

# **Future Recipe: Insect Energy Balls**

**Automatically create graphic posters with the help of AI**

**Jiaying SHI 06/12/2024**

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## 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、干燥和粉末形式的家蟋蟀 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 家蟋蟀	<i>Acheta domesticus</i>
	Banded cricket 斑翅蟋蟀	<i>Grylodes sigillatus</i>
	Common/field cricket 北京油葫芦	<i>Teleogryllus testaceus/</i> <i>Teleogryllus mitratus (Gryllus testaceus)</i>
	Black/field cricket / Two-spotted cricket 双斑蟋	<i>Gryllus bimaculatus</i>
	African migratory locust 非洲飞蝗	<i>Locusta migratoria migratoria</i>
	American desert locust 美洲沙漠蝗虫	<i>Schistocerca americana gregaria</i>
	Grasshopper 蚱蜢	<i>Oxya japonica Thunberg</i>
Coleoptera 鞘翅目	Superworm beetles / Giant mealworm beetle / King mealworm 超级虫甲虫/巨型黄粉虫甲虫/王虫	<i>Zophobas australis morio</i>
	Mealworm 蚕粉虫	<i>Tenebrio molitor</i> (larvae stage only)
	Lesser mealworm 小黄粉虫	<i>Alphitobius diaperinus</i> (larvae stage only)
	Lepidoptera 翠翅目	Greater wax moth / Honeycomb moth 大蜡蛾/蜂巢蛾
Lesser wax moth 小蜡蛾		<i>Achroia grisella</i>
Silk moth / silkworm 桑蚕蛾/蚕		<i>Bombyx mori</i> (Pupa (without cocoon) & caterpillar)
Scarabaeidae 金龟甲科	Whitegrub 金龟子幼虫	<i>Protaetia brevitarsis</i> (larvae stage only)
	Giant rhino beetle grub 独角仙幼虫	<i>Alomysina dichotoma</i> (larvae stage only)
Hymenoptera 膜翅目	Western honey bee / European honey bee 西方蜜蜂/欧洲蜜蜂	<i>Apis mellifera</i>

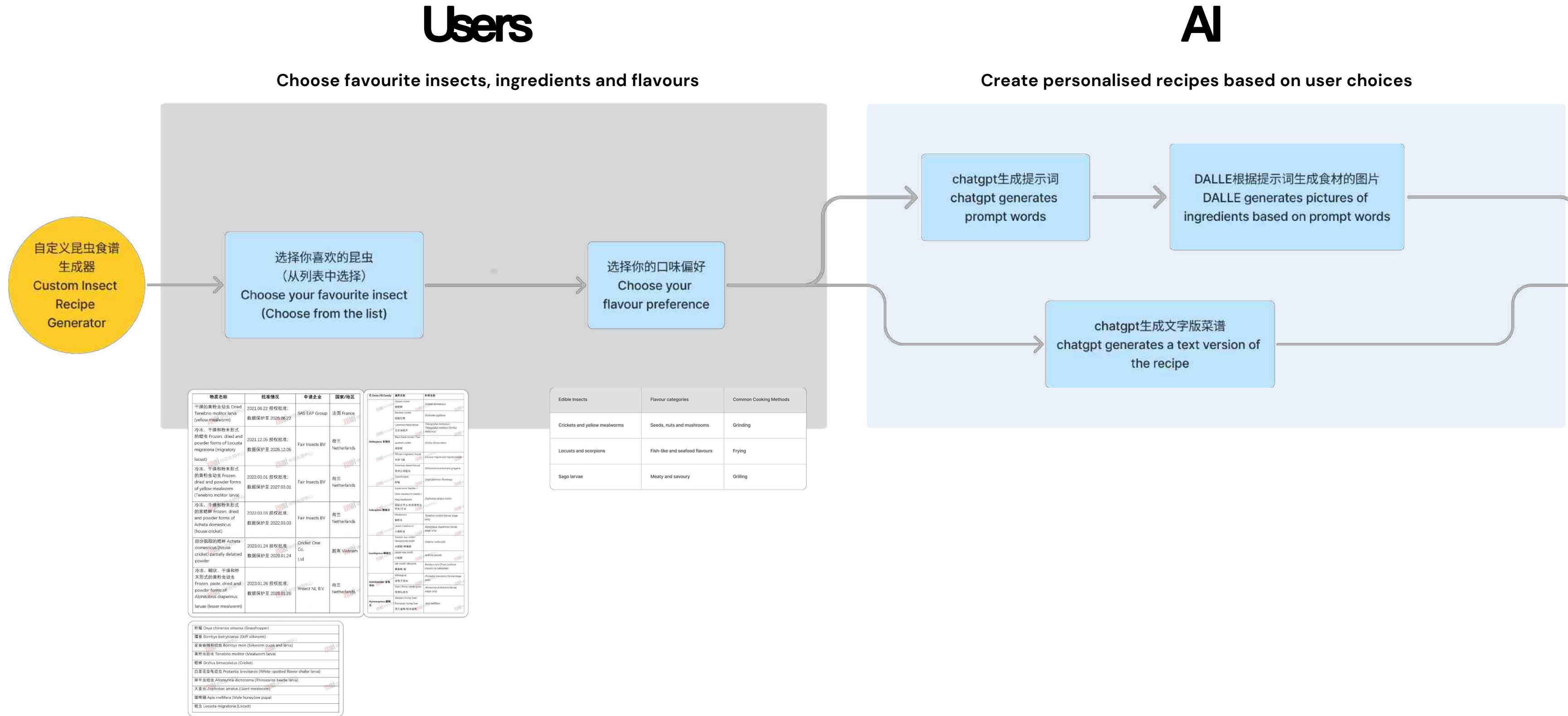
Edible Insects	Flavour categories	Common Cooking Methods
Crickets and yellow mealworms	Seeds, nuts and mushrooms	Grinding
Locusts and scorpions	Fish-like and seafood flavours	Frying
Sago larvae	Meaty and savoury	Grilling

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



# 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.



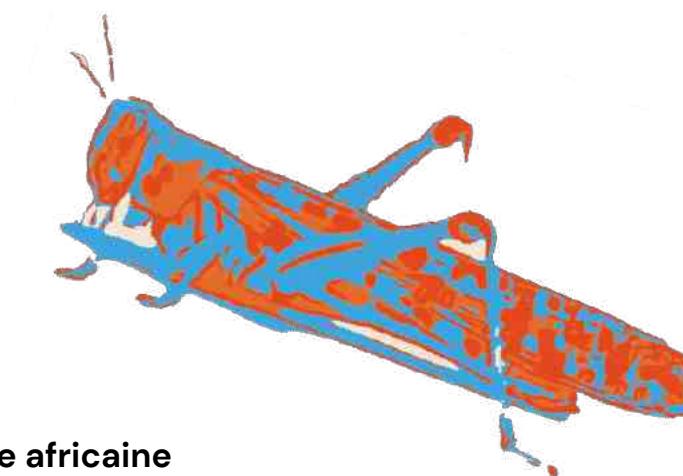
Coupez les aïrelles séchées en petits morceaux et ajoutez-les au mélange de farine de sauterelle africaine et de noix de cajou.



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.



La sauterelle africaine



Quelques ingrédients

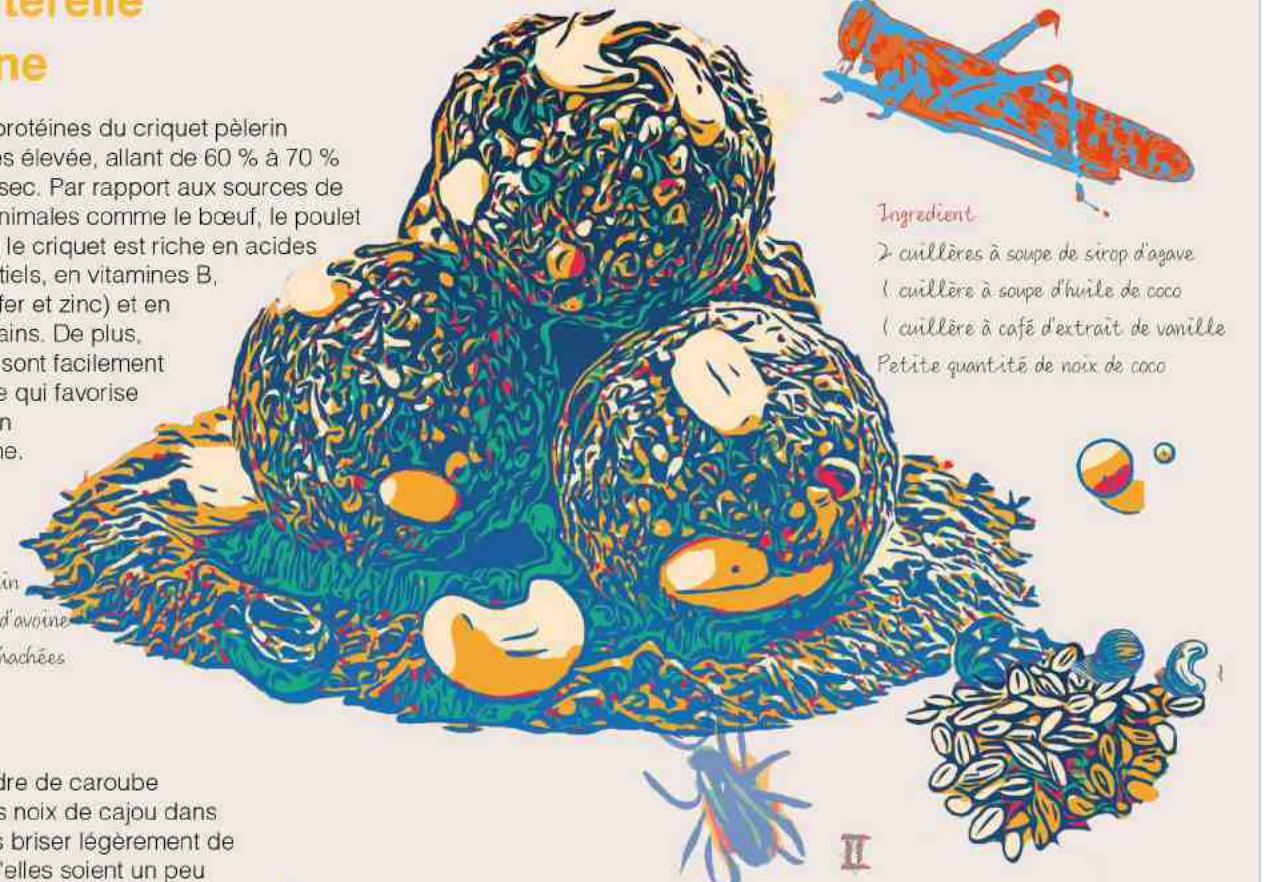
# Image Generation

# 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 africaine  
80 g de flocons d'avoine  
10 g d'amandes hachées



Ingredient  
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

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 africaine  
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.



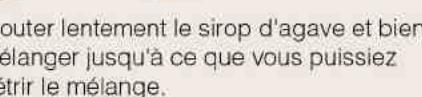
## Étape de production



II

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

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



IV  
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 africaine 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.



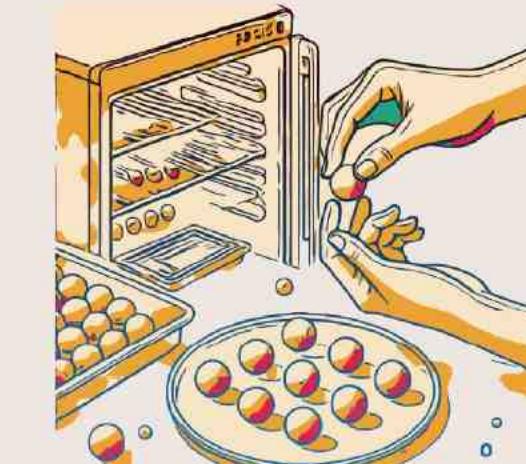
## Étape de production



1.Placer la poudre de caroube africaine 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.



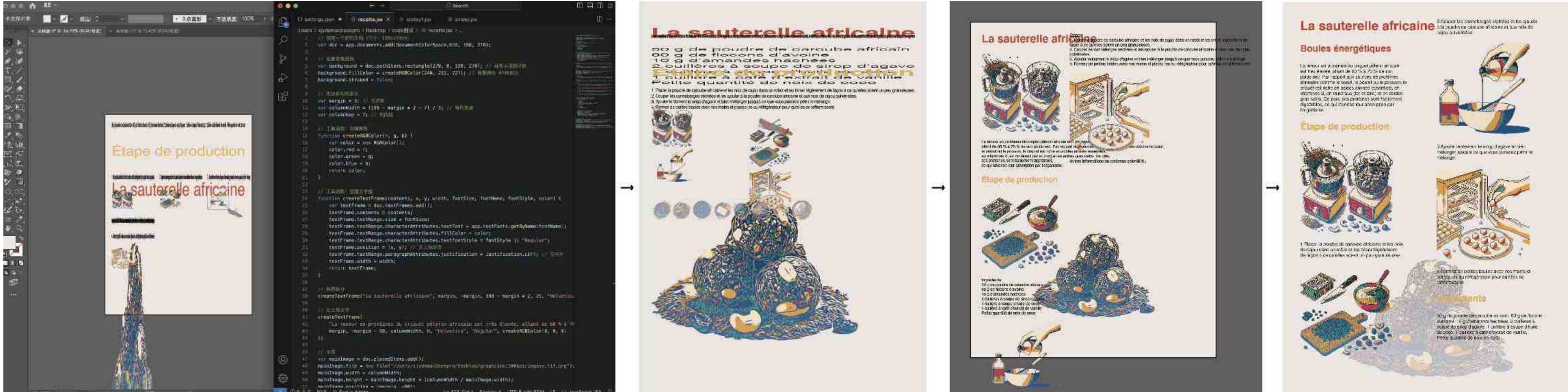
4.Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.



## Ingédients

50 g de poudre de caroube africaine, 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

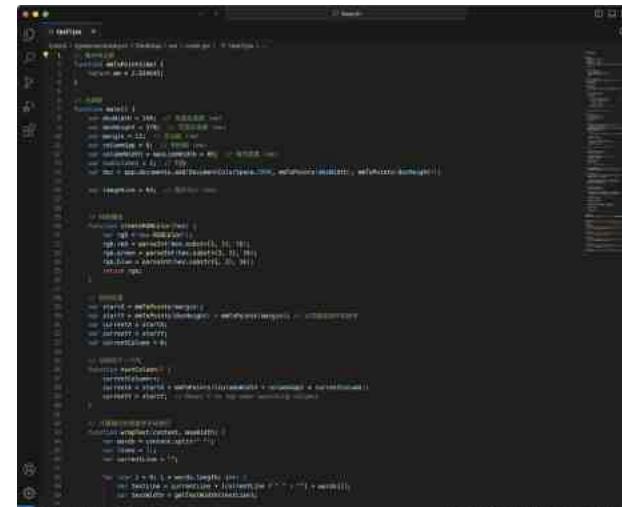
01

Generating code with  
chatgpt

```
One paragraph introduction: xxxxx A text about the ingredients:  
xxxxx A text about the steps to make it: xxxxx  
User/sydemacbookpro/Desktop/graphisme/300ppi/ingqv.tif.png  
his image serves as the main  
image/User/sydemacbookpro/Desktop/graphisme/300ppi/TE10WL.  
tif.pngThis is the image that goes with step  
1/User/sydemacbookpro/Desktop/graphisme/300ppi/2NUCA1.tif.png  
gThis is the image for step  
2/User/sydemacbookpro/Desktop/graphisme/300ppi/ItzT0f.tif.png  
This is the image for step  
3/User/sydemacbookpro/Desktop/graphisme/300ppi/egwEs.tif  
2].pngThis is the matching image for step 4  
  
To generate JavaScript code suitable for Adobe Illustrator 2021, the following code will create the  
layout you described, with proper handling of text styles, image placement, and alignment:  
  
// Set up the document  
var doc = app.documents.add(DocumentColorSpace, 190, 270); // Canvas size: 190  
  
// Set the background color  
var backgroundColor = new RGBColor();  
backgroundColor.red = 240;  
backgroundColor.green = 73%;  
backgroundColor.blue = 22%;  
doc.artboards[0].artboardRect = [0, 0, 190, 270]; // Set document dimensions  
doc.pageItems.addPathItemsRect([0, 0, 190, 270]); // Draw background rectangle
```

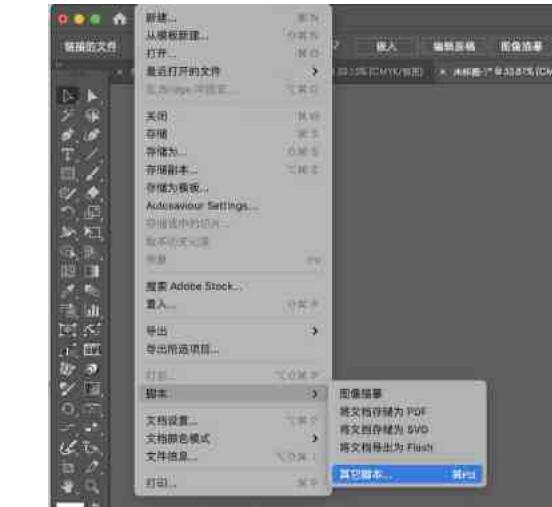
02

Save as a .jsx file



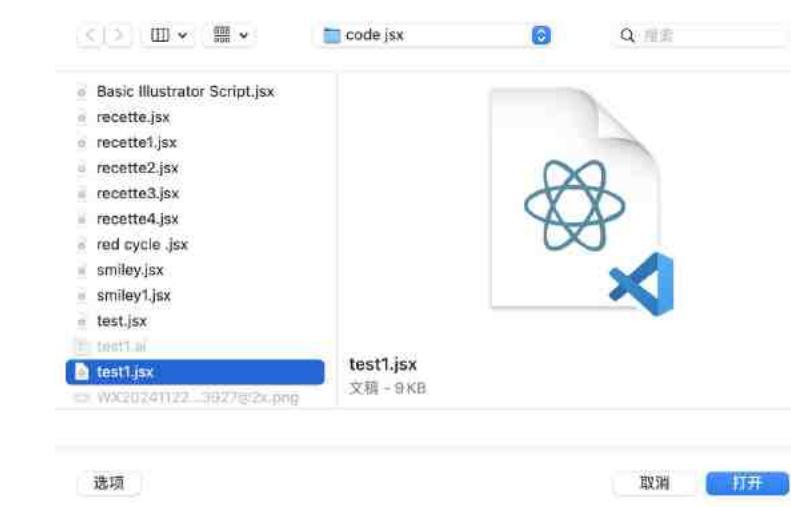
03

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 fram 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 Helvetica Bold 25pt, colour  
#E83211.

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

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

One paragraph introduction: xxxxxxx

A text about the ingredients: xxxxxxx

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

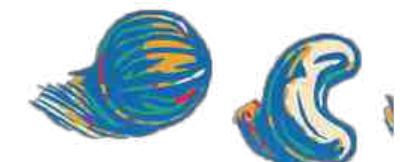
/Users/sjydemacbookpro/Desktop/graphisme/300ppi/fHzTQf.tif.png

This is the image for step 3

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

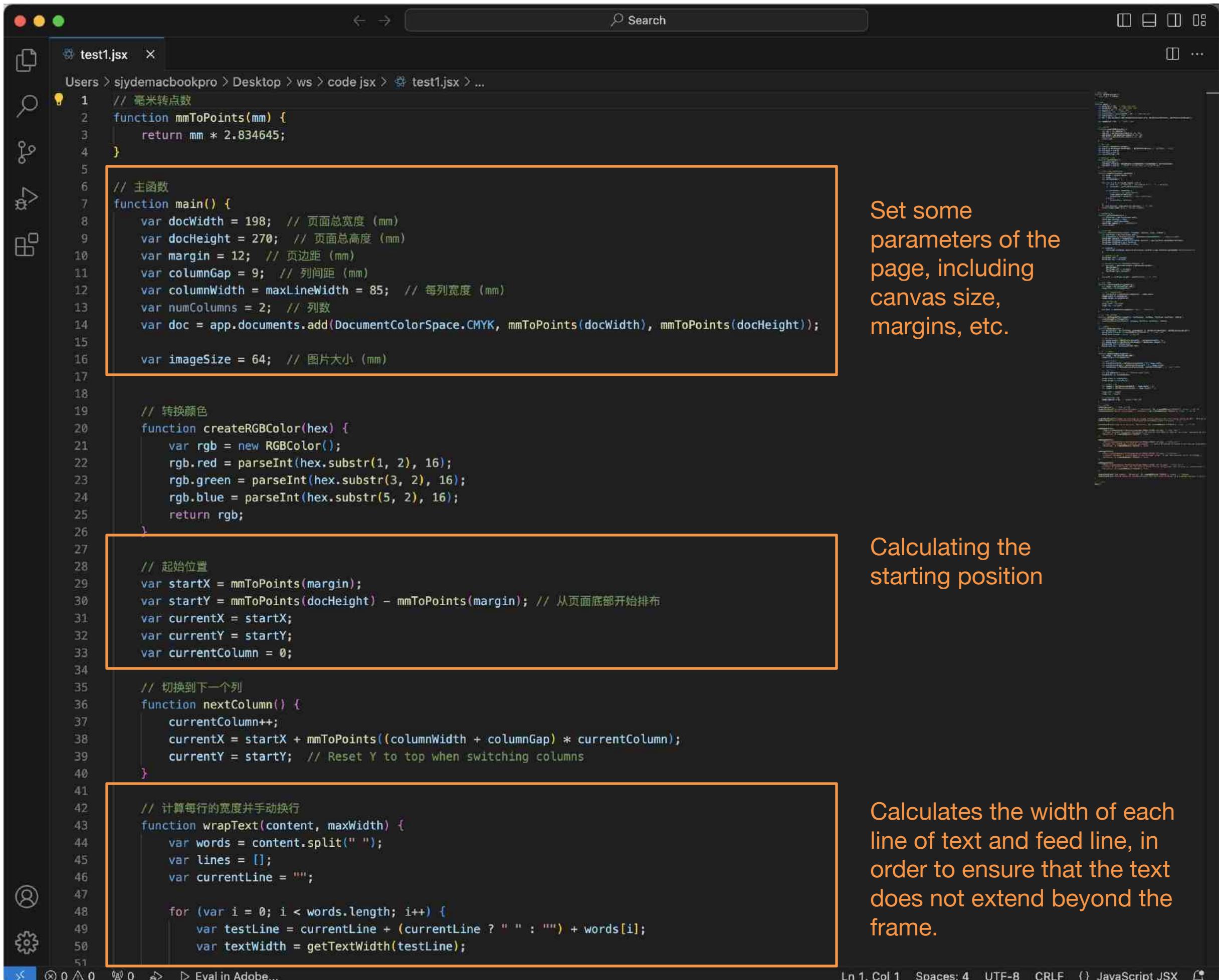
This is the matching image for step 4

(Absolute path of the image)



## 04. Graphic Integration and Final Presentation

Generating code with  
chatgpt



```
test1.jsx
Users > sydemacbookpro > Desktop > ws > code.jsx > test1.jsx > ...
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);
```

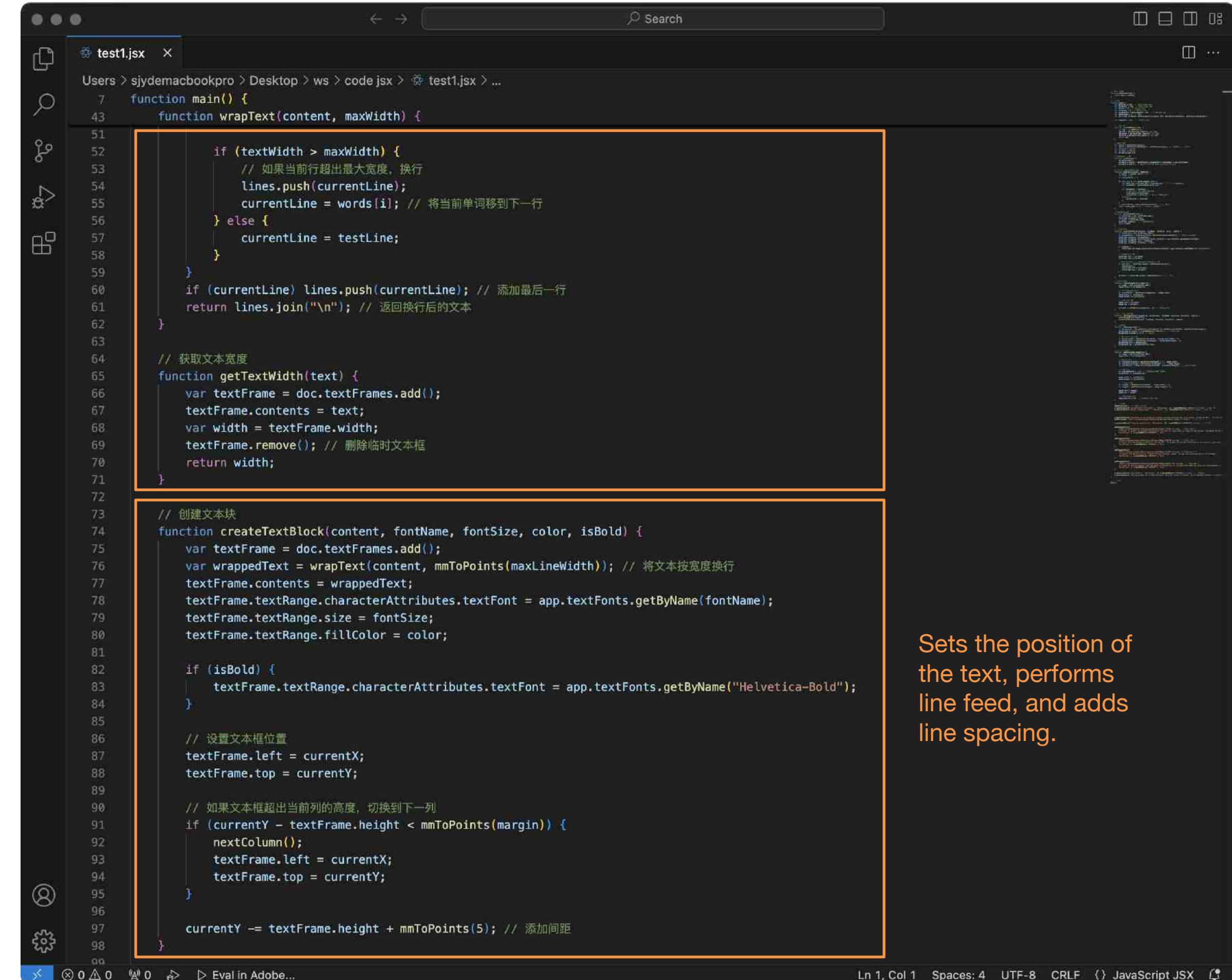
Set some parameters of the page, including canvas size, margins, etc.

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



```
function main() {
    function wrapText(content, maxWidth) {
        let lines = [];
        let currentLine = '';
        let textWidth = 0;

        for (let i = 0; i < content.length; i++) {
            let word = content[i];
            let currentWidth = textWidth + word.length;

            if (currentWidth > maxWidth) {
                // 如果当前行超出最大宽度, 换行
                lines.push(currentLine);
                currentLine = word;
                textWidth = word.length;
            } else {
                currentLine += ' ' + word;
                textWidth += word.length;
            }
        }

        if (currentLine) lines.push(currentLine);
        return lines.join("\n");
    }

    // 获取文本宽度
    function getTextWidth(text) {
        let textFrame = doc.textFrames.add();
        textFrame.contents = text;
        let width = textFrame.width;
        textFrame.remove(); // 删除临时文本框
        return width;
    }
}

// 创建文本块
function createTextBlock(content, fontName, fontSize, color, isBold) {
    let textFrame = doc.textFrames.add();
    let wrappedText = wrapText(content, mmToPoints(maxLineWidth)); // 将文本按宽度换行
    textFrame.contents = wrappedText;
    textFrame.textRange.characterAttributes.textFont = app.textFonts.getByName(fontName);
    textFrame.textRange.size = fontSize;
    textFrame.textRange.fillColor = color;

    if (isBold) {
        textFrame.textRange.characterAttributes.textFont = app.textFonts.getByName("Helvetica-Bold");
    }

    // 设置文本框位置
    textFrame.left = currentX;
    textFrame.top = currentY;

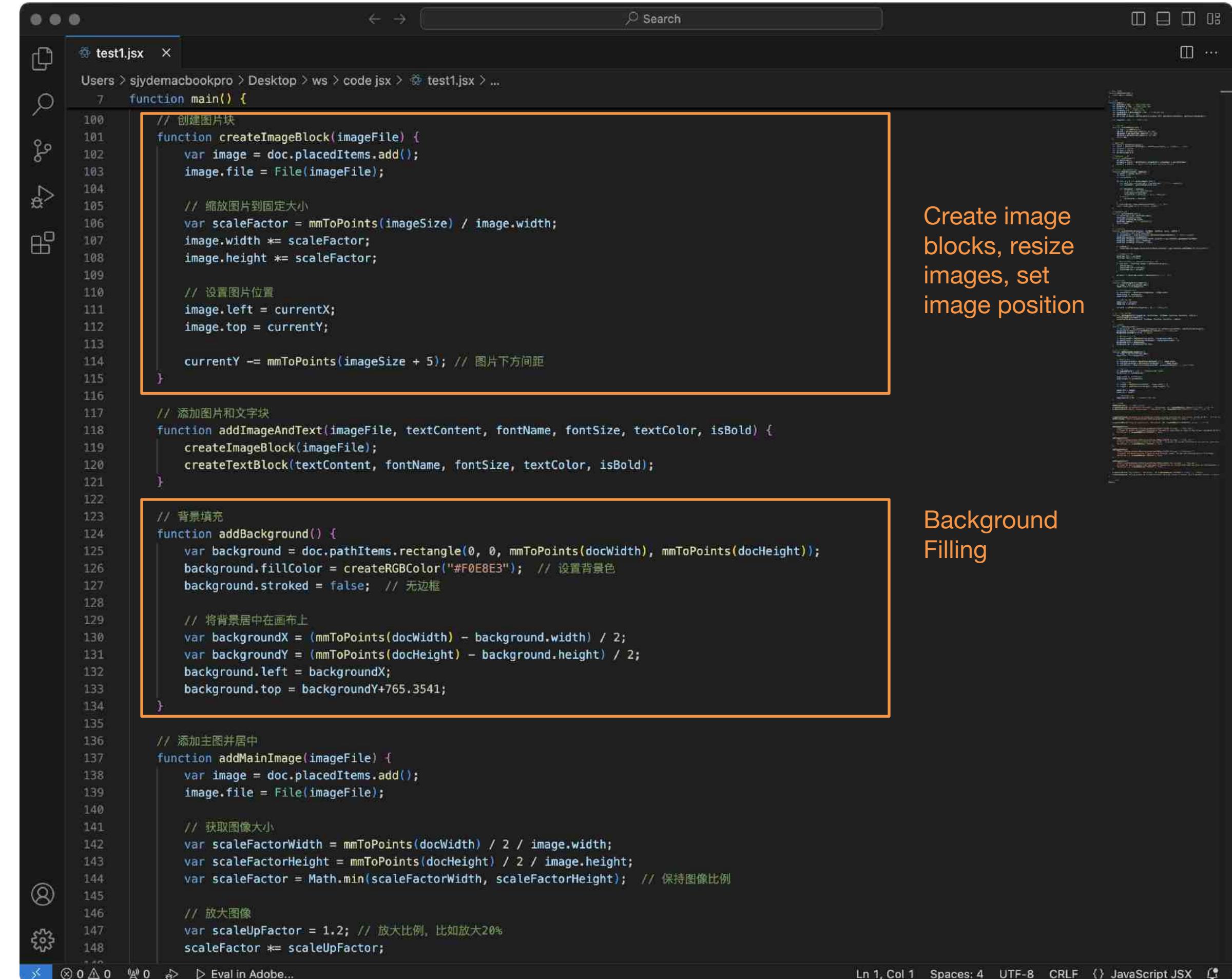
    // 如果文本框超出当前列的高度, 切换到下一列
    if (currentY - textFrame.height < mmToPoints(margin)) {
        nextColumn();
        textFrame.left = currentX;
        textFrame.top = currentY;
    }

    currentY -= textFrame.height + mmToPoints(5); // 添加间距
}
```

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

## 04. Graphic Integration and Final Presentation

Generating code with  
chatgpt



```
function main() {
    // 创建图片块
    function createImageBlock(imageFile) {
        var image = doc.placedItems.add();
        image.file = File(imageFile);

        // 缩放图片到固定大小
        var scaleFactor = mmToPoints(imageSize) / image.width;
        image.width *= scaleFactor;
        image.height *= scaleFactor;

        // 设置图片位置
        image.left = currentX;
        image.top = currentY;

        currentY -= mmToPoints(imageSize + 5); // 图片下方间距
    }

    // 添加图片和文字块
    function addImageAndText(imageFile, textContent, fontName, fontSize, textColor, isBold) {
        createImageBlock(imageFile);
        createTextBlock(textContent, fontName, fontSize, textColor, isBold);
    }

    // 背景填充
    function addBackground() {
        var background = doc.pathItems.rectangle(0, 0, mmToPoints(docWidth), mmToPoints(docHeight));
        background.fillColor = createRGBColor("#F0E8E3"); // 设置背景色
        background.stroked = false; // 无边框

        // 将背景居中在画布上
        var backgroundX = (mmToPoints(docWidth) - background.width) / 2;
        var backgroundY = (mmToPoints(docHeight) - background.height) / 2;
        background.left = backgroundX;
        background.top = backgroundY+765.3541;
    }

    // 添加主图并居中
    function addMainImage(imageFile) {
        var image = doc.placedItems.add();
        image.file = File(imageFile);

        // 获取图像大小
        var scaleFactorWidth = mmToPoints(docWidth) / 2 / image.width;
        var scaleFactorHeight = mmToPoints(docHeight) / 2 / image.height;
        var scaleFactor = Math.min(scaleFactorWidth, scaleFactorHeight); // 保持图像比例

        // 放大图像
        var scaleUpFactor = 1.2; // 放大比例, 比如放大20%
        scaleFactor *= scaleUpFactor;
    }
}
```

Create image blocks, resize images, set image position

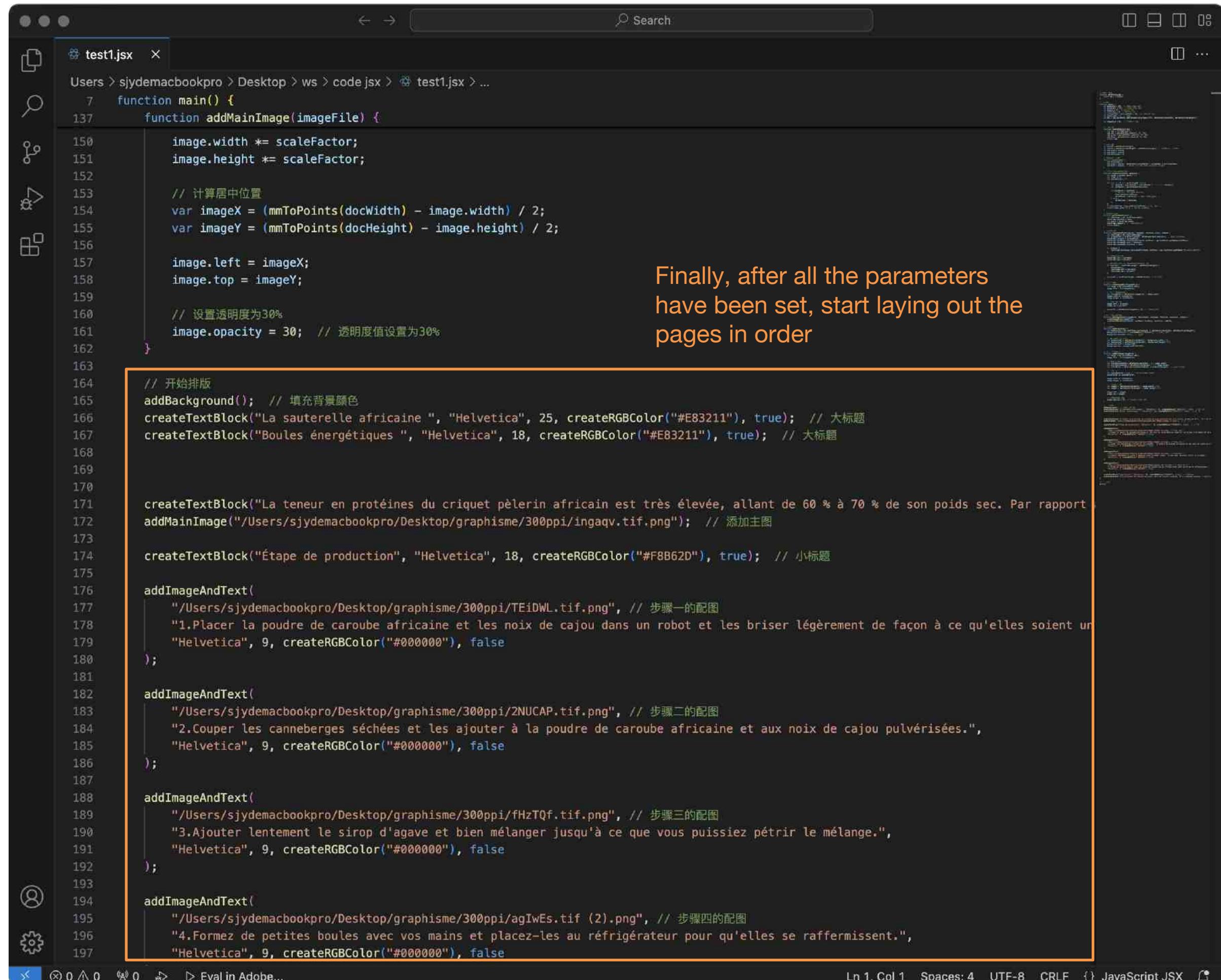
Background Filling

## 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



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

```
test1.jsx
Users > sjydemacbookpro > Desktop > ws > code.jsx > test1.jsx > ...
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    createTextBlock("La teneur en protéines du criquet pèlerin africain est très élevée, allant de 60 % à 70 % de son poids sec. Par rapport", 171    addMainImage("/Users/sjydemacbookpro/Desktop/graphisme/300ppi/ingaqv.tif.png"); // 添加主图
172
173    createTextBlock("Étape de production", "Helvetica", 18, createRGBColor("#F8B62D"), true); // 小标题
174
175    addImageAndText(
176      "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/TEiDWL.tif.png", // 步骤一的配图
177      "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", 178      "Helvetica", 9, createRGBColor("#000000"), false
179    );
180
181    addImageAndText(
182      "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/2NUCAP.tif.png", // 步骤二的配图
183      "2. Couper les canneberges séchées et les ajouter à la poudre de caroube africaine et aux noix de cajou pulvérisées.", 184      "Helvetica", 9, createRGBColor("#000000"), false
185    );
186
187    addImageAndText(
188      "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/fHzTQf.tif.png", // 步骤三的配图
189      "3. Ajouter lentement le sirop d'agave et bien mélanger jusqu'à ce que vous puissiez pétrir le mélange.", 190      "Helvetica", 9, createRGBColor("#000000"), false
191    );
192
193    addImageAndText(
194      "/Users/sjydemacbookpro/Desktop/graphisme/300ppi/agIwEs.tif (2).png", // 步骤四的配图
195      "4. Formez de petites boules avec vos mains et placez-les au réfrigérateur pour qu'elles se raffermissent.", 196      "Helvetica", 9, createRGBColor("#000000"), false
197    );
}
Ln 1, Col 1  Spaces: 4  UTF-8  CRLF  {}  JavaScript JSX
```

## 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!**