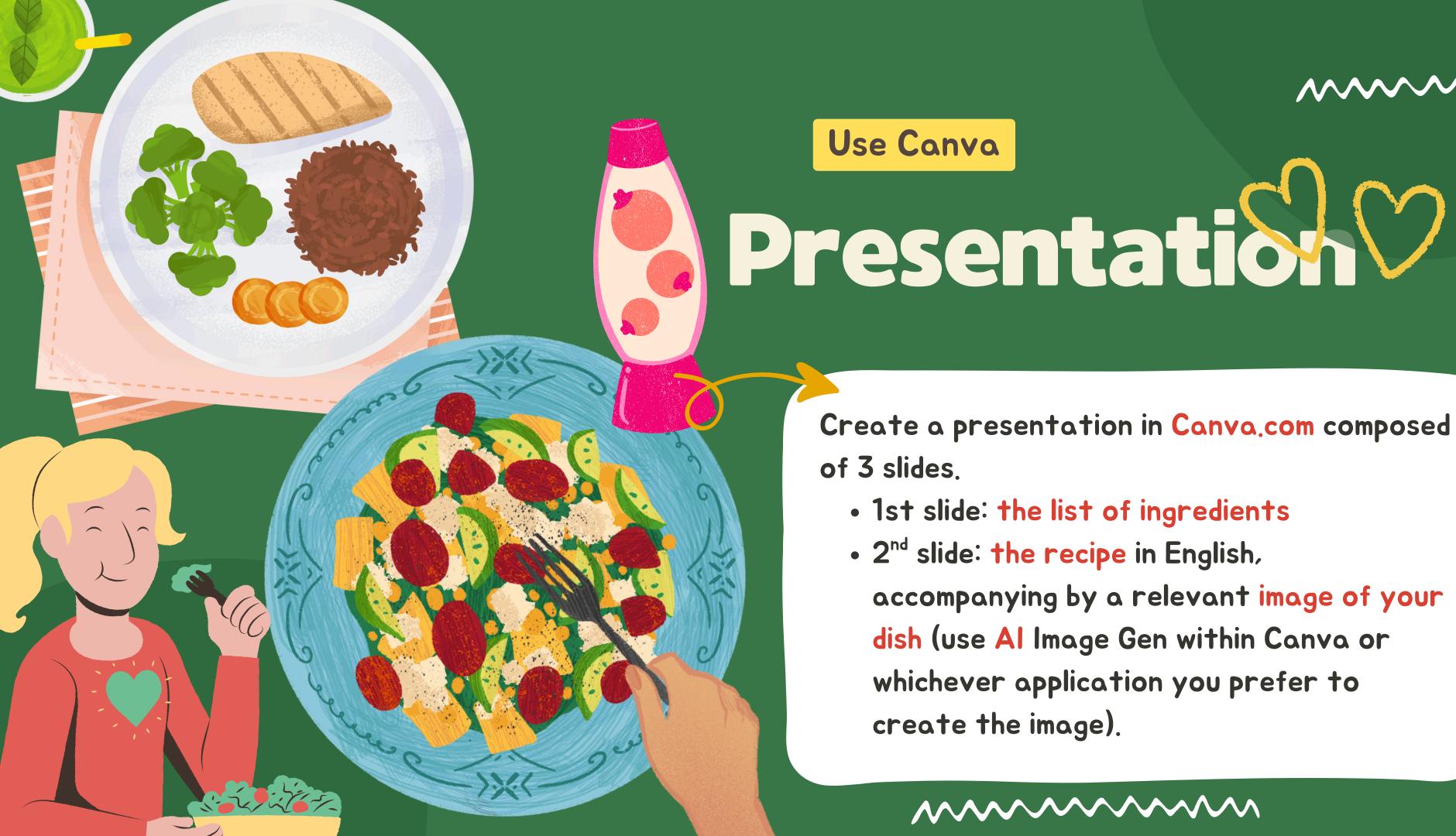




Use Chatgpt

to help you create a recipe based on some or all of the above ingredients at: chatgpt.com
Important!!!

Refine the proposed recipe, based on your knowledge and likings



Use Collosyan

Video

Use platform Collosyan.com to create a video, where an avatar will give instructions of how to create your dish, based on your recipe.

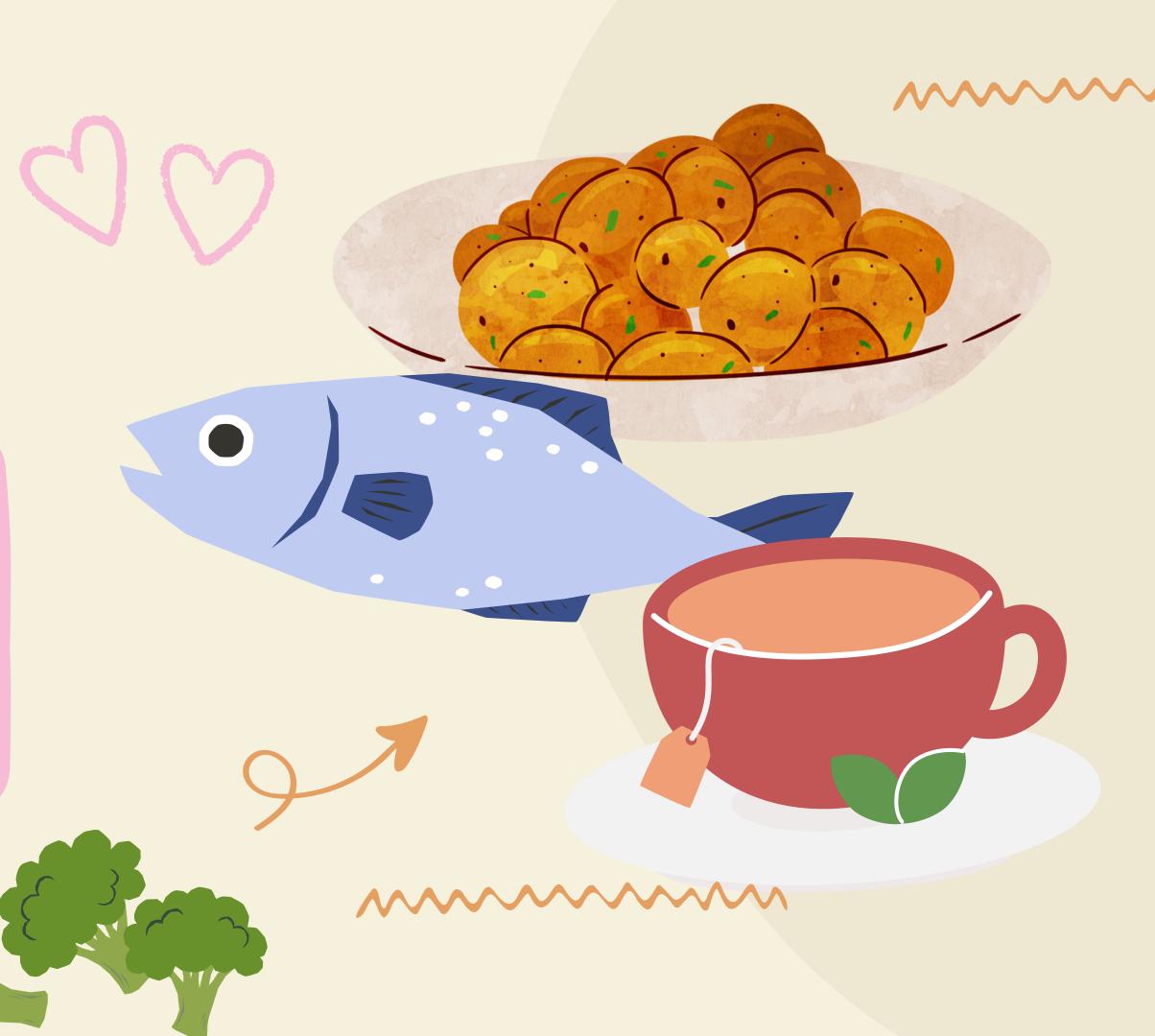
- Use one of these languages (Greek, Italian, Romanian).
- To help you translate the text from one language to another either use Chatgpt or Google Translate. If you have time produce video in all 3 languages.

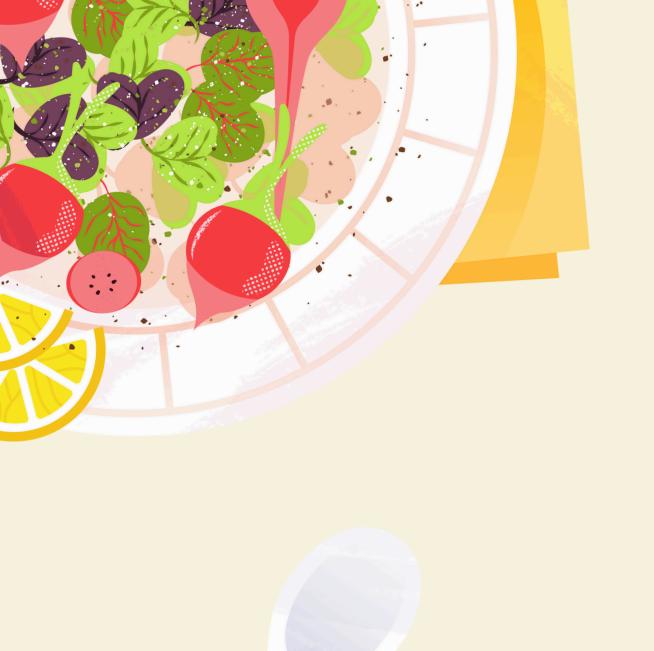


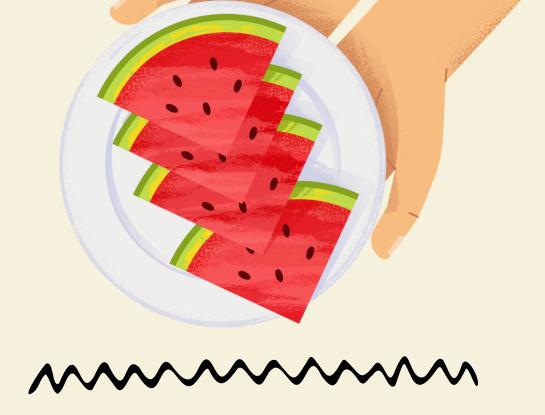
3rd Slide

Ganva

Create a 3rd slide in Canva, and import the video with recipe instructions.







for the best recipe...













meal planning and nutritional analysis



