



visiblywell

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The AI prompt pack for private-practice dietitians

8 copy-paste prompts for your website, bio, captions and admin.
Clear results in minutes, and no client data, ever.

01 The 5 sentences your website needs

03 One blog post, three captions

05 Specialty page outline

07 Quiz me from my study notes

02 Read my homepage like a new client

04 Make my booking email shorter

06 My bio, rewritten plainly

08 Insurance call checklist

How to use this pack

- 1 **Open any AI chat.** ChatGPT, Claude, Gemini or Copilot all work.
- 2 **Copy a prompt** and replace the [highlighted parts] with your own details.
- 3 **Read what comes back.** Keep what's true and sounds like you. Fix the rest.
- 4 **Use it.** Most prompts take under five minutes from paste to done.

THE ONE RULE

Never paste anything that identifies a client into a regular AI chat: names, notes, dates, messages. Regular consumer AI plans aren't set up for protected health information. Every prompt here works on your own business details only.

AI drafts. You're the dietitian. Check every fact, number and claim before it reaches a client or goes online.

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01 The 5 sentences your website needs

USE IT WHEN

Your homepage feels vague, or you are starting a new site.

YOU'LL GET

Five plain sentences: who you help, where, your credentials, payment, how to book.
Gaps are flagged, never filled in.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

You're helping a registered dietitian write the clearest possible website copy. Use only the facts I give you below. If something is missing, write `[MISSING: what]` instead of guessing. Don't add credentials, numbers, results or claims I didn't give you. No nutrition advice.

Before you write, check each of the 5 items against my notes. If my notes don't cover an item, that line must be exactly `[MISSING: the item]`. Don't fill any gap from anywhere else, and don't add details about how I work.

Write exactly 5 short sentences, one per line, in plain words a client understands:

1. Who I help (the people and the problems I work on).
2. Where I see clients (city, and telehealth states if any).
3. My credentials, written out in full once.
4. How payment works (private pay, insurance plans, superbills).
5. How to book (the exact next step).

My notes:

`[paste your notes here. Don't include anything about individual clients.]`

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-1

MAKE IT BETTER

- Paste your messiest notes. The prompt sorts them.
- Put the finished lines at the top of your homepage, in this order.

WATCH FOR

Any `[MISSING]` line. Fill it in yourself; don't let a second prompt guess it.

02

Read my homepage like a new client

USE IT WHEN

You want a quick, honest check of what your homepage makes clear.

YOU'LL GET

Five yes-or-not-clear answers, plus the three sentences your page is missing.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

Act as a new client who just landed on a dietitian's website. Read only the homepage text below. Don't use outside knowledge and don't guess.

Answer each question in one line. If the page doesn't say it clearly, write "Not clear from the page":

1. Who does this dietitian help?
2. Where do they see clients (in person and telehealth)?
3. What are their credentials?
4. Do they take my insurance, or is it private pay?
5. How do I book, and what happens first?

Then list the 3 most important sentences the page is missing, written so I could paste them in. Only use facts that appear in the page text. For anything else, write [ADD: what's missing].

Homepage text:

[paste your homepage text. It's public, so no client information is involved.]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-2

MAKE IT BETTER

- Paste the text only, not the design. It's public, so no client data is involved.
- Run it again after you edit, and compare.

WATCH FOR

Answers that sound confident but aren't on the page. The prompt tells it not to guess; check anyway.

03 One blog post, three captions

USE IT WHEN

You wrote something useful and want it seen on Instagram.

YOU'LL GET

Three captions with different angles, a short hook each, in your own tone.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

Here's a blog post I wrote as a registered dietitian. Turn it into 3 Instagram captions.

Rules:

- Use only ideas that are in the post. Don't add new nutrition claims, numbers or advice.
- Sound like me: match the tone of the post. No hype words like "game-changer" or "transform". No emoji at the start.
- Each caption takes a different angle. Format each one exactly like this, one item per line:

Caption N

[a first line that makes someone stop scrolling, 8 words or fewer]
[2 to 4 short lines, each under 12 words, each on its own line]

Read the full post at the link in bio.

- No dashes (– or -) and no hashtags.

My post:

[paste your post]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-3

MAKE IT BETTER

- Use a post that answers a question clients actually ask you.
- Pick one caption, then read it aloud before posting.

WATCH FOR

Any claim that isn't in your post. Delete it.

04 Make my booking email shorter

USE IT WHEN

Your welcome or booking email is long and clients skip it.

YOU'LL GET

A warm email a client reads in 30 seconds, with the first step at the top and every fact kept.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

Rewrite the email below so a new client can read it in 30 seconds.

Rules:

- Keep every fact, date, price, link and policy exactly as written. Don't add any.
- Plain words, short sentences, reading level around 6th grade.
- Put the one thing they need to do first at the top.
- Keep my warmth, cut the filler. Under 120 words.
- Don't give health or nutrition advice.

My email:

[paste your email. Remove any client names or details first.]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-4

MAKE IT BETTER

- Remove client names before you paste.
- Keep your sign-off; it sounds like you.

WATCH FOR

Changed prices, dates or policies. Compare line by line once.

05 Specialty page outline

USE IT WHEN

You want a page for one specialty, like IBS or PCOS.

YOU'LL GET

A page structure with a clear title, and marked sections only you should write.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

I'm a registered dietitian writing a website page about one specialty I work with. Give me the page structure only: section headings and one line under each saying what that section should cover. Don't write clinical content, treatment claims or outcome promises. Mark the sections only I can write with [RD WRITES THIS].

The title, the summary and the practical sections (where, payment, booking) must use only my details below, as close to word for word as possible. Don't describe my approach, philosophy or results anywhere; that's [RD WRITES THIS].

Include sections for: who this is for, how I work with these clients, what the first appointment looks like, where I see clients, payment, and how to book. Give the page title exactly in the form "{Specialty} dietitian in {City}" and the summary exactly in the form "{Specialty} support from a {credentials} in {City}, with telehealth in {states}." Fill those from my details and add nothing else to them.

My details:

Specialty: [e.g. IBS]

City/telehealth states: [...]

Credentials: [...]

Payment: [...]

Booking: [...]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-5

MAKE IT BETTER

- One page per specialty is clearer for clients and for search.
- Write the [RD WRITES THIS] parts in your own words.

WATCH FOR

Any sentence about your approach you didn't give it. That part is yours.

06 My bio, rewritten plainly

USE IT WHEN

Your bio says “passionate” but not who you help.

YOU’LL GET

A 60 to 90 word bio that leads with your credential and who you help, plus a one-line version.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

Rewrite my professional bio for a client-facing website.

Rules:

- Use only facts I give you. Don't add awards, years, numbers or credentials that aren't below, and don't describe how I work or what clients get unless my notes say it. If something useful is missing, add [ADD: what] at the end.
- Write my credentials exactly as I give them: spelled out in full in the bio, and as their letters (for example RDN, CDCES) in the short version. Never shorten them into a different title.
- First sentence: my full credential and who I help, in plain words.
- Don't add benefits, results or feelings clients will get (like "feel better" or "find joy"). Keep every condition and place exactly as written (for example "type 2 diabetes", not "diabetes").
- 60 to 90 words. Warm, human, no buzzwords ("passionate", "journey", "empower", "wellness warrior"), no dashes.
- Then give me one 1-line version under 20 words for Instagram or LinkedIn.

My notes:

[paste your current bio or notes]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-6

MAKE IT BETTER

- Use the same credential line on your website, LinkedIn and directories.
- Add one real, human detail. It makes the rest believable.

WATCH FOR

Credentials renamed or shortened into a different title.

07

Quiz me from my study notes

USE IT WHEN

You're studying for CEUs or the CDCES exam.

YOU'LL GET

Multiple-choice questions from your own notes, one at a time, with the line that proves each answer.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

Quiz me using only the study notes below. Don't add facts from outside the notes.

Give me 8 multiple-choice questions (A to D), one at a time. Wait for my answer before showing the next. After each answer, say if I'm right, and quote the line from my notes that shows the answer. If a question can't be answered from the notes, skip it.

My notes:

[paste your own study notes. No client cases.]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-7

MAKE IT BETTER

- Paste one topic at a time for sharper questions.
- Ask for harder questions once you're scoring well.

WATCH FOR

Questions that use facts outside your notes. Skip them.

08 Insurance call checklist

USE IT WHEN

You're calling an insurer about your own credentialing or billing setup.

YOU'LL GET

Questions in order, a place for the rep's name and reference number, and what to confirm before you hang up.

COPY THIS PROMPT

REPLACE THE HIGHLIGHTED PARTS

I'm a registered dietitian about to call an insurance company about my own credentialing or billing setup (not about a specific client). Turn my notes into a checklist for the call:

- The questions to ask, in order, most important first.
- A line to write down the rep's name, the date and a reference number.
- What to confirm before hanging up.

Base the questions on my notes. Don't state any insurer's rules or rates as fact. If I should verify something, write "Ask:" in front of it. After the questions from my notes, you may add up to 2 more under a heading "Worth asking too (optional)".

My notes:

[paste your notes. No member IDs, client names or claim numbers.]

Copy it in one click → visiblywell.com/ai-prompt-pack#prompt-8

MAKE IT BETTER

- Call early in the week, and keep the reference number with your notes.
- Ask them to confirm important answers in writing.

WATCH FOR

Anything stated as the insurer's rule. Only the rep can confirm that.

NEXT STEP

Put it on a website that says it clearly

Prompt 1 gives you the five sentences that matter most. Turn them into a full, booking-ready practice website, free to preview, no signup.

FREE WORKSHEET

**The 5 sentences your
website needs**

visiblywell.com/five-sentences

FREE PREVIEW

See your site in minutes

visiblywell.com/create

This pack is general guidance on writing and admin, not legal, billing or clinical advice. AI output can be wrong or out of date: review everything before you use it, and follow your state's rules and your professional code of ethics. © 2026 VisiblyWell. Share freely, unchanged.