

BOOK PAGE 187

SAMPLE FOOD JOURNAL PROMPTS

Prompt examples adapted from the chapter so you can copy the idea and personalize it to what you want to understand.

Daily review

- Review today's food. Estimate the nutrition I ask about and tell me what I should add, remove, or adjust for my goals.
- Here are today's meal photos. Estimate my protein, flag patterns worth noticing, and give me one specific suggestion for tomorrow.
- Here is what I ate. Tell me what I did well and one small improvement I could make.

Mid-day dinner planning

- Here is what I have eaten so far today. What would help me balance the rest of the day, especially dinner?
- Based on my breakfast and lunch, what would be a good dinner to balance protein and overall nutrition?

Protein and patterns

- Based on these meal photos, where am I getting the most and least protein?
- Here are several days of meal photos. What patterns do you see? Where am I consistent, and where is the biggest gap?
- Here is my typical lunch. How could I add protein without adding much volume or cost?

When you miss a day

- I did not take photos today, but here is what I remember eating. What patterns can you reasonably estimate, and what should I avoid over-interpreting?
- Today was not my best food day. Do not judge it. Help me identify one practical change for tomorrow.

Restaurants and travel

- I am traveling and my options are limited. Given what is actually available, what is one reasonable adjustment I can make?
- Here are my meal photos from a travel day. What should I prioritize when I get home?

Use AI critically

Nutrition estimates from photos can be rough. Use them for awareness, not as exact measurements, and verify health decisions with qualified professionals when needed.