doing Real world examples show both spectacular wins and cautionary tales preparing you for every scenario Join thousands discovering the AI gold rush isn t just for Silicon Valley insiders Your demographic isn t a limitation it s your secret weapon in the 72 billion AI economy Stop watching Start building Your automated income stream awaits **Visualizing Generative AI** Priyanka Vergadia,Valliappa Lakshmanan,2025-10-15 Generative AI has the potential to innovate and evolve business processes but workers are still figuring out how to build with optimize and prompt GenAI tools to fit their needs And of course there are pitfalls to avoid like security risks and hallucinations Getting it right requires an intuitive understanding of the technology s capabilities and limitations This approachable guidebook helps learners of all levels navigate GenAI and have fun while doing it Loaded with insightful diagrams and illustrations Visualizing Generative AI is the perfect entry point for curious IT professionals business leaders who want to stay on top of the latest technologies students exploring careers in cloud computing and AI and anyone else interested in getting started with GenAI You ll traverse the generative AI landscape exploring everything from how this technology works to the ways organizations are already leveraging it to great success Understand how generative AI has evolved with a focus on major breakthroughs Get acquainted with the available tools and platforms for GenAI workloads Examine real world applications such as chatbots and workflow automation Learn fundamentals that you can build upon as you continue your GenAI journey **MOVE** Tim Lewko,2025-11-21 Developed by Tim Lewko a 25 year strategy veteran MOVE shows leaders how to embed artificial intelligence AI directly into the strategy process and validate strategic bets pressure test assumptions and adapt faster than the competition all while maintaining control over final decisions Traditional strategy frameworks cannot keep up with trade wars supply chain disruptions and shifting consumer behaviour and leaders can no longer afford to wait for annual planning cycles or lengthy strategy retreats MOVE responds to this rapid change by simplifying strategy into a clear repeatable system of seven essential tools all powered by AI to accelerate decision making and execution It s a practical leadership owned operating system that aligns strategic assumptions project prioritization and quarterly execution cycles Through examples this book reveals how AI can power real time data analysis surface critical indicators that signal when a strategic bet is veering off course and show when

emerging threats require immediate attention In a rapidly changing world MOVE is a key tool for senior executives business leaders board members CEOs Presidents and P L owners to regain control across the entire execution cycle   **History of U.S. Federal and State Governments' Work with Soybeans (1862-2017)** William Shurtleff; Akiko Aoyagi,2017-04-24 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 362 photographs and illustrations Free of charge in digital PDF format on Google Books   **The Compu-mark Directory of U.S. Trademarks** ,1991   *The Directory of U.S. Trademarks* ,1993   **Proceedings of the Imperial Japanese Diet, Fourth Session** ,1893   **Universal Dictionary of the English Language** Robert Hunter,Charles Morris,1897   The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces ,1896   F&S Index United States Annual ,1997   **Universal Dictionary of the English Language** ,1896   **The National Union Catalog, Pre-1956 Imprints** Library of Congress,American Library Association. Committee on Resources of American Libraries. National Union Catalog Subcommittee,1969   **Lamb's Biographical Dictionary of the United States** John Howard Brown,1899   **A Standard Dictionary of the English Language** Isaac Kaufman Funk,1894   *The Encyclopaedic Dictionary* Robert Hunter,Charles Morris,1894   *The Encyclopædic Dictionary* Robert Hunter,1879   *Index Medicus* ,2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings

Chatbot Prompts Meal Plan United States Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Chatbot Prompts Meal Plan United States**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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