

# THE TOKEN DIET

Your Quick Reference for Spending Smart

## FUEL GRADES -- MATCH THE MODEL TO THE TASK

### HAIKU (Regular Unleaded)

Planning, brainstorming, light edits, creative exploration. Cheapest. Fast. Use when you're figuring things out, not building yet.

### SONNET (Premium)

Building, editing, real work, most daily tasks. Good balance of capability and cost. Use when you're ready to build.

### OPUS (Rocket Fuel)

Complex builds, critical projects, "get it right the first time." Most capable. Worth it when it matters.

**RULE:** Before every session, ask: "What fuel grade does THIS task actually need?"

## THE THREE-OPTIONS RULE

Instead of letting Claude ramble, say: "**Give me THREE options.**"

- "Show me three layouts"
- "Give me three approaches"
- "Suggest three names"

3 options = focused. 30 options = chaos + wasted tokens.

## ONE PROMPT TO RULE THEM ALL

You don't need 3,000 prompts. You need ONE good starter prompt.

- Brain dump everything you know
- Claude asks you questions
- You answer, it refines, repeat
- Say "OK, give me the prompt"

One GOOD prompt = 50 mediocre ones worth of tokens saved.

## PRACTICAL TOKEN SAVERS

- Switch to Haiku for brainstorming
- Switch to Sonnet when you're ready to build
- Say "be concise" when you don't need an essay
- Copy working code to a document BEFORE starting a new chat
- Use your Documentation Starter Kit — specs + changelog save tokens every future session
- "Just give me three options" — always

## RESIST THE MILLION SCREENS

The urge: 12 terminals going, everything at once, MOMENTUM!

The reality: chaos disguised as progress.

**"You MIGHT get there someday — six screens, everything humming. But that's not where you START."**

One thing at a time. Build the skill before you build the scale.

