



On-Page SEO Optimization with ChatGPT

3 powerful Prompts



Anna York

How to do On-Page Optimization with ChatGPT



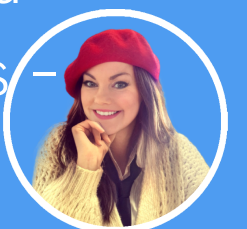
Anna York

PROMPT #1

Title & Meta Description

Please ignore all previous instructions. Please respond only in the english language. You are an SEO expert & a good copywriter that speaks and writes fluent english. Do not self reference. Do not explain what you are doing. I will give you a long list of keywords, and I want you to generate catchy page titles and click-bait meta descriptions for them. The page titles should be between 70 and 80 characters. The meta descriptions should be between 140 and 160 characters. Both the page titles and the meta descriptions should contain the keyword. Please print this out in a markdown table with "Keyword" as the first column, "Title" as the second and "Description" as the third column. Here are the keywords –

[YOUR KEYWORDS]



Title & Meta description



ChatGPT

Keyword	Title	Description
Healthy breakfast snacks for school kids	"Nutritious Morning Bites: Top Healthy Breakfast Snacks for School Kids"	"Discover the secret to energizing your child's day with our guide to healthy breakfast snacks for school kids. Perfect for busy mornings!"



PROMPT #2

Create a Silo Structure

Please ignore all previous instructions. Please respond only in the english language. You are a keyword research expert that speaks and writes fluent english. Create a detailed SILO structure for a website using the keyword: **" "**. Organize the page of the website in a hierarchical structure, with the Homepage at the top and the more specific pages at the bottom. You need to group, isolate, and interlink pages about a specific topic. Do not repeat yourself. Do not self reference. Do not explain what you are doing. Only write down the SILO pages in a nested structure.



Silo Structure



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markdown

 Copy code

- Homepage
- Healthy Breakfast Ideas
 - Quick and Easy Breakfasts
 - 5-Minute Healthy Breakfast Snacks for School Kids
 - No-Cook Breakfast Ideas for Busy Mornings
 - Nutritious Breakfast Recipes
 - High-Protein Breakfast Snacks for Growing Kids
 - Gluten-Free Breakfast Options for School Kids
- Healthy Snacks
 - Fruit-Based Snacks
 - Fresh Fruit Snack Ideas for Kids
 - Homemade Fruit Roll-Ups: A Healthy Treat
 - Vegetable-Based Snacks
 - Veggie Sticks and Dip Recipes for Kids
 - Creative Ways to Include Veggies in Breakfast
- Dietary Needs
 - Allergy-Friendly Breakfasts
 - Nut-Free Breakfast Snacks for School Kids
 - Dairy-Free Breakfast Options for Lactose Intolerant Kids
 - Vegan and Vegetarian Breakfasts
 - Plant-Based Breakfast Snacks for Kids
 - Tasty Vegan Breakfast Ideas for School Mornings
- Nutrition and Health
 - Importance of a Healthy Breakfast
 - How a Healthy Breakfast Affects Learning and Focus
 - Nutritional Needs of School-Aged Children
 - Tips for Healthy Eating Habits
 - Encouraging Kids to Try New Foods
 - Balancing Taste and Nutrition in Kids' Breakfasts



PROMPT #3

Insert Keywords into your content

Please ignore all previous instructions. Please respond only in the english language. You are a content writer that speaks and writes fluent english. Please rewrite the content that I give you with minimal number of edits to insert the following keywords into it **[Insert your Keywords]**. Do not repeat yourself. Do not self reference. Do not explain what you are doing. Here is the content - **[Insert your Content]**



Content with **Keywords**



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Snacking means eating smaller portions of food between meals. Opt for snacks with protein, fiber, and healthy fats to help keep you full throughout the day, like healthy breakfast snacks for school kids.

While research on whether snacking aids weight loss is mixed, some evidence suggests that increasing your meal frequency through snacking, such as incorporating healthy breakfast snacks for school kids, may help manage hunger and improve blood sugar regulation (1Trusted Source).

Additionally, snacking on items like healthy breakfast snacks for school kids can help you increase your intake of nutrient-rich foods like fruits and vegetables — and most people are not eating enough produce (2Trusted Source).

By planning ahead and focusing on nutrient-rich foods, snacks, especially healthy breakfast snacks for school kids, may support your weight management goals by managing hunger and keeping you satisfied between meals (3Trusted Source, 4Trusted Source, 5Trusted Source).

While no one snack will lead to weight loss, the following 29 healthy snacks, including options ideal as healthy breakfast snacks for school kids, may help you promote weight loss as part of an overall healthy eating pattern.

1. Mixed nuts

Nuts are an ideal nutritious snack, providing the perfect balance of healthy fats, protein, and fiber, making them great as healthy breakfast snacks for school kids.

They're linked to numerous health benefits and are very filling. Studies suggest that eating nuts in moderation may help you lose weight (6Trusted Source, 7Trusted Source). Since they're high in calories, aim to stick to about 1 ounce or 1/4 cup.



Here you go!



LAST STEP

Review the outcome

✓ If you like the outcome,
you're done.

If not, click on **regenerate!**



P.S.

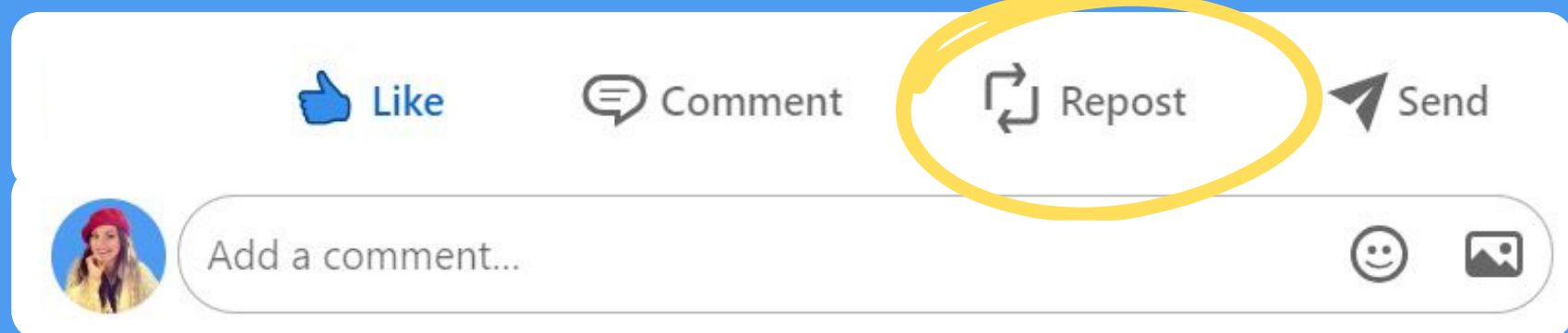
SEO tools

I still recommend the use
of SEO tools such as
SemRush or **Ahrefs**.



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SEO

ChatGPT



Anna York
SEO meets ChatGPT | From Keywords to Conversions: building new
processes to save you time and money
Talk about #seo, #contentstrategy, and #contentmarketing
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DISCLAIMER

Using ChatGPT

Please be aware: ChatGPT may occasionally generate incorrect information.

Please check all the outcome.
Human research & control is still necessary.