

The Fit Woman's ChatGPT Cheat Sheet: 44 Prompts to Crush Fat Loss with AI

Master Your Nutrition, Fitness, Mindset & Recovery/Hormones with the Power of Smart Prompts

Hey there! I'm **Casey- a Registered Dietitian & Certified Personal Trainer**. I help women lose fat, get fit & gain confidence. I have 20+ years of experience in the area of nutrition/fitness. BUT I know ChatGPT can be a great compliment to the services I offer!

If you've ever wished for a coach in your pocket, meet ChatGPT. This powerful AI can help you plan meals, give you support for your workouts, and shift your mindset- *if* you know what to ask.

That's why I created this guide: to hand you the exact prompts that make ChatGPT a game-changing fat loss tool.

Inside, you'll find:

- 11 Nutrition prompts to take the guesswork out of healthy eating
- 11 Fitness prompts to energize your movement and keep you consistent
- 11 Mindset prompts to break through self-doubt, overwhelm, and all-or-nothing thinking
- 11 Recovery & Hormones prompts to help you rest smarter, feel better, and support long-term fat loss

Let's dive in. Save these. Use them. And most importantly- take action.

SECTION 1: NUTRITION PROMPTS

1. "Create a 7-day fat loss meal plan for a 45-year-old woman who needs 1600 calories per day - that includes 30-40 g protein per meal & 30 g fiber total per day."
 2. "Give me healthy, high-protein snack ideas I can prep in under 10 minutes."
 3. "What are some satisfying low-calorie swaps for bread, pasta, and sweets that won't make me feel deprived?"
 4. "Make me a grocery list & 3 day meal plan for fat loss - make it work with healthy eating on a budget for a family of 4."
 5. "Break down what a balanced plate should look like for fat loss."
 6. "Help me batch cook 3 easy dinners I can eat all week."
 7. "What should I eat before and after workouts if I want to burn fat and keep muscle?"
 8. "Give me a list of go-to meals for when I'm too tired to cook."
 9. "I have a sweet tooth at night- what are some healthy dessert options?"
 10. "What are signs I'm not eating enough while trying to lose weight?"
 11. "Create a 3-day high fiber meal plan for women in perimenopause."
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SECTION 2: FITNESS PROMPTS

1. "Help me create a realistic daily step goal based on my lifestyle and fitness level, and give me simple strategies to hit it consistently- even on busy days."
 2. "I'm a busy woman over 40 with just 20 minutes and a few dumbbells-what's the most effective way to use that time to support fat loss, strength, and energy?"
 3. "Write a pep talk for days I feel too tired or too busy to move my body."
 4. "What are 5 powerful reasons to stay consistent with fitness in my 40s and beyond?"
 5. "Help me create a personal fitness mission statement that keeps me focused."
 6. "List non-scale victories to track my progress with movement and energy."
 7. "Give me a strategy to overcome the fear of starting to exercise again after a long break."
 8. "Teach me how to progressively overload in strength training-how to know when to increase weight, reps, or sets, and how to do it safely as a woman over 40."
 9. "Explain RPE (Rate of Perceived Exertion) for strength training in a way a beginner can understand. Then, give me a guide to how I should feel at each level from 1 to 10, and how to use it to track progress and avoid overtraining."
 10. "Help me shift from 'I have to work out' to 'I get to move my body.'"
 11. "Help me decide if I truly need rest or if I'm just unmotivated to work out today. What signs should I look for in my body and mind, and how can I make the best choice without guilt?"
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SECTION 3: MINDSET PROMPTS

1. "Give me 5 affirmations to stay consistent with my health goals."
 2. "Help me reframe my all-or-nothing thinking when I miss a workout."
 3. "Write a motivational pep talk for when I feel like giving up."
 4. "What are journal prompts to help me uncover why I emotionally eat?"
 5. "Give me a simple morning routine that sets me up for success."
 6. "How can I stop self-sabotaging every time I start seeing results?"
 7. "Create a list of mini wins I can track weekly to stay motivated."
 8. "What should I tell myself when I feel like nothing is working?"
 9. "Write a 5-minute guided visualization for reaching my fitness goals."
 10. "Give me a mantra to repeat when I'm tempted to quit."
 11. "Help me build more confidence in my body right now- not just when I lose weight."
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SECTION 4: RECOVERY & HORMONES PROMPTS

1. "Explain why sleep matters for fat loss, and give me tips to improve it naturally."
2. "How can I manage stress better to avoid sabotaging my fat loss goals?"
3. "What are signs my hormones might be impacting my energy or weight loss?"
4. "Create a wind-down routine that helps me fall asleep faster and stay asleep."
5. "How can I tell the difference between true fatigue and just feeling unmotivated?"

6. "What are recovery strategies I can use after strength training to feel better and stay consistent?"
7. "Help me understand cortisol and how it affects belly fat and cravings."
8. "Give me lifestyle tips to support hormone balance in perimenopause."
9. "What are signs I'm overtraining and how can I adjust my workouts to recover better?"
10. "How does chronic stress impact fat loss and what can I do daily to offset it?"
11. "List daily habits that support recovery, hormone health, and sustainable fat loss."

Your journey just got smarter.

Now you know *exactly* what to ask ChatGPT to get clarity, structure, and support on demand.

Here's your next step: Use at least one prompt from each category today. Don't wait for motivation- create it.

Want more tailored coaching, real-time accountability, and a plan that actually works for your life? **Click [HERE](#) to learn more about the Inspire Fitness program.**

Let's connect! Come say "hi" to me on Instagram- I share lots of great info there, and my DMs are always open! Find me [HERE](#).