Take Your 7-Day Reset Further with AI



The prompt on the previous page is a great way to start using AI with your Reset.

But if you want to make things even easier, I created a simple AI Prompt Pack that personalizes your Reset in seconds.

Inside the AI Reset Companion Prompt Pack, you can instantly:

- generate a full 7-day meal plan
- calculate calories and protein automatically
- build a grocery list instantly
- swap meals based on foods you like
- create a weekly workout split

Turn your Reset into a personalized system in seconds.

By Renae Ealey | Simple Wellness

HOW TO USE THE AI RESET COMPANION

1. Open ChatGPT (free or paid version).
2. Copy the prompt from the next page.
3. Paste it into ChatGPT.
4. Enter your personal stats when prompted.
5. Your personalized Reset plan will be generated instantly.

You can reuse these prompts anytime you want to adjust your calories, meals, or workouts.

AI MACRO CALCULATOR PROMPT

Copy and paste this prompt into ChatGPT:

Act as a nutrition coach.

Calculate my daily calories and macros for fat loss using a high-protein approach.

My stats:
Age:
Height:
Weight:
Goal weight:
Activity level:
Workouts per week:

Preferences (optional):
Food allergies:
Foods I dislike:
Foods I enjoy:
Diet preferences:
Oil preference (example: avoid seed oils):

Important rule:
Set my protein intake to 1 gram of protein per pound of body weight.

Prioritize whole-food protein sources and realistic portion sizes.

Then calculate balanced carbohydrates and healthy fats to support energy and fat loss.

Return the results clearly as:
• daily calories
• protein grams
• carbohydrate grams
• fat grams

AI RESET MEAL PLAN GENERATOR

Copy and paste this prompt into ChatGPT:

Act as a nutrition coach.

Using the macros calculated in the previous step, create a simple **7-day meal plan.**

Follow the Reset plate structure:
- protein
- complex carbohydrate
- vegetables

Daily protein should equal about **1 gram per pound of body weight.**

Keep meals simple, realistic, and easy to prepare.

Respect these if provided:
- food allergies
- foods I dislike
- foods I enjoy
- diet preferences
- oil preference (example: avoid seed oils)

Return a **7-day meal plan with breakfast, lunch, dinner, and optional snacks.**

AI GROCERY LIST GENERATOR

Copy and paste this prompt into ChatGPT:

Act as a meal prep assistant.

Using the 7-day meal plan created in the previous step, generate a **complete grocery list for the week**.

Organize the list into categories:

- proteins
- carbohydrates
- vegetables
- fruits
- pantry items
- seasonings
- cooking oils and extras

Combine duplicate ingredients so the list is simple and easy to shop from.

Return the list in a **clear grocery checklist format.**

AI WEEKLY WORKOUT SPLIT GENERATOR

Copy and paste this prompt into ChatGPT:

Act as a fitness coach.

Create a simple weekly workout split that supports my fitness goals.

My goal:
(example: fat loss, muscle building, glute growth, general fitness)

Equipment available:
(home workouts, gym, or both)

Injuries or areas to avoid:
(example: lower back pain, knee pain, shoulder issues)

Muscle groups I want to prioritize:
(example: glutes, core, upper body)

Important rules:

• Include 3–4 strength training days
• Include optional walking or cardio days
• Include at least 1 rest or recovery day

Workouts should be **simple, realistic, and beginner friendly.**

Avoid exercises that may aggravate any listed injuries.

Return a **clear weekly workout schedule.**

HOW TO GET BETTER RESULTS WITH AI

AI works best when you ask clear and specific questions. Think of it as a conversation.

If you want better results from your Reset prompts, you can ask ChatGPT to adjust the plan based on your needs.

Examples:

- “Make this meal plan simpler.”
- “Give me cheaper grocery options.”
- “Swap these meals for foods I like.”
- “Make this plan higher protein.”
- “Adjust this workout plan for home workouts.”
- “Create a second week of meals using the same macros.”

The more details you give AI, the **more personalized your results will be.**

Think of ChatGPT like a **personal coach that improves the more you interact with it.**