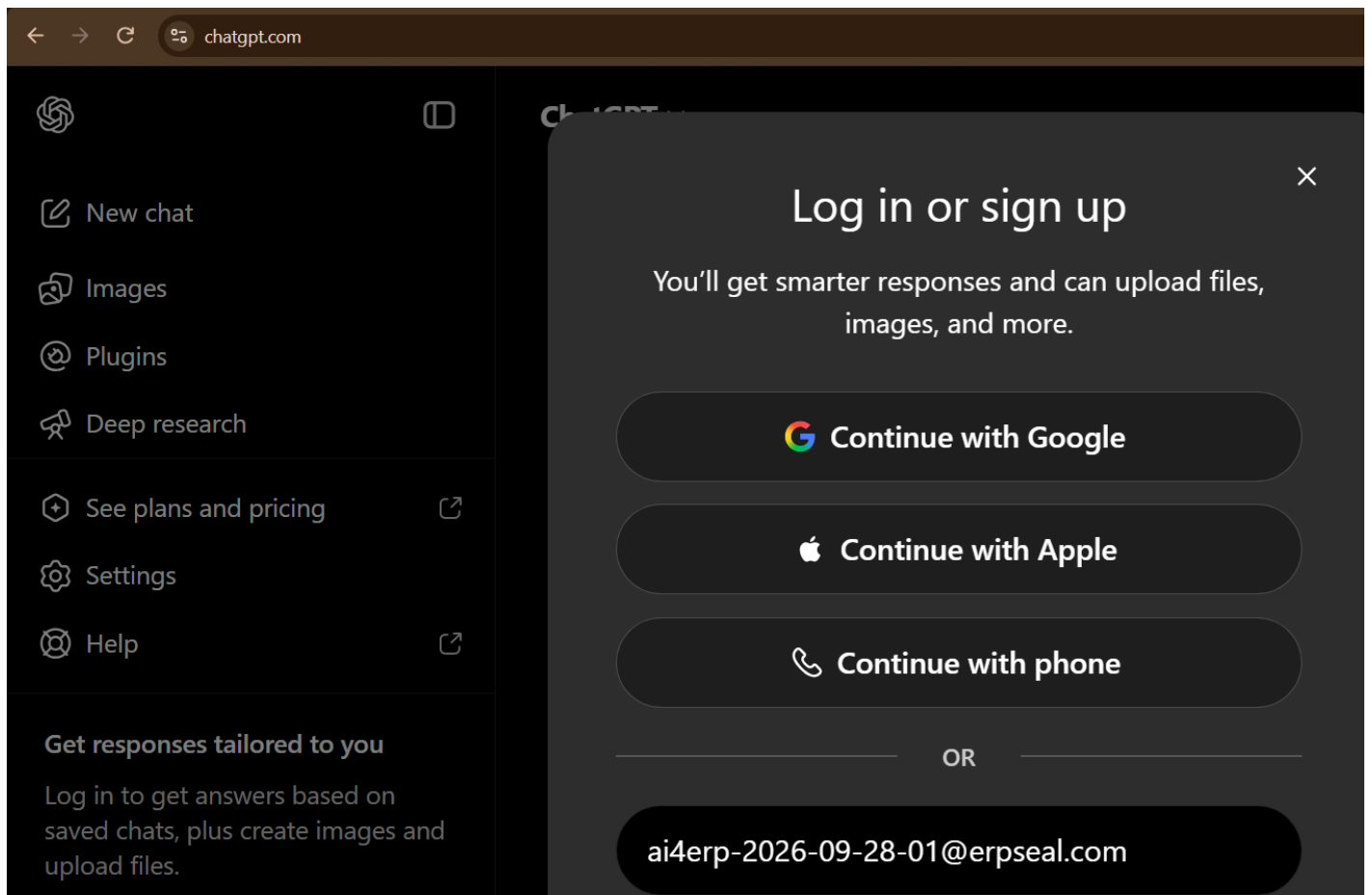


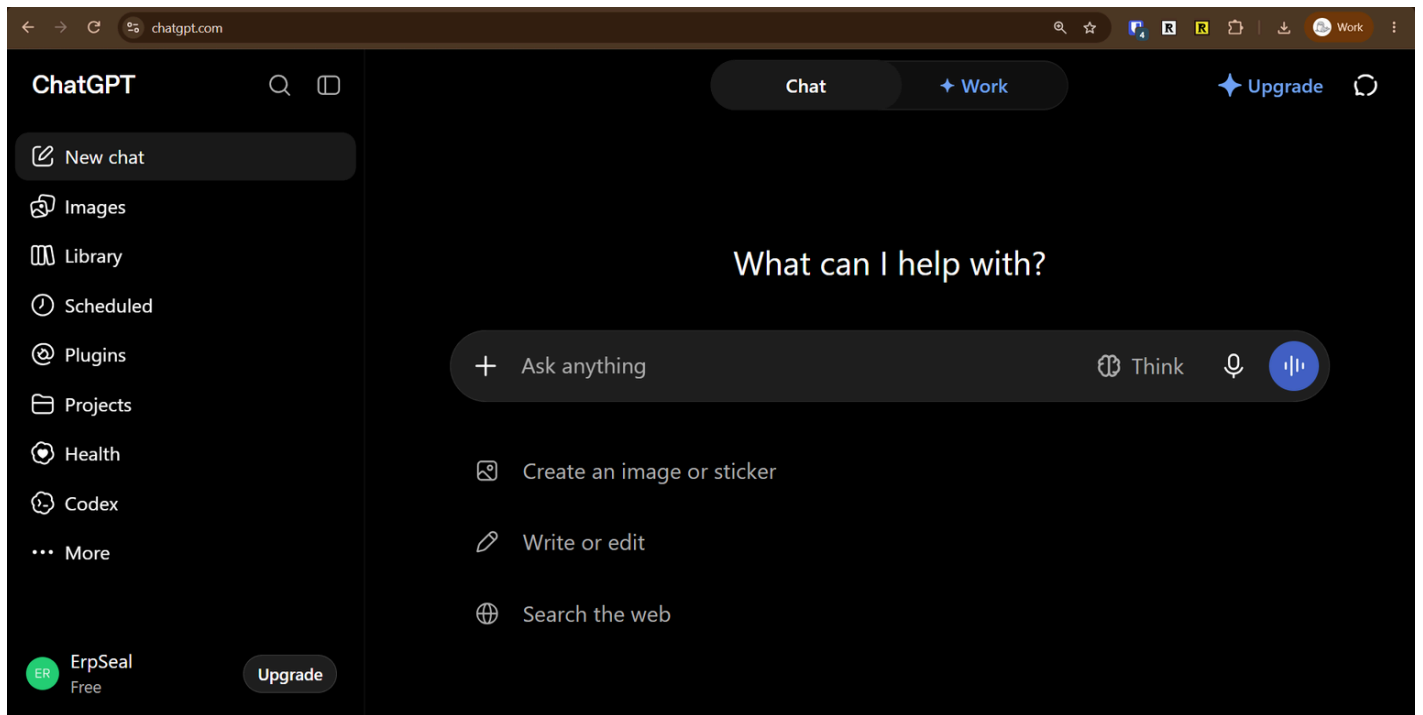


ErpSeal.com/ai4erp-topsecret

Additional Links

1. [Sign up for free account on ChatGPT.com](#) using your personal email





2. Sign up for free account on [Airtable.com](https://airtable.com) using your personal email

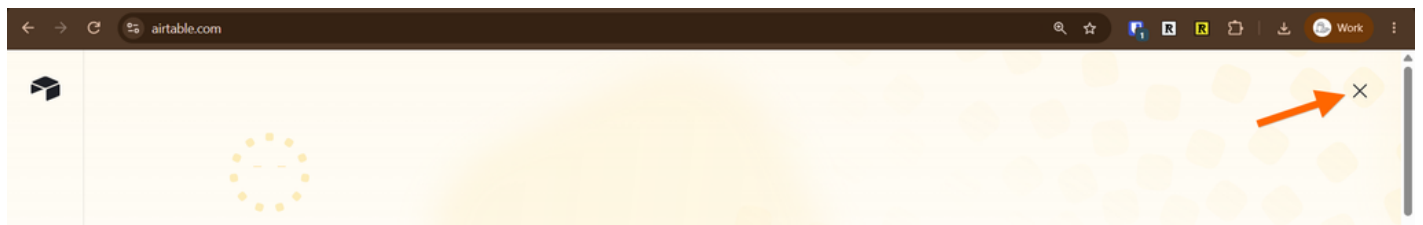
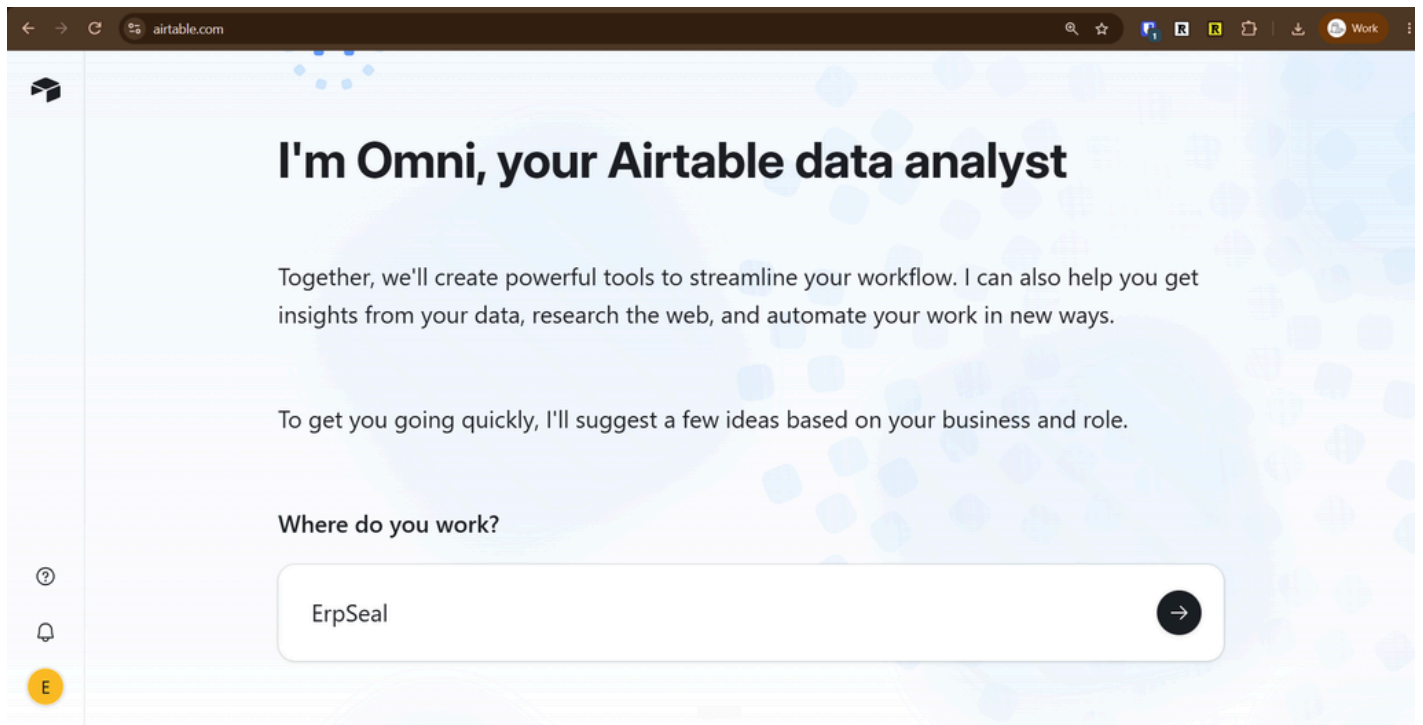


Welcome to Airtable

Work email

ai4erp-2026-09-28-01@erpseal.com

Continue



3. Create 3 tables in Airtable using this prompt

Copy to Clipboard

Please create 3 Tables:

1. Food
2. Meals
3. Days

I'm listing each of the 3 Tables below with the Fields that I would like each Table to have, with settings for each column indented as bullets under the column name.

The first Field listed underneath each Table is the Primary Field for that Table.

```
# Food
* Name
    * Type=Single line text
* Serving Size
    * Type=Single line text
* Calories
```

```
* Type=Number
* Decimal places=1
* Carbs (g)
* Type=Number
* Decimal places=1
* Fat (g)
* Type=Number
* Decimal places=1
* Protein (g)
* Type=Number
* Decimal places=1
* Alcohol (ml)
* Type=Number
* Decimal places=1
* Last Modified
* Type=Last modified time
* Fields=All editable fields
* Formatting -> Include time=Checked

# Meals
* Name
* Type=Formula
* Formula={Food} & " x" & {Qty}
* When
* Type=Date
* Include time=Checked
* Time format=12 hour
* Date
* Type=Link to another record
* Existing tables=Days
* Food
* Type=Link to another record
* Existing tables=Food
* Qty
* Type=Number
* Decimal places=1
* Show thousands separator=Checked
* Calories (from Food)
* Type=Lookup
* Select lookup source=Food
* field you want to look up=Calories
* Carbs (g) (from Food)
* Type=Lookup
* Select lookup source=Food
* field you want to look up=Carbs (g)
* Fat (g) (from Food)
* Type=Lookup
* Select lookup source=Food
* field you want to look up=Fat (g)
```

```
* Protein (g) (from Food)
  * Type=Lookup
  * Select lookup source=Food
  * field you want to look up=Protein (g)
* Alcohol (ml) (from Food)
  * Type=Lookup
  * Select lookup source=Food
  * field you want to look up=Alcohol (ml)
* Calories
  * Type=Formula
  * Formula=Qty * {Calories (from Food)}
* Carbs (g)
  * Type=Formula
  * Formula=Qty * {Carbs (g) (from Food)}
* Fat (g)
  * Type=Formula
  * Formula=Qty * {Fat (g) (from Food)}
* Protein (g)
  * Type=Formula
  * Formula=Qty * {Protein (g) (from Food)}
* Alcohol (drinks)
  * Type=Formula
  * Formula=Qty * {Alcohol (ml) (from Food)} / 17.75

# Days
* Date
  * Type=Date
  * Formatting -> Include time=Unchecked
* Calories
  * Type=Rollup
  * Select rollup source=Meals
  * field you want to roll up=Calories
  * Aggregation formula which rolls up the values in each linked record=SUM(values)
* Alcohol (drinks)
  * Type=Rollup
  * Select rollup source=Meals
  * field you want to roll up=Alcohol (drinks)
  * Aggregation formula which rolls up the values in each linked record=SUM(values)
```

airtable.com

Let's build your app together

For the Marketing team at ErpSeal, I suggest starting with:

Please create 3 Tables:

1. Food
2. Meals
3. Days

I'm listing each of the 3 Tables below with the Fields that I would like each Table to have, in the following format:
Column Name - Data Type

airtable.com/appGcw0godcpP9tLx/tblPesgzlgZRpCvSy/viwoFvpyAFvOMDv?blocks=hide

Nutrition Tracking Tables Setup

Nutrition Summary
Summarizes the nutrition profile and possible

Getting started
0/4 completed

- Take a quick tour
- Automate work with field agents
- Design a custom interface
- Publish and share with your team

Food Tracker

Appearance

Color Icon

me
Chicken Breast
Rice
Avocado (Steamed)
Beans
Yogurt (Plain, Nonfat)

airtable.com/appUNznSJ5K2WhpvY/tblSYsMlrZUAHhgBD/viwbftMim9bBRNmcl?blocks=hide

Food Tracker

Trial: 14 days left Launch Share

Food Meals Days + Add or import

Grid view Hide fields Filter Group Sort Color Share and sync

	A Name	A Serving Size	# Calories	# Carbs (g)	# Fat (g)	# Protein (g)	# Alcohol (ml)	Last Modified	Meals
1	Grilled Chicken Breast	100g	165.0	0.0	3.6	31.0	0.0	9/29/2026 1:26am	Grilled Chick
2	Steamed White Rice	1 cup (158g)	205.0	45.0	0.4	4.3	0.0	9/29/2026 1:26am	Steamed Wi
3	Avocado	1 medium (150g)	240.0	12.8	22.0	3.0	0.0	9/29/2026 1:26am	Avocado x1
4	Whole Wheat Bread	1 slice (28g)	69.0	12.0	1.1	3.6	0.0	9/29/2026 1:26am	Whole Whe
5	Boiled Egg	1 large (50g)	78.0	0.6	5.3	6.3	0.0	9/29/2026 1:26am	Boiled Egg

airtable.com/app/UNznSJ5K2WhpvY/tbl2xzMfiD2XtGn8S/viw8tYOjs9jx8Lb1?blocks=hide

Food Tracker Data Automations Interfaces Forms Trial: 14 days left Launch Share

Food Meals Days Add or import Tools

Grid view Hide fields Filter Group Sort Color Share and sync

	Name	When	Date	Food	# Qty	Calories	Carbs (g)	Fat (g)	Protein (g)	Alcohol (drinks)
1	Grilled Chicken Bre...	6/10/2024 8:00am	6/10/2024	Grilled Chicken	1.00	165	0	4	31	0
2	Steamed White Ric...	6/10/2024 12:30pm	6/10/2024	Steamed White	1.00	205	45	0	4	0
3	Avocado x1	6/10/2024 1:00pm	6/10/2024	Avocado	1.00	240	13	22	3	0
4	Whole Wheat Brea...	6/10/2024 10:00am	6/10/2024	Whole Wheat B	1.00	69	12	1	4	0
5	Boiled Egg x1	6/10/2024 7:00pm	6/10/2024	Boiled Egg	1.00	78	1	5	6	0

airtable.com/app/UNznSJ5K2WhpvY/tbl2xzMfiD2XtGn8S/viw8tYOjs9jx8Lb1?blocks=hide

Food Tracker Data Automations Interfaces Forms Trial: 14 days left Launch Share

Food Meals Days Add or import Tools

Grid view Hide fields Filter Group Sort Color Share and sync

	Name	Calories (from Food)	Carbs (g) (from Food)	Fat (g) (from Food)	Protein (g) (from Food)	Alcohol (ml) (from Food)
1	Grilled Chicken Bre...	165.0	0.0	3.6	31.0	0.0
2	Steamed White Ric...	205.0	45.0	0.4	4.3	0.0
3	Avocado x1	240.0	12.8	22.0	3.0	0.0
4	Whole Wheat Brea...	69.0	12.0	1.1	3.6	0.0
5	Boiled Egg x1	78.0	0.6	5.3	6.3	0.0

airtable.com/app/UNznSJ5K2WhpvY/tbl2xzMfiD2XtGn8S/viw8tYOjs9jx8Lb1?blocks=hide

Food Tracker Data Automations Interfaces Forms Trial: 14 days left Launch Share

Food Meals Days Add or import Tools

Grid view Hide fields Filter Group Sort Color Share and sync

	Date	Meals	
1	6/10/2024	Grilled Chicken Breast x1 Steamed White Rice x1 "Greek Yogurt (plain, nonfat)" x1 Boiled Egg x1 Whole Wheat Bread x1 Avocado x1	
2	6/11/2024	Almonds x1 Apple x1 Broccoli (steamed) x1	
3	6/12/2024	Cheddar Cheese x1 Salmon (baked) x1 Orange Juice x1 Peanut Butter x1	
4	6/13/2024	Red Wine x1 Beef Steak (grilled) x1	

4. Add an Automation to add new Days records each night

airtable.com/app/UNznSJ5K2WhpvY/wfINgqOdj0i0m2gc/wtr629P4ZWLFUKV5

Food Tracker

Data Automations Interfaces Forms

Trial: 14 days left Launch Share

Automations > OFF Days - Add Today

History Test automation

Properties

Trigger type

At scheduled time

Dates and times are shown in your local time zone EDT. [Learn more](#)

CONFIGURATION

Interval type

Days

Timing

Every 1 day at 12:00am

Starting

9/29/2026

TRIGGER

At a scheduled time

Every 1 day at 12:00am EDT

ACTIONS

Generate text

+ Add advanced logic or action

Food Tracker

Data Automations Interfaces Forms

Trial: 14 days left Launch Share

Automations > OFF Days - Add Today

History Test automation

Properties

ACTION DETAILS

Action type

Create record

LABELS

Description

Enter a description

CONFIGURATION

Action will run...

Always

Table

Days

Fields

Date

Actual trigger time

+ Choose field

TRIGGER

At a scheduled time

Every 1 day at 12:00am EDT

ACTIONS

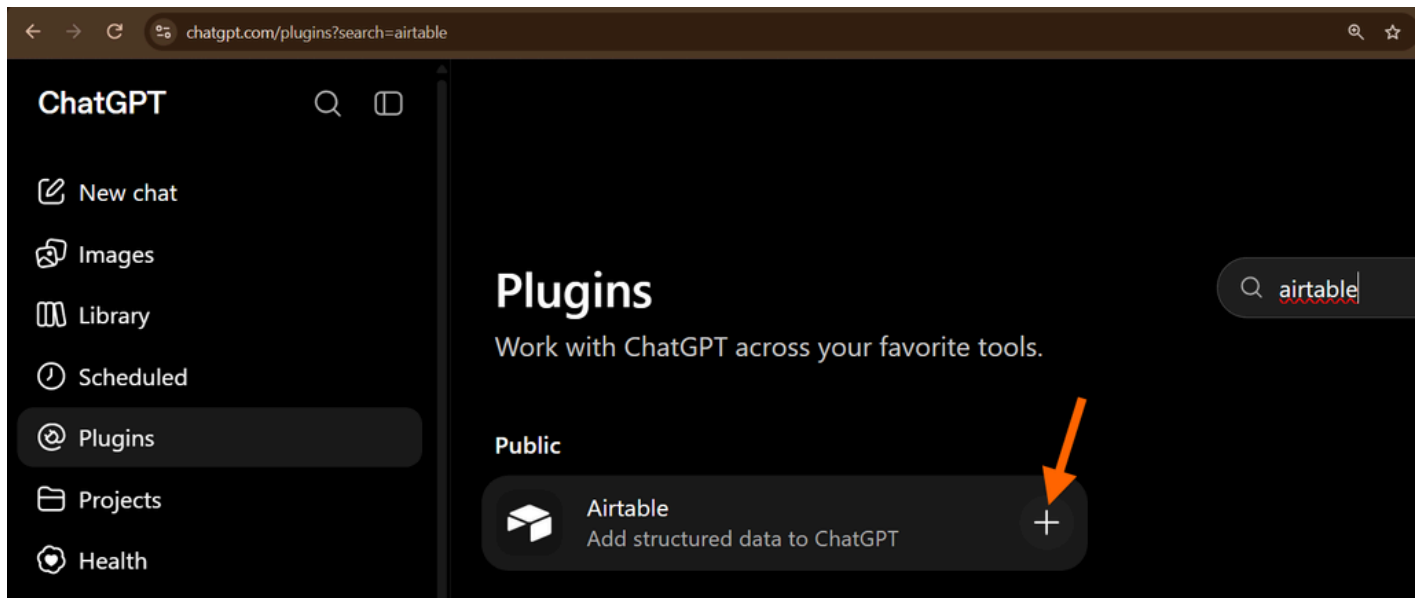
Create record

In Days

Generate text

+ Add advanced logic or action

5. In ChatGPT, install the Airtable plugin



Airtable for ChatGPT is requesting Airtable access

Airtable for ChatGPT can see:

- The data in your records
- Comments in your records
- The structure of your base, like table names or field types
- Metadata about workspaces, bases, and views including collaborators
- Confirmation of who you are on Airtable (your Airtable user ID)
- Your email address and whether Airtable has verified it

Airtable for ChatGPT can edit:

- Your records, including creating and deleting records
- Comments in your records
- The structure of your base, like adding new fields or tables

[Limit what Airtable for ChatGPT can do](#)

Authorizing as  **ErpSeal**

Choose what Airtable for ChatGPT can access:

You can always change this later in integration settings.

☐ Everything you have access to
All current and future bases across your workspaces
1 base, 1 workspace

☒ Custom access
Choose specific bases, interfaces, and workspaces

Search for a base or workspace

Bases

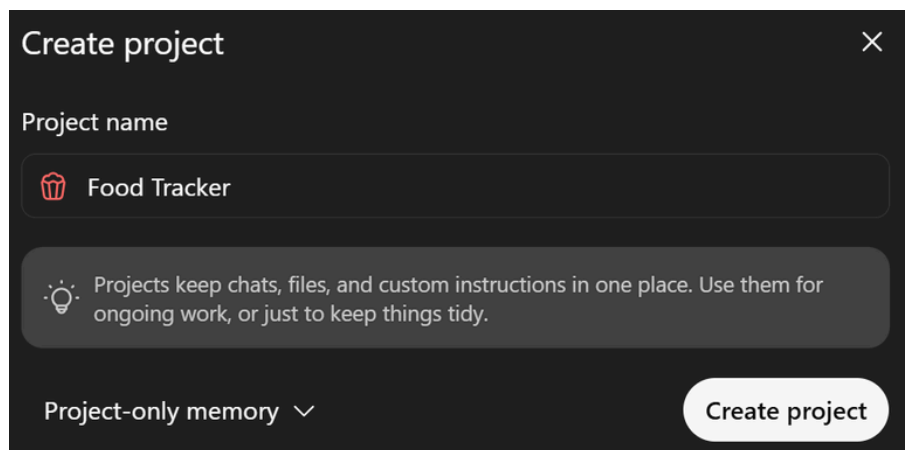
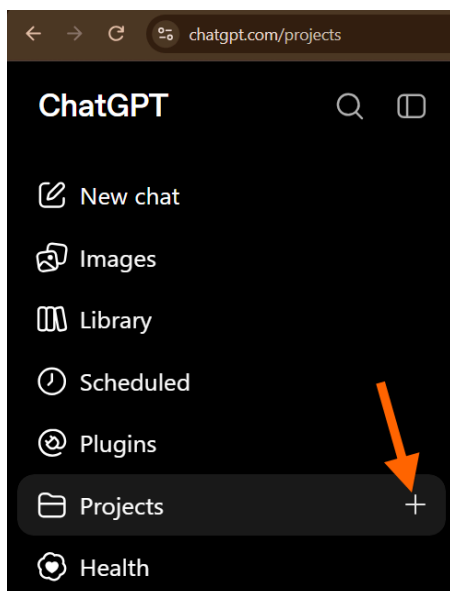
 Food Tracker

×

Cancel

Grant access

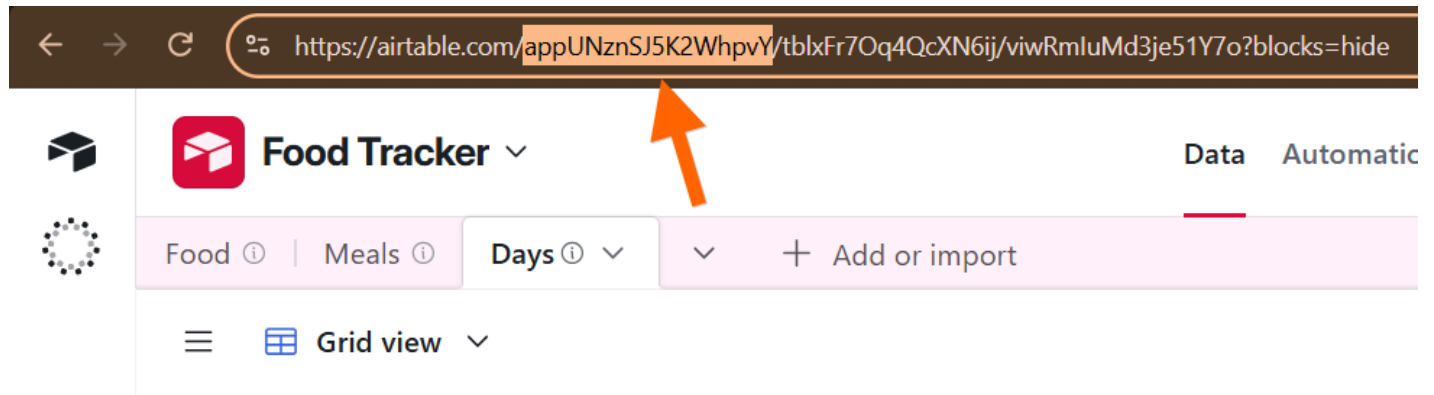
6. Create a new Project and then edit the Project settings



7. Populate the Project Instructions with the instructions below

Replace the values on these 2 lines with your data:

- Airtable Base: `Gloria`
- Base ID: `appUNznSJ5K2WhpvY`



Project settings

Project name

 Food Tracker

Instructions

Set context and customize how ChatGPT responds in this project.

e.g. "Respond in Spanish. Reference the latest JavaScript documentation. Keep answers short and focused."

Memory

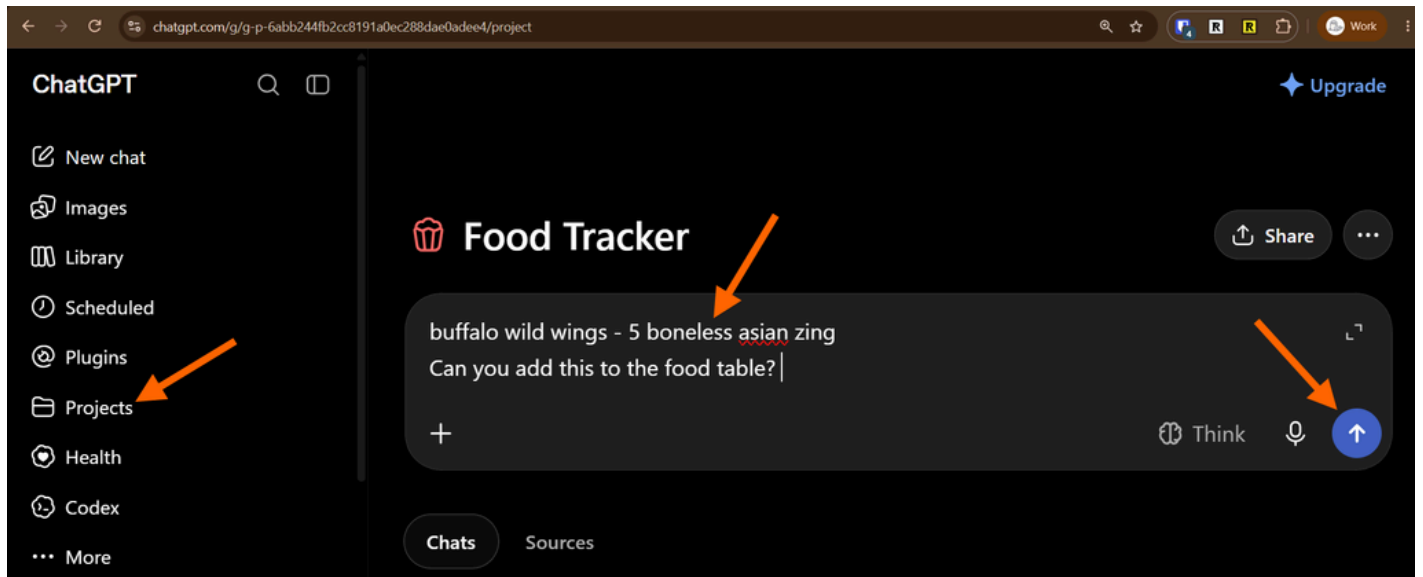
Project-only memory

Copy to Clipboard

- I will send a message where the first line is the exact value that

- should be added to the `Name` field in the `Food` table.
- Any additional lines contain clarifying details about the food item, serving size, preparation, nutrition, etc.
- Always use the entire first line exactly as written when populating the `Name` field. Do not shorten, normalize, or rewrite it unless I explicitly ask you to.
- The first line will often use this format:
`Restaurant name - Food item name`
- The only change that you should make to the name is to capitalize the first letter of every word like this:
`Restaurant Name - Food Item Name`
- The only words that should not be capitalized are filler words like `a`, `the`, `and`, `or`, etc.
- When interacting with Airtable, always use:
 - Airtable Base: `Gloria`
 - Base ID: `appUNznSJ5K2WhpvY`
- Only INSERT new records. Never UPDATE or DELETE records.
- Do not ask for confirmation before inserting a record into the `Food` table.
- For every request to add a record to the `Food` table, follow this three-step Airtable workflow:
 1. Read the Gloria base schema or the `Food` table schema first. This initializes the Airtable connection and confirms the current table and field IDs.
 2. Insert the new record into the `Food` table, then report the values populated in every column.
- Use the information I provide, including any nutrition label, serving-size instruction, or preparation details, to determine the appropriate values for:
 - `Name`
 - `Serving Size`
 - `Calories`
 - `Carbs (g)`
 - `Fat (g)`
 - `Protein (g)`
 - `Alcohol (ml)`
- When exact nutrition information is visible in an image or provided in my message, use those values.
- When exact nutrition information is unavailable, make a reasonable nutrition estimate based on the portion, ingredients, restaurant, and comparable foods. Do not omit nutrition fields merely because the values must be estimated.
- Use the serving size I specify. When I say to use the entire bag, container, package, order, pizza, or similar unit, calculate and store nutrition for that entire amount rather than for one labeled serving.
- Use `0` for `Alcohol (ml)` when the food or drink contains no alcohol.
- After the insert succeeds, display a clear summary of every populated field, including fields intentionally left blank.
- Do not claim that the record was added unless the Airtable insert tool confirms that the record was created.
- If an Airtable call fails, retry the workflow after re-reading the base or table schema before reporting failure.

8. Go into the Project and try adding a food item



9. Verify that the record was added to the Food table in Airtable

The screenshot shows the Airtable interface for the 'Food Tracker' base. The 'Food' table is selected, and the record 'Buffalo Wild Wings - 5 Boneless Asian Zing' is visible in the grid view. The record is highlighted with an orange arrow.

	A Name	A Serving Size	# Calories	# Carbs (g)	# Fat (g)	# Protein (g)	# Alcohol (ml)	Last Modified
1	Buffalo Wild Wings - 5 Boneless Asian Zing	5 boneless wings	408.3	42.5	15.8	25.0	0.0	9/29/2026 3:34am

10. Continue experimenting...