



Your Content Cure

Meal Planning Mastery Email Series

How to Personalize, AI-Customize, and Send It

What You Have

Inside this Content Cure, you'll find a complete 5-part email series: Meal Planning Mastery: 5 Meals to Batch Cook. It includes an intro email plus one email per recipe, each fully written and ready to personalize.

The five recipes covered are:

- Day 1: Strawberry Almond Overnight Oats
- Day 2: Vegetable Taco Soup
- Day 3: Sheet Pan Maple-Mustard Chicken with Squash and Brussels Sprouts
- Day 4: Barley and Roasted Cauliflower Jar Salad
- Day 5: Vegetable-Loaded Mini Meat Loaves

Each email is written with placeholders (like [Your Name] and [Client's Name]) that you can swap out. This guide walks you through how to do that quickly using AI, then get the series loaded into your email platform and scheduled.

Get Your Email Series

Grab your copy of the Meal Planning Mastery email series [here](#).

Click File > Make a Copy to save an editable version to your own Google Drive. That's your working copy to edit as you go through this guide.

What You'll Do

There are three parts to this process:

- Part 1 Personalize the emails using an AI prompt (about 10 minutes)
- Part 2 Review and finalize your copy
- Part 3 Load and schedule in your email platform

Part 1: Personalize with AI (ChatGPT or Claude)

You don't need to rewrite these emails from scratch. Use the AI prompt below to customize each one to your niche, voice, and client base in minutes.

Before you start, gather these details:

- Your name and practice name
- Your niche (i.e., women with PCOS, busy parents, GLP-1 clients, oncology patients)
- Your tone: warm and encouraging, clinical and precise, casual and fun, etc.
- Any specific dietary approach your clients follow (i.e., low glycemic, anti-inflammatory, plant-forward)
- A CTA you want to include, if any (i.e., book a discovery call, check out my meal planning program, reply to this email with a question)

The AI Prompt

Copy the prompt below and paste it into ChatGPT or Claude. Replace each [bracket] with your own information before hitting send.

You are helping me personalize a done-for-you nutrition email for my practice.

Here is the email text I am working with:

[PASTE THE FULL EMAIL TEXT HERE]

Please rewrite this email with the following customizations:

- My name: [YOUR NAME]
- My practice name: [YOUR PRACTICE NAME]

- My niche/ideal client: [DESCRIBE YOUR IDEAL CLIENT]
Example: busy moms managing Type 2 diabetes
- My tone of voice: [DESCRIBE YOUR TONE]
Example: warm, encouraging, and conversational
- Dietary approach I emphasize: [YOUR APPROACH IF RELEVANT]
Example: low-glycemic, plant-forward, Mediterranean
- CTA to include at the end: [YOUR CALL TO ACTION]
Example: Reply to this email with your biggest meal prep challenge
- Anything else to keep or change: [OPTIONAL NOTES]

Please:

- Keep the recipe content, ingredients, and instructions intact.
- Adjust the intro, closing, and framing language to match my voice and niche.
- Replace all placeholder text like [Your Name] and [Client's Name] with my real info.
- Do not use em dashes.
- Keep the subject line, but feel free to suggest an alternative if it fits better.
- Return the complete rewritten email, ready to copy and paste.

Tip: Run this prompt once per email. Paste one email at a time so each one gets the attention it deserves. You can also ask the AI to adjust the tone further, shorten the email, or add a personal anecdote before you finalize.

Part 2: Review Before You Send

Once the AI returns your customized email, give it a quick read-through using this checklist before moving on to the next one.

Quick Review Checklist

- All placeholders replaced (no [brackets] remaining)
- Subject line feels right for your audience
- Opening sounds like you, not a template
- Recipe content is intact and accurate
- CTA is clear and links to the right place (if applicable)
- Closing and sign-off match your usual style

- No em dashes in the copy
- You would be happy to receive this email yourself

Make any final edits directly in your word processor or email platform before loading it in.

Part 3: Load and Schedule in Your Email Platform

These steps apply to most email platforms. The specific buttons and menu names may differ slightly depending on what you use, but the process is the same.

Step 1: Create your email sequence

1. Log in to your email platform.
2. Navigate to the Automations, Sequences, or Campaigns section (the label varies by platform).
3. Create a new sequence or automation and name it something like: Meal Planning Mastery Series.
4. Set the trigger: this is the action that starts the series. Common triggers include a new subscriber joining a specific list, someone opting in to a lead magnet, or a tag being applied to a contact.

Step 2: Add your emails

1. Inside the sequence, add a new email for each day of the series (Intro + Days 1 through 5 = 6 emails total).
2. Copy and paste your finalized email copy into each email slot, starting with the Intro email.
3. Add your subject line to each email.
4. Set the delay between emails. A common approach is to send the intro immediately upon sign-up, then one email per day for five days. You can also space them weekly if this fits your content strategy better.

Step 3: Insert your merge tags

1. Most email platforms use a merge tag (sometimes called a personalization token) to insert the subscriber's first name automatically. Common formats include `{{first_name}}`, `{first_name}`, or `*|FNAME|*` depending on your platform.
2. Replace [Client's Name] in each email with the correct merge tag for your platform.
3. Check your platform's help documentation if you are not sure which tag to use. Search: how to personalize email with first name in [your platform name].

Step 4: Add your video links

4. Each recipe email includes a placeholder that says: Check out this quick video [insert a hyperlink to recipe video].
5. If you have access to the corresponding LPRx cooking videos, locate them in your LPRx library under the Cooking Video Collection.
6. Copy the video URL and hyperlink the text in your email editor, or replace the placeholder with a direct link.
7. If you are not using videos for this send, simply delete that line.

Step 5: Preview and test

8. Use your platform's preview feature to see how the email looks on desktop and mobile.
9. Send yourself a test email for each message in the sequence.
10. Confirm that the first name merge tag populates correctly (it should show your name, not the placeholder code).
11. Check that any links, especially the video link and your CTA, go to the right destinations.

Step 6: Activate the sequence

12. Once you are happy with all six emails, activate or publish the sequence.
13. If you are using this as a lead magnet opt-in sequence, make sure your opt-in page or form is connected to this automation.
14. If you are sending it to an existing list as a broadcast campaign instead of an automation, schedule each email individually at your preferred send times.

Optional: Other Ways to Use This Series

This series was designed to be flexible. A few other ways members have used content like this:

- As a lead magnet opt-in: Offer the series as a free resource on your website or social media in exchange for an email address.
- As a nurture sequence: Add it to your welcome flow so new subscribers get value right away.
- As client content: Send it to current clients as a meal prep resource between sessions.
- As an upsell bridge: add a CTA at the end of Day 5, inviting subscribers to book a discovery call or learn more about your meal-planning services.

Questions? Log in to your LPRx member platform and click the green chat bubble for support.