

THE TOKEN DIET

Your Quick Reference for Spending Smart

FUEL GRADES -- MATCH THE MODEL TO THE TASK

HAIKU (Regular Unleaded)

Planning, brainstorming, light edits. Cheapest. Use when figuring things out.

SONNET (Premium)

Building, editing, most daily tasks. Good balance. Use when ready to build.

OPUS (Rocket Fuel)

Complex builds, critical projects. Most capable. Worth it when it matters.

RULE: Before every session: "What fuel grade does THIS task need?"

THE THREE-OPTIONS RULE

Say: "Give me THREE options." 3 = focused. 30 = chaos + wasted tokens.

ONE PROMPT TO RULE THEM ALL

You don't need 3,000 prompts. Brain dump → AI asks questions → iterate → done.

PRACTICAL TOKEN SAVERS

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

RESIST THE MILLION SCREENS

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

"The deep mine is far. Fill up smart."