

Future Recipe: Insect Energy Balls

Automatically create graphic posters with the help of AI

Jiaying SHI 06/12/2024

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User Interaction

03. Text and Image Creation
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05. Summary of the project

01. Project Description

Future Recipe: Insect Energy Balls

It's a custom recipe generator that lets you create your own personalised recipes based on your insect and taste preferences. Automatically create graphic posters with the help of AI.



02. Creative Inspiration and User Interaction

物质名称	批准情况	申请企业	国家/地区
干燥的黄粉虫幼虫 Dried Tenebrio molitor larva (yellow mealworm)	2021.06.22 授权批准; 数据保护至 2026.06.22	SAS EAP Group	法国 France
冷冻、干燥和粉末形式的蝗虫 Frozen, dried and powder forms of Locusta migratoria (migratory locust)	2021.12.05 授权批准; 数据保护至 2026.12.05	Fair Insects BV	荷兰 Netherlands
冷冻、干燥和粉末形式的黄粉虫幼虫 Frozen, dried and powder forms of yellow mealworm (Tenebrio molitor larva)	2022.03.01 授权批准; 数据保护至 2027.03.01	Fair Insects BV	荷兰 Netherlands
冷冻、干燥和粉末形式的蟋蟀 Frozen, dried and powder forms of Acheta domesticus (house cricket)	2022.03.03 授权批准; 数据保护至 2022.03.03	Fair Insects BV	荷兰 Netherlands
部分脱脂的蟋蟀 Acheta domesticus (house cricket) partially defatted powder	2023.01.24 授权批准; 数据保护至 2028.01.24	Cricket One Co. Ltd	越南 Vietnam
冷冻、糊状、干燥和粉末形式的黄粉虫幼虫 Frozen, paste, dried and powder forms of Alphitobius diaperinus larvae (lesser mealworm)	2023.01.26 授权批准; 数据保护至 2028.01.26	Ynsect NL B.V	荷兰 Netherlands

目 Order/科 Family	通用名称	科学名称
Orthoptera 直翅目	House cricket	Acheta domesticus
	家蟋蟀	
	Banded cricket	Gryllodes sigillatus
	短翅灯蟋	
	Common/field cricket	Teleogryllus testaceus/ Teleogryllus mitratus (Gryllus testaceus)
	北京滴菊苣	
	Black/field cricket/Two spotted cricket	Gryllus bimaculatus
	双斑蟋	
	African migratory locust	Locusta migratoria migratoriolides
	非洲飞蝗	
	American desert locust	Schistocerca americana gregaria
	美洲沙漠蝗虫	
Coleoptera 鞘翅目	Grasshopper	Oxya chinensis Thunberg
	蚱蜢	
	Superworm beetles / Giant mealworm beetle / King mealworm	Zophobas atratus morio
	超级虫甲虫/巨型黄粉虫甲虫/王虫	
	Mealworm 黄粉虫	Tenebrio molitor (larvae stage only)
Lepidoptera 鳞翅目	Lesser mealworm 小黄粉虫	Alphitobius diaperinus (larvae stage only)
	Greater wax moth/ Honeycomb moth	Galleria mellonella
	大蜡螟/蜂巢蛾	
	Lesser wax moth 小蜡螟	Actinia gossella
Scarabaeidae 金龟甲科	Silk moth/ silkworm 桑蚕蛾/蚕	Bombyx mori (Pupa (without cocoon) & caterpillar)
	Whitegrub 金龟子幼虫	Protaetia brevitarsis (larvae stage only)
	Giant Rhino beetle grub 独角仙幼虫	Alomyrina dichotoma (larvae stage only)
Hymenoptera 膜翅目	Western honey bee/ European honey bee	Apis mellifera
	西方蜜蜂/欧洲蜜蜂	

Edible Insects	Flavour categories	Common Cooking Methods
Crickets and yellow mealworms	Seeds, nuts and mushrooms	Grinding
Locusts and scorpions	Fish-like and seafood flavours	Frying
Sago larvae	Meaty and savoury	Grilling

Flavour qualities of edible insects
(Source: Institute of Culinary Education)

蚱蜢 Oxya chinensis sinuosa (Grasshopper)
僵蚕 Bombyx batryticatus (Stiff silkworm)
家蚕蚕蛹和幼虫 Bombyx mori (Silkworm pupa and larva)
黄粉虫幼虫 Tenebrio molitor (Mealworm larva)
蟋蟀 Gryllus bimaculatus (Cricket)
白星花金龟幼虫 Protaetia brevitarsis (White-spotted flower chafer larva)
犀甲虫幼虫 Allomyrina dichotoma (Rhinoceros beetle larva)
大麦虫 Zophobas atratus (Giant mealworm)
雄蜂蛹 Apis mellifera (Male honeybee pupa)
蝗虫 Locusta migratoria (Locust)

List of edible insects
(Collected by ZNMI)
Published 2024.6.28

02. Creative Inspiration and User Interaction

Users

AI

Choose favourite insects, ingredients and flavours

Create personalised recipes based on user choices

自定义昆虫食谱生成器
Custom Insect Recipe Generator

选择你喜欢的昆虫
(从列表中选择)
Choose your favourite insect
(Choose from the list)

选择你的口味偏好
Choose your flavour preference

chatgpt生成提示词
chatgpt generates prompt words

DALLE根据提示词生成食材的图片
DALLE generates pictures of ingredients based on prompt words

chatgpt生成文字版菜谱
chatgpt generates a text version of the recipe

物质名称	批准情况	申请企业	国家/地区
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冷冻、干燥和粉末形式的家蟋蟀 Frozen, dried and powder forms of Acheta domestica (house cricket)	2022.03.03 获权批准; 数据保护至 2022.03.03	Fair Insects BV	荷兰 Netherlands
部分脱脂的蟋蟀 Acheta domestica (house cricket) partially defatted powder	2023.01.24 获权批准; 数据保护至 2026.01.24	Cricket One Co. Ltd	越南 Vietnam
冷冻、糊状、干燥和粉末形式的黄粉虫幼虫 Frozen, paste, dried and powder forms of Alphitobius diaperinus larvae (lesser mealworm)	2023.01.26 获权批准; 数据保护至 2026.01.26	Ynsect NL B.V	荷兰 Netherlands

新草 Oryza chinensis sinuosa (Grasshopper)
蚕 Bombyx batrycatatus (Silk silkworm)
家蚕幼虫 Bombyx mori (Silkworm pupa and larva)
黄粉虫幼虫 Tenebrio molitor (Mealworm larva)
蟋蟀 Gryllus bimaculatus (Cricket)
白星花金龟幼虫 Proctosia brevitarsis (White-spotted flower chafer larva)
犀牛虫幼虫 Allomyrina dichotoma (Rhino beetle larva)
大蚕蛾 Zophobas atratus (Giant mealworm)
蜂蛹 Apis mellifera (Bee honeybee pupa)
蝗虫 Locusta migratoria (Locust)

昆虫名称	批准情况
蟋蟀 Gryllus bimaculatus	2022.03.03 获权批准; 数据保护至 2022.03.03
家蟋蟀 Acheta domestica	2022.03.03 获权批准; 数据保护至 2022.03.03
黄粉虫幼虫 Tenebrio molitor larva	2021.06.22 获权批准; 数据保护至 2026.06.22
蝗虫 Locusta migratoria	2021.12.05 获权批准; 数据保护至 2026.12.05
白星花金龟幼虫 Proctosia brevitarsis	2023.01.24 获权批准; 数据保护至 2026.01.24
犀牛虫幼虫 Allomyrina dichotoma	2023.01.26 获权批准; 数据保护至 2026.01.26
大蚕蛾 Zophobas atratus	2023.01.26 获权批准; 数据保护至 2026.01.26
蜂蛹 Apis mellifera	2023.01.26 获权批准; 数据保护至 2026.01.26
蝗虫 Locusta migratoria	2021.12.05 获权批准; 数据保护至 2026.12.05

Edible Insects	Flavour categories	Common Cooking Methods
Crickets and yellow mealworms	Seeds, nuts and mushrooms	Grinding
Locusts and scorpions	Fish-like and seafood flavours	Frying
Sago larvae	Meaty and savoury	Grilling

03. Text and Image Creation Process

—Text creation

Create some recipes about 'food of the future', about insect energy balls. I needed three different recipes and the insects I chose were African flying locusts, two-spotted crickets, house crickets



Sure thing! Here are three distinct recipes featuring different types of insects to create delicious and nutritious 'food of the future' insect energy balls:

Insect Energy Ball Recipes

1. African Flying Locust Energy Balls

Ingredients:

- 100g dried African flying locusts (ground into powder)
- 150g rolled oats
- 100g dates (pitted)
- 50g sunflower seeds
- 3 tbsp honey
- 2 tbsp cocoa powder
- 1 tsp cinnamon

These recipes provide a creative way to highlight the potential of insect-based protein for future foods. Let me know if you need help adapting them further or if you'd like any additional insights!

1. African Flying Locust Energy Balls

Ingredients:

- 100g dried African flying locusts (ground into powder)
- 150g rolled oats
- 100g dates (pitted)
- 50g sunflower seeds
- 3 tbsp honey
- 2 tbsp cocoa powder
- 1 tsp cinnamon
- 2 tbsp water

Instructions:

1. In a food processor, blend the dates until smooth.
2. Add the ground locust powder, oats, sunflower seeds, honey, cocoa powder, and cinnamon. Blend until combined.
3. Add water gradually and blend until a sticky dough forms.
4. Scoop out small portions and roll into bite-sized balls.
5. Place in the fridge for at least 1 hour to firm up before serving.

Flavor Profile: Rich, with a hint of chocolate and a subtle nutty sweetness. The locust powder adds a mild earthiness that complements the honey and cocoa.

03. Text and Image Creation Process

—Text creation

2. Two-Spotted Cricket Coconut & Date Energy Balls

Ingredients:

- 80g two-spotted crickets (roasted and ground)
- 150g dates (pitted)
- 100g shredded coconut
- 2 tbsp chia seeds
- 3 tbsp almond butter
- 1 tsp vanilla extract
- 1 pinch sea salt

Instructions:

1. In a food processor, combine the pitted dates and almond butter. Blend until smooth.
2. Add the ground two-spotted crickets, shredded coconut, chia seeds, vanilla extract, and sea salt. Blend until well combined.
3. Roll the mixture into small balls and coat each with extra shredded coconut.
4. Refrigerate for at least 30 minutes before enjoying.

Flavor Profile: Creamy, with tropical notes from the coconut. The roasted cricket adds a savory element that balances well with the sweetness of dates.

3. House Cricket Peanut Butter & Chocolate Energy Balls

Ingredients:

- 100g house crickets (roasted and finely ground)
- 150g rolled oats
- 100g peanut butter (natural, unsweetened)
- 75g dark chocolate chips
- 3 tbsp maple syrup
- 1 tbsp flaxseed meal
- 1 tsp ground cinnamon

Instructions:

1. In a mixing bowl, combine the ground house crickets, rolled oats, peanut butter, maple syrup, flaxseed meal, and cinnamon. Mix until everything is well incorporated.
2. Stir in the dark chocolate chips.
3. Scoop out portions and roll into balls.
4. Place the energy balls in the fridge for at least 1 hour to set.

Flavor Profile: Sweet and nutty, with a rich peanut butter taste. The house crickets add a subtle umami flavor that enhances the overall richness.

03. Text and Image Creation Process

—Image creation

Mettez la farine de sauterelle africaine et les noix de cajou dans un robot culinaire et broyez-les légèrement pour obtenir une certaine texture granuleuse.



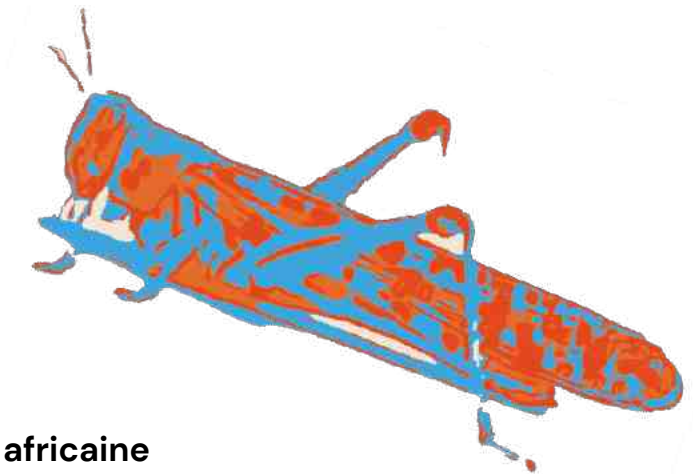
Coupez les aîrelles séchées en petits morceaux et ajoutez-les au mélange de farine de sauterelle africaine et de noix de cajou.

Ajoutez lentement le sirop d'agave et mélangez bien jusqu'à ce que le mélange puisse être formé en boules.



Formez des petites boules avec vos mains et mettez-les au réfrigérateur pendant un certain temps pour les rendre plus fermes.

Image Generation



La sauterelle africaine



Quelques ingrédients

Boules énergétiques

La sauterelle africaine

La teneur en protéines du criquet pèlerin africain est très élevée, allant de 60 % à 70 % de son poids sec. Par rapport aux sources de protéines animales comme le bœuf, le poulet ou le poisson, le criquet est riche en acides aminés essentiels, en vitamines B, en minéraux (fer et zinc) et en acides gras sains. De plus, ses protéines sont facilement digestibles, ce qui favorise leur absorption par l'organisme.

Ingredient

- 50 g de poudre de caroube africain
- 80 g de flocons d'avoine
- 10 g d'amandes hachées

I

Placer la poudre de caroube africaine et les noix de cajou dans un robot et les briser légèrement de façon à ce qu'elles soient un peu granuleuses.



Étape de production

II

Couper les canneberges séchées et les ajouter à la poudre de caroube africaine et aux noix de cajou pulvérisées.



III

Ajouter lentement le sirop d'agave et bien mélanger jusqu'à ce que vous puissiez pétrir le mélange.

IV

Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.



Boules énergétiques

La sauterelle africaine

La teneur en protéines du criquet pèlerin africain est très élevée, allant de 60 % à 70 % de son poids sec. Par rapport aux sources de protéines animales comme le bœuf, le poulet ou le poisson, le criquet est riche en acides aminés essentiels, en vitamines B, en minéraux (fer et zinc) et en acides gras sains. De plus, ses protéines sont facilement digestibles, ce qui favorise leur absorption par l'organisme.

Ingredient
50 g de poudre de caroube africain
80 g de flocons d'avoine
10 g d'amandes hachées

I
Placer la poudre de caroube africain et les noix de cajou dans un robot et les briser légèrement de façon à ce qu'elles soient un peu granuleuses.



Étape de production



II
Couper les canneberges séchées et les ajouter à la poudre de caroube africain et aux noix de cajou pulvérisées.



IV
Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.

III
Ajouter lentement le sirop d'agave et bien mélanger jusqu'à ce que vous puissiez pétrir le mélange.



La sauterelle africaine

2.Couper les canneberges séchées et les ajouter à la poudre de caroube africain et aux noix de cajou pulvérisées.

Boules énergétiques

La teneur en protéines du criquet pèlerin africain est très élevée, allant de 60 % à 70 % de son poids sec. Par rapport aux sources de protéines animales comme le bœuf, le poulet ou le poisson, le criquet est riche en acides aminés essentiels, en vitamines B, en minéraux (fer et zinc) et en acides gras sains. De plus, ses protéines sont facilement digestibles, ce qui favorise leur absorption par l'organisme.

Étape de production



1.Placer la poudre de caroube africain et les noix de cajou dans un robot et les briser légèrement de façon à ce qu'elles soient un peu granuleuses.



3.Ajouter lentement le sirop d'agave et bien mélanger jusqu'à ce que vous puissiez pétrir le mélange.

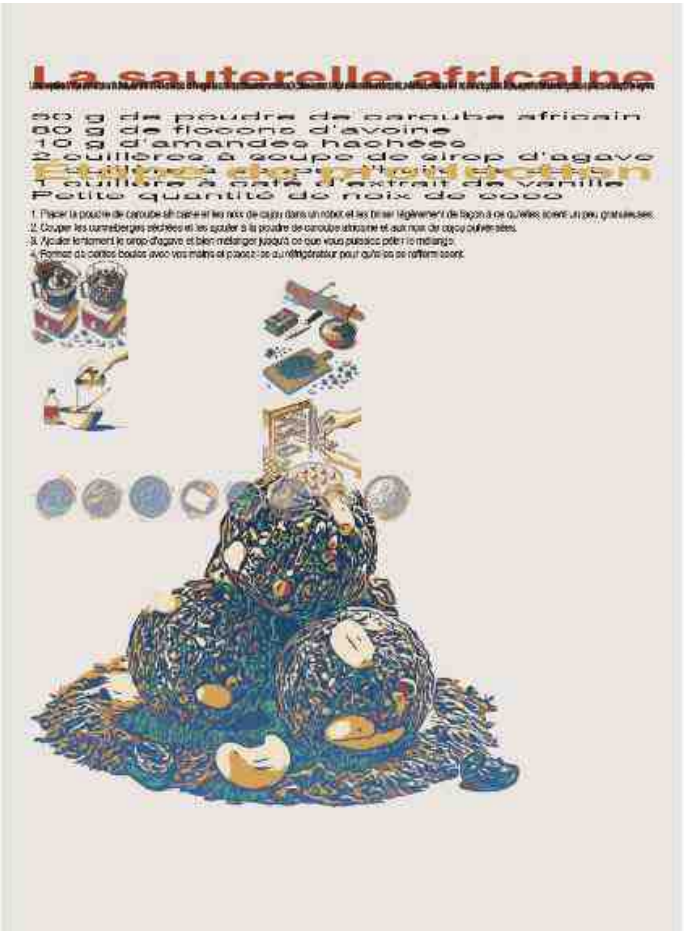
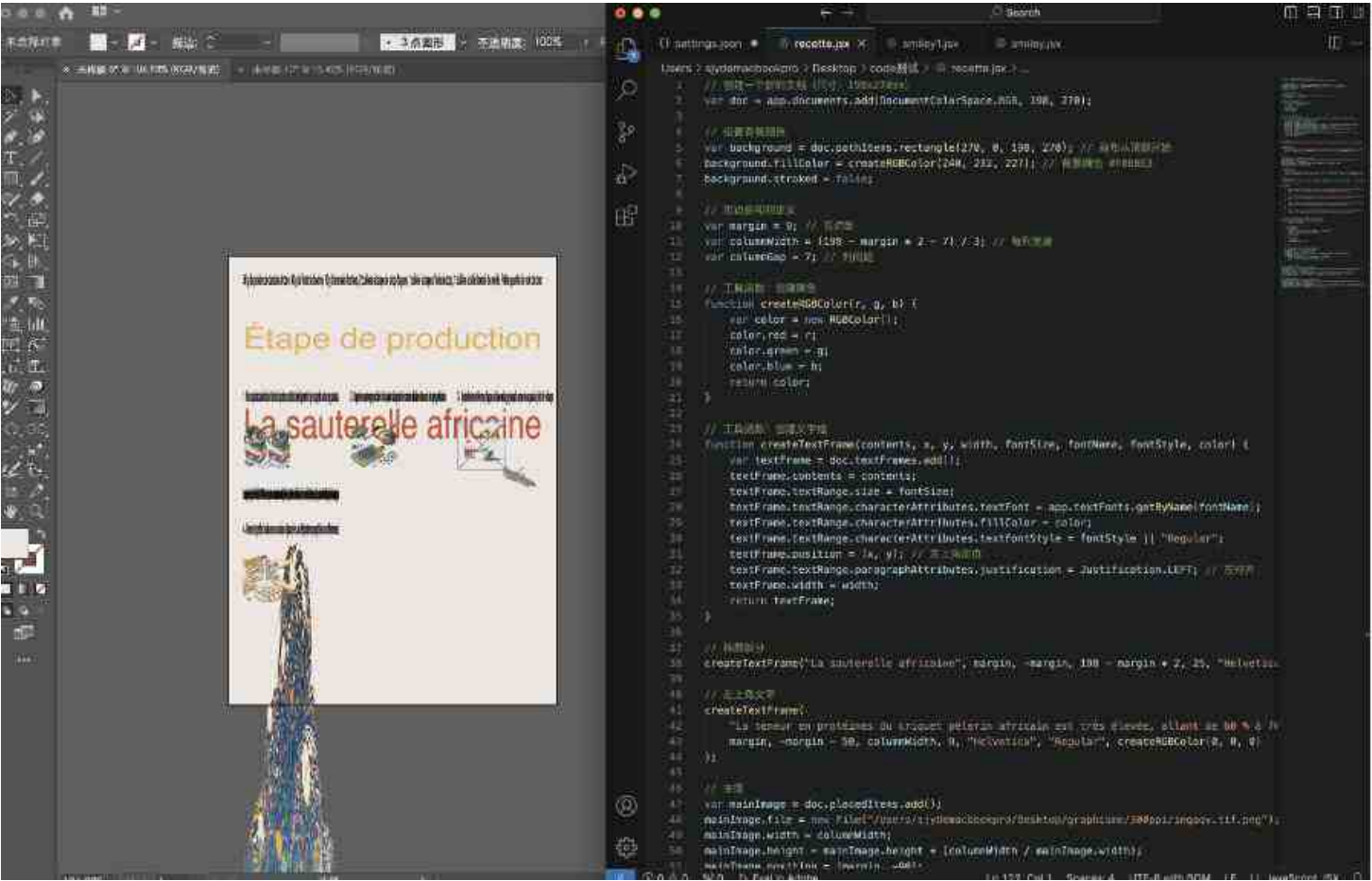


4.Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.

Ingredients

50 g de poudre de caroube africain, 80 g de flocons d'avoine, 10 g d'amandes hachées, 2 cuillères à soupe de sirop d'agave, 1 cuillère à soupe d'huile de coco, 1 cuillère à café d'extrait de vanille, Petite quantité de noix de coco

Iterative process



04. Graphic Integration
and Final Presentation



Integrate Text and Images in Illustrator Using
ChatGPT Generated Code



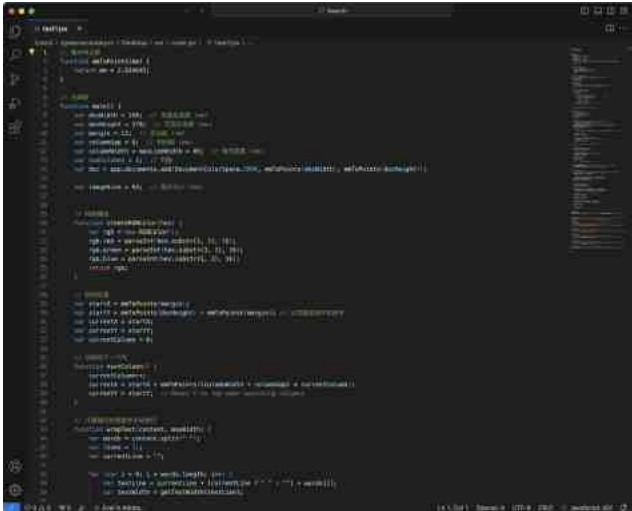
01

Generating code with
chatgpt



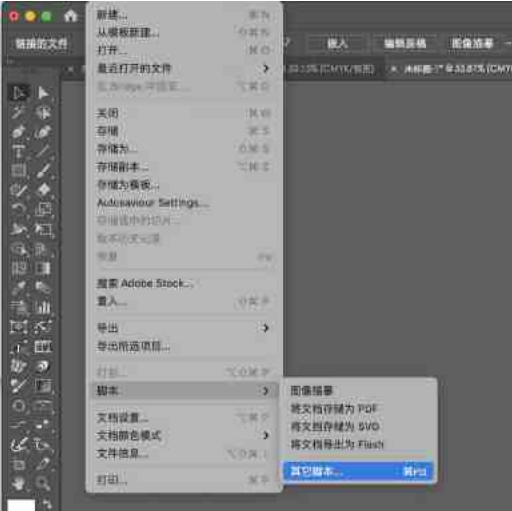
02

Save as a .jsx file



03

Importing .jsx files in
Illustrator, click File > Scripts
> Other Scripts...



04

Select the .jsx file and
execute it directly



04. Graphic Integration and Final Presentation

Generating code with
chatgpt

Prompt:

Using Javascript to generate code suitable for version 2021 of illustrator, here is the content:

The whole frame is 198x270mm, the background colour is #F0E8E3, all text, images must be inside the background, the margins are 12mm, the whole frame is divided into two columns, each column is of equal width, the spacing between each column is 9mm, the text in each column is left aligned, all images are scaled according to the content

The headline is: La sauterelle africaine, in Helvetiva Bold 25pt, colour #E83211.

Sub-heading: Étape de production , in Helvetiva Bold 18pt, colour #F8B62D

The rest of the text is in Helvetiva, light, 9pt, colour black.

One paragraph introduction: xxxxxx

A text about the ingredients: xxxxxx

A text about the steps to make it: xxxxxxxx

Users/sjydemacbookpro/Desktop/graphisme/300ppi/ingaqv.tif.png

This image serves as the main image

/Users/sjydemacbookpro/Desktop/graphisme/300ppi/TEiDWL.tif.png

This is the image that goes with step 1

/Users/sjydemacbookpro/Desktop/graphisme/300ppi/2NUCAP.tif.png

This is the image for step 2

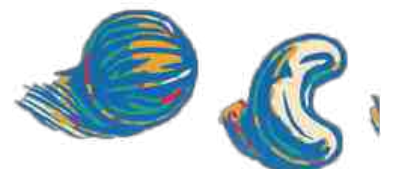
/Users/sjydemacbookpro/Desktop/graphisme/300ppi/fHzTQf.tif.png

This is the image for step 3

/Users/sjydemacbookpro/Desktop/graphisme/300ppi/aglwEs.tif (2).png

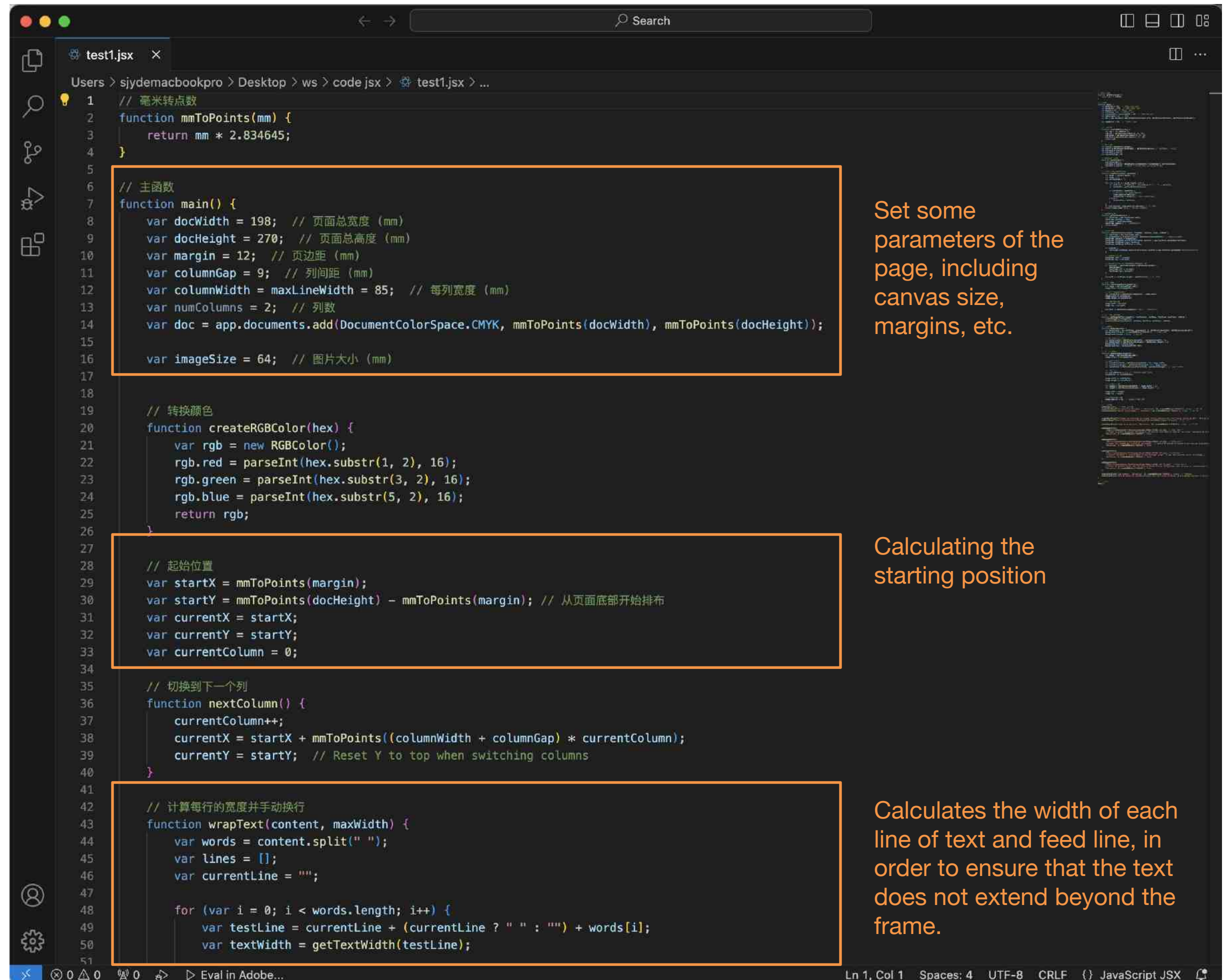
This is the matching image for step 4

(Absolute path of the image)



04. Graphic Integration and Final Presentation

Generating code with chatgpt



```
1 // 毫米转点数
2 function mmToPoints(mm) {
3     return mm * 2.834645;
4 }
5
6 // 主函数
7 function main() {
8     var docWidth = 198; // 页面总宽度 (mm)
9     var docHeight = 270; // 页面总高度 (mm)
10    var margin = 12; // 页边距 (mm)
11    var columnGap = 9; // 列间距 (mm)
12    var columnWidth = maxLineWidth = 85; // 每列宽度 (mm)
13    var numColumns = 2; // 列数
14    var doc = app.documents.add(DocumentColorSpace.CMYK, mmToPoints(docWidth), mmToPoints(docHeight));
15
16    var imageSize = 64; // 图片大小 (mm)
17
18
19    // 转换颜色
20    function createRGBColor(hex) {
21        var rgb = new RGBColor();
22        rgb.red = parseInt(hex.substr(1, 2), 16);
23        rgb.green = parseInt(hex.substr(3, 2), 16);
24        rgb.blue = parseInt(hex.substr(5, 2), 16);
25        return rgb;
26    }
27
28    // 起始位置
29    var startX = mmToPoints(margin);
30    var startY = mmToPoints(docHeight) - mmToPoints(margin); // 从页面底部开始排布
31    var currentX = startX;
32    var currentY = startY;
33    var currentColumn = 0;
34
35    // 切换到下一个列
36    function nextColumn() {
37        currentColumn++;
38        currentX = startX + mmToPoints((columnWidth + columnGap) * currentColumn);
39        currentY = startY; // Reset Y to top when switching columns
40    }
41
42    // 计算每行的宽度并手动换行
43    function wrapText(content, maxWidth) {
44        var words = content.split(" ");
45        var lines = [];
46        var currentLine = "";
47
48        for (var i = 0; i < words.length; i++) {
49            var testLine = currentLine + (currentLine ? " " : "") + words[i];
50            var textWidth = getTextWidth(testLine);
51        }
52    }
53 }
```

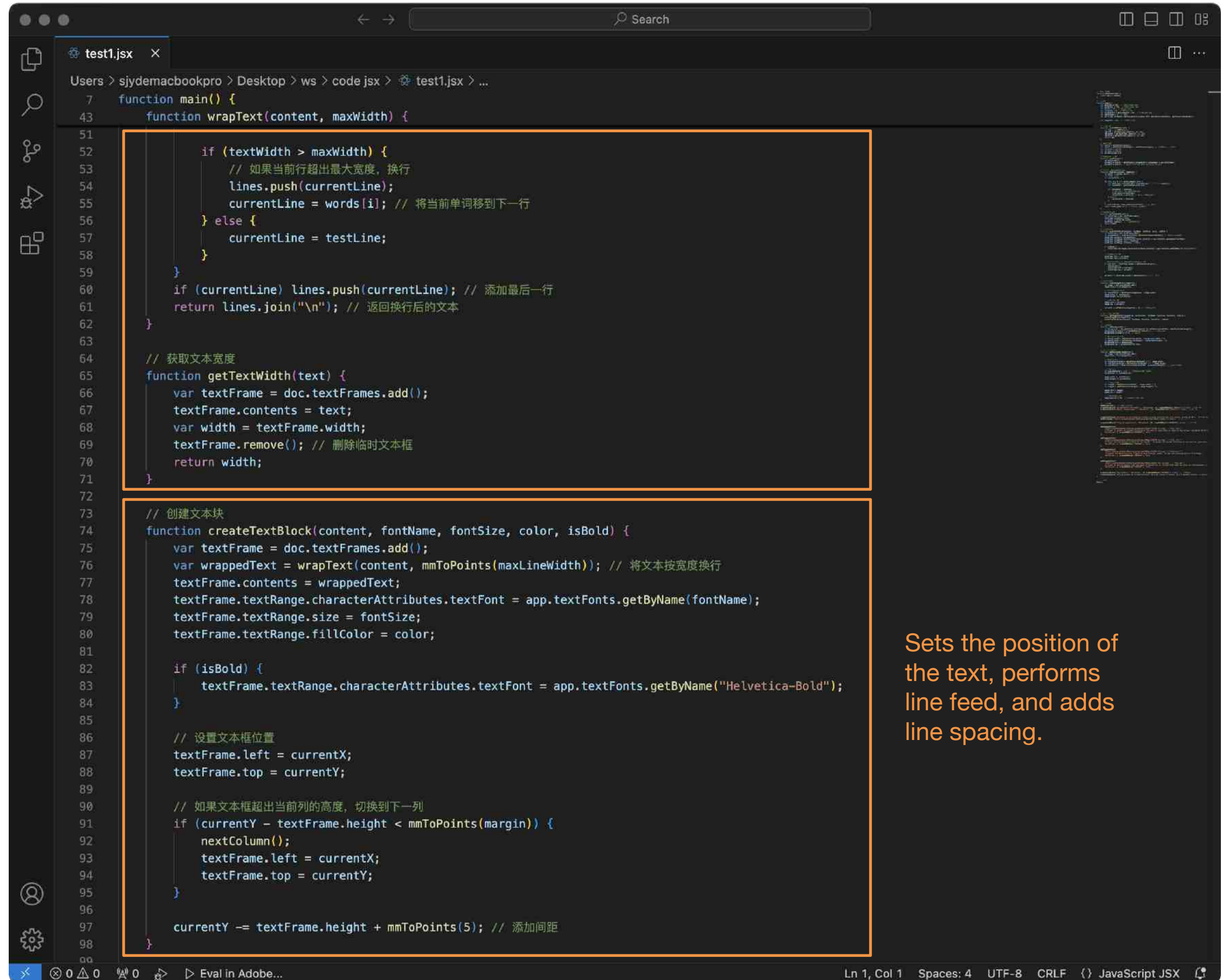
Set some parameters of the page, including canvas size, margins, etc.

Calculating the starting position

Calculates the width of each line of text and feed line, in order to ensure that the text does not extend beyond the frame.

04. Graphic Integration and Final Presentation

Generating code with
chatgpt



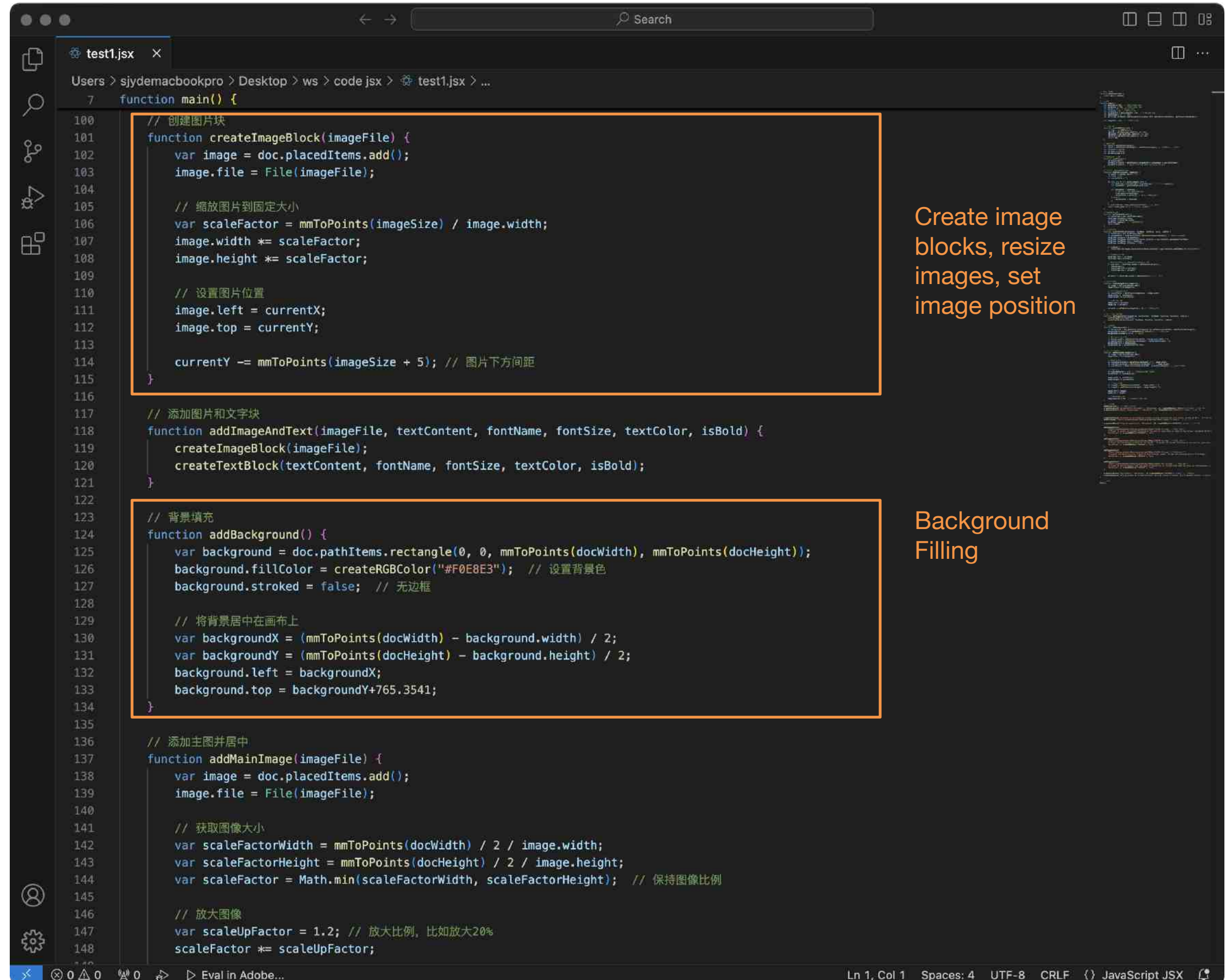
The screenshot shows a code editor with a dark theme. The file is named 'test1.jsx'. The code is written in JavaScript and includes comments in Chinese. The code is organized into two main sections, each highlighted with an orange border. The first section defines a 'wrapText' function that takes 'content' and 'maxWidth' as arguments. It uses a 'lines' array to store wrapped text lines. The second section defines a 'createTextBlock' function that takes 'content', 'fontName', 'fontSize', 'color', and 'isBold' as arguments. It uses the 'wrapText' function to wrap the content and then sets the text frame's properties, including position, font, size, and color. The code is well-commented and follows a clear structure.

```
7 function main() {
43 function wrapText(content, maxWidth) {
51
52     if (textWidth > maxWidth) {
53         // 如果当前行超出最大宽度, 换行
54         lines.push(currentLine);
55         currentLine = words[i]; // 将当前单词移到下一行
56     } else {
57         currentLine = testLine;
58     }
59 }
60 if (currentLine) lines.push(currentLine); // 添加最后一行
61 return lines.join("\n"); // 返回换行后的文本
62 }
63
64 // 获取文本宽度
65 function getTextWidth(text) {
66     var textFrame = doc.textFrames.add();
67     textFrame.contents = text;
68     var width = textFrame.width;
69     textFrame.remove(); // 删除临时文本框
70     return width;
71 }
72
73 // 创建文本块
74 function createTextBlock(content, fontName, fontSize, color, isBold) {
75     var textFrame = doc.textFrames.add();
76     var wrappedText = wrapText(content, mmToPoints(maxLineWidth)); // 将文本按宽度换行
77     textFrame.contents = wrappedText;
78     textFrame.textRange.characterAttributes.textFont = app.textFonts.getByName(fontName);
79     textFrame.textRange.size = fontSize;
80     textFrame.textRange.fillColor = color;
81
82     if (isBold) {
83         textFrame.textRange.characterAttributes.textFont = app.textFonts.getByName("Helvetica-Bold");
84     }
85
86     // 设置文本框位置
87     textFrame.left = currentX;
88     textFrame.top = currentY;
89
90     // 如果文本框超出当前列的高度, 切换到下一列
91     if (currentY - textFrame.height < mmToPoints(margin)) {
92         nextColumn();
93         textFrame.left = currentX;
94         textFrame.top = currentY;
95     }
96
97     currentY -= textFrame.height + mmToPoints(5); // 添加间距
98 }
99 }
```

Sets the position of
the text, performs
line feed, and adds
line spacing.

04. Graphic Integration and Final Presentation

Generating code with
chatgpt



```
test1.jsx x
Users > sjydemacbookpro > Desktop > ws > code jsx > test1.jsx > ...
7 function main() {
100
101 // 创建图片块
102 function createImageBlock(imageFile) {
103     var image = doc.placedItems.add();
104     image.file = File(imageFile);
105
106     // 缩放图片到固定大小
107     var scaleFactor = mmToPoints(imageSize) / image.width;
108     image.width *= scaleFactor;
109     image.height *= scaleFactor;
110
111     // 设置图片位置
112     image.left = currentX;
113     image.top = currentY;
114
115     currentY -= mmToPoints(imageSize + 5); // 图片下方间距
116 }
117
118 // 添加图片和文字块
119 function addImageAndText(imageFile, textContent, fontName, fontSize, textColor, isBold) {
120     createImageBlock(imageFile);
121     createTextBlock(textContent, fontName, fontSize, textColor, isBold);
122 }
123
124 // 背景填充
125 function addBackground() {
126     var background = doc.pathItems.rectangle(0, 0, mmToPoints(docWidth), mmToPoints(docHeight));
127     background.fillColor = createRGBColor("#F0E8E3"); // 设置背景色
128     background.stroked = false; // 无边框
129
130     // 将背景居中在画布上
131     var backgroundX = (mmToPoints(docWidth) - background.width) / 2;
132     var backgroundY = (mmToPoints(docHeight) - background.height) / 2;
133     background.left = backgroundX;
134     background.top = backgroundY+765.3541;
135 }
136
137 // 添加主图并居中
138 function addMainImage(imageFile) {
139     var image = doc.placedItems.add();
140     image.file = File(imageFile);
141
142     // 获取图像大小
143     var scaleFactorWidth = mmToPoints(docWidth) / 2 / image.width;
144     var scaleFactorHeight = mmToPoints(docHeight) / 2 / image.height;
145     var scaleFactor = Math.min(scaleFactorWidth, scaleFactorHeight); // 保持图像比例
146
147     // 放大图像
148     var scaleUpFactor = 1.2; // 放大比例, 比如放大20%
149     scaleFactor *= scaleUpFactor;
```

Create image blocks, resize images, set image position

Background Filling

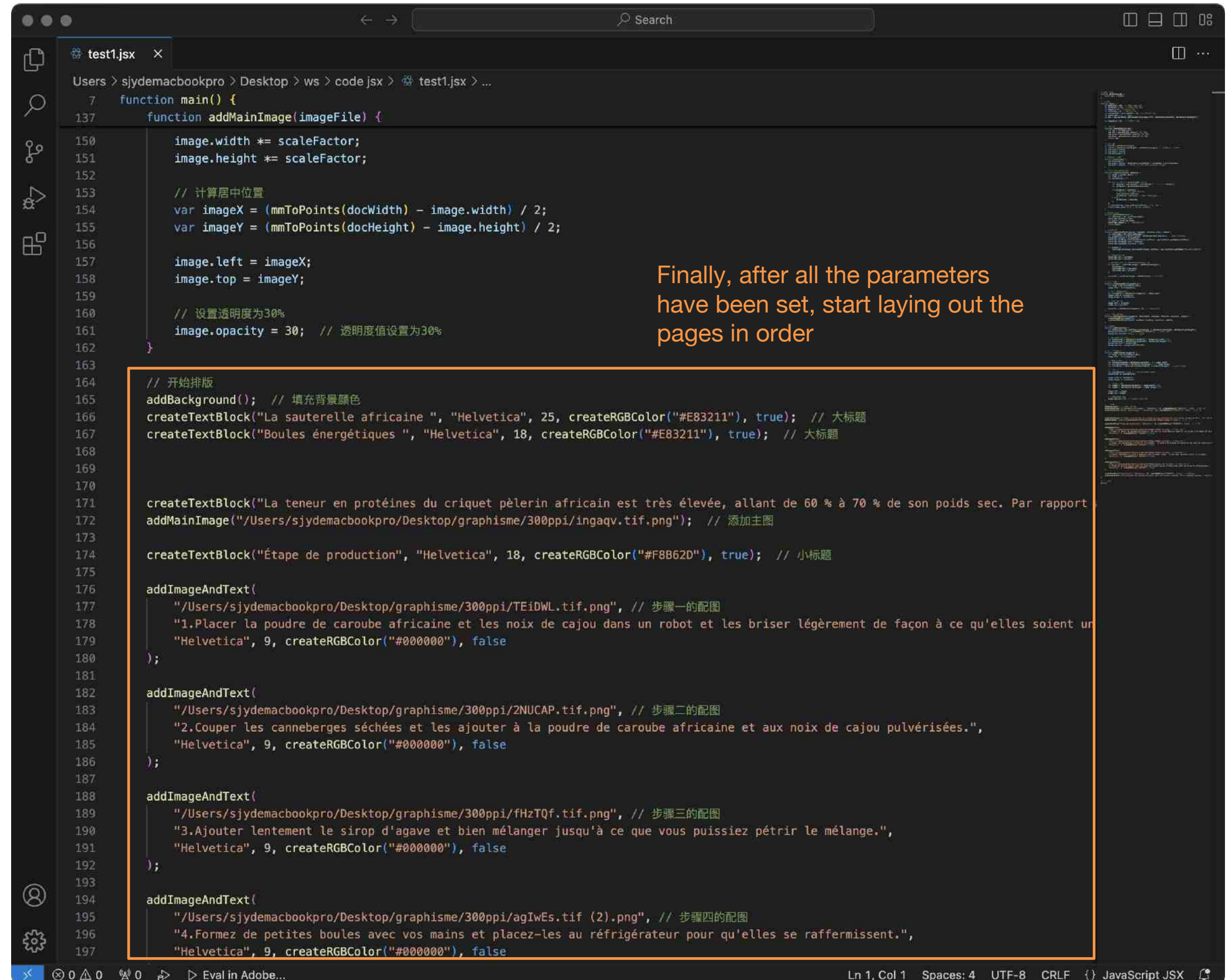
Ln 1, Col 1 Spaces: 4 UTF-8 CRLF {} JavaScript JSX

04. Graphic Integration and Final Presentation

Generating code with chatgpt

Replace text and images in code

I blocked the code and set all the parameters in the first half of the code, so that people can make changes directly in this section



```
7 function main() {
137 function addMainImage(imageFile) {
150 image.width *= scaleFactor;
151 image.height *= scaleFactor;
152
153 // 计算居中位置
154 var imageX = (mmToPoints(docWidth) - image.width) / 2;
155 var imageY = (mmToPoints(docHeight) - image.height) / 2;
156
157 image.left = imageX;
158 image.top = imageY;
159
160 // 设置透明度为30%
161 image.opacity = 30; // 透明度值设置为30%
162 }
163
164 // 开始排版
165 addBackground(); // 填充背景颜色
166 createTextBlock("La sauterelle africaine ", "Helvetica", 25, createRGBColor("#E83211"), true); // 大标题
167 createTextBlock("Boules énergétiques ", "Helvetica", 18, createRGBColor("#E83211"), true); // 大标题
168
169
170
171 createTextBlock("La teneur en protéines du criquet pèlerin africain est très élevée, allant de 60 % à 70 % de son poids sec. Par rapport
172 addMainImage("/Users/sjydemacbookpro/Desktop/graphisme/300ppi/ingaqv.tif.png"); // 添加主图
173
174 createTextBlock("Étape de production", "Helvetica", 18, createRGBColor("#F8B62D"), true); // 小标题
175
176 addImageAndText(
177 "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/TEiDWL.tif.png", // 步骤一的配图
178 "1.Placer la poudre de caroube africaine et les noix de cajou dans un robot et les briser légèrement de façon à ce qu'elles soient un
179 "Helvetica", 9, createRGBColor("#000000"), false
180 );
181
182 addImageAndText(
183 "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/2NUCAP.tif.png", // 步骤二的配图
184 "2.Couper les canneberges séchées et les ajouter à la poudre de caroube africaine et aux noix de cajou pulvérisées.",
185 "Helvetica", 9, createRGBColor("#000000"), false
186 );
187
188 addImageAndText(
189 "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/fHzTQf.tif.png", // 步骤三的配图
190 "3.Ajouter lentement le sirop d'agave et bien mélanger jusqu'à ce que vous puissiez pétrir le mélange.",
191 "Helvetica", 9, createRGBColor("#000000"), false
192 );
193
194 addImageAndText(
195 "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/agIwEs.tif (2).png", // 步骤四的配图
196 "4.Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.",
197 "Helvetica", 9, createRGBColor("#000000"), false
```

Finally, after all the parameters have been set, start laying out the pages in order

05. Summary of the project

Project focus

How LLM can be used as an assistant to help with design
LLM dialogue with illustrator

How this workflow can be adapted to other areas

For example, if you want to travel around the world, you can use this workflow to **generate your own travel planner poster** with all the information, you can describe the places you want to go to the gpt, and after generating the text and images, you can replace some parts of the code to generate a brand new poster with all the information about your trip!

For example, if I want to **create a book with 200 recipes**, we can follow this workflow to design 4 or more versions of illustrator files, set the parameters and variables, teach gpt the content, and then let gpt fill in the templates and complete the layout according to the 200 recipes.

This workflow is more suited to the International Typographic Style, which is more rigorous and makes more use of the grid system.

Merci!