

CLEANSE CREATION STEP 1: Generate Your Product Outline, The Juice Recipe, And The 10 Days Of The Cleanse

This is the first of two prompts we'll use to generate our 10-day cleanse info-products with AI. This prompt starts with a reviewing the task, then creates a custom juice recipe tailored to your specific cleanse, then it creates an outline for the 10 days of the cleanse, finally it moves on to creating content for each of the 10 days. After each section of content is created you'll have the option to modify the content if you want. When you modify a section of content AI will rewrite that entire section with your changes applied. It's pretty slick!

1. Start by copying "Prompt 1: About The Juice & 10-Day Cleanse Prompt" to your clipboard. Make sure you've added your product and audience info to the section of the prompt before running it.

We'll be creating a cleanse that helps people reduce inflammation.

Prompt 1: About The Juice & 10-Day Cleanse Prompt

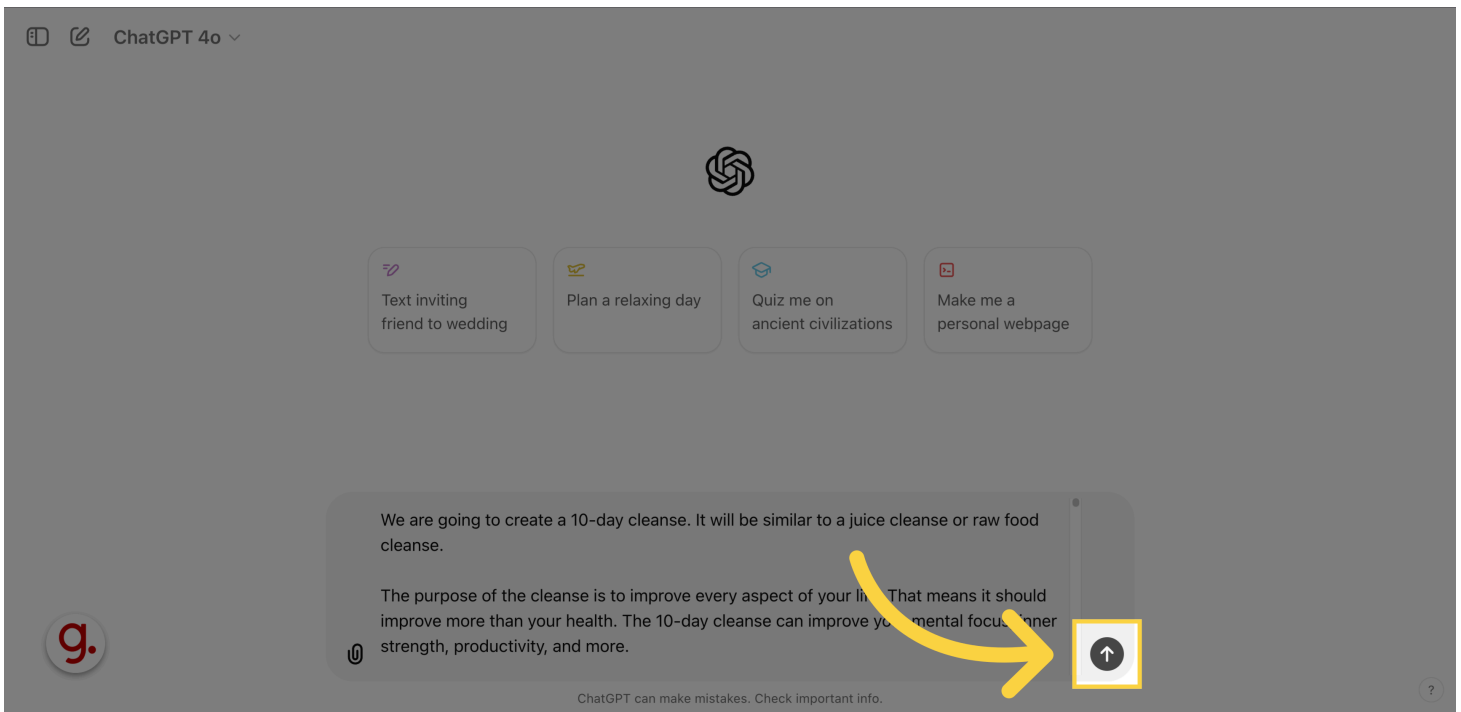
PROMPT

We are going to create a 10-day cleanse. It will be similar to a juice cleanse or raw food cleanse.

The purpose of the cleanse is to improve every aspect of your life. That means it should improve more than your health. The 10-day cleanse can improve your mental focus, inner strength,

2. Paste The Prompt Into ChatGTP or your favorite AI LLM Tool And Run It

I prefer ChatGTP for generating info-products but Claude and Gemini also work well.



3. You Can Edit and Modify Content As It's Being Generated

After each section of content is generated the prompt will ask you to confirm if it's correct. If you want to modify something just type the change you want and AI will rewrite that section of content with your change applied.

Next Steps

1. Create the "About The Juice Instructions" section.
2. Develop a detailed outline for the 10-day cleanse.
3. Write the full 10-day cleanse, chapter by chapter.

”

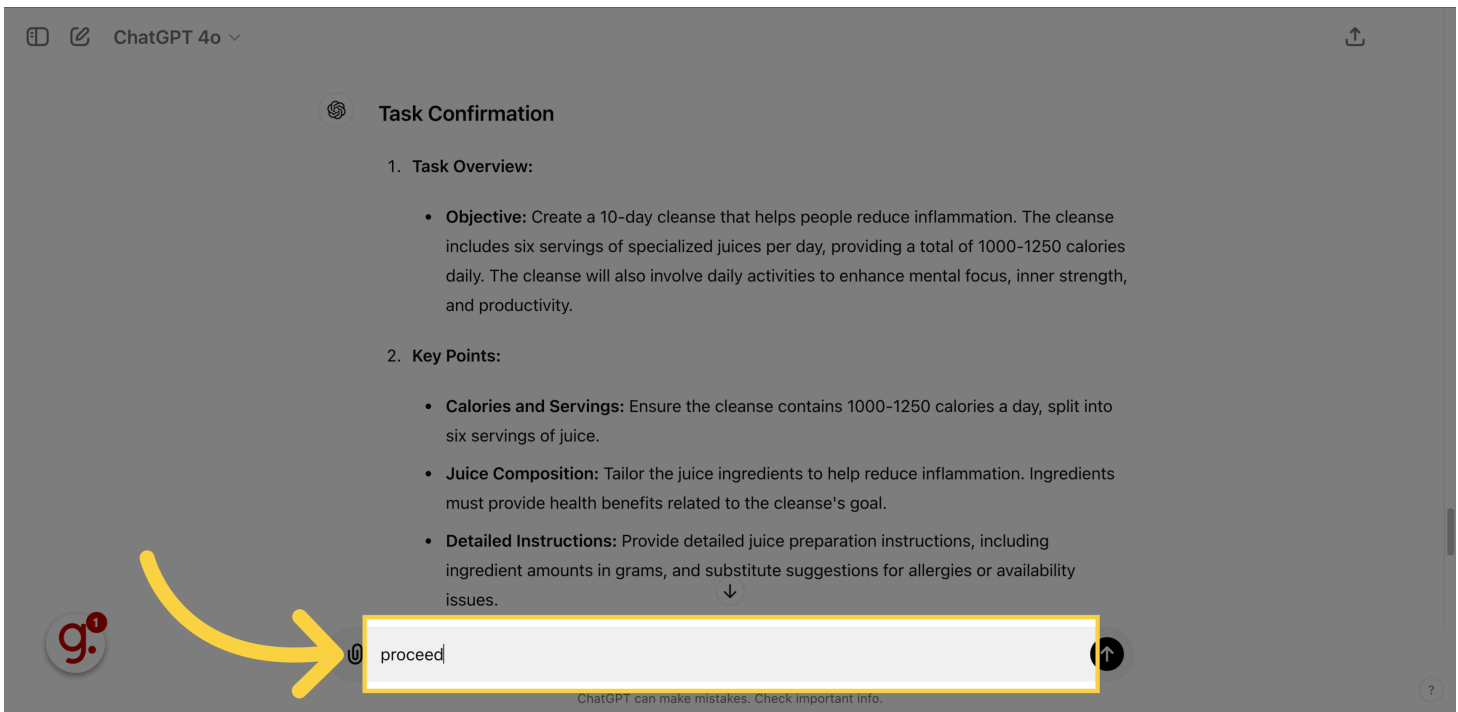
Please confirm if this summary is correct, and if so, we will proceed with the "About The Juice Instructions" section.



proceed

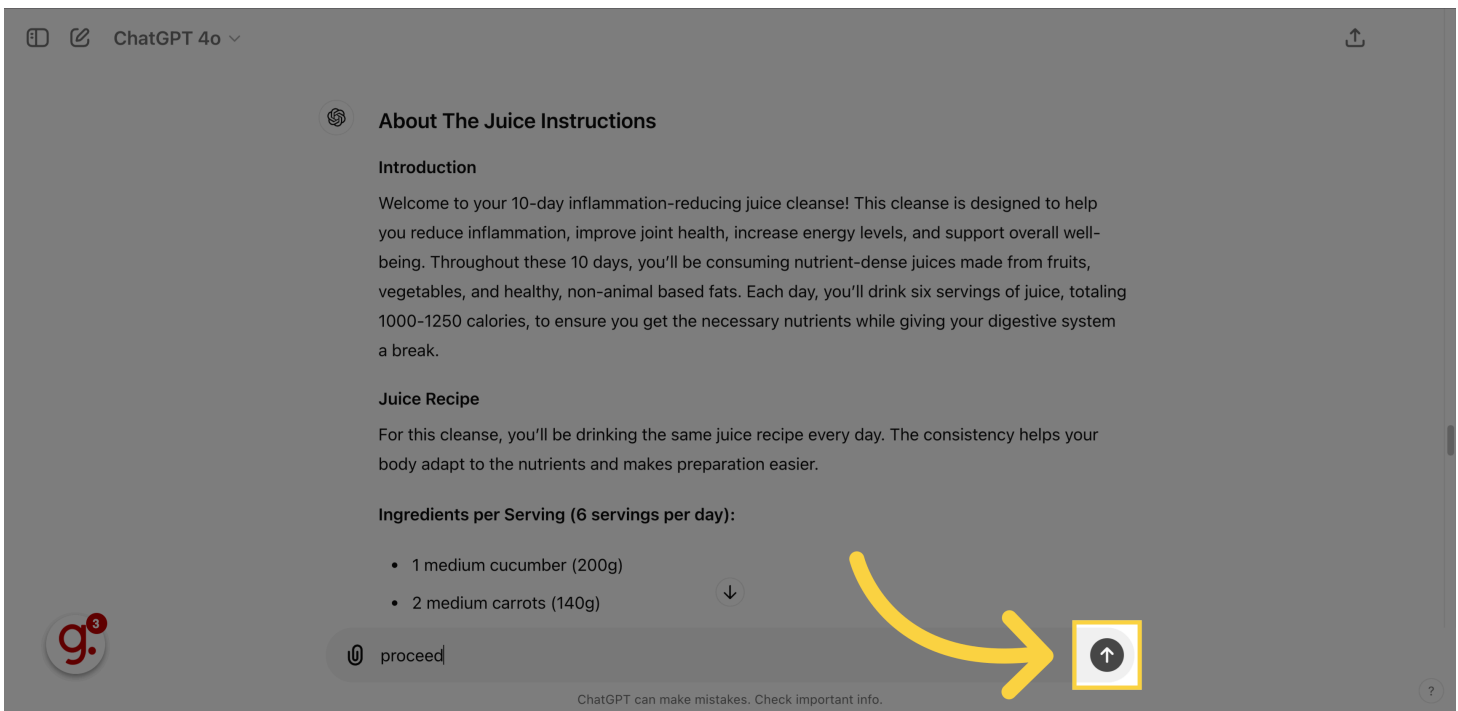
4. Task Confirmation

This gives you an overview of what the prompt is about to create. If you want to change anything you can type your change in the message box and A.I. will revise the Project Overview. If you're happy with the project overview you can type "proceed"



5. Next, the prompt will create "The Juice Instructions"

This step creates a custom juice recipe tailored to the needs of the specific cleanse you're creating.



6. Double Check Your Juice Recipe At juicerecipes.com/build

It's important to double check the calorie content of the juice recipe A.I. creates using juicerecipes.com/build. The cleanse is designed to be between 1000-1250 calories a day split up into 6 servings of juice which means each serving of juice is between 167-208 calories. You can adjust the juice recipe as needed by entering the new recipe in the message box and telling A.I. to update the recipe. If you need to adjust the recipe just tell AI what needs to be modified and it will apply your changes to the juice recipe.

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for your health

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📖 My Recipes

Fruit 0%

Vegetables 0%

Other 0%

Ingredient

Amount

Grams

Type a food name

Add

👉

Login or Create Account to be able to save your recipe

🧴 Juiced

🍷 Solid

Nutrition Facts (Juiced)

Calories 0

Calories from Fat 0

% Daily Value *

Total Fat 0g

Saturated Fat 0g

Monounsaturated Fat 0g

Polysaturated Fat 0g

Cholesterol 0mg

Sodium 0mg

Potassium 0mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0

Protein 0g

Vitamin A 0µg

Vitamin C 0mg

Calcium 0mg

Iron 0mg

7. 10-Day Outline

Now AI will move onto creating an outline for the 10 days of the cleanse. Look over each of the 10 days to make sure you're happy with what's about to be created. If you want to change anything, tell A.I. which parts you want to change. When you're happy with the outline type "proceed"

The screenshot displays a ChatGPT interface with a dark theme. At the top, the header shows 'ChatGPT 4o' with a dropdown arrow. The main content area contains a generated outline for a '10-Day Cleanse'. The outline is structured as follows:

- Outline for the 10-Day Cleanse**
 - Introduction**
 - Brief overview of the cleanse
 - Benefits of reducing inflammation
 - Introduction to the juice recipe and schedule
 - Day-by-Day Outline**
 - Day 1: Introduction and Preparation**
 - Title: "Day 1: Setting the Foundation"
 - Welcome message
 - Materials needed: journal, yoga mat, water bottle, essential oils
 - Detailed plan: Introduction to the cleanse, importance of hydration, gentle stretching exercises, mindfulness meditation
 - What to expect: Adjusting to the juice cleanse, potential detox symptoms

A yellow arrow points from a '9.6' grade icon (located on the left side of the image) to the input field at the bottom. The input field contains the text 'proceed' and is highlighted with a yellow border. The bottom of the interface shows a footer with the text 'ChatGPT can make mistakes. Check important info.'

8. Day 1

Now the prompt moves onto creating content for each day of the cleanse.

ChatGPT 4o



Full 10-Day Cleanse

Introduction

Welcome to your 10-day inflammation-reducing juice cleanse! Over the next 10 days, you'll be consuming nutrient-dense juices made from fruits, vegetables, and healthy, non-animal based fats. This cleanse is designed to reduce inflammation, improve joint health, increase energy levels, and support overall well-being. You'll also engage in daily activities to enhance mental focus, inner strength, and productivity.

Day 1: Setting the Foundation

Welcome to a New Day

Welcome to Day 1 of your 10-day cleanse! Today is all about setting the foundation for your journey. We'll focus on hydration, gentle stretching, and mindfulness to prepare your body and mind for the days ahead. The goal is to ease into the cleanse, allowing your body to adjust to the new regimen.

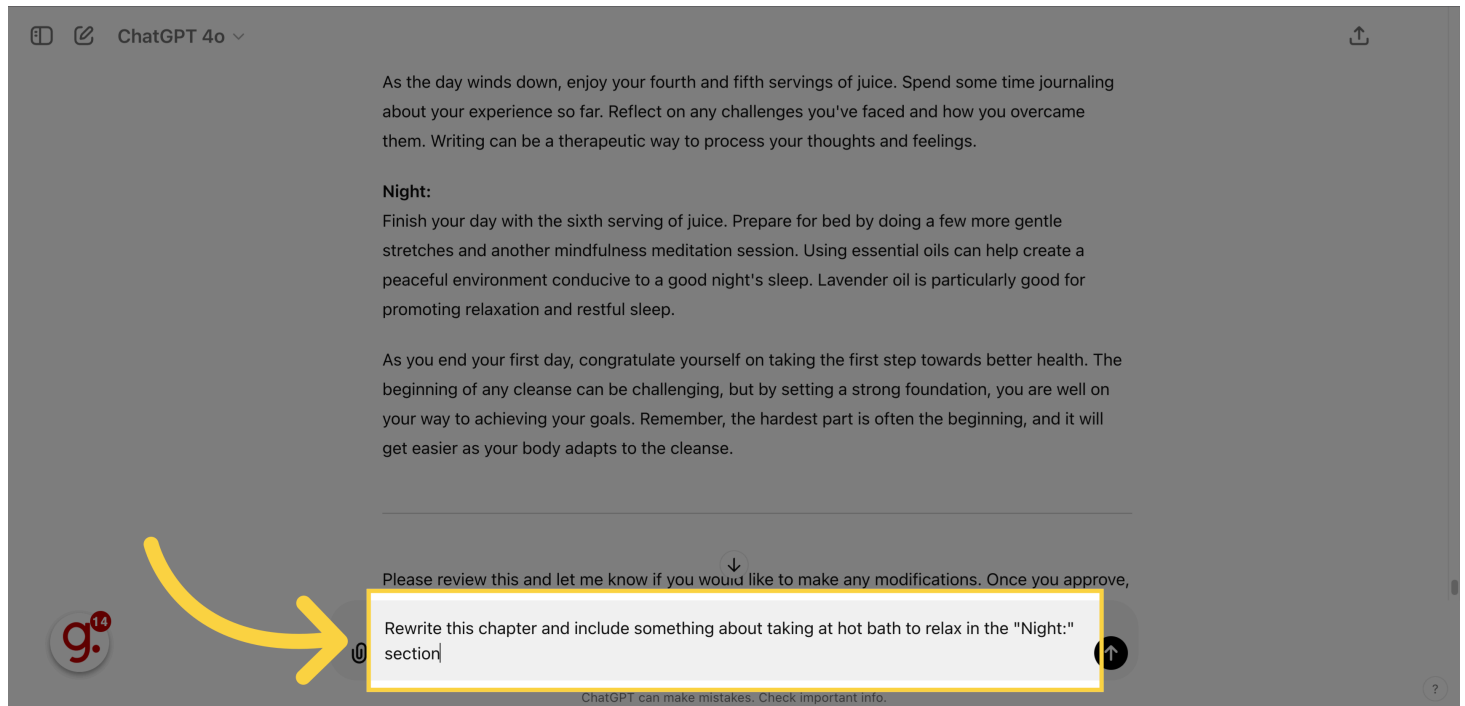
Materials Needed

- Journal
- Yoga mat
- Water bottle



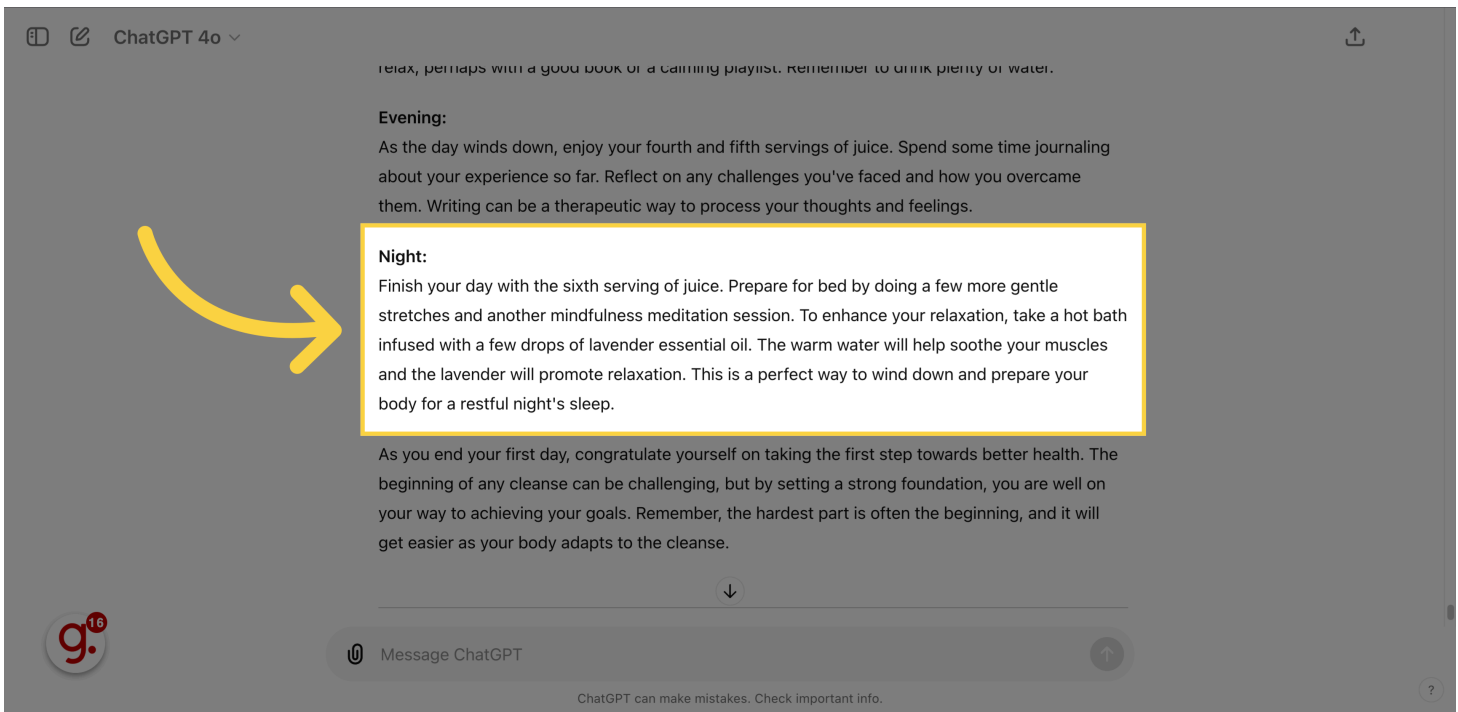
9. Making An Edit To Day 1

I wanted to add a hot bath to the "Night" part of day 1. I used the following prompt to do that "Rewrite this chapter and include something about taking at hot bath to relax in the "Night:" section"



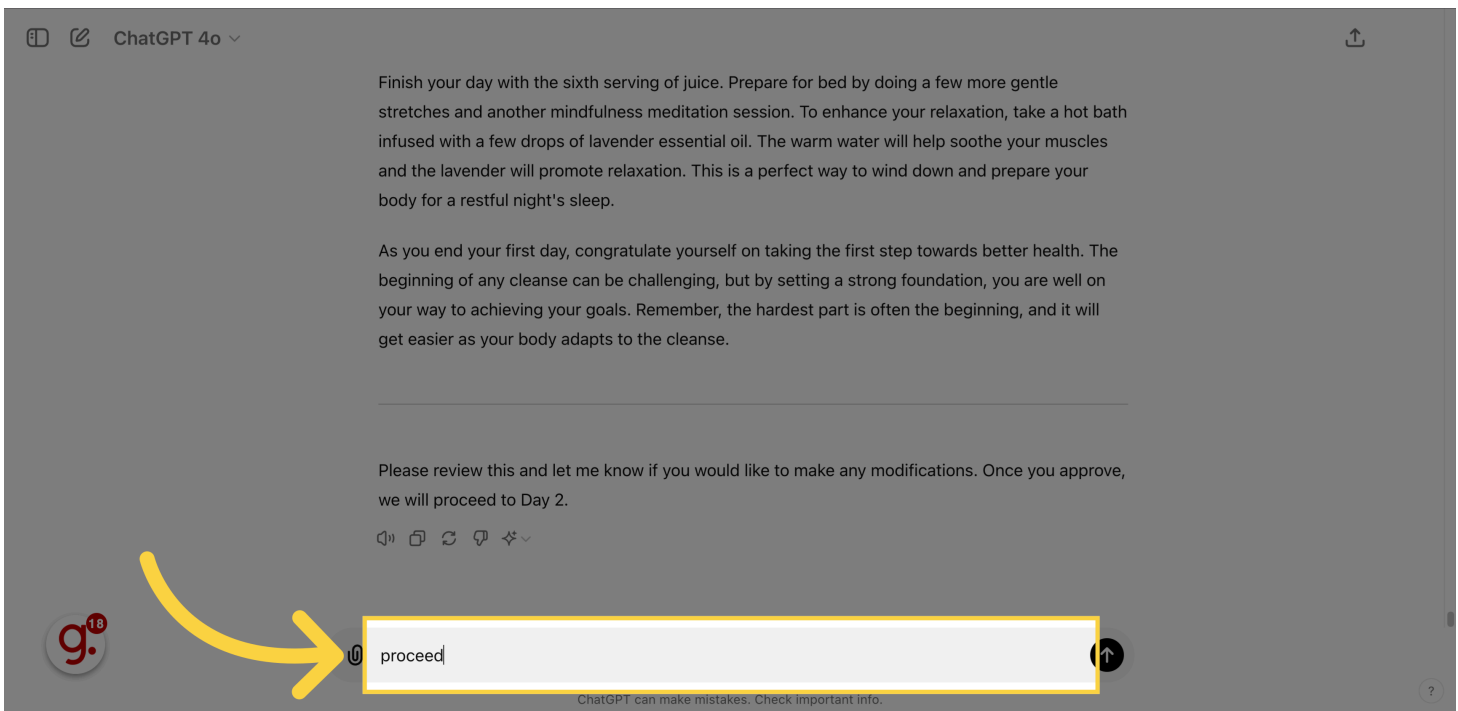
10. Here's Our Edited Content

You can see AI rewrote the chapter and included my edit about taking a hot bath at night to help you relax. Being this hands on with the AI creation process does take more time but you end up with a much better product.



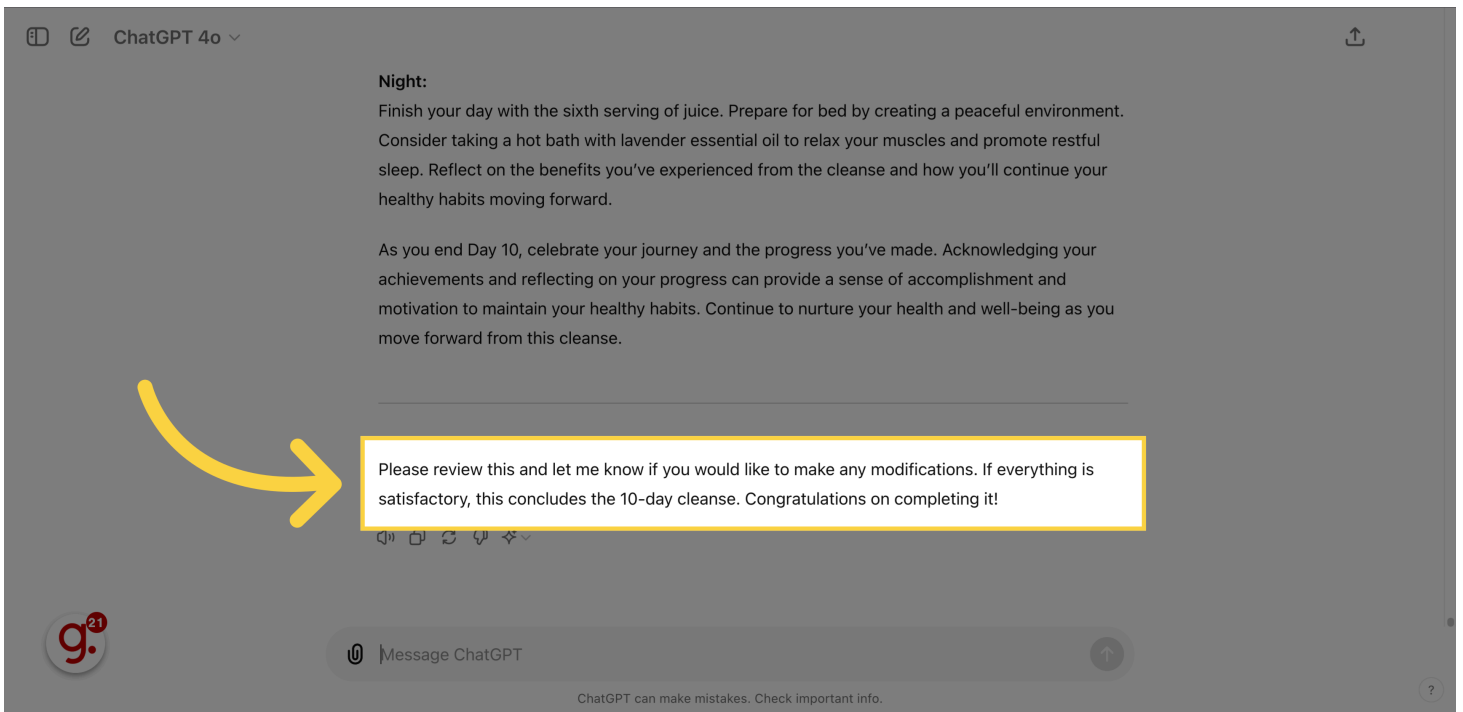
11. Moving On To The Next Section Of Content

When you're happy with the content type "proceed" to move onto the next section.



12. Finishing Up

We skipped ahead to day 10 because generating the other days is the same as what we've gone over. You just keep telling AI to "proceed" once you're happy with the content and it will continue generating the days.



You just created the juice recipe chapter and the content for 10 days of the cleanse. You'll be using the "Prompt 2: Supplementary Chapters" to generate the rest of the content for your info-product. NOTE: The prompt is written to stop after each day and give you option to modify the content from that day or move on to the next day. Sometimes A.I. will go against the prompt and make multiple days at a time - you can just go with it or press stop and tell it to start over and create one day at a time.

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