

SKILL INTRODUCTION

LAUNCH THE SKILL

Utterances to Enter State

Alexa, open Busy Bites.

Hey Alexa, launch Busy Bites.

Alexa, start Busy Bites.

Hey Alexa, begin Busy Bites.

Alexa, let's cook with Busy Bites.

RESPONSE

//If skill lunched for the first time

welcome_response_first_time

Welcome to Busy Bites, with Bea, your virtual culinary assistant! Ready to discover quick and tasty recipes? Just ask what d, and Bea will help you find the perfect meal for any occasion.

//If skill has been lunched before

// Randomize responses

welcome_response_1

Welcome back to Busy Bites! Let's whip up something delicious with Bea's help! What type of recipe would you like to choose?

welcome_response_2

Hey there, good to see you again! Let's dive into some mouthwatering recipes! What's on your mind?

welcome_response_3

I see you're back for more culinary adventures, welcome back to Busy Bites. What type of recipe would you like today?

RESPONSE--AUDIO-ONLY (No Sample Utterances)

GETTING A RECIPE

CHOOSE MEAL TYPE		Sample Utterances to Prompts
NON SPECIFIC TYPE		
Utterances to Enter State		
<i>Give me a simple recipe</i>		
<i>Recommend a quick dish</i>		
<i>Suggest something</i>		
<i>Help me find a recipe</i>		
<i>I need a recipe</i>		
<i>Give me some meal ideas</i>		
<i>I want to cook</i>		
<i>What should I cook?</i>		
<i>I'm hungry</i>		
SPECIFIC TYPE		
Utterances to Enter State		
<i>Suggest something for {MealType}</i>		
<i>Recommend a quick dish for {MealType}</i>		
<i>Help me find a recipe for {MealType}</i>		
<i>I need a recipe for {MealType}</i>		
<i>Give me some {MealType} ideas</i>		
<i>I want to cook {MealType}</i>		
<i>I want to make {MealType}</i>		
PROMPT		
// If no meal type specified give options based on time of day		
// 5am - 10am - Breakfast		
// 11am - 1pm - Lunch		
// 5pm - 9pm - Dinner		
// other time - Snack		
// {CM} - Conversation Markers, specified in Globals		
// {Adjectives} specified in Globals		
choose_meal_prompt_1	{CM} Ready to try some {Adjectives}{RecipeName} for {MealType}?	Yes/No
choose_meal_prompt_2	{CM} How about the {Adjectives}{RecipeName} for {MealType}?	<i>I'd like that.</i>
choose_meal_prompt_3	{CM} Would you like to go for the {Adjectives}{RecipeName} for {MealType}?	<i>Yes, please.</i> <i>Next.</i>
choose_meal_prompt_4	{CM} For {MealType} I found this {Adjectives}{RecipeName} recipe, would you like to try it?	
// No input - system times out		No input
		<i>Repeat, Again, Say it again, One more time</i>
choose_meal_reprompt	I have couple recipies for {MealType}, today I'll recommend the {Adjectives}{RecipeName}, ready to try it?	
		No match
choose_meal_no_match	Hmm...please answer yes or no.	
		No more remaining recipies
choose_meal_no_remaining	Looks like you've tried all our recipies! Stay tuned for new additions. What else can I help you with?	
		<i>Help, I didn't catch that, I don't understand</i>
choose_meal_help	To explore recipes with Busy Bites, you can select from various meal options like breakfast, lunch, snack, or dinner. Just say what type of recipe are you interested in today.	

RECIPES

MEAL TYPE	INGREDIENTS	INSTRUCTIONS
BREAKFAST		
Avocado Toast	Whole grain bread Ripe avocado Salt Pepper Optional: Cherry tomatoes, olive oil	You'll need some whole grain bread, avocado, and salt and pepper. Toast a slice of bread until golden brown. Mash a ripe avocado and spread it evenly on the toast. Sprinkle some salt and pepper on top. Optional: Add sliced cherry tomatoes or a drizzle of olive oil for extra flavor. Voilà! Your avocado toast is ready to be enjoyed. Have a wonderful day!
Greek Yogurt Parfait	Greek yogurt Fresh berries Granola Honey or maple syrup (optional)	You'll need Greek yogurt, fresh berries, granola, and honey or maple syrup (optional). In a glass or bowl, layer Greek yogurt with fresh berries and granola. Repeat the layers until the glass or bowl is filled. Top with a drizzle of honey or maple syrup, if desired. Ta-da! Your Greek yogurt parfait is ready to delight your taste buds. Enjoy!
Banana Pancakes	Ripe banana Egg	You'll need a ripe banana and an egg. In a mixing bowl, mash a ripe banana until smooth. Add one beaten egg and mix until well combined. Heat a non-stick skillet over medium heat and pour the banana-egg mixture into small circles. Cook for 1-2 minutes on each side until golden brown. Serve warm with a drizzle of maple syrup or honey. Hooray! Your banana pancakes are ready to be served. Bon appétit!
Fruit Smoothie Bowl	Frozen mixed berries Ripe banana Greek yogurt Granola	You'll need frozen mixed berries, a ripe banana, Greek yogurt, granola, and chia seeds. In a blender, combine frozen mixed berries, a ripe banana and Greek yogurt. Blend until smooth and creamy. Pour the smoothie into a bowl and top with granola. Enjoy with a spoon! Abracadabra! Your fruit smoothie bowl is ready to refresh you. Cheers!
Egg Muffins	Eggs Diced vegetables (bell peppers, onions, spinach) Shredded cheese	You'll need eggs, diced vegetables (bell peppers, onions, spinach), and shredded cheese. Preheat the oven to 350°F (175°C) and grease a muffin tin with cooking spray. In a mixing bowl, whisk together eggs, diced vegetables, and shredded cheese. Pour the egg mixture into the prepared muffin tin, filling each cup about three-quarters full. Bake for 20-25 minutes or until the egg muffins are set and lightly golden on top. Allow to cool slightly before serving. Voilà! Your egg muffins are ready to fuel your day. Happy cooking!
LUNCH		
Greek Veggie Pita	Whole wheat pita bread Hummus Cucumber Cherry tomatoes Red onion Feta cheese Fresh parsley	You'll need some whole wheat pita bread, hummus, sliced cucumber, cherry tomatoes, sliced red onion, crumbled feta cheese, and chopped fresh parsley. Spread a generous layer of hummus inside the pita bread. Fill the pita pockets with sliced cucumber, halved cherry tomatoes, sliced red onion, crumbled feta cheese, and chopped fresh parsley. Fold the pita in half and serve immediately. Enjoy your Greek Veggie Pita! Happy munching!
Tuna Avocado Salad	Canned tuna Avocado Cherry tomatoes Red onion Fresh lemon juice Olive oil	You'll need canned tuna, avocado, cherry tomatoes, diced red onion, fresh lemon juice, olive oil, salt, and pepper. In a bowl, mix together the canned tuna, mashed avocado, halved cherry tomatoes, diced red onion, fresh lemon juice, and a drizzle of olive oil. Season with salt and pepper to taste and mix until well combined. Serve the tuna avocado mixture over a bed of mixed greens or enjoy it as a sandwich filling. Bon appétit!
Mango Chicken Wrap	Cooked chicken breast Ripe mango Mixed greens Whole wheat tortillas Greek yogurt Lime juice	You'll need cooked chicken breast, ripe mango, mixed greens, whole wheat tortillas, Greek yogurt, lime juice, salt, and pepper. In a bowl, mix together cooked chicken breast, diced ripe mango, mixed greens, Greek yogurt, fresh lime juice, salt, and pepper. Spread the chicken mango mixture evenly over a whole wheat tortilla. Roll up the tortilla tightly to form a wrap. Slice the wrap in half and serve. Enjoy your refreshing Mango Chicken Wrap! Happy wrapping!
Turkey and Hummus Wrap	Sliced turkey breast Hummus Baby spinach Whole wheat tortillas Cucumber Grated carrot	You'll need sliced turkey breast, hummus, baby spinach, whole wheat tortillas, sliced cucumber, and grated carrot. Spread a layer of hummus evenly over a whole wheat tortilla. Layer sliced turkey breast, baby spinach, sliced cucumber, and grated carrot on top of the hummus. Roll up the tortilla tightly to form a wrap." "Slice the wrap in half and serve. Enjoy your satisfying Turkey and Hummus Wrap! Happy munching!
Caprese Salad	Ripe tomatoes Fresh mozzarella cheese Fresh basil leaves Extra virgin olive oil	Slice tomatoes and mozzarella cheese into thin rounds. Alternate tomato and mozzarella slices on a plate. Tuck basil leaves between the slices. Drizzle with olive oil and season with salt and pepper. Serve immediately and enjoy your refreshing Caprese Salad! Happy eating!
SNACK		
Apple Peanut Butter Sandwiches	Apples Peanut butter Granola	Core and slice apples into rounds. Spread peanut butter on one apple slice. Sprinkle granola on top. Sandwich with another apple slice. Enjoy your crunchy apple peanut butter sandwiches! Happy eating!
Banana Almond Butter Bites	Bananas Almond butter Dark chocolate chips	Slice bananas into bite-sized pieces. Spread almond butter on each banana slice. Press a dark chocolate chip onto each slice. Chill in the fridge for a few minutes. Treat yourself to these delightful banana almond butter bites! Happy munching!
Cucumber Hummus Bites	Cucumber Hummus Cherry tomatoes	Slice cucumber into rounds. Top each cucumber round with hummus. Garnish with halved cherry tomatoes. Sprinkle with a pinch of paprika or cayenne pepper. Enjoy your refreshing cucumber hummus bites! Bon appétit!
Veggie Sticks with Hummus	Carrot sticks Cucumber sticks Bell pepper strips Hummus	Cut carrots, cucumbers, and bell peppers into sticks or strips. Serve with a side of hummus for dipping. Enjoy a crunchy and satisfying snack with a boost of vitamins and fiber! Happy munching!
Caprese Skewers	Cherry tomatoes Fresh mozzarella balls Fresh basil leaves Balsamic glaze	Thread cherry tomatoes, mozzarella balls, and basil leaves onto skewers. Drizzle with balsamic glaze. Serve as a delightful and colorful snack option! Bon appétit!
DINNER		

Shrimp Stir-Fry with Rice	<ul style="list-style-type: none"> Shrimp Mixed vegetables (such as bell peppers, snap peas, carrots) Garlic Soy sauce Honey Cooked rice 	<p>In a pan, stir-fry shrimp and mixed vegetables with minced garlic until shrimp is cooked through and vegetables are tender-crisp. Add soy sauce and a drizzle of honey, and toss to coat. Serve over cooked rice for a quick and tasty dinner! Bon appétit!</p>
Turkey and Veggie Lettuce Wraps	<ul style="list-style-type: none"> Ground turkey Mixed vegetables (such as bell peppers, mushrooms, onions) Lettuce leaves Soy sauce Hoisin sauce Garlic 	<p>In a pan, cook ground turkey with mixed vegetables and minced garlic until turkey is cooked through and vegetables are tender. Stir in soy sauce and hoisin sauce, and cook for an additional minute. Spoon the turkey and veggie mixture onto lettuce leaves, and wrap to form lettuce wraps. Enjoy these flavorful and low-carb dinner wraps! Happy munching!</p>
Mediterranean Chickpea Salad	<ul style="list-style-type: none"> Chickpeas (canned or cooked) Mixed vegetables (Cherry tomatoes, cucumber, red onion, olives) Feta cheese Olive oil, lemon juice, fresh parsley 	<p>Rinse and drain chickpeas, then combine in a bowl with halved cherry tomatoes, diced cucumber, sliced red onion, pitted Kalamata olives, and crumbled feta cheese. Drizzle with olive oil and lemon juice, and toss to coat. Garnish with fresh parsley. Enjoy this vibrant and flavorful salad as a light dinner option! Happy eating!</p>
Caprese Avocado Salad	<ul style="list-style-type: none"> Ripe avocados Fresh tomatoes Fresh mozzarella cheese Fresh basil leaves Balsamic glaze 	<p>Slice avocados, tomatoes, and mozzarella cheese. Arrange slices on a plate, alternating between avocado, tomato, and mozzarella. Top with fresh basil leaves and drizzle with balsamic glaze. Voiilà! Enjoy this refreshing and nutritious salad!</p>
Stir-Fried Noodles with Veggies	<ul style="list-style-type: none"> Noodles of your choice Mixed vegetables (such as bell peppers, broccoli, carrots) Soy sauce Garlic Sesame oil 	<p>Cook noodles according to package instructions. In a pan, stir-fry mixed vegetables with minced garlic until tender. Add cooked noodles to the pan and toss with soy sauce and a drizzle of sesame oil. Ta-da! Serve hot and enjoy this flavorful and satisfying meal!</p>

GLOBALS

HELP		Sample Utterances to Prompts
Utterances to Enter State		
<i>Help</i>		
<i>I need help</i>		
<i>I don't understand</i>		
// Help handled per intent. If no intent, use generic_help prompt		
PROMPTS		
generic_help_prompt		To explore recipes with Busy Bites, you can select from various meal options like breakfast, lunch, snack, or dinner. What type of recipe are you interested in today?
generic_help_reprompt		Just say 'Alexa, ask Busy Bites for a breakfast recipe' to start exploring our delicious options. What type of recipe would you like to try?
generic_help_repeat		If you're ready to get cooking, simply say 'Alexa, ask Busy Bites for a lunch recipe' or 'Alexa, ask Busy Bites for a snack idea'. What type of recipe are you in the mood for today?

GOODBYE		RESPONSE--AUDIO-ONLY (No Sample Utterances)
Utterances to Enter State		
<i>Stop</i>		
<i>Cancel</i>		
// If user hears reprompt and has another error, play goodbye prompt		
// After goodbye_response application exits		
RESPONSE		
goodbye_response		Goodbye.

CONVERSATION MARKERS		RESPONSE--AUDIO-ONLY (No Sample Utterances)
// Randomize responses		
<i>Perfect!</i>		
<i>Sure!</i>		
<i>Of course!</i>		
<i>Great!</i>		
<i>Absolutely!</i>		
<i>No problem!</i>		
<i>Definitely!</i>		
<i>You got it!</i>		

ADJECTIVES		RESPONSE--AUDIO-ONLY (No Sample Utterances)
// Randomize responses		
<i>Delicious</i>		
<i>Nutritious</i>		
<i>Flavorful</i>		
<i>Quick</i>		
<i>Easy</i>		
<i>Wholesome</i>		
<i>Tasty</i>		