

FREE GUIDE

USE AI TO GET YOUR

Personalized Nutrition Plan in Minutes

No math. No guesswork. Just your numbers.

50 RESET
with Lisa

Health & Fitness Coach 50+ | @50resetwithlisa

Welcome!

Hey! I'm Lisa — Health & Fitness Coach for women 50+. I created this guide because I know how frustrating it is to feel like you're doing everything right and still not seeing results. The truth is, your body has changed — and your nutrition approach needs to change with it.

This free guide gives you the exact words to copy and paste into a free AI tool so it can calculate YOUR personal calorie and nutrition targets in seconds. No math, no confusion — just real numbers for your real body.

■ This guide works best for active women 50+ who want to lose fat, preserve muscle and feel energized — without starving themselves.

Why Use AI for Nutrition?

Don't worry — you don't need to be tech-savvy! AI tools like Claude (claude.ai) and ChatGPT are free and work just like texting a friend. You type a question, it gives you an answer. This guide gives you the exact words to copy and paste so the AI calculates YOUR personal calorie and nutrition targets — the same way a dietitian would, in seconds. No math required on your end!

What You'll Need Before You Start

Before you open any AI tool, jot down these 6 things. You probably already know most of them!

- Your age
- Your height (feet & inches)
- Your current weight (lbs)
- Your goal weight (lbs)
- Your activity level (see table below)
- Your primary goal (lose fat while preserving muscle)

Activity Level Options:

Activity Level	What This Looks Like
Sedentary	Little to no exercise — mostly sitting during the day
Lightly Active	Light exercise 1–3 days per week
Moderately Active	Exercise 3–5 days per week
Very Active	Hard exercise 6–7 days per week — this is most of my clients!

Step 1: Copy & Paste This Prompt

Go to claude.ai or chatgpt.com — both are free. Copy the text below, paste it into the chat box, swap in YOUR numbers where you see the brackets [], and hit send. That's it!

```
"I want to calculate my exact daily calorie and macro targets for fat loss. Here is my information:
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- Age: [your age]
- Height: [your height]
- Weight: [your current weight in lbs]
- Goal weight: [your target weight]
- Activity level: [sedentary / lightly active / moderately active / very active]
- Goal: lose fat while preserving muscle

```
Please calculate my BMR using the Mifflin-St Jeor formula, then my TDEE using the appropriate activity multiplier, then apply a 15% deficit for fat loss while preserving muscle. Break down my macros using a 40% carbs / 30% protein / 30% fat split. Show me the math step by step in simple, easy to understand language."
```

■ **Beginner Tip:** The AI will give you YOUR personal calorie number based on your stats — everyone's number will be different! If it feels too low or too high after trying it for a week, simply type: "Can you adjust this to a slightly higher (or lower) calorie target?" The AI will recalculate everything for you instantly!

Step 2: Ask for Your Meal Plan

Once the AI gives you your numbers, stay in the same chat window and type this next. You don't need to repeat your info — the AI remembers the whole conversation!

```
"Now build me a 1 day meal plan hitting those exact calorie and macro targets, using whole foods and low glycemic carbs to balance blood sugar. Include breakfast, lunch, dinner, and 2 snacks. List approximate calories and macros for each meal."
```

Step 3: Understanding Your Results

The AI will show you some terms that might look confusing. Here's a plain-English explanation:

Term	Plain English Meaning
BMR	How many calories your body burns just to stay alive — even if you did nothing all day
TDEE	Your real daily calorie burn once you factor in all your workouts and movement
Deficit	Eating a little less than you burn so your body uses stored fat for energy
Carbs 40%	Your main energy source — stick to veggies, fruits, oats and legumes
Protein 30%	Keeps your muscles strong while you lose fat — very important after 50!
Fat 30%	Healthy fats keep your hormones balanced and help you feel full longer

Helpful Follow-Up Questions to Ask the AI

Once you get your plan, here are some easy follow-up prompts you can type:

- "I don't eat [food]. Can you swap it out for something similar?"
- "Can you turn this into a simple grocery list for me?"
- "Can you make me a full 7-day meal plan using these same targets?"
- "I am vegetarian / gluten-free / dairy-free. Can you adjust the meal plan?"
- "Can you make this simpler? I am a beginner and just need the basics."
- "My weight has changed to [new weight]. Can you recalculate my targets?"

■ You've got this! AI is just a tool to help you start — your body, your effort, and your consistency are what create real results. Use these numbers as a guide, listen to your body, and don't be afraid to ask the AI to explain anything in simpler terms. For medical conditions or complex health needs, always check with your doctor or a registered dietitian.

Ready to take your reset further? Guide 1: The Nutrition Reset is coming soon — a complete step-by-step nutrition system designed specifically for women 50+.

This guide is provided for educational purposes. Results may vary.

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