

AI workout and meal plan prompts

These prompts build plans around your real life: a gym split for your goal, a home workout with no equipment, a beginner running or walking plan, a quick stretch routine for desk days, and weekly meal plans that fit your diet, budget and cooking time, with a grocery list.

The prompts ask for your current fitness, time, injuries and food preferences, because a plan that ignores them will not last. They are general guidance only. If you have a health condition, are pregnant or take medication, check with a doctor or dietitian before changing how you exercise or eat.

How to use: copy a prompt into ChatGPT, Gemini or Claude and replace every [BRACKETED] part with your own details. Each prompt also has its own page with a copy button, linked under its title. 18 prompts in this pack.

1 Weekly gym workout plan for your goal

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-gym-workout-split/

Act as a qualified personal trainer.

Goal: [e.g. build muscle / get stronger / lose fat]

Experience: [e.g. beginner, 6 months of gym]

Days per week: [DAYS]

Time per session: [MINUTES]

Equipment: [e.g. full gym / dumbbells only]

Injuries or limits: [LIMITS]

Give me a weekly split with exercises, sets, reps and rest times for each day, plus a warm-up. Explain how to add weight or reps over the next 8 weeks, and give an easier swap for any exercise that is hard to learn. This is general guidance, so tell me to check with a doctor if I mention a health condition.

Tip: Ask a trainer at your gym to check your form on the main lifts in the first week.

2 Create a home workout plan with no equipment

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-home-workout-plan/

Create a 4-week home workout plan.

Goal: [FAT LOSS / STRENGTH / STAMINA]
Fitness level: [BEGINNER / INTERMEDIATE]
Days per week: [NUMBER]
Time per session: [MINUTES]
Equipment: [NONE / DUMBBELLS]
Injuries or limits: [ANY]

Give a weekly table with exercises, sets and reps, warm-up and cool-down, how to progress each week and a simple rule for rest. Include a reminder to check with a doctor if I have health conditions.

Tip: Consistency beats intensity. Choose a plan you can do on your worst day.

3 Couch-to-5K style running plan

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-beginner-running-plan/

Create an 8-week plan to help me run [DISTANCE].

My current fitness: [DESCRIPTION]
Days per week available: [DAYS]
Any injuries or limits: [LIMITS]

Provide week-by-week workouts mixing walking and running, warm-up and cool-down, tips for rest days, and signs I should slow down. This is general guidance, so check with a doctor before starting if you have health concerns.

Tip: Run slowly enough that you could hold a conversation; most beginners start too fast.

4 Walking plan to build up your daily steps

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-walking-step-plan/

Help me build a daily walking habit.

My steps now: [e.g. about 3,000 a day]
Target: [e.g. 8,000 a day]
My day: [e.g. office job, free before 8 am and after 7 pm]
Limits: [e.g. knee pain, hot weather, no safe park nearby]

Give me a 6-week plan that increases steps gradually, with ideas for fitting walks into my real day, what to do on rainy or busy days, and a simple way to track progress. Keep it realistic, not heroic.

Tip: Attach walks to something you already do, such as after lunch or during phone calls. That is how the habit sticks.

5 10-minute stretching routine for desk workers

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-desk-stretch-routine/

Create a 10-minute stretching and mobility routine for someone who sits at a desk all day.

Where I feel stiff: [e.g. neck, lower back, hips]

Where I can do it: [e.g. at my desk / on a mat at home]

Any pain or injuries: [DETAILS OR NONE]

List each move with how long to hold it, simple step-by-step instructions and what I should feel. Add three one-minute moves I can do between meetings. Keep every move gentle, and tell me which signs mean I should stop and see a doctor or physiotherapist.

Tip: Set a reminder to stand up every hour. Short breaks through the day help more than one long stretch.

6 Weekly meal plan + grocery list

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-meal-plan/

Create a 7-day meal plan for [PEOPLE, e.g. 2 adults].

- Diet: [DIET, e.g. vegetarian South Indian, high protein]
- Goal: [GOAL, e.g. weight loss / muscle gain / healthy family meals]
- Allergies or dislikes: [ALLERGIES]
- Cooking time: [TIME, e.g. max 30 minutes on weekdays]

Show it as a table (Day | Breakfast | Lunch | Dinner | Snack) with the approximate protein per day. Then give one combined grocery list grouped by section.

Tip: For medical diets, check the plan with a doctor or dietitian.

7 Weekly meal plan on a tight budget

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-budget-meal-plan/

Create a 7-day meal plan on a tight budget.

People: [NUMBER, e.g. 2 adults]

Weekly food budget: [AMOUNT]

Where I shop: [e.g. local market, supermarket]

Diet: [e.g. vegetarian, eats eggs, no pork]

Kitchen and time: [e.g. one burner, 30 minutes on weekdays]

Give breakfast, lunch and dinner for each day, reusing ingredients so little goes to waste. Add a grocery list grouped by section with rough prices, and point out which meals I can cook once and eat twice. Tell me if the budget looks too tight for balanced meals.

Tip: Prices vary a lot by city. Treat the costs as a rough guide and adjust after your first shop.

8 Keto, vegan or high-fibre meal plan

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-diet-style-meal-plan/

Create a 7-day meal plan for this way of eating: [DIET, e.g. vegetarian keto / vegan / high-fibre / Jain].

My goal: [e.g. more energy, eat more protein]

Foods I dislike or cannot eat: [LIST]

Cuisine I enjoy: [e.g. South Indian, Mediterranean]

Cooking time on weekdays: [MINUTES]

For each day give three meals and one snack, with a rough protein figure per meal. Add a grocery list and two meals I can prepare in bulk on Sunday. Keep the recipes simple. This is general guidance, so remind me to check with a doctor or dietitian if I have a medical condition or take medication.

Tip: If you have diabetes, kidney problems or take medication, ask a doctor before changing your diet.

9 High-protein meal prep plan

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-high-protein-meal-prep/

Plan a week of high-protein meal prep.

Diet type: [VEGETARIAN / NON-VEGETARIAN / VEGAN]

Daily protein goal: [GRAMS]

Budget: [BUDGET]

Cooking time available: [HOURS]

Foods I dislike or cannot eat: [EXCLUSIONS]

Give a shopping list, a prep schedule for one session, meals for each day with approximate protein, and storage tips. This is general guidance, not medical or dietary advice.

Tip: Cook the proteins and grains on one day and add fresh sauces daily to avoid boredom.

10 Weekly Indian vegetarian meal plan

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-indian-vegetarian-week/

Create a weekly Indian vegetarian meal plan for [NUMBER] people.

Region and taste: [REGIONAL CUISINE AND SPICE LEVEL]

Time to cook on weekdays: [MINUTES]

Budget: [BUDGET]

Allergies or dislikes: [EXCLUSIONS]

Give breakfast, lunch, dinner and a snack for each day, a balanced protein plan, a shopping list and prep tips. This is general inspiration, not medical advice.

Tip: Cook a base gravy and dal once and reuse them in different dishes through the week.

11 Get a recipe from what is in your kitchen

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-recipe-from-ingredients/

I have these ingredients: [LIST]
Also in my pantry: [SPICES, OIL, ETC.]
Cuisine I enjoy: [e.g. South Indian, Italian]
Diet: [VEG / VEGAN / NONE]
Time: [MINUTES]
People: [NUMBER]

Suggest 3 recipes I can make right now with few extra items. For the one you like best give the full recipe with quantities, steps and one tip to make it taste better.

Tip: List everything, including the half-used things. It finds better matches.

12 Turn leftovers into a new meal

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-leftover-makeover/

I have these leftovers:

[LIST]

Pantry basics I have: [PANTRY ITEMS]
Cuisine I like: [CUISINE]
Time available: [MINUTES]

Suggest three quick meals that transform the leftovers into something that does not taste like leftovers, with short instructions and one tip to make each one better.

Tip: Tell the AI what you have in your spice rack as well; flavour changes leftovers completely.

13 Lunchbox ideas kids will actually eat

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-lunchbox-ideas/

Suggest 15 school lunchbox ideas for a child aged [AGE].

Foods they like: [LIKES]
Foods they refuse: [DISLIKES]
School rules or allergies: [RULES]
Prep time: [MINUTES]

Group them by type, include one make-ahead option per day of the week, and give simple ways to make them look fun without extra effort.

Tip: Let children choose between two healthy options; choice reduces refusals.

14 Toddler meal ideas for picky eaters

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-toddler-meal-ideas/

Suggest a week of meals and snacks for a toddler aged [AGE] who is a picky eater.

Foods they accept: [SAFE FOODS]

Foods they refuse: [REFUSED FOODS]

Allergies or restrictions: [ALLERGIES]

Give simple recipes that hide or pair new foods with safe ones, and tips for mealtimes. This is general inspiration, not medical advice; check anything with your paediatrician.

Tip: Offer a new food alongside a safe favourite and no pressure to eat it; repeat exposure works.

15 Build a better sleep routine

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-sleep-routine-plan/

Help me build a realistic sleep routine.

Current bedtime and wake time: [TIMES]

What gets in the way: [PROBLEMS, e.g. late screens, caffeine, stress]

My schedule constraints: [CONSTRAINTS]

Create a four-week plan that changes one habit each week, with an evening wind-down routine, morning routine and environment tips. This is general wellbeing advice, not medical advice. See a doctor if sleep problems persist.

Tip: Change one thing per week; small consistent steps beat a total overhaul.

16 Build a habit you can actually keep

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-daily-habit-plan/

Help me build the habit of [HABIT].

Why it matters to me: [REASON]

My schedule: [ROUTINE]

What has stopped me before: [OBSTACLES]

Design a plan using tiny steps: a 2-minute starter version, a trigger tied to something I already do, a reward, what to do on a missed day and a 4-week ramp-up. Also a way to track it without a complicated app.

Tip: Make the habit so small it feels silly. You can grow it later.

17 Design a morning routine that fits you

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-morning-routine-design/

Help me design a realistic morning routine.

Wake time: [TIME]

Time available before I leave: [MINUTES]

What I want from my mornings: [GOALS]

Constraints: [KIDS / COMMUTE / SHIFT WORK]

Give a minute-by-minute plan with a light and a busy-day version, the order of tasks, an evening prep checklist and how to build it in over three weeks.

Tip: Design your routine around what you want to feel, and add one habit at a time.

18 Prepare for a doctor visit

ChatGPT · Gemini · Claude · usepromptup.com/prompts/text-doctor-visit-prep/

Help me prepare for an appointment with my [TYPE OF DOCTOR].

Symptoms or reason for visit: [SYMPTOMS AND HOW LONG]

Medications and allergies: [LIST]

Relevant history: [HISTORY]

Organise this into a one-page summary in a clear order, list questions I should ask, and what to write down during the visit. Do not diagnose or suggest treatments; just help me communicate clearly.

Tip: Write your top three concerns first so the most important ones get discussed if time runs out.

More free prompts at usepromptup.com/fitness-and-meal-plan-prompts/ · You may copy and adapt these prompts for your own use.