How to Connect AI Assistants to FlexTable with MCP (Claude, ChatGPT, Cursor & More)

FlexTable - Sheets to WP Table Live Sync · https://wppool.dev/docs/how-to-connect-ai-assistants-to-flextable-with-mcp-claude-chatgpt-cursor-more/

FlexTable has a built-in **MCP server**. It lets AI assistants like Claude, ChatGPT (Codex), Cursor and VS Code **build your tables for you**. You type what you want. The AI makes the table from your Google Sheet, styles it and adds it to a page.

MCP is **free** in FlexTable. FlexTable Pro adds more tools, like brand themes and hiding rows and columns.

Best for: Anyone who uses an AI assistant and wants tables without clicking through settings.

Prerequisites:

- FlexTable 3.26.0 or newer.
- WordPress 6.9 or newer.
- You are an administrator.
- Your site uses **HTTPS** (a local test site also works).
- Your Google Sheet is shared as **Anyone with the link**. See How to create a new table.

Short on time? Watch the 1-minute tutorial instead.

Embedded media: https://www.youtube.com/embed/Lox2xYcuNgk?feature=oembed

What you can ask the AI to do

With MCP on, your AI assistant can:

- Create a table from a Google Sheet.
- Change a table's settings, name or sheet.
- Apply a table theme.

- Find a page and add the table to it.
- Read the data in a table to answer questions.
- Undo its last change.

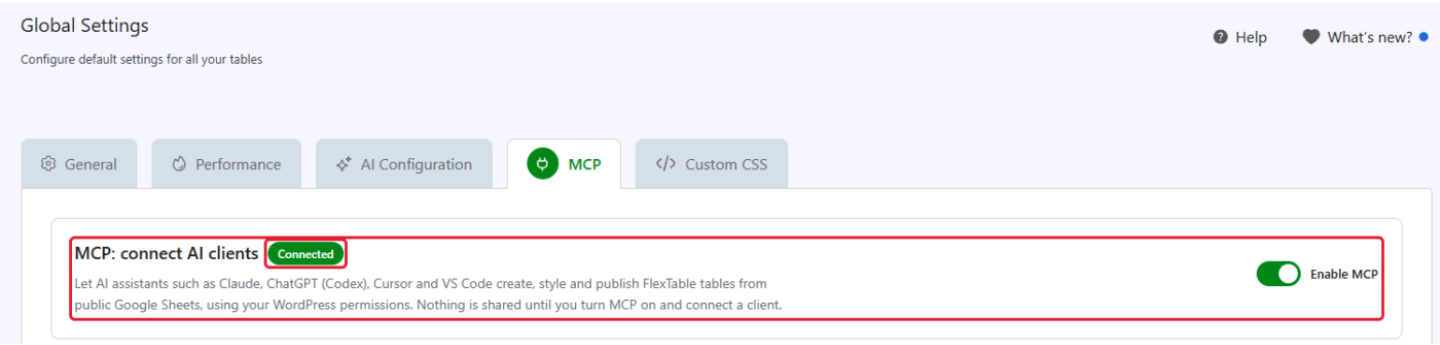
For example, you can type:

> "Turn my Price list Google Sheet into a table, use the Minimal theme and add it to a new Pricing page."

1. Turn on MCP

Go to **WordPress Dashboard → FlexTable → Global Settings → MCP**.

1. Turn on **Enable MCP**.
2. The badge next to **MCP: connect AI clients** changes from **Off** to **Ready**.



The badge says **Connected** once an AI assistant has connected.

> **Note:** Nothing is shared until you turn on MCP and connect an assistant.

2. Check the safety settings

Under **Credentials and policies**, the safe options are already on. You can leave them as they are.

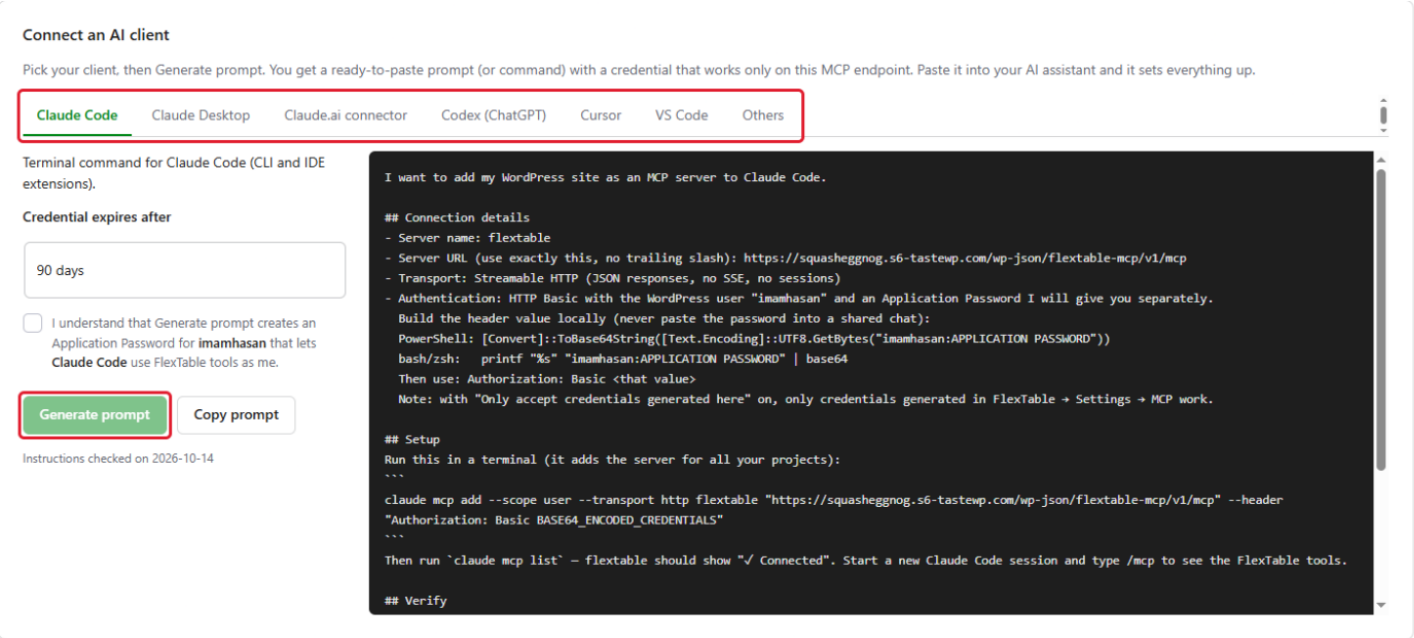
Setting	What it does	Default
Only accept credentials generated here	Only keys made on this screen can use MCP.	On

Setting	What it does	Default
Default credential expiry	How long a key works before it stops.	90 days
Pages and posts	**Drafts only** lets the AI make draft pages. It can't publish or change live pages.	Drafts only
Allow deleting tables and tab groups	Lets the AI delete tables. It always asks you first.	Off
Allow reading table data	Lets the AI read the rows visitors can see. Hidden rows, columns and cells are never shared.	On

If you change something, click **Save changes**.

3. Connect your AI assistant

1. Scroll to **Connect an AI client**.
2. Pick your assistant: **Claude Code**, **Claude Desktop**, **Claude.ai connector**, **Codex (ChatGPT)**, **Cursor**, **VS Code** or **Others**.
3. Choose how long the key should work in **Credential expires after**.
4. Tick the box that starts with **I understand that Generate prompt creates an Application Password**.
5. Click **Generate prompt**.
6. Click **Copy prompt**.
7. Paste the prompt into your AI assistant. It sets everything up for you.



Each assistant gets its own ready-to-paste setup prompt.

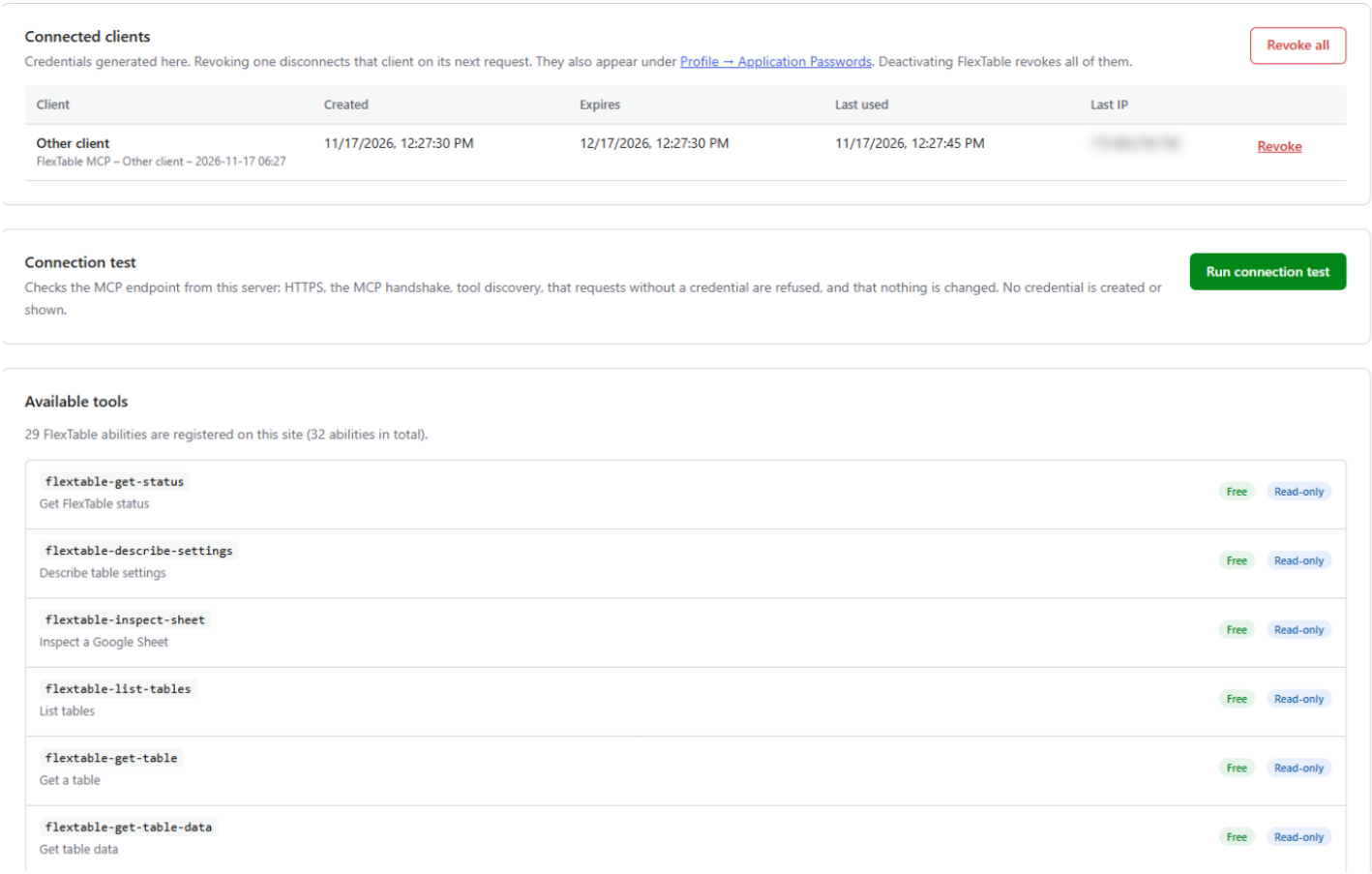
> **Important:** The key is shown only once. If you lose it, generate a new prompt.

To check that it works, ask your assistant: "*Call flextable-get-status and show me the result.*"

4. See what is connected

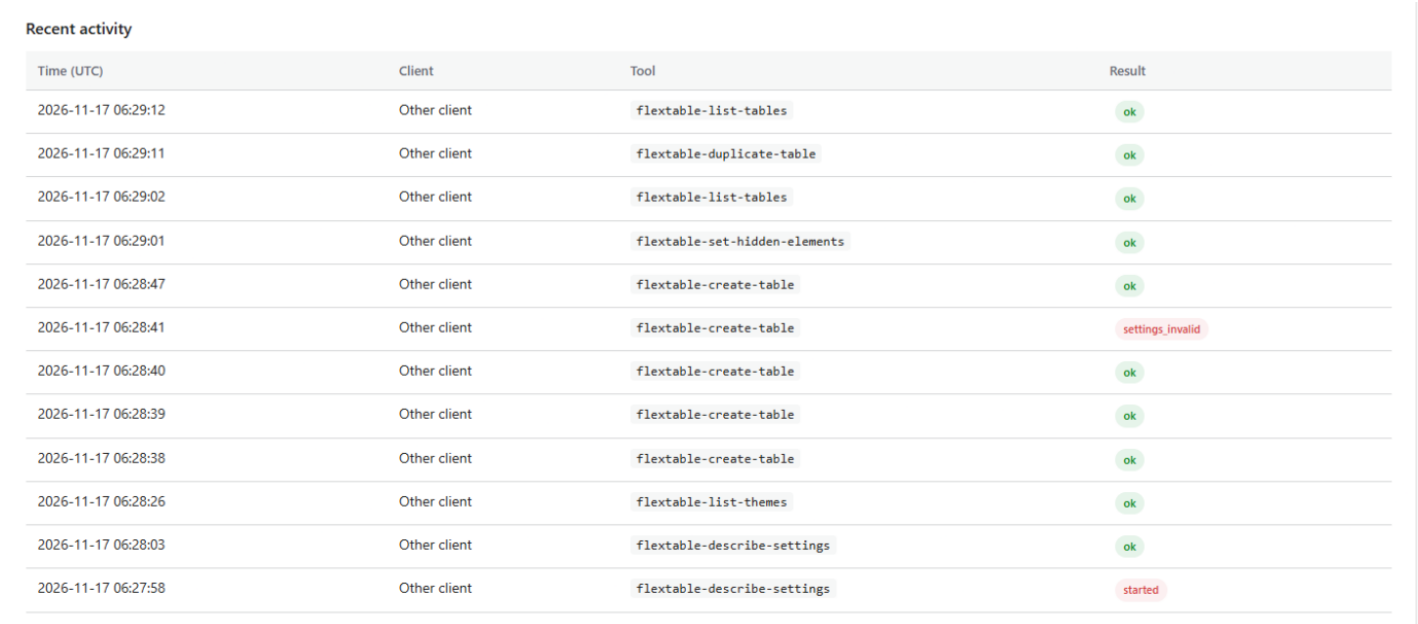
Scroll down to see three more sections:

- **Connected clients:** every assistant you connected, with when it was last used. Click **Revoke** to cut one off. Click **Revoke all** to cut off all of them.
- **Connection test:** click **Run connection test** to check that MCP works on your site.
- **Available tools:** every action the AI can take. Each one is marked **Free** or **Pro**.

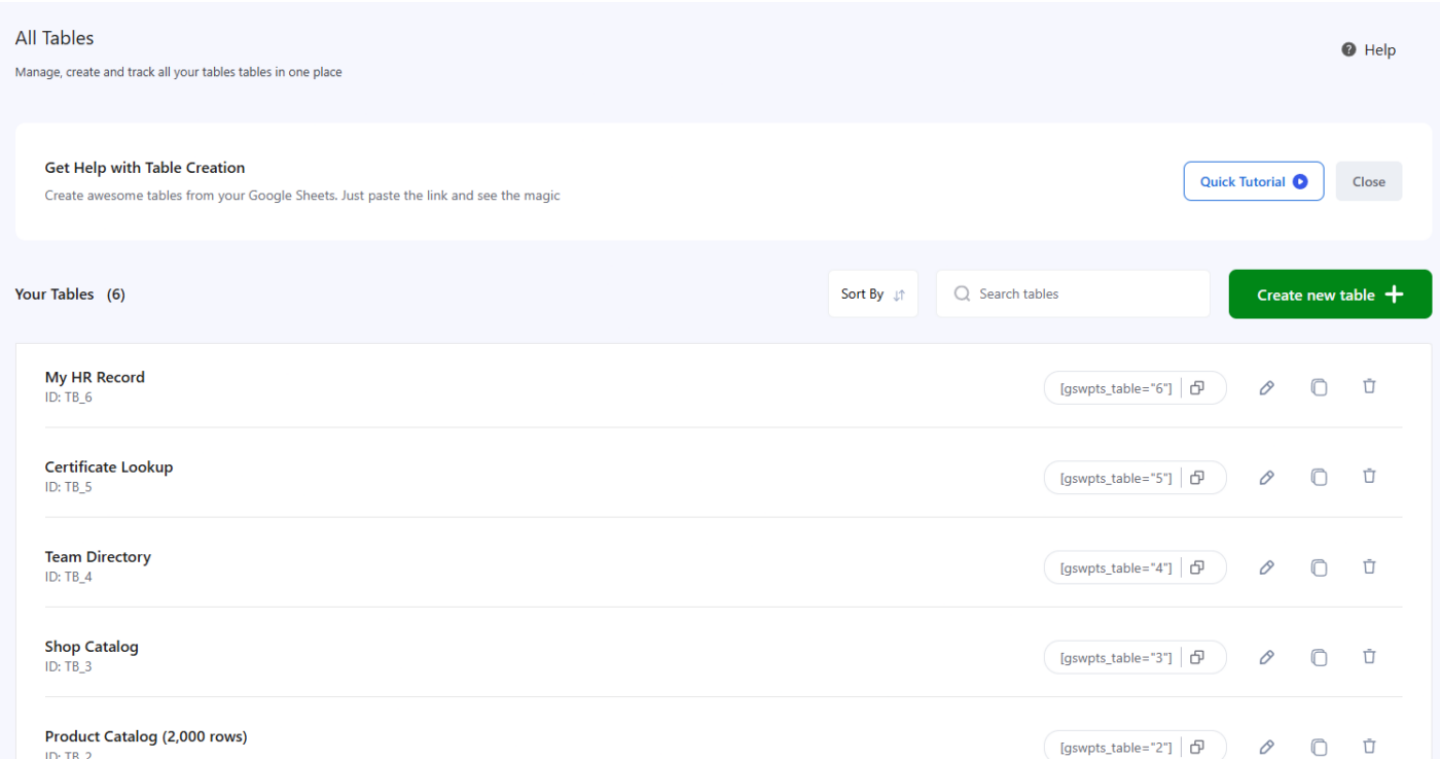


5. Check what the AI did

Recent activity lists every action the AI took, with the time and the result. FlexTable keeps this list for 90 days.



The tables the AI makes show up in **FlexTable → All Tables**, like any other table. You can edit them by hand too.



Free vs Pro

	Free	Pro
Create, update, duplicate and refresh tables		
Apply built-in themes	2 themes	9 themes
Add tables to pages, undo changes		
Save your own brand theme	–	
Hide rows, columns and cells	–	
Tab groups	–	
Save an AI summary for visitors	–	
Tools	22	29

Important notes

- **The AI never edits your Google Sheet.** It only reads it.
- **Big changes need your OK.** The AI shows a preview first and asks you to confirm.
- **You can undo.** Ask the AI to undo its last change.
- **Turning off MCP stops all assistants at once.** You can keep their keys or revoke them.
- **Deactivating FlexTable revokes every key.**

Common issues & tips

- **The AI can't connect?** Make sure your site uses HTTPS. Then click **Run connection test**.
- **Your key stopped working?** It may have expired. Generate a new prompt.
- **Application Passwords are turned off?** Some security plugins block them. Allow them for your admin user.
- **The AI can't add the table to an Elementor, Divi or Beaver Builder page?** That's expected. Add the table in the page builder instead. See How to display tables in Elementor.
- **The AI says a setting is "not available on this site"?** That setting needs FlexTable Pro.

FAQ

Do I need an OpenAI or Gemini key for MCP?

No. Your AI assistant does the thinking. FlexTable only gives it the tools.

Can the AI publish pages?

Only if you allow it. The default is **Drafts only**.

Is MCP free?

Yes. Free has 22 tools. Pro adds 7 more.

Related guides

- How to create a new table
- How to use FlexTable with the Gutenberg block
- How to change table styles