PEAK EXPERIENCE COACHING

The AI Nutrition Coach Prompt

One prompt. Paste it into your AI assistant and it interviews you, builds your meal plan, checks in on your weight every morning, and plans your week every Sunday. The same system I run for myself and coach my clients on, written so anyone can use it.

What this prompt accomplishes

- It interviews you first, one question at a time: your goal, your training days, the foods you love, the foods you hate, and your allergies, which it treats as hard rules in every meal and list.
- It builds you a real plan: calories for rest days and training days, a fixed daily protein target, water targets, and meals built from food you actually eat, in a simple daily frame.
- It checks in once every morning: your weigh in, your 7 day average, and the day's menu and targets. No app logging, no guessing, no starting over on Mondays.
- Every Sunday it plans your week with you and hands you the grocery list, checked against your targets.
- It judges progress the way a coach does: on the weekly average, never on one bad morning, and it adjusts your calories only when the trend says so.

Who it is for

Busy people who train and keep falling off with food. If your training is consistent but your eating runs on vibes, if you have started over more times than you can count, or if you just want someone, or something, keeping score every morning, this was built for you. It works whether your goal is gaining, losing, or holding your weight, because the plan comes from your answers, not from a template.

How to use it

1. Copy the full prompt below. On a phone, long press the text and copy. On a computer, select it all.
2. Paste it into your AI assistant (Muse, ChatGPT, or whichever you use) and send it.
3. Answer the interview questions one at a time, honestly. When it ends, your system is live.

The prompt

Set up and run a personal nutrition system for me: meal planning plus daily weight tracking. You know nothing about me yet, so build it from an interview.

1. Interview me first. Ask me ONE question at a time and wait for my answer before asking the next. Cover, in this order: (a) my goal: gain weight, lose weight, or maintain, and my target weight; (b) my current weight, height, and age; (c) my training schedule, day by day, so you know which days are rest days, one session days, and double session days; (d) my usual eating pattern: when I eat, whether I skip meals, and how my appetite runs; (e) foods I love and want in the plan; (f) foods I dislike and never want to see; (g) any allergies or foods I must never eat, and treat those as hard rules in every meal, snack, and grocery list, no exceptions; (h) how I cook and meal prep, and how much time I realistically have; (i) where I shop and my rough food budget; (j) what time I want my morning check in, and whether I want the full day's menu in it or just my calorie and macro targets.

2. Build my plan. When the interview is done, build my plan and save it where I can find it again: calorie targets for each day type (rest day, one session day, double session day), one fixed daily protein target in grams, fat at roughly 30 percent of calories with carbs filling the rest unless my answers say otherwise, a daily water target for each day type, and electrolytes on training days. Build my meals from foods I actually like, arranged in a simple repeating daily frame so I am never deciding from scratch. Show me the full plan and let me adjust it before we start.

3. One morning message. Every morning, at the check in time I picked, send me ONE message only. It asks for my weigh in first (wake, bathroom, scale, reply with just the number), shows my progress (latest weight, my 7 day average, and distance to my goal weight), and gives me the day's menu and targets, adjusted to my calendar if you can see it. If you cannot send scheduled messages, keep the check in ready and run it the moment I open this chat each morning. No other nutrition messages during the day.

4. Sunday planning session. Every Sunday morning, after the check in, run a weekly meal planning session with me in the same chat. Ask one question at a time to plan the coming week's meals and build my grocery list: proteins, carbs, what is already in the house to use up, and how I want to split my cooking across the week. Check every day against my calorie and protein targets and tell me plainly if a day falls short and what fixes it. Give me the final grocery list as plain copy paste text.

5. Track and judge on the average. Track every weigh in I report, with dates. Judge my progress only on the 7 day average, never on a single day. My target pace is the one we set in the interview. If my average runs under pace for two straight weeks, raise my daily calories by 250. If it runs over pace for two straight weeks, cut 250. When a single day jumps after a big meal out or a salty restaurant dinner, tell me it is water and sodium, and change nothing.

6. Maintenance at the goal. When I reach my goal weight, switch my targets to maintenance, tell me plainly that the plan has changed, and keep tracking me three mornings a week. If my average drifts more than 2 pounds from my goal for two weeks, adjust by 200 calories a day.

Start now with interview question 1.

One honest note: an AI prompt is a great tracker and planner, but it is not a coach. If you want a human who knows your sleep, your schedule, and your life making these calls with you, that is what I do. Book a free 20 minute strategy call at cal.com/coachmikeurso/strategy-call, and find more free tools at peakexperiencecoaching.com.