BEGINNER · 8 min read · November 8, 2026 · By Kelly Stratton

9 Things You're Still Paying For That Claude Does for Free

A personal trainer, a meal planner, a travel agent, a tutor, and five more jobs people pay for every month. Here's the copy-and-paste Claude prompt for each one, and how to set it up so Claude remembers you week after week.

You're probably paying for at least one of these right now. A fitness app. A meal kit. A tutor. A resume service. A budgeting app. Claude can do the core job of every one of them if you tell it what you need. Below is the prompt for each one, ready to copy.

IN A NUTSHELL

Claude can do the everyday work people pay apps and services for: workout plans, meal plans, trip plans, homework help, room makeovers, resumes, budgets, photo edits, and printable planners. Each one starts with a prompt that gives Claude your details. You fill in the brackets and send it.

WHAT YOU NEED

A Claude account at claude.ai or in the Claude app. All nine work on the free plan, and each section says which plan you need for any extra, like Google Calendar or Canva's background remover. If you'll use these every week, the $20 Pro plan gives you more room before you hit a usage limit.

START HERE How Do You Use These Prompts?

1. **Copy the prompt** for the job you want.

2. **Fill in every bracket** with your own details. The examples in the brackets are there to show you how much detail helps. The more Claude knows about you, the closer it gets to what you'd get from a real pro.
3. **Send it**, and answer anything Claude asks you back.

The trick that makes these feel like a real service: Projects. A Project is a folder in Claude with its own instructions. Paste one of these prompts into a Project's instructions, and every chat you start inside it already knows your goal, your family, your budget. You never explain yourself twice. The free plan gives you five Projects, so give one to each job you'll come back to every week.

To make one: click **Projects** in the left sidebar, then **New project**. Give it a name, then add your prompt as the project's instructions.

#1 Personal Trainer

What it cancels: a personal trainer or a fitness app subscription.

Plan: works on Claude's free plan.

Get it running: Make a Project called **Trainer** and paste this into its instructions. Start a chat inside it and say "build week one." At the end of each week, open a new chat in the same Project and tell it what you did: the weights, the reps, what felt easy, what you skipped. It builds next week from that. Want it at the gym? Ask for the week as a one-page PDF and pull it up on your phone.

PROMPT

```
Act as my personal trainer for the next 12 weeks. Here's where I'm starting:

- Goal: [get stronger / lose 15 pounds / keep up with my kids / feel less stiff]
- Where I am now: [haven't worked out in years / walk most days / lift twice a week]
- Equipment: [full gym / two dumbbells and a mat / nothing]
```

```
- Schedule: [3] days a week, [30] minutes each, on [Mon, Wed, Sat]
- Body stuff to work around: [bad left knee / sore lower back / none]
- Moves I hate or can't do: [burpees, anything on the floor]

Build my plan the way a good trainer would:
1. Week one as a table: a 5-minute warm-up, then each day's exercises in order, with sets, reps, and rest time.
2. For any exercise a beginner might not know, two plain-English tips for doing it right and where I should feel it.
3. For every exercise, a step-down option for rough days and a step-up option for when it gets too easy.
4. How heavy to go: a weight where I could still do 2 more reps when the set ends.
5. Each week I'll tell you what I did and how it felt. Add reps, weight, or time where I'm ready, and back off where I struggled. Make every 4th week a lighter recovery week.
6. Every 4 weeks, compare where I am to my goal and tell me straight if something needs to change.

If I mention sharp pain, chest pain, dizziness, or anything that sounds like an injury, don't work around it. Tell me to get it checked by a doctor first. If you need to know anything else to get week one right, ask me before you write it.
```

It can’t watch your form. Start lighter than you think, and if you have an injury or a health condition, check with your doctor before you start.

#2 Meal Planner

What it cancels: a meal kit or a meal-planning app.

Plan: works on Claude’s free plan. The Instacart connector is US only.

Get it running: Make a Project called **Meals** and paste this into its instructions, so it knows your family every week. Each week, start a new chat in it, take a photo of your open fridge and pantry, add it, and say “plan this week.” In the US, connect **Instacart** (Settings, then Connectors) and ask Claude to build your grocery cart from the list. It shows up in your Instacart cart, and you check out yourself.

PROMPT

```
Plan my family's meals for the week like a meal planner who knows us.

- Who's eating: [2 adults, a 15-year-old, a 9-year-old]
- Meals to plan: [dinners Monday to Friday / every lunch and dinner]
- Allergies (never include): [peanuts]
- Won't eat: [mushrooms, anything spicy for the kids]
- What we love: [tacos, pasta, sheet-pan anything]
- Our goal: [eat healthier / spend less / more protein / fewer nights eating out]
- Time to cook on weeknights: [30 minutes]
- Grocery budget: [$150 for the week]
- Already in the fridge and pantry: [list it, or see my photo]
- Busy nights: [Tuesday soccer, so something fast or slow cooker]

What I need:
1. A table with each day's meal, the cook time, and the protein per serving.
2. Build the week around what's already in my kitchen before adding anything new, and have
meals share ingredients, so half a bag of spinach doesn't end up in the trash.
3. At least one cook-once, eat-twice night that becomes the next day's lunch or dinner.
4. A short recipe for each meal: ingredients with amounts, then the steps.
5. One shopping list laid out aisle by aisle (produce, meat, dairy, pantry), with amounts,
minus what I already have. Estimate the total and keep it under my budget.
6. A 20-minute Sunday prep list that makes the weeknights faster.

If a store-bought ingredient in any meal commonly contains one of our allergens, point it out
so I read the label.
```

#3 Travel Agent

What it cancels: a travel agent, or the 30 open tabs you'd need to plan it yourself.

Plan: the plan itself works on Claude's free plan. Putting it on your Google Calendar needs the $20 Pro plan or higher.

Get it running: Leave web search on, so it checks what's open and what people are saying now. You can also connect **Tripadvisor**, **Booking.com**, or **Viator** (Settings, then Connectors) so it can look at real hotels and tours. When the plan is done, ask for it as a

PDF and save it to your phone for the trip. On the Pro plan, connect **Google Calendar** too and ask Claude to put each day's plan on your calendar.

PROMPT

```
Be my travel agent. Plan this trip the way someone who knows the place would.

- Where: [Savannah, Georgia]
- Dates: [March 12 to 15], flying into [Savannah airport]
- Who's going: [2 adults in our 50s, one with a bad knee]
- Budget: [$1,500 total, not counting flights]
- Where we want to stay: [walkable to everything / quiet / has a pool]
- We love: [food, history, slow mornings]
- Skip: [crowds, tourist traps, more than 20 minutes in a car at a time]
- Pace: [one big thing a day and lots of wandering]
- Must-dos: [a ghost tour, one really nice dinner]

Give me:
1. Two or three areas to stay in, why each one fits us, and the downside of each.
2. A day-by-day plan with morning, afternoon, and evening, grouped by area so we're not
crossing town all day.
3. Where to eat for each meal, with one splurge and a few cheap favorites, and which ones need
a reservation.
4. A rough cost for each day and for the whole trip, so I can see if we're on budget.
5. What to book now, what can wait, and anything that sells out.
6. A rainy-day swap for every outdoor plan, and a packing list for the usual weather on those
dates.

Search the web to check that every place is open on our dates and still well reviewed. Mark
anything you couldn't confirm.
```

Before you book anything, open the official site and double-check the hours and prices. Those change, and AI can be out of date.

#4 Homework Tutor

What it cancels: a tutor, or the nightly homework fight at the kitchen table.

Plan: works on Claude's free plan, Learning mode included.

Get it running: Make a Project with your child's name and paste this into its instructions. Add their study guide or the class syllabus to the Project as a file, so it teaches what the teacher is teaching. Then turn on **Learning** mode: open the menu under the message box, choose **Use style**, then **Learning**. From then on, your child opens a new chat in their Project and snaps a photo of the worksheet.

PROMPT

```
You're my child's tutor. Teach. Never do the work for them.

- My child: [Emma, 5th grade]
- Subjects they need help with: [fractions, reading comprehension]
- How they learn best: [needs examples, gets frustrated fast, loves basketball]
- What the class is on right now: [adding fractions with different bottom numbers]

How to tutor:
1. Never give the answer. Ask one question at a time and wait for their reply.
2. If they're stuck after two tries, give a smaller hint, then a worked example with different
numbers, and let them try again.
3. When they get something wrong, find the exact step where it went off track and ask about
that step.
4. Explain new ideas with everyday things they know, like [pizza slices, basketball scores].
5. Keep sentences short and words at their grade level. Be encouraging, but never call a wrong
answer right.
6. When they finish, give them 2 practice problems like it, then a quick 3-question check.
7. End each session with a 2-line note for me: what they understood, and what to practice next.

Here's what they're working on today: [type it, or add a photo of the worksheet]
```

Can't find the Learning style? Paste the prompt anyway. It already tells Claude to teach, not answer.

#5 Interior Designer

What it cancels: an interior designer, or the room you keep meaning to fix.

Plan: works on Claude's free plan.

Get it running: Take two or three photos from different corners, in daylight, and measure the walls before you start. If you've saved rooms you love on Pinterest or Instagram, screenshot one or two and add them too. Claude can't make a photo of your new room, but it can draw the layout from above so you can see where everything goes before you move a thing.

PROMPT

```
Act as my interior designer. Here are photos of my [living room] from [2] corners.

- Room size: [12 x 15 feet], ceiling [8 feet]
- Windows and doors: [one big window on the long wall, a door on each short wall]
- Keeping: [the gray sectional and the TV]
- How we use it: [movie nights, homework, a big dog]
- How I want it to feel: [warm, less cluttered, more grown-up]
- Styles I like: [describe it, or see my screenshots]
- Budget: [$800]

Give me:
1. What isn't working in the room right now, and why, in plain words.
2. A new layout: where each piece goes and how much walking room is left. Draw it as a simple top-down floor plan.
3. A wall color and 2 accent colors, with paint colors I can ask for at the store, and where each one goes.
4. A shopping list, ordered by the biggest difference for the money, with the sizes I need (rug size, curtain length, lamp height) and a price range for each, staying under my budget.
5. Free fixes first: what to move, take out, or bring in from another room.
6. The order to do it in, one weekend at a time.
```

#6 Resume Writer

What it cancels: a resume writing service, plus the cover letter they charge extra for.

Plan: works on Claude's free plan, Word document included.

Get it running: Make a Project called **Job Hunt**. Add your current resume to it as a file and paste this into its instructions. For every job you apply to, open a new chat in the Project and paste the full job posting. Your resume is already there, so each one takes a few minutes.

PROMPT

```
Act as a professional resume writer. Here's the job I'm applying for: [paste the whole job
posting].

- My resume: [paste it, or add the file]
- Things I've done that aren't on it yet: [trained new hires, ran the holiday schedule]
- Anything I need to explain: [a 2-year gap caring for a parent / changing careers]

Do this in order:
1. Read the posting and list the 5 things this employer cares about most.
2. Show me where my resume already proves each one and where it's thin. Ask me questions to
fill the thin spots, and wait for my answers.
3. Then rewrite my resume for this job. Use the posting's words wherever they're true for me.
Start each bullet with a strong verb and show the result, not just the duty. Where a number
would help, leave [number] for me to fill in. Never make one up, and never add anything I
didn't do.
4. Write a 3-line summary for the top, aimed at this job.
5. Keep it to [1 page], in a simple layout that job application software can read.
6. Give it to me as a Word document. Then write a short cover letter in my voice, and the 3
interview questions I'm most likely to get, with how to answer each from my real experience.
```

Read every line before you send it out. It's your name on it, and every claim has to be true.

#7 Budget Coach

What it cancels: a budgeting app subscription.

Plan: works on Claude's free plan, spreadsheet included.

Get it running: Make a Project called **Money** and paste this into its instructions. Once Claude builds the spreadsheet, download it and add it to the Project as a file. At the start of each month, open a new chat there with your totals from last month and ask, "How did I do, and what should change?"

PROMPT

```
Be my budget coach. Build me a monthly budget I'll actually stick to.

- Take-home pay: [$4,200 a month, paid every 2 weeks]
- Bills: [rent $1,400, car $380, insurance $160, phone $90, internet $70]
- Subscriptions: [list each one and its price]
- What I usually spend: [groceries $700, gas $220, eating out $300, kids $200]
- Debt: [credit card, $3,200 at 24% / none]
- Savings right now: [$500]
- My goal: [a $2,000 emergency fund / pay off the card / save for Christmas]
- Where my money seems to disappear: [takeout, online shopping]

What I need:
1. An Excel spreadsheet with one tab for the monthly plan and one to track what I actually
spend, with formulas that show what's left in each category.
2. A job for every dollar, with my bills lined up against my paydays.
3. My subscriptions sorted into keep, cut, and maybe, with what each cut saves me in a year.
4. A realistic plan for my goal: how much a month, and the month I'll reach it.
5. If I have debt, which to pay first and why.
6. The 3 changes that save the most with the least pain.

Use only the numbers I gave you, and ask me if anything looks missing.
```

Type the amounts yourself. Never paste in account numbers, card numbers, or bank logins.

#8 Photo Editor

What it cancels: a photo editing app, or paying someone to clean up your photos.

Plan: works with Claude's free plan and a Canva account. Canva's background remover is a Canva Pro feature, so a free Canva account may not be able to do step 1.

Get it running: Claude edits photos through Canva, so connect Canva once:

1. In Claude, open **Settings**, then **Connectors**.
2. Find **Canva**, select it, and follow the prompts to sign in to your Canva account.
3. Start a new chat, open the menu under the message box, and make sure **Canva** is turned on.

For the cleanest cut-out, take the photo in daylight against a plain wall. Then add your photo to the chat with this:

PROMPT

```
Help me get this [chair] ready to sell on [Facebook Marketplace].

- The item: [wingback chair, about 5 years old, small scratch on the left leg]
- What I paid: [$450]
- Where I live: [Columbus, Ohio]

1. Use Canva to remove the background from my photo.
2. Put the cut-out on a plain white square, centered, so it's ready to post.
3. Keep the item exactly as it is. Don't change its color, its shape, or any detail, and don't
hide the scratch.
4. Search the web for what similar [chairs] are selling for used, and suggest an asking price
and the lowest offer I should take.
5. Write the listing: a title with the words buyers search for, a short honest description with
the size and condition, and answers to the 3 questions buyers usually ask.
```

Claude saves the finished photo to your Canva account, so you can open it there and download it. Look closely before you post, because a photo of something you're selling has to show it as it really is.

#9 Digital Planner

What it cancels: printable planners from Etsy.

Plan: works on Claude's free plan, PDF included.

Get it running: Claude makes the planner as a real PDF. If it says it can't make files, open **Settings**, then **Capabilities**, and turn on file creation. Print it at home, or open the PDF in a note-taking app on your tablet and write on it there. Get one week's page exactly right first, then ask for the whole month.

PROMPT

```
Design a printable planner around how I actually plan my week.

- Size: [US letter / half-letter for a binder], portrait
- How I plan now: [I write a to-do list Sunday night and lose it by Wednesday]
- Sections I want: [my top 3 for the week, a box for each day, appointments, a habit tracker
for water, walking, and reading, the week's meals, notes]
- What I'm juggling: [work, two kids' activities, a side business]
- Style: [clean and simple, soft sage green and cream, an easy-to-read font]

1. Lay out one weekly page with those sections. Give the most room to the boxes I'll use most.
2. Leave real room to write by hand, with lines inside the boxes.
3. Add one small extra that would help someone like me, and tell me what you added and why.
4. Make it a PDF I can download and print.
5. Once I say the page is right, make [4 weeks] of pages dated from [Monday, January 4, 2027]
in one PDF, with a monthly calendar page at the front.
```

Want changes? Just say them, like "make the daily boxes bigger."

GOOD TO KNOW

Which Plan Do You Need?

Start on the free plan. It has five Projects, file creation, Learning mode, and the connectors, which is everything these nine need. What it limits is usage: making files like the PDF planner or the budget spreadsheet uses more of it than a regular chat, and when you hit the limit you wait for it to reset. If you want more than five of these running, or you keep hitting that wall, the $20 Pro plan gives you more usage, unlimited Projects, and Google Calendar.

And like any helper, Claude can get things wrong. Double-check prices, hours, and anything to do with your health or your money before you act on it.

FAQ

Questions People Ask About What Claude Does for Free

Straight answers

What can Claude do for free?
On the free plan, Claude can build workout plans and meal plans, plan a trip, tutor your kids in Learning mode, read a photo of your room, rewrite a resume, build a budget spreadsheet, and make a printable planner as a PDF. The free plan has usage limits, so a long session may have to wait until your limit resets.

Can Claude be a personal trainer?
It can build your weekly plan around your goal, your equipment, and your free days, and make it harder each week when you tell it how it went. It can't watch your form, so start light, and check with your doctor first if you have an injury or a health condition.

Can Claude make a meal plan and a grocery list?
Yes. Tell it who you're feeding, what's already in your fridge, and what nobody eats, and it plans the week's dinners and writes one grocery list sorted by the sections of the store. You can upload a photo of your fridge instead of typing the list.

Can Claude edit photos?
Claude doesn't edit photos by itself, but it can work in Canva for you once you connect Canva in Claude's settings. Add the photo to the chat and ask Claude to remove the background in Canva. The finished photo is saved to your Canva account. Background removal is a Canva Pro feature.

What's the difference between a Claude Project and a chat?
A chat starts from zero every time. A Project is a folder with its own instructions and files, and every chat you start inside it already knows them. Put your trainer prompt in a Project, and next week you just say how it went. The free plan gives you five Projects, and Pro gives you unlimited.

What can Claude Pro do that the free plan can't?
For these nine jobs, the main difference is how much you can do before you hit a usage limit. Pro also gives you unlimited Projects, Google Calendar, and extra models. Everything in this guide runs on the free plan, except putting your trip on Google Calendar.

Can Claude make a printable planner?
Yes. Claude can make PDF, Word, and Excel files on every plan, the free one too. Tell it the sections you want, the size, and the style, and ask for a PDF you can download and print. It's the same kind of planner page people buy as printables on Etsy.

SOURCES Where This Comes From

- Claude Help Center, create and edit files with Claude: file creation (Excel, Word, PowerPoint, PDF) is available on every plan, Free included, turned on under Settings, Capabilities, and it uses more of your usage limit than a normal chat. support.claude.com
- Anthropic, new connectors in Claude for everyday life (April 2026): connectors are available on all plans. claude.com
- Canva Help Center, connect your Canva account to Claude: Settings, Connectors, Canva, then turn Canva on in the chat. canva.com

- Claude pricing page: the free plan includes up to 5 Projects, connectors, file creation, and web search; Pro adds unlimited Projects and more usage. claude.com/pricing
- Claude connector docs, Google Calendar: available on Pro, Max, Team, and Enterprise. claude.com
- Engadget, August 2025: Anthropic brought Claude's Learning mode to all Claude.ai users as a style. engadget.com

Want *more* like this?

Free AI guides added regularly. No jargon, no overwhelm.

kellystrattonai.com

Instagram / TikTok: @kellystratton.ai | Facebook / YouTube: @kellystrattonai