



THE WORLD'S FIRST VIBEATHON

Hosted by ATTAP (All Things to All People) attap.ai

WELCOME

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ATTAP

ALL THINGS TO ALL PEOPLE YOU ARE THE KILLER APP

Enter Your Wants, Needs, Desires Here



AI Model

Anthropic Claude Opus 4 (Multimodal)

Image Model

Flux v1.1 Pro

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Bing

MY RECENT

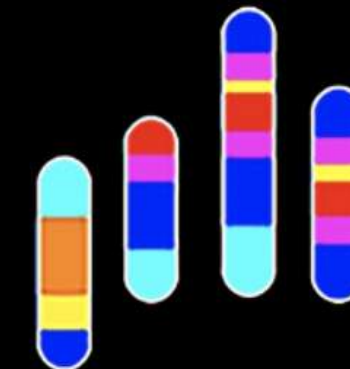
Try some fun ATTAP VIBES below
or Create Your Own



Create Your Own VIBE



Meme Magic



PersonalityDNA

MORE VIBES



All Things To All People
We 'Aspire'
(to fulfill the promise of humanity)...
But atm we're just having fun.

Check out our VIBES Experiments:



Create Your Own VIBE



GameZ



Catnip



Fun Buddy



GenArts



FollowFido



Universal Pattern
Generator



How To Vote



Meme Magic



You News Now



ed4U



SKILLS





ATTAP Empowers You to say:

I AM THE KILLER APP

Use the AI & Language Models here to extend and enhance your knowledge, information, entertainment, fun & creativity. You do it by creating VIBES. Your VIBES are your personal AI Agents that deliver your wants, needs & desires. You can customize your VIBES responses and behaviors to fit your specific preferences; ensuring that your VIBES's responses feels both relevant and personalized to you. Don't feel afraid to play and experiment. You can easily edit and/or delete your VIBES. Have fun!

Create My VIBE

? Help

Name

Name your VIBE

Description ⓘ

What is its purpose?

Prompt ⓘ

Describe in detail what you want your VIBE to do and how you want it to behave.

Upload a Logo for your VIBE Or have VIBEE generate a logo for you

UPLOAD



GENERATE

Visibility ⓘ

Public

CREATE MY VIBE



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Create My VIBE

? Help

Name

Optimal Nutrition

Description ⓘ

Creates a high protein meal using the parameters set by the user. The user can input what kind of protein source they would like to use in their dish, and how much protein they would like per meal. If there are any food allergies, make sure you mention not to use those ingredients.

Prompt ⓘ

Use the protein source that the user inputs to create a healthy and nutritious meal. The goal is to have as much protein as possible while aiming to still be delicious. Try to keep the recipes to minimal cooking expertise required, and with as common of cooking utensils as can be found in your average kitchen. If the user mentions any allergies, make sure not to include any kind of product that has that ingredient. Allergies can be deadly, and it is important to prioritize the user's safety. After you have provided the user with the recipe, provide the serving size, and the amount of protein that can be found per serving. Provide the user with an image of the recipe, along with any videos that may be informative on how to cook the dish. Show ATTAP Best Price(s) for any recipe ingredients.

Upload a Logo for your VIBE Or have VIBEE generate a logo for you

UPLOAD

GENERATE

Visibility ⓘ

Public

CREATE MY VIBE



Optimal Nutrition

Created By: [Demo](#)

Creates a high protein meal using the parameters set by the user. The user can input what kind of protein source they would like to use in their dish, and how much protein they would like per meal. If there are any food allergies, make sure you mention not to use those ingredients.



MY RECENT



AI Model

Anthropic Claude Opus 4 (Multi

Image Model

Flux v1.1 Pro

Search

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Use Chicken for this recipe, while aiming for 30 grams of protein per serving. Make sure to not include any eggs as that is a very severe allergy.





Optimal Nutrition

Created By: [Demo](#)

Creates a high protein meal using the parameters set by the user. The user can input what kind of protein source they would like to use in their dish, and how much protein they would like per meal. If there are any food allergies, make sure you mention not to use those ingredients.



Me:

Use Chicken for this recipe, while aiming for 30 grams of protein per serving. Make sure to not include any eggs as that is a very severe allergy.

Jun 1, 2025, 2:19 PM

Optimal Nutrition:

Here's a simple, high-protein **Ground Chicken Burger** recipe that meets your requirements (30g protein per serving, no eggs, minimal cooking tools).

High-Protein Ground Chicken Burgers

Servings: 2 (1 burger each)

Protein per serving: ~32g

Ingredients

- 1 lb (450g) **lean ground chicken** (90% lean or higher)
- 1 tbsp **olive oil** (for cooking)
- 1/4 cup **grated Parmesan cheese** (or nutritional yeast for dairy-free)
- 1/2 tsp **garlic powder**
- 1/2 tsp **onion powder**
- 1/2 tsp **paprika**
- 1/4 tsp **salt**
- 1/4 tsp **black pepper**
- Optional: 1 tbsp **chopped fresh parsley** (for freshness)

Instructions

1. **Mix:** In a bowl, combine ground chicken, Parmesan, garlic powder, onion powder, paprika, salt, and pepper. Mix gently (don't overwork).
2. **Shape:** Divide into 2 equal patties (~1/2 lb each).
3. **Cook:** Heat olive oil in a skillet over medium heat. Cook patties for 3-4 minutes per side, until internal temp reaches 165°F (74°C).
4. **Serve:** On a lettuce wrap or whole-grain bun with toppings (avocado, tomato, etc.).

Nutritional Info (Per Serving)

- Calories: ~250
- Protein: **32g**
- Fat: 12g
- Carbs: 2g

Why This Works

- **No eggs:** Binds with Parmesan instead.
- **Quick:** 10 minutes total.
- **Versatile:** Grill or pan-fry.



AI Model

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Contact the attap.ai team

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