

# Sample Prompt

## CHAPTER-07

### Personal life related solution from DeepSeek

#### 02 Medical Tips and Cooking Tips

##### Tips for Creating Effective Prompts on Medical & Cooking Tips

- ✚ **Be Specific** – Instead of "How to eat healthy?", ask "What are the top 5 superfoods for heart health?"
- ✚ **Focus on Actionable Advice** – Ask for steps, e.g., "How can I reduce sugar intake in 7 days?"
- ✚ **Combine Topics** – Merge medical and cooking tips, e.g., "What are the best anti-inflammatory recipes?"
- ✚ **Ask for Comparisons** – "What's better for digestion: ginger tea or peppermint tea?"
- ✚ **Request Evidence-Based Tips** – "What are scientifically proven ways to lower cholesterol?"
- ✚ **Use Scenario-Based Questions** – "What should I cook if I have high blood pressure?"
- ✚ **Ask for Alternatives** – "What are healthy substitutes for refined sugar in baking?"
- ✚ **Keep It Concise** – Avoid overly complex questions; break them into smaller prompts.
- ✚ **Encourage Step-by-Step Guides** – "How do I meal prep for a diabetic diet?"
- ✚ **Include Target Audience** – "What are easy cooking tips for college students?"

## **100 Sample Prompts: Medical Tips & Cooking Tips**

### **Medical Tips Prompts (50)**

1. What are 10 daily habits to boost immunity naturally?
2. How can I manage stress through diet and lifestyle changes?
3. What are the best foods to eat for heart health?
4. Can you suggest natural remedies for a sore throat?
5. What are the warning signs of dehydration, and how can I prevent it?
6. How can I improve my gut health with probiotics and prebiotics?
7. What are the best exercises for people with arthritis?
8. How can I lower my blood pressure naturally?
9. What are the health benefits of drinking herbal teas?
10. How can I prevent migraines through diet and lifestyle?
11. What are the best foods for diabetic patients?
12. How can I improve my sleep quality naturally?
13. What are the best vitamins for skin health?
14. How can I reduce inflammation in my body through diet?
15. What are the best home remedies for a common cold?
16. How can I strengthen my bones with nutrition?
17. What are the best natural pain relief methods?
18. How can I detox my body safely?
19. What are the best foods to eat before and after a workout?
20. How can I improve my digestion naturally?
21. What are the best ways to prevent seasonal allergies?
22. How can I manage anxiety with natural remedies?
23. What are the best superfoods for overall health?
24. How can I reduce sugar cravings naturally?
25. What are the best foods for brain health and memory?
26. How can I prevent muscle cramps with diet?
27. What are the best natural energy boosters?
28. How can I improve my lung health naturally?
29. What are the best foods for liver detoxification?

30. How can I manage PCOS symptoms with diet?
31. What are the best natural ways to lower cholesterol?
32. How can I prevent acid reflux with dietary changes?
33. What are the best foods for eye health?
34. How can I boost my metabolism naturally?
35. What are the best natural remedies for constipation?
36. How can I improve my hair health with nutrition?
37. What are the best foods for thyroid health?
38. How can I prevent UTIs naturally?
39. What are the best natural ways to treat eczema?
40. How can I manage menopause symptoms with diet?
41. What are the best foods for kidney health?
42. How can I prevent bloating with dietary changes?
43. What are the best natural ways to fight fatigue?
44. How can I improve my oral health naturally?
45. What are the best foods for hormonal balance?
46. How can I prevent iron deficiency with diet?
47. What are the best natural ways to relieve joint pain?
48. How can I improve my circulation through diet?
49. What are the best foods for post-surgery recovery?
50. How can I prevent food allergies in children?

### **Cooking Tips Prompts (50)**

51. What are 10 essential cooking tips for beginners?
52. How can I make my meals more flavorful without excess salt?
53. What are the best substitutes for common allergens (gluten, dairy, nuts)?
54. How can I meal prep efficiently for a week?
55. What are the best ways to cook vegetables to retain nutrients?
56. How can I make healthy versions of fast-food favorites?
57. What are the best cooking oils for different types of dishes?
58. How can I reduce food waste in my kitchen?
59. What are the best ways to store fresh herbs to keep them longer?

60. How can I make creamy soups without using heavy cream?
61. What are the best spices to use for anti-inflammatory benefits?
62. How can I cook perfect rice every time?
63. What are the best plant-based protein sources for vegans?
64. How can I make my baked goods healthier without sacrificing taste?
65. What are the best techniques for grilling lean meats?
66. How can I make homemade salad dressings that are healthy?
67. What are the best ways to cook fish without it falling apart?
68. How can I make my smoothies more nutritious?
69. What are the best slow-cooker recipes for busy people?
70. How can I cook with less oil without losing flavor?
71. What are the best ways to reheat leftovers without drying them out?
72. How can I make my own healthy snacks at home?
73. What are the best ways to cook eggs for maximum nutrition?
74. How can I make dairy-free desserts taste delicious?
75. What are the best ways to cook quinoa for optimal texture?
76. How can I make a balanced and colorful stir-fry?
77. What are the best ways to use an air fryer for healthy meals?
78. How can I make homemade bread without preservatives?
79. What are the best ways to cook lentils for maximum flavor?
80. How can I make my pasta dishes healthier?
81. What are the best ways to roast vegetables perfectly?
82. How can I make my own spice blends at home?
83. What are the best ways to cook chicken breast without drying it out?
84. How can I make a creamy sauce without dairy?
85. What are the best ways to cook with tofu for beginners?
86. How can I make a perfect omelet every time?
87. What are the best ways to cook sweet potatoes for maximum nutrition?
88. How can I make my own healthy granola bars?
89. What are the best ways to cook mushrooms for maximum flavor?
90. How can I make a balanced Buddha bowl?

91. What are the best ways to cook zucchini without it getting soggy?
  92. How can I make my own fermented foods at home?
  93. What are the best ways to cook beets for optimal taste?
  94. How can I make a perfect homemade pizza with healthy toppings?
  95. What are the best ways to cook cauliflower for different dishes?
  96. How can I make a flavorful broth from scratch?
  97. What are the best ways to cook leafy greens without losing nutrients?
  98. How can I make my own healthy ice cream alternatives?
  99. What are the best ways to cook with coconut milk?
  100. How can I make a balanced and filling smoothie bowl?
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