The Wellness Publisher's Vault

100 Expert Prompts for the Diet & Wellness Royalties Bot

OTO1 Exclusive · 10 Sub-Niches · 100 Prompts · Commercial Use Included

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"These prompts turn the Diet & Wellness Royalties Bot into a publishing machine. Each one is written to produce real chapters — not placeholder text."

■ How to Use This Vault

Welcome to **The Wellness Publisher's Vault** — your complete set of 100 expert prompts for the Diet & Wellness Royalties Bot. Each prompt in this collection is engineered to produce a complete, coherent, publishable chapter — not a vague outline or a collection of bullet points, but fully-written, second-person prose that reads like it was written by an experienced health and wellness author.

The prompts are organised across 10 of the most commercially powerful diet and wellness sub-niches on Amazon KDP. You can use them in two ways: work through an entire category to build a complete book in that niche, or mix and match across categories for a comprehensive multi-topic wellness guide.

Step 1 — Open ChatGPT and Start the Bot

Access your Diet & Wellness Royalties Bot via the ChatGPT link provided in your download page. Complete the three setup steps: choose your pen name, select your book length, and pick your niche. For prompts in this vault, choose Option 'B' when prompted to select a topic — this is the 'Premium Prompt' entry point that accepts your own custom instructions.

Step 2 — Paste the Full Prompt

Copy the complete prompt text including the 'You are the Diet and Wellness Royalties Bot' opening. Replace **[PEN NAME]** with the pen name you confirmed in Step 1. Paste the entire prompt when the bot asks you to enter your premium prompt. The bot will generate your full outline first — review it, request any changes, and then type START to begin writing.

Step 3 — Use CONTINUE If the Chapter Gets Cut Off

These prompts request long, detailed chapters (800–1,100+ words each). ChatGPT's response window has limits, and the bot may stop mid-chapter with a CONTINUE prompt. This is normal and intentional. Simply type CONTINUE and the bot will pick up exactly where it left off without repetition or summarising. Never press the 'Regenerate' button mid-chapter — always use CONTINUE.

Step 4 — Use NEXT, EXPAND, and REDO to Shape Your Book

After each chapter completes, you control the flow. Type **NEXT** to move to the following chapter, **EXPAND [topic]** if you want a specific section explored in greater depth, or **REDO** if you want the chapter rewritten with a different angle. The bot remembers your book's context throughout the session and maintains consistency of voice and structure.

Step 5 — Collect All Final Assets

Once all chapters are complete, the bot will walk you through five final assets: a Conclusion, seven KDP keywords, your Amazon book description, an author bio, and a DALL-E cover

image prompt with a Canva placement guide. These five assets — combined with your chapters — are everything you need to publish your book on Amazon KDP.

> **■ Pro Tip: Customise the Pen Name Placeholder**
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> Every prompt in this vault contains [PEN NAME] as a placeholder. Replace this with the exact pen name you confirmed during bot setup before pasting. The bot will use this name consistently throughout your book, including on the cover.

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■ Category 01 · Weight Loss for Women Over 40

Hormones, metabolism & sustainable fat loss

Prompt #001 Category 1 · 1 of 10

Perimenopause Weight Gain Explainer Chapter

You are the Diet and Wellness Royalties Bot. Write a full chapter titled 'Why Your Body Changed After 40 (And What to Do About It)' for a book written by [PEN NAME] aimed at women aged 40–60. The chapter must explain perimenopause's effect on estrogen, progesterone, cortisol, and insulin in plain English using relatable analogies (no medical jargon). Include three specific, actionable dietary adjustments a reader can make this week. Write in warm second-person ('you'), minimum 900 words, no bullet-point dumps — use flowing paragraphs with smooth transitions. Close with a motivational bridge sentence to the next chapter.

Prompt #002 Category 1 · 2 of 10

Belly Fat After 40 — The Hormonal Root Cause

You are the Diet and Wellness Royalties Bot. Write a full chapter for [PEN NAME]'s book that explains why belly fat accumulates specifically during perimenopause — covering the role of declining estrogen, elevated cortisol from stress, and insulin resistance. Use the analogy of a thermostat stuck on the wrong setting to explain metabolic slowdown. Provide four concrete dietary strategies (specific foods, not vague advice) that target visceral fat. Minimum 850 words, second-person voice, warm and encouraging tone. End with a short motivational paragraph that validates the reader's frustration while redirecting to action.

Prompt #003 Category 1 · 3 of 10

The Right Way to Eat Less Without Starving

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book titled 'Eating Less Without Feeling Like You're Starving' for a 40+ woman audience. Explain the concepts of caloric density versus nutrient density — use the example of comparing a 200-calorie bag of chips to a 200-calorie bowl of Greek yogurt with berries. Give a realistic 3-day example meal framework (not a strict diet plan) that creates a moderate caloric deficit while keeping the reader full and energised. Minimum 900 words, flowing paragraphs, second-person, no harsh dieting language.

Prompt #004 Category 1 · 4 of 10

Strength Training to Preserve Muscle During Fat Loss

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that addresses the fear many women over 40 have about exercise — specifically the myth that lifting weights will make them 'bulky.' Explain why muscle mass declines after 40 (sarcopenia), why this is the single biggest driver of metabolic slowdown, and why resistance training combined with adequate protein intake is the most powerful fat-loss tool available. Give three beginner-friendly home exercises with clear descriptions. Minimum 900 words, warm second-person, practical and empowering tone.

Prompt #005 Category 1 · 5 of 10

Sleep, Cortisol, and the Weight You Can't Shift

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that connects poor sleep quality (common in perimenopause) to elevated cortisol, increased hunger hormones (ghrelin), and stubborn weight retention. Use the analogy of a tired brain making bad choices at the snack cabinet. Provide five practical sleep hygiene interventions that also support hormonal balance. Explain how improved sleep quality creates a cascade of fat-loss benefits. Minimum 850 words, second-person, compassionate tone — acknowledge how exhausting this phase of life can feel.

Prompt #006 Category 1 · 6 of 10

Protein as the Secret Weapon at 40+

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book titled 'Why Protein Is Your Best Friend After 40.' Explain why protein requirements increase as we age, how adequate protein preserves lean muscle during a caloric deficit, and how it suppresses appetite via the satiety hormones PYY and GLP-1 (explained in plain English). Include a simple daily protein target formula (bodyweight in pounds × 0.7–1.0g). Give five accessible high-protein meal ideas that fit a busy woman's schedule. Minimum 900 words, second-person, enthusiastic but grounded tone.

Prompt #007 Category 1 · 7 of 10

Why Diets You Did at 30 No Longer Work

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that validates the experience of readers who feel betrayed by diets that worked in their 20s and 30s. Explain the metabolic, hormonal, and lifestyle reasons why extreme caloric restriction, low-fat diets, and marathon cardio sessions backfire for women over 40. Introduce the concept of 'working with your biology, not against it.' Minimum 850 words, warm empathetic second-person, avoid diet-culture language. Transition into the book's positive, sustainable approach.

Prompt #008 Category 1 · 8 of 10

Anti-Inflammatory Eating for Fat Loss and Energy

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains how chronic low-grade inflammation — worsened by hormonal changes after 40 — can both cause weight gain and make fat loss harder. Use the metaphor of a smouldering fire inside the body. Provide a practical list of anti-inflammatory foods to prioritise and pro-inflammatory foods to reduce, with explanations of why. Include one simple sample anti-inflammatory day of eating. Minimum 900 words, second-person, accessible and motivating.

Prompt #009 Category 1 · 9 of 10

Managing Emotional Eating During Hormonal Shifts

You are the Diet and Wellness Royalties Bot. Write a compassionate chapter for [PEN NAME]'s book on emotional eating during perimenopause. Explain the neurological and hormonal reasons why mood swings, anxiety, and low serotonin during this life stage drive cravings for sugar and refined carbs. Do not shame the reader — validate the biological reality. Offer four mindset-based and nutritional strategies for interrupting the emotional eating cycle. Minimum 900 words, warm second-person, trauma-informed language, no guilt-inducing framing.

Prompt #010 Category 1 · 10 of 10

A 7-Day Jumpstart Meal Plan for Women Over 40

You are the Diet and Wellness Royalties Bot. Create a full 7-day meal plan chapter for [PEN NAME]'s book specifically designed for women over 40. Each day must include breakfast, lunch, dinner, and one optional snack. Meals should be anti-inflammatory, protein-forward, and hormone-supportive. Include a brief paragraph before the plan explaining the nutritional principles behind the selections. After the plan, add a practical grocery shopping note. Minimum 1,000 words, second-person, warm and encouraging framing throughout.

■ Category 02 · Gut Health and Microbiome

Digestion, diversity & the gut-brain connection

Prompt #011 Category 2 · 1 of 10

The Gut-Brain Axis: Your Second Brain Explained

You are the Diet and Wellness Royalties Bot. Write a full chapter for [PEN NAME]'s book that introduces the gut-brain axis in completely plain English. Explain how the enteric nervous system communicates with the brain via the vagus nerve, how gut bacteria produce neurotransmitters including 95% of the body's serotonin, and why gut health profoundly affects mood, anxiety, and mental clarity. Use the analogy of a telephone wire between two offices where the calls determine whether either office has a good day. Minimum 900 words, second-person, accessible and awe-inspiring tone. End by connecting gut health to the reader's weight and energy goals.

Prompt #012 Category 2 · 2 of 10

What Destroys Your Gut Microbiome (And How to Rebuild It)

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the five biggest enemies of gut health: antibiotics, ultra-processed foods, chronic stress, poor sleep, and excessive alcohol. Explain specifically how each one damages microbial diversity. Then pivot to a practical 'Rebuild Protocol' featuring prebiotic foods, probiotic-rich fermented foods, and key lifestyle adjustments. Use real food examples (kimchi, kefir, green bananas, chicory root) with explanations of what they do. Minimum 950 words, second-person, warm practical tone.

Prompt #013 Category 2 · 3 of 10

Fermented Foods: A Beginner's Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that introduces fermented foods to an audience who may never have tried them. Cover yogurt, kefir, sauerkraut, kimchi, kombucha, miso, and tempeh — explaining what each one is, how it's made (briefly), what bacteria it provides, and how to incorporate it easily into daily meals. Address common concerns (taste, smell, cost). Include a 'Start Here' recommendation for the most beginner-friendly option. Minimum 900 words, second-person, friendly and non-intimidating.

Prompt #014 Category 2 · 4 of 10

Leaky Gut: What It Is and How to Heal It

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains intestinal permeability ('leaky gut') in accessible terms — use the analogy of a garden fence with holes letting in uninvited guests. Explain how increased intestinal permeability triggers systemic inflammation, affects weight regulation, and contributes to fatigue and brain fog. Provide five dietary interventions backed by research (collagen, L-glutamine, zinc, butyrate-producing foods, elimination of gut irritants) explained in practical terms. Minimum 900 words, second-person, clear and reassuring.

Prompt #015 Category 2 · 5 of 10

Prebiotics vs. Probiotics: The Complete Picture

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that clearly distinguishes prebiotics (food for bacteria) from probiotics (the bacteria themselves). Use the analogy of a garden: probiotics are the seeds, prebiotics are the fertiliser. Explain which prebiotic foods to eat (garlic, onions, asparagus, oats, flaxseed), which probiotic foods are most effective, and whether supplements are necessary. Give specific actionable guidance, not vague advice. Minimum 850 words, second-person, educational and practical tone.

Prompt #016 Category 2 · 6 of 10

The Gut-Weight Connection: How Bacteria Affect Fat Storage

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining the research-backed link between gut microbiome composition and body weight — specifically the role of Firmicutes vs. Bacteroidetes ratios, how certain bacteria extract more calories from food, and how short-chain fatty acids produced by gut bacteria regulate appetite hormones. Explain this science in plain English with relatable analogies. End with three concrete dietary shifts that improve the gut bacteria profile associated with healthy weight. Minimum 900 words, second-person, confident and clear.

Prompt #017 Category 2 · 7 of 10

Elimination Diets: Finding Your Personal Gut Triggers

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book guiding the reader through a simplified elimination protocol to identify personal gut irritants. Cover the most common culprits (gluten, dairy, soy, eggs, corn, processed sugar) and explain the reintroduction method step by step. Emphasise that this is about self-knowledge, not permanent restriction. Include a simple food-symptom journal template described in prose. Minimum 900 words, second-person, empowering and non-alarmist tone.

Prompt #018 Category 2 · 8 of 10

Bloating, Gas, and Digestive Discomfort: Root Causes and Fixes

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the most common digestive complaints — bloating, excessive gas, constipation, and post-meal fatigue. Explain the likely root causes (low stomach acid, dysbiosis, SIBO tendencies, poor chewing habits, eating too fast) in plain accessible terms. Provide practical, food-based and behavioural solutions for each. Use a sympathetic, non-clinical voice — this is a topic many readers feel embarrassed about. Minimum 900 words, second-person, compassionate and empowering.

Prompt #019 Category 2 · 9 of 10

Gut Health for Weight Loss: A 30-Day Reset Protocol

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a practical 30-day gut health reset. Structure it in four weekly phases: Week 1 (Remove irritants), Week 2 (Reintroduce fermented foods), Week 3 (Add prebiotics and diversify plants), Week 4 (Establish lasting habits). Each phase should include specific food guidance, not generic advice. Begin with a paragraph explaining why 30 days is a meaningful timescale for microbiome change. Minimum 1,000 words, second-person, motivational and structured.

Prompt #020 Category 2 · 10 of 10

Diversity Is the Goal: Eating 30 Plants a Week

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book based on the research showing that eating 30 different plant foods per week is associated with significantly greater gut microbial diversity. Explain why diversity matters for immunity, weight regulation, and mood. Make the goal feel achievable — show how herbs, spices, nuts, seeds, and legumes all count. Provide a practical 'Plant Points' system the reader can use. Include a sample week showing how 30 plants can appear naturally in regular meals. Minimum 900 words, second-person, enthusiastic and practical.

■■ Category 03 · Intermittent Fasting

Fasting protocols, fat adaptation & sustainable results

Prompt #021 Category 3 · 1 of 10

What Is Intermittent Fasting — and Why Does It Work?

You are the Diet and Wellness Royalties Bot. Write an introductory chapter for [PEN NAME]'s book that explains intermittent fasting in plain English for an audience with zero prior knowledge. Cover the core concept of the eating window vs. fasting window, the hormonal mechanisms involved (insulin dropping, glucagon rising, fat-burning switching on), and why the timing of meals — not just the content — profoundly affects metabolism. Use the analogy of a delivery schedule: your body only unpacks fat stores when no new deliveries are arriving. Minimum 900 words, second-person, warm and curiosity-building.

Prompt #022 Category 3 · 2 of 10

The 16:8 Method: A Complete Beginner's Guide

You are the Diet and Wellness Royalties Bot. Write a full how-to chapter for [PEN NAME]'s book on the 16:8 intermittent fasting protocol. Explain how to choose an 8-hour eating window that fits a reader's lifestyle, what to eat and drink during the fasting window (water, black coffee, herbal tea — and why), how to handle hunger in the first two weeks, and what to expect as the body adapts. Include a sample weekly schedule. Address the most common fear: 'won't I lose muscle?' Minimum 950 words, second-person, encouraging and practical.

Prompt #023 Category 3 · 3 of 10

Fasting for Women: Adjusting the Protocol for Hormonal Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book specifically addressing how intermittent fasting affects women differently than men — covering cortisol sensitivity, thyroid function, and the impact of fasting on the menstrual cycle. Explain why aggressive fasting can backfire for women and present a modified, gentler approach (12:12 as a starting point, cycling fasting intensity with the menstrual cycle for pre-menopausal women). Minimum 900 words, second-person, science-grounded but accessible, female-positive tone.

Prompt #024 Category 3 · 4 of 10

Breaking Your Fast: What to Eat to Maximise Results

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on how to break a fast strategically — explaining why the first meal after fasting matters for insulin response, gut health, and sustained energy. Recommend protein-first eating at the break-fast meal, include five ideal break-fast meal examples with descriptions, and explain what foods to avoid immediately after fasting (simple sugars, ultra-processed carbs). Minimum 850 words, second-person, practical and confident.

Prompt #025 Category 3 · 5 of 10

The OMAD Protocol: One Meal a Day Done Right

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the One Meal a Day (OMAD) protocol — presenting it as an advanced option, not a starting point. Explain the benefits for metabolic health and weight loss, the practical challenges, how to ensure adequate nutrition in a single meal, and who should avoid this approach (specific contraindications: those with a history of disordered eating, thyroid conditions, certain medications). Give a detailed sample OMAD meal that hits all nutritional targets. Minimum 900 words, second-person, measured and responsible tone.

Prompt #026 Category 3 · 6 of 10

Fasting and Autophagy: Cellular Repair Explained Simply

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining autophagy — the body's cellular cleaning process — in completely accessible terms. Use the analogy of a city's waste removal trucks that only operate when the streets are quiet (i.e., not clogged with incoming food traffic). Explain how fasting triggers autophagy, what this means for ageing, inflammation, and metabolic health, and how long a fast needs to be to meaningfully activate it. Minimum 900 words, second-person, awe-inspiring tone that makes the reader excited about their body's capabilities.

Prompt #027 Category 3 · 7 of 10

Handling Social Events and Travel While Fasting

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on maintaining an intermittent fasting lifestyle during social situations — family dinners, restaurant outings, holidays, business travel. Provide specific strategies for each scenario. Introduce the concept of 'schedule flexibility' — how to compress or shift the eating window temporarily without breaking progress. Emphasise that a perfect protocol abandoned is worse than a flexible one maintained. Minimum 850 words, second-person, realistic and solution-focused.

Prompt #028 Category 3 · 8 of 10

Common Mistakes That Kill Fasting Results

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book identifying the eight most common intermittent fasting mistakes that prevent weight loss results: eating too much in the window, breaking the fast with sugar, not sleeping enough, excessive cardio while fasting, drinking sweetened beverages during the fast, under-eating protein, making the window too short too soon, and ignoring sleep as part of the fasting period. For each mistake, explain exactly why it undermines results and what to do instead. Minimum 950 words, second-person, direct and instructive without being harsh.

Prompt #029 Category 3 · 9 of 10

Fasting Combined with Low-Carb Eating for Faster Fat Loss

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book explaining the synergy between intermittent fasting and low-carbohydrate eating — how reducing dietary carbohydrates accelerates the shift into fat-burning during the fasting window and reduces hunger during fasting hours. Provide practical guidance on combining 16:8 with a moderate low-carb approach (not full keto) for sustainable fat loss. Include a sample day combining both strategies. Minimum 900 words, second-person, confident and evidence-grounded.

Prompt #030 Category 3 · 10 of 10

A 4-Week Fasting Progression Plan for Beginners

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a structured 4-week progression plan that takes a complete beginner from normal meal timing to a consistent 16:8 fasting practice. Week 1: 12-hour overnight fast. Week 2: extend to 14:10. Week 3: full 16:8. Week 4: refine the eating window and food quality. Each week must include specific daily guidance, a note on what to expect physically, and an encouragement note. Minimum 1,000 words, second-person, supportive coaching tone.

■ Category 04 · Blood Sugar and Metabolic Health

Insulin, glucose & reversing metabolic dysfunction

Prompt #031 Category 4 · 1 of 10

Understanding Blood Sugar: The Basics Everyone Needs

You are the Diet and Wellness Royalties Bot. Write a foundational chapter for [PEN NAME]'s book that explains blood sugar and insulin in completely plain English for an audience with no medical background. Use the analogy of insulin as a delivery driver knocking on cell doors — when cells stop answering (insulin resistance), the driver keeps circling with nowhere to drop off the package (glucose), which gets stored as fat. Cover the glucose-insulin cycle, the difference between a blood sugar spike and a steady supply, and why this matters for energy, weight, and long-term health. Minimum 900 words, second-person, clear and demystifying.

Prompt #032 Category 4 · 2 of 10

The Glycaemic Index vs. Glycaemic Load: A Practical Guide

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains the difference between glycaemic index (GI) and glycaemic load (GL) with real food examples — showing why a watermelon has a high GI but a low GL and is still fine to eat. Explain how combining foods (fat + fibre + protein with carbohydrates) dramatically reduces blood sugar impact. Include a practical cheat sheet of ten common food swaps to reduce glycaemic load at each meal. Minimum 900 words, second-person, practical and reassuring.

Prompt #033 Category 4 · 3 of 10

Reversing Insulin Resistance Through Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on dietary strategies for improving insulin sensitivity. Cover: reducing refined carbohydrates and ultra-processed foods, prioritising fibre and resistant starch, the role of magnesium and chromium in glucose metabolism, vinegar (acetic acid) as a blood sugar stabiliser, and the powerful effect of post-meal walking. Present each strategy with a clear explanation of the mechanism and a practical application. Minimum 950 words, second-person, empowering and specific — no vague advice.

Prompt #034 Category 4 · 4 of 10

The Blood Sugar Rollercoaster: Why You're Always Hungry

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that explains the blood sugar rollercoaster — how a high-carbohydrate breakfast causes a spike, triggers a large insulin response, causes a crash, and drives powerful hunger cravings within 2–3 hours. Use the analogy of a bonfire versus a log fire: refined carbs burn fast and hot, protein and fat burn slow and steady. Show how to redesign breakfast to flatten the curve. Include a comparative 'before and after breakfast' example. Minimum 900 words, second-person, explanatory and motivating.

Prompt #035 Category 4 · 5 of 10

Pre-Diabetes and Metabolic Syndrome: What the Numbers Mean

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that demystifies common blood test results — fasting glucose, HbA1c, fasting insulin, and HOMA-IR — for readers who may have been told they are pre-diabetic or have metabolic syndrome. Explain each marker in plain English, what the optimal (not just 'normal') ranges are, and reassure readers that these conditions respond meaningfully to lifestyle and dietary changes — and that a pre-diabetes diagnosis is a strong signal to act, not an inevitable progression. Note clearly that readers should work with their doctor. Minimum 900 words, second-person, empowering and responsible tone.

Prompt #036 Category 4 · 6 of 10

The Best Foods for Stable Blood Sugar All Day

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book listing and explaining the best blood-sugar-stabilising foods — lean proteins, non-starchy vegetables, legumes, healthy fats (avocado, olive oil, nuts), low-GI fruits, and fibre-rich whole grains. For each category, explain the mechanism (why fibre slows glucose absorption, why protein blunts the insulin spike, etc.) and provide practical meal integration ideas. This chapter should feel like a definitive reference the reader returns to. Minimum 950 words, second-person, authoritative and practical.

Prompt #037 Category 4 · 7 of 10

Exercise and Blood Sugar: The Most Underused Tool

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the role of exercise in blood sugar regulation — covering how muscle contractions during exercise act like a 'glucose vacuum,' pulling sugar out of the bloodstream without insulin. Explain why a 10-minute walk after meals is one of the most powerful blood sugar management tools available. Cover both resistance training and cardio, and explain why combining them outperforms either alone. Include a simple starter exercise routine for someone currently sedentary. Minimum 900 words, second-person, motivational and practical.

Prompt #038 Category 4 · 8 of 10

Stress, Cortisol, and Blood Sugar Dysregulation

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book connecting chronic stress to blood sugar problems — explaining how cortisol triggers glycogenolysis (liver releasing stored glucose), why stressed people crave sugar, and how the modern stress response (no physical exertion to burn the released glucose) contributes to insulin resistance. Provide four stress-management interventions with clear explanations of how each one benefits blood sugar: breathwork, cold exposure, sleep prioritisation, and adaptogenic herbs (ashwagandha, rhodiola). Minimum 900 words, second-person, compassionate and practical.

Prompt #039 Category 4 · 9 of 10

Sleep Deprivation and Blood Sugar: The Hidden Connection

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the research showing that even one night of poor sleep significantly impairs insulin sensitivity — comparable in magnitude to eating a high-fat diet for several months. Explain why sleep deprivation elevates cortisol, disrupts hunger hormones (ghrelin and leptin), and drives cravings for high-carbohydrate foods. Provide a sleep optimisation protocol with at least six specific interventions. Minimum 900 words, second-person, striking and persuasive (the research here is genuinely shocking — convey that).

Prompt #040 Category 4 · 10 of 10

A 21-Day Blood Sugar Reset Eating Plan

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a 21-day blood sugar reset — a structured dietary framework (not a strict meal plan) that progressively removes blood sugar disruptors and replaces them with stabilising foods. Structure it in three 7-day phases: Phase 1 (Remove the worst offenders), Phase 2 (Introduce key stabilisers), Phase 3 (Establish sustainable habits). For each phase, provide specific food guidance and a sample day. Begin with a brief explanation of why 21 days is a meaningful metabolic reset period. Minimum 1,000 words, second-person, structured and encouraging.

■ Category 05 · Mediterranean Diet

Heart health, longevity & the lifestyle approach

Prompt #041 Category 5 · 1 of 10

Why the Mediterranean Diet Tops Every Longevity Study

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that opens with the compelling story of Ancel Keys' Seven Countries Study and explains why the Mediterranean dietary pattern has consistently outperformed other diets in research on cardiovascular disease, type 2 diabetes, cognitive decline, and all-cause mortality. Emphasise that this is not a restrictive diet but a way of eating. Explain the core pillars: olive oil, abundant vegetables, legumes, fish, whole grains, and moderate wine. Minimum 900 words, second-person, inspiring and evidence-grounded tone.

Prompt #042 Category 5 · 2 of 10

Olive Oil: The Cornerstone of Mediterranean Health

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book dedicated entirely to extra-virgin olive oil — why it is the most researched single food for cardiovascular health, the polyphenols and oleocanthal responsible for its anti-inflammatory effects, how to identify a high-quality EVOO, how to store it properly, and how to use it generously throughout daily cooking. Use the analogy of olive oil as internal polish for the arteries. Include five creative cooking applications beyond salad dressing. Minimum 900 words, second-person, enthusiastic and educational.

Prompt #043 Category 5 · 3 of 10

Mediterranean Eating on a Budget

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that dismantles the myth that Mediterranean eating is expensive. Show how dried legumes, canned sardines, frozen vegetables, eggs, whole grains, and seasonal produce make this one of the most affordable ways to eat well. Provide a complete 5-day budget meal framework showing how to eat Mediterranean on a tight food budget. Include practical shopping tips: buying in bulk, choosing frozen fish, using dried herbs. Minimum 900 words, second-person, practical and encouraging, especially for fixed-income readers.

Prompt #044 Category 5 · 4 of 10

Fish and Seafood: The Mediterranean Protein Advantage

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the role of fish and seafood in the Mediterranean diet — specifically fatty fish (salmon, sardines, mackerel, anchovies) and their omega-3 fatty acids EPA and DHA. Explain the anti-inflammatory, cardiovascular, and cognitive benefits in plain English. Address concerns about mercury and sustainability. Help nervous seafood eaters start with mild-flavoured, accessible options. Suggest three simple Mediterranean fish recipes described in prose. Minimum 900 words, second-person, approachable and informative.

Prompt #045 Category 5 · 5 of 10

The Social Side of Mediterranean Eating

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on an aspect of the Mediterranean diet rarely covered in American wellness books: the social and cultural dimensions. Explain that Mediterranean longevity is not just about what people eat, but how they eat — slowly, socially, with pleasure, away from screens, in community. Discuss the role of the midday meal, the siesta, the concept of 'enough,' and why connection reduces stress hormones in ways that protect cardiovascular health. Minimum 900 words, second-person, warm and philosophical — this chapter should feel different from the others.

Prompt #046 Category 5 · 6 of 10

Legumes: The Most Underrated Mediterranean Superfood

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case that legumes — lentils, chickpeas, white beans, black-eyed peas, fava beans — are the most nutritionally complete, affordable, and overlooked food group in Western diets. Explain their fibre content, resistant starch, plant protein, and micronutrient profile. Address the digestion concerns honestly (with solutions: soaking, cooking methods). Provide four simple legume-based Mediterranean dishes described in enough detail to inspire cooking. Minimum 900 words, second-person, enthusiastic champion of the humble bean.

Prompt #047 Category 5 · 7 of 10

Mediterranean vs. Keto vs. Low-Fat: A Fair Comparison

You are the Diet and Wellness Royalties Bot. Write a balanced, evidence-based chapter for [PEN NAME]'s book comparing the Mediterranean diet to two of its most popular competitors: the ketogenic diet and the classic low-fat diet. For each comparison, evaluate: weight loss outcomes, cardiovascular markers, sustainability, mental wellbeing, and practical adherence. Be fair and nuanced — acknowledge what each approach does well. Conclude by explaining which population tends to do best on each. Minimum 950 words, second-person, objective and informative without being preachy.

Prompt #048 Category 5 · 8 of 10

Herbs, Spices, and the Mediterranean Kitchen

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the remarkable nutritional properties of Mediterranean herbs and spices — oregano, thyme, rosemary, basil, turmeric, saffron, cinnamon, and garlic. For each one, explain the active compounds, the research-backed health associations (anti-inflammatory, antimicrobial, neuroprotective properties observed in research), and how to use it daily in cooking. Use the metaphor of unlocking hidden nutritional power in everyday kitchen ingredients. Make this chapter feel like discovering that the most potent wellness tools are already sitting in the spice rack. Minimum 900 words, second-person, enthusiastic and specific.

Prompt #049 Category 5 · 9 of 10

Transitioning from the Standard American Diet to Mediterranean

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book designed for readers who eat a typical Western diet — lots of processed food, red meat, refined carbs, fast food — and want to transition to Mediterranean eating without feeling overwhelmed. Use a step-by-step swap approach: replace butter with olive oil, refined grains with whole grains, one meat meal per week with fish, one snack with a handful of nuts. Emphasise gradual progress over perfect adherence. Minimum 900 words, second-person, compassionate and practical — meet the reader exactly where they are.

Prompt #050 Category 5 · 10 of 10

A 7-Day Mediterranean Meal Plan with Shopping List

You are the Diet and Wellness Royalties Bot. Write a complete 7-day Mediterranean meal plan chapter for [PEN NAME]'s book, including breakfast, lunch, dinner, and one daily snack. Each meal should be described in enough detail to be genuinely useful — not just 'grilled fish with vegetables' but specific, flavour-rich descriptions. After the plan, include a consolidated shopping list organised by food category (produce, protein, pantry staples, dairy). Begin with a paragraph on the nutritional rationale for the week's structure. Minimum 1,100 words, second-person, warm and appetising throughout.

■ Category 06 · Keto and Low-Carb Diets

Ketosis, fat adaptation & long-term low-carb living

Prompt #051 Category 6 · 1 of 10

Ketosis Explained: How Your Body Burns Fat for Fuel

You are the Diet and Wellness Royalties Bot. Write a foundational chapter for [PEN NAME]'s book that explains the state of nutritional ketosis in plain English — covering the switch from glucose-burning to fat-burning metabolism, the production of ketone bodies (beta-hydroxybutyrate, acetoacetate, acetone) explained without jargon, and what the reader will experience as their body makes this transition. Use the analogy of switching a car from petrol to a hybrid engine. Explain the rough timeline of keto adaptation (2–6 weeks) and what to expect during the adjustment. Minimum 900 words, second-person, accurate and demystifying.

Prompt #052 Category 6 · 2 of 10

What to Eat on Keto: The Full Food List Explained

You are the Diet and Wellness Royalties Bot. Write a comprehensive food guide chapter for [PEN NAME]'s book covering exactly what to eat, limit, and avoid on a ketogenic diet. Go beyond a simple list — explain why each category is included or excluded (fatty fish: high omega-3, virtually zero carbs; leafy greens: high fibre and nutrients for minimal carbs; legumes: too many net carbs). Address the most common confusion points: are carrots allowed? What about dark chocolate? Berries? Provide practical meal-building guidance. Minimum 950 words, second-person, definitive and practical.

Prompt #053 Category 6 · 3 of 10

The Keto Flu: What It Is and How to Get Through It

You are the Diet and Wellness Royalties Bot. Write a reassuring chapter for [PEN NAME]'s book about the 'keto flu' — the 3–7 day adjustment period when many beginners experience headaches, fatigue, brain fog, irritability, and muscle cramps. Explain the mechanism: rapid loss of water and electrolytes (sodium, potassium, magnesium) as glycogen stores deplete. Provide a specific electrolyte protocol with exact food sources and supplement options. Reassure the reader that this phase passes and that what comes after is worth it. Minimum 900 words, second-person, supportive and practical.

Prompt #054 Category 6 · 4 of 10

Dirty Keto vs. Clean Keto: Why Food Quality Matters

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book distinguishing 'dirty keto' (hitting macros with processed cheese, deli meats, artificial sweeteners, and fast food) from 'clean keto' (whole food sources of fat and protein, quality produce, minimal processing). Explain why staying in ketosis while eating ultra-processed foods can still drive inflammation, gut dysfunction, and micronutrient deficiency. Make a compelling case for food quality within the ketogenic framework. Minimum 900 words, second-person, constructively critical without being preachy.

Prompt #055 Category 6 · 5 of 10

Keto for Women: Adapting the Protocol for Female Physiology

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book addressing how women may need to approach keto differently from the standard recommendations designed primarily around male research subjects. Cover: the impact of severe carb restriction on cortisol and the HPA axis in women, how cycling carbohydrates around the menstrual cycle may preserve hormonal balance, the importance of adequate caloric intake for thyroid function, and why some women do better with a moderate low-carb approach than strict ketosis. Minimum 900 words, second-person, evidence-informed and female-positive.

Prompt #056 Category 6 · 6 of 10

Intermittent Fasting Combined with Keto for Accelerated Results

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the powerful synergy between intermittent fasting and ketogenic eating. Explain how keto dramatically reduces hunger during fasting windows, how the metabolic state of ketosis accelerates autophagy, and how combining both approaches can produce faster fat loss and greater mental clarity than either alone. Provide a practical framework for combining 16:8 fasting with keto — including what breaks a fast (and what doesn't) in a keto context. Minimum 900 words, second-person, confident and practical.

Prompt #057 Category 6 · 7 of 10

Keto for Brain Health and Mental Clarity

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the cognitive benefits of ketosis — explaining that the brain runs 25% more efficiently on ketones than glucose, the emerging research on ketogenic diets for neurological conditions, and the well-documented experience of 'keto clarity' that many practitioners report after the adaptation phase. Use the analogy of switching from regular petrol to high-octane fuel. Include practical guidance on optimising keto for brain performance (MCT oil, adequate sleep, omega-3s). Minimum 900 words, second-person, intellectually engaging.

Prompt #058 Category 6 · 8 of 10

Long-Term Keto: Sustainability, Cycling, and When to Stop

You are the Diet and Wellness Royalties Bot. Write a measured, balanced chapter for [PEN NAME]'s book on the long-term picture of ketogenic eating — addressing: who thrives on keto long-term, who should consider cycling (keto 5 days / moderate-carb 2 days), and who should transition off keto (athletes needing glucose for performance, women experiencing hormonal disruption, those with social or psychological challenges around food restriction). Present this as informed self-knowledge, not failure. Minimum 900 words, second-person, mature and balanced tone.

Prompt #059 Category 6 · 9 of 10

Keto Myths Destroyed: Addressing the Biggest Misconceptions

You are the Diet and Wellness Royalties Bot. Write a myth-busting chapter for [PEN NAME]'s book addressing the eight most common keto misconceptions: it will destroy your kidneys; all that saturated fat will give you heart disease; your brain needs carbohydrates; it's just another fad diet; you can eat unlimited calories if they're fat; keto and ketoacidosis are the same thing; it's impossible to maintain long-term; you'll lose all your gains. For each myth, provide a clear, evidence-based response in plain English. Minimum 950 words, second-person, confident and direct.

Prompt #060 Category 6 · 10 of 10

A 28-Day Keto Starter Plan: Week by Week

You are the Diet and Wellness Royalties Bot. Write a structured 28-day keto starter plan chapter for [PEN NAME]'s book. Week 1: strict induction (under 20g net carbs, electrolyte focus, managing keto flu). Week 2: expanding food variety, finding fat sources you enjoy. Week 3: introducing intermittent fasting if desired, troubleshooting stalls. Week 4: assessing results, deciding on a long-term approach. Each week must include a sample day of eating and a key milestone to watch for. Minimum 1,050 words, second-person, structured, motivational and practical.

■ Category 07 · Plant-Based and Clean Eating

Whole food plant diets, detox & nutritional completeness

Prompt #061 Category 7 · 1 of 10

What Plant-Based Eating Actually Means (It's Not All or Nothing)

You are the Diet and Wellness Royalties Bot. Write an introductory chapter for [PEN NAME]'s book that reframes plant-based eating for a mainstream audience — explaining that it exists on a spectrum from 'more plants than before' to fully vegan, and that every shift toward more plants has measurable health benefits. Distinguish plant-based from vegan (motivation and philosophy vs. dietary pattern). Address the most common objection: 'I could never give up meat.' Explain flexitarian, reducetarian, and Mediterranean-plant hybrid approaches. Minimum 900 words, second-person, inclusive and inviting — zero judgment.

Prompt #062 Category 7 · 2 of 10

Complete Protein on a Plant-Based Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that definitively addresses the protein completeness question for plant-based eaters. Explain essential amino acids, which plant proteins are complete (soy, quinoa, hemp seed, buckwheat) and which are not but can be combined (rice + lentils, hummus + pita). Debunk the myth that food combining must happen within the same meal. Provide a list of the highest-protein plant foods with practical daily intake strategies. Minimum 900 words, second-person, informative and reassuring.

Prompt #063 Category 7 · 3 of 10

The Nutrients to Watch on a Plant-Based Diet

You are the Diet and Wellness Royalties Bot. Write a responsible, practical chapter for [PEN NAME]'s book on the nutrients that require attention on a plant-based diet: vitamin B12 (supplementation is non-negotiable), vitamin D3, omega-3 fatty acids (ALA vs. EPA/DHA), iron (haem vs. non-haem absorption strategies), calcium, zinc, and iodine. For each nutrient, explain the issue clearly and provide practical food-based and supplementation solutions. This chapter should build confidence, not fear. Minimum 950 words, second-person, responsible and specific.

Prompt #064 Category 7 · 4 of 10

Ultra-Processed Vegan Food: The New Health Trap

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book addressing the growing problem of ultra-processed vegan products — plant-based burgers, vegan cheese slices, fake meats with 30-ingredient lists. Explain how 'vegan' does not equal 'healthy' when the product is ultra-processed, high in sodium, refined seed oils, and additives. Help the reader distinguish whole food plant-based eating from junk food veganism. Use specific product examples described generically (a popular plant-based burger patty vs. a homemade bean burger). Minimum 900 words, second-person, constructively critical.

Prompt #065 Category 7 · 5 of 10

Anti-Inflammatory Plant Foods and the Science Behind Them

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting the most powerful anti-inflammatory plant compounds with research behind them: curcumin (turmeric), resveratrol (berries, red grapes), quercetin (onions, apples), sulforaphane (broccoli sprouts), EGCG (green tea), and anthocyanins (blueberries, purple cabbage). For each, explain the mechanism of anti-inflammatory action in plain English, the practical daily amount in food terms, and the best way to consume it for maximum bioavailability. Present this as an exploration of the nutritional science behind familiar whole foods — grounded in research, accessible to a non-technical reader. Minimum 950 words, second-person, enthusiastic and specific.

Prompt #066 Category 7 · 6 of 10

Building a Whole Food Plant-Based Plate Every Meal

You are the Diet and Wellness Royalties Bot. Write a practical meal-building chapter for [PEN NAME]'s book presenting the 'Whole Food Plant Plate' formula: half the plate non-starchy vegetables, one quarter whole grain or starchy vegetable, one quarter legume or plant protein, plus healthy fat and flavour enhancers (herbs, spices, lemon, tahini). Walk through the formula using five complete meal examples, each described in appetising detail. Explain why this formula automatically creates caloric balance without counting. Minimum 900 words, second-person, practical and sensory-rich.

Prompt #067 Category 7 · 7 of 10

Clean Eating: What It Means and What It Doesn't

You are the Diet and Wellness Royalties Bot. Write a balanced chapter for [PEN NAME]'s book defining 'clean eating' precisely — distinguishing it from orthorexia (disordered clean eating obsession), from unscientific 'detox' culture, and from the Instagram-friendly aesthetics that have co-opted the term. Define clean eating as: whole, minimally processed foods, abundant vegetables and fruits, quality proteins, healthy fats, and minimal added sugar and refined grains. Explain what 'clean' does NOT mean (impossible perfection, eliminating entire macronutrients, juice cleanses). Minimum 900 words, second-person, grounded and myth-busting.

Prompt #068 Category 7 · 8 of 10

The Gut-Microbiome Power of a Plant-Diverse Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book connecting a diverse plant-based diet to superior gut microbiome health — explaining that the fibre in whole plant foods is the primary fuel for beneficial gut bacteria, that plant diversity (aiming for 30+ different plants weekly) dramatically increases microbial diversity, and that this translates to better immunity, mood, and metabolic health. Include specific guidance on how to add variety easily. Minimum 900 words, second-person, evidence-based and motivational.

Prompt #069 Category 7 · 9 of 10

Making Plant-Based Eating Work for the Whole Family

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book for readers who want to eat more plant-based but live with family members who resist change — picky eaters, meat-loving partners, carb-obsessed teenagers. Provide practical strategies: cooking proteins separately, building 'customisable' meals (taco bars, grain bowls, pasta nights with optional meat), starting with cuisine-based changes (Mediterranean nights, Indian curry nights) that are naturally plant-forward. Emphasise progress, not conversion. Minimum 900 words, second-person, realistic and family-friendly.

Prompt #070 Category 7 · 10 of 10

A 7-Day Plant-Based Meal Plan for the Hesitant Beginner

You are the Diet and Wellness Royalties Bot. Write a 7-day plant-based meal plan chapter for [PEN NAME]'s book specifically designed for someone who has never eaten this way before and is nervous about it. Choose familiar, comforting meals reimagined plant-based: a hearty vegetable soup, a loaded grain bowl, a bean-based pasta sauce, a filling smoothie, a veggie stir-fry. Each meal must be described in enough detail to be genuinely inspiring. Include a note on how to adapt each day if the reader isn't fully plant-based yet. Minimum 1,000 words, second-person, warm and welcoming — the entry point for a whole new way of eating.

■ Category 08 · Mindful Eating and Food Psychology

Hunger cues, emotional eating & a healthy relationship with food

Prompt #071 Category 8 · 1 of 10

What Is Mindful Eating? The Science and the Practice

You are the Diet and Wellness Royalties Bot. Write a foundational chapter for [PEN NAME]'s book introducing mindful eating — defining it precisely (paying deliberate, non-judgmental attention to the experience of eating and hunger cues), explaining its roots in mindfulness meditation, and presenting the research on its effectiveness for weight management, binge eating, and emotional eating. Use the contrast of 'mindless eating' (driving, screen-eating, speed-eating) versus mindful eating to make the concept tangible. Minimum 900 words, second-person, calm and reflective tone.

Prompt #072 Category 8 · 2 of 10

Hunger vs. Appetite vs. Craving: Knowing the Difference

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that trains the reader to distinguish three distinct states: true physical hunger (stomach emptiness, energy drop, gradual onset), appetite (desire for a specific food, often triggered by sight, smell, time of day), and craving (emotionally triggered, often for sugar, salt, or fat). For each state, explain the physiological and psychological drivers and give a practical decision-making tool the reader can use before eating. Minimum 900 words, second-person, precise and empowering.

Prompt #073 Category 8 · 3 of 10

The Hunger Scale: A Practical Tool for Every Meal

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting the 1–10 hunger/fullness scale as a practical tool for eating in alignment with the body's signals. Describe each point on the scale with vivid physical descriptions (1: dizzy, irritable, can't concentrate; 5: neutral, no hunger but not full; 8: comfortably satisfied; 10: uncomfortably stuffed). Explain the optimal eating zone (start at 3–4, stop at 6–7). Give scenarios the reader will recognise and guidance on using the scale in real-life situations. Minimum 900 words, second-person, sensory and practical.

Prompt #074 Category 8 · 4 of 10

Slowing Down: The Most Powerful Eating Change You Can Make

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the physiology of eating speed — explaining that satiety signals (leptin, CCK, GLP-1) take 15–20 minutes to reach the brain after food enters the stomach, and that eating quickly consistently bypasses these signals, causing systematic overeating. Provide five specific, practical techniques for eating more slowly: putting down the fork between bites, the 20-chew rule, eating with non-dominant hand, one-course meals, designated eating spaces. Minimum 900 words, second-person, clear and compelling.

Prompt #075 Category 8 · 5 of 10

Food Rules We Inherited (and Why Many Are Wrong)

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book examining cultural and family food rules that many readers carry unconsciously — 'clean your plate,' 'dessert is a reward,' 'carbs make you fat,' 'eating after 8pm is bad,' 'hunger is weakness.' For each rule, examine its origin, whether it has any scientific basis, and how internalising it as an absolute truth can disrupt a healthy relationship with food. Guide the reader toward examining their own food rules. Minimum 900 words, second-person, psychologically curious and compassionate.

Prompt #076 Category 8 · 6 of 10

Body Image and Weight Loss: The Hidden Variable

You are the Diet and Wellness Royalties Bot. Write a sensitive, evidence-based chapter for [PEN NAME]'s book on the relationship between body image and sustainable weight loss — explaining that research consistently shows negative body image is associated with worse long-term outcomes (more restriction, more rebound), while a neutral or positive body image supports consistent healthy behaviour. Guide the reader toward improving body neutrality (not toxic positivity) as a foundation for sustainable health change. Minimum 900 words, second-person, trauma-sensitive and empowering.

Prompt #077 Category 8 · 7 of 10

Night-Time Eating: Why It Happens and How to Stop

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on night-time eating — covering the neurological, behavioural, and emotional reasons people eat in the hours before sleep (reward seeking after a stressful day, boredom, habit, genuine caloric under-eating during the day causing physiological compensation). Provide five evidence-based strategies to interrupt the pattern without creating a food rules mindset. Address the specific scenario of the person who 'eats perfectly all day and then falls apart at night.' Minimum 900 words, second-person, empathetic and practical.

Prompt #078 Category 8 · 8 of 10

Eating for Energy, Not Just Weight Loss

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book that reframes the reader's relationship with food — from a tool for weight management to a source of sustained energy and vitality. Explain how different food choices affect mental clarity, physical energy, mood stability, and sleep quality. Present the concept of 'eating for how you want to feel tomorrow morning' as a more sustainable motivation than eating for a number on the scale. Include a practical daily energy-focused eating framework. Minimum 900 words, second-person, motivational and forward-focused.

Prompt #079 Category 8 · 9 of 10

Social Eating: Navigating Restaurants, Parties, and Family Dinners

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on maintaining mindful eating habits in social food environments — restaurants, family gatherings, holiday meals, workplace events. Cover: how to scan a menu for genuinely satisfying options without restriction, how to handle family food pressure (the grandmother who insists you must eat more), the concept of a 'food budget' for special occasions that doesn't trigger guilt. Minimum 900 words, second-person, social, realistic and reassuring.

Prompt #080 Category 8 · 10 of 10

Building a Healthy Relationship With Food: A 30-Day Practice

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a 30-day mindful eating practice — not a diet, but a daily attention-building programme. Each week introduces one new mindful eating practice: Week 1: hunger-fullness journaling; Week 2: no-screen meals; Week 3: slow eating techniques; Week 4: emotional trigger awareness. Describe what to watch for and what success looks like for each week. Include a simple journaling prompt for each day described in prose. Minimum 1,000 words, second-person, gentle coaching tone — this is transformation work, not a diet.

■ Category 09 · Anti-Inflammatory and Healing Foods

Chronic inflammation, healing protocols & food as medicine

Prompt #081 Category 9 · 1 of 10

What Is Chronic Inflammation and Why You Should Care

You are the Diet and Wellness Royalties Bot. Write a foundational chapter for [PEN NAME]'s book explaining the difference between acute inflammation (the body's healthy healing response to injury) and chronic low-grade inflammation (the slow-burning fire behind heart disease, type 2 diabetes, Alzheimer's, autoimmune conditions, and obesity). Use the analogy of a helpful emergency alarm system that gets stuck in the 'on' position. Explain how diet, stress, sleep, and gut health all modulate inflammatory pathways. Minimum 900 words, second-person, compelling and accessible — make the reader understand why this is the most important concept in their health journey.

Prompt #082 Category 9 · 2 of 10

The Most Inflammatory Foods in the Western Diet

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book identifying the main dietary drivers of chronic inflammation: refined seed oils (corn, soybean, sunflower — explained via the omega-6 to omega-3 imbalance), refined sugar and high-fructose corn syrup, ultra-processed foods with emulsifiers and additives, trans fats, excess refined carbohydrates, and conventional feedlot red meat. For each category, explain the inflammatory mechanism clearly and provide a practical replacement. Minimum 950 words, second-person, specific and actionable — not a vague 'avoid junk food' message.

Prompt #083 Category 9 · 3 of 10

The Omega-3 to Omega-6 Ratio: The Most Important Number You've Never Heard Of

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the omega-3 to omega-6 fatty acid ratio — explaining that modern Western diets often have ratios of 15:1 to 20:1 (omega-6 to omega-3) when the optimal ratio is closer to 4:1 or lower. Explain why this imbalance drives the overproduction of inflammatory prostaglandins. Cover the best sources of EPA and DHA (fatty fish, algae), the role of ALA (flaxseed, chia, walnuts) and its limited conversion, and practical steps to rebalance. Minimum 900 words, second-person, scientific but completely accessible.

Prompt #084 Category 9 · 4 of 10

Turmeric and Curcumin: The Golden Anti-Inflammatory

You are the Diet and Wellness Royalties Bot. Write a deep-dive chapter for [PEN NAME]'s book on turmeric and its active compound curcumin — covering the research on curcumin's anti-inflammatory mechanisms (inhibition of NF-kB pathway explained in plain English), its bioavailability challenges and how to overcome them (black pepper, fat-soluble consumption), realistic therapeutic doses in food vs. supplement form, and five practical daily ways to incorporate it beyond golden milk. Minimum 900 words, second-person, specific and evidence-grounded — go deeper than the average wellness blog.

Prompt #085 Category 9 · 5 of 10

Anti-Inflammatory Meal Planning: A Weekly Template

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book presenting a complete anti-inflammatory weekly meal template — not a rigid meal plan but a flexible framework built around the key food groups: fatty fish 3x per week, leafy greens daily, colourful vegetables at every meal, olive oil as the primary fat, legumes 4x per week, fermented foods daily, berries as the primary sweet treat. Explain the nutritional reasoning behind each guideline. Include one sample day described in full detail. Minimum 950 words, second-person, practical and inspiring.

Prompt #086 Category 9 · 6 of 10

Bone Broth, Collagen, and Gut Healing

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on bone broth and collagen — explaining what they are, the glycine and proline content that supports gut lining integrity, joint health, and skin quality, and the honest state of the research (promising but not yet conclusive for all claimed benefits). Cover how to make bone broth at home with a simple method, how to use collagen peptide powders, and realistic expectations. Minimum 900 words, second-person, honest and balanced — neither hype nor dismissiveness.

Prompt #087 Category 9 · 7 of 10

Berries: The Anti-Inflammatory Powerhouse

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book dedicated to berries — blueberries, strawberries, raspberries, blackberries, tart cherries, and acai — explaining the specific polyphenol compounds responsible for their extraordinary anti-inflammatory and antioxidant properties (anthocyanins, ellagic acid, pterostilbene). Cover the research on cardiovascular health, cognitive protection, and exercise recovery. Explain how to get maximum benefit (fresh vs. frozen vs. dried) and practical daily inclusion strategies. Minimum 900 words, second-person, enthusiastic and specific.

Prompt #088 Category 9 · 8 of 10

Green Tea, Coffee, and Anti-Inflammatory Beverages

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on the anti-inflammatory properties of common beverages — green tea (EGCG, L-theanine), coffee (chlorogenic acids, anti-inflammatory polyphenols — addressing the paradox that moderate coffee consumption is anti-inflammatory), ginger tea (gingerols and shogaols), tart cherry juice (melatonin and anthocyanins), and turmeric latte. For each, explain the active compounds, the optimal daily amount, and any relevant cautions (caffeine sensitivity, medication interactions noted briefly). Minimum 900 words, second-person, informative and practical.

Prompt #089 Category 9 · 9 of 10

Autoimmune Conditions and Anti-Inflammatory Eating

You are the Diet and Wellness Royalties Bot. Write a sensitive chapter for [PEN NAME]'s book for readers living with autoimmune conditions (rheumatoid arthritis, lupus, Hashimoto's, IBD, psoriasis, MS) who are interested in using diet to manage inflammation. Explain the Autoimmune Protocol (AIP) diet in plain terms, the rationale behind its elimination phase, and the reintroduction process. Emphasise that dietary change works alongside — not instead of — medical treatment. Cover the most commonly helpful dietary modifications regardless of specific condition. Note that readers should work with their healthcare provider. Minimum 950 words, second-person, compassionate and responsible.

Prompt #090 Category 9 · 10 of 10

A 14-Day Anti-Inflammatory Reset: Complete Guide

You are the Diet and Wellness Royalties Bot. Write a comprehensive chapter for [PEN NAME]'s book presenting a 14-day anti-inflammatory dietary reset. Structure it as: Days 1–3 (preparation and clearing the pantry), Days 4–10 (full protocol: specific foods to eat and avoid with rationale), Days 11–14 (consolidation and transitioning to long-term habits). Include a sample day for each phase described in full meal detail. Begin with what the reader might expect to experience (improvements in energy, digestion, joint comfort, skin) and a realistic timeline. Minimum 1,050 words, second-person, structured, motivating and medically responsible.

■ Category 10 · GLP-1 and Medication-Supported Weight Loss

Ozempic, tirzepatide & optimising results with nutrition

Prompt #091 Category 10 · 1 of 10

What Are GLP-1 Medications and How Do They Work?

You are the Diet and Wellness Royalties Bot. Write a foundational chapter for [PEN NAME]'s book explaining GLP-1 receptor agonist medications (semaglutide/Ozempic/Wegovy, tirzepatide/Mounjaro/Zepbound) in completely plain English for an audience with no medical background. Explain the natural GLP-1 hormone's role in appetite regulation and insulin secretion, how the medications mimic and extend this signal, and why this produces dramatic reductions in appetite and body weight. Use the analogy of a volume knob on the hunger signal being turned way down. Cover FDA approvals, general eligibility, and the distinction between diabetes and weight loss prescriptions. Minimum 900 words, second-person, accurate, factual, and non-promotional — these are powerful medications that require medical supervision.

Prompt #092 Category 10 · 2 of 10

Nutrition While on GLP-1 Medications: Eating Enough of the Right Things

You are the Diet and Wellness Royalties Bot. Write a critically important chapter for [PEN NAME]'s book on nutrition strategy for GLP-1 medication users — specifically addressing the risk of under-eating protein, losing muscle mass (not just fat), and developing nutrient deficiencies when appetite is severely suppressed. Provide specific protein targets (minimum 1.0–1.2g per kg of body weight), micronutrient priorities (vitamin B12, iron, zinc, calcium, vitamin D), and strategies for getting adequate nutrition despite very low appetite. Minimum 950 words, second-person, responsible and specific — this is genuinely important information for this audience.

Prompt #093 Category 10 · 3 of 10

Managing GLP-1 Side Effects Through Diet

You are the Diet and Wellness Royalties Bot. Write a practical chapter for [PEN NAME]'s book on managing the common gastrointestinal side effects of GLP-1 medications (nausea, vomiting, constipation, reflux, gastroparesis) through dietary adjustments. Cover: eating smaller, more frequent meals; the importance of eating slowly and chewing thoroughly; foods that commonly worsen nausea (greasy, spicy, high-fat) vs. foods that settle the stomach; hydration strategies; and fibre intake for constipation without worsening bloating. Emphasise consulting their prescribing doctor if side effects are severe. Minimum 900 words, second-person, practical and compassionate.

Prompt #094 Category 10 · 4 of 10

Preserving Muscle Mass on GLP-1 Medications

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book on one of the most important and underemphasised aspects of GLP-1 medication use: without adequate protein intake and resistance training, a significant portion of weight lost may be lean muscle rather than fat. Explain why this matters (metabolic rate, long-term weight maintenance, strength, and quality of life). Provide a specific, actionable resistance training protocol suitable for beginners and a daily protein strategy. Minimum 900 words, second-person, urgent and practical — this is information many prescribing doctors don't have time to cover.

Prompt #095 Category 10 · 5 of 10

The GLP-1 Medication Transition: Preparing to Eventually Come Off

You are the Diet and Wellness Royalties Bot. Write a forward-looking chapter for [PEN NAME]'s book for readers who are thinking about their life after GLP-1 medications — whether by choice, necessity, or when the treatment period ends. Explain the research on weight regain after discontinuation (it is significant), why the medication period is an opportunity to build permanent dietary habits, the lifestyle habits that most effectively preserve weight loss post-medication, and the role of ongoing monitoring. Minimum 900 words, second-person, honest about challenges while remaining motivational.

Prompt #096 Category 10 · 6 of 10

Who Should Consider GLP-1 Medications — and Who Should Not

You are the Diet and Wellness Royalties Bot. Write a responsible, balanced chapter for [PEN NAME]'s book on the eligibility criteria for GLP-1 medications — covering BMI thresholds, weight-related comorbidities, the distinction between medical weight loss and cosmetic use, contraindications (personal or family history of thyroid cancer, MEN2 syndrome, pancreatitis history), and the importance of prescriber monitoring. Explicitly state that this chapter is informational and that decisions about GLP-1 medications must be made with a qualified healthcare provider. Minimum 900 words, second-person, medically responsible and non-promotional.

Prompt #097 Category 10 · 7 of 10

Eating for Satiety on a Small Appetite: GLP-1 Meal Strategies

You are the Diet and Wellness Royalties Bot. Write a practical meal strategy chapter for [PEN NAME]'s book specifically for GLP-1 users who struggle to eat enough due to dramatically reduced appetite. Introduce the concept of 'nutrient density over volume' — choosing foods that deliver maximum nutrition in small portions (eggs, Greek yogurt, avocado, sardines, edamame, bone broth). Provide a framework for building a GLP-1-friendly 'small plate' that meets protein targets in 3–4 tablespoons of food. Include three complete mini-meal examples described in full detail. Minimum 900 words, second-person, creative and specific.

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GLP-1 Medications and Mental Health: The Unexpected Effects

You are the Diet and Wellness Royalties Bot. Write a nuanced chapter for [PEN NAME]'s book covering the emerging and somewhat surprising research on GLP-1 medications and mental health — including reports of reduced addictive behaviours (alcohol, gambling, smoking), preliminary research on depression and anxiety outcomes, the complex 'food noise' reduction experience (relief for some, grief for others), and the psychological adjustment to a smaller appetite and changing body. Acknowledge the full complexity of this topic. Note the ongoing research. Minimum 900 words, second-person, thoughtful and psychologically sensitive.

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Combining GLP-1 Medications with Lifestyle Change for Maximum Results

You are the Diet and Wellness Royalties Bot. Write a chapter for [PEN NAME]'s book making the case that GLP-1 medications produce their best outcomes when combined with intentional dietary change, regular physical activity, adequate sleep, and stress management — and that treating the medication as a passive fix without lifestyle engagement leads to inferior outcomes and greater difficulty after discontinuation. Present a simple lifestyle framework that complements the medication. Minimum 900 words, second-person, empowering and practical — the medication creates the opportunity; the reader's habits determine the outcome.

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The GLP-1 User's Complete Nutrition Handbook

You are the Diet and Wellness Royalties Bot. Write a comprehensive reference chapter for [PEN NAME]'s book — a complete nutrition handbook for GLP-1 medication users. Cover: daily protein targets and the best sources; micronutrients to monitor and supplement; foods that minimise side effects; hydration targets; foods to limit or avoid; a sample day of eating at various stages of the medication journey (first month, months 2–6, maintenance phase). This chapter should function as the go-to reference the reader returns to repeatedly. Minimum 1,100 words, second-person, structured, detailed, and authoritative.

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Every prompt in this vault was written to produce a complete, publishable chapter — not placeholder text, not a vague outline, but real book content that readers pay for.

Questions? We're here.

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