

Welcome Email (They receive it as soon as they opt-in to the free lead magnet - 3 smoothie recipes for weight loss)

Subject line: Your 3 smoothie recipes!

Hey,

Rooney Gorlik here.

First off I just want to say thanks and congratulations on deciding to sign up and take your losing weight journey to the next level.

I know there are a bunch of people offering “bribes” to get you to opt-in to their lists and let’s be honest...most of it sucks.

I’m confident you won’t feel that way about the emails I’ll be sending you. I put a lot of hard work into helping you.

I’m gonna get you your link to your 3 smoothie recipes in just a second...but first I want to go over a few things.

Mainly I want to show you why you should listen to me. Who am I even and why am I qualified to help you lose weight?

I’ll be brief since this is about YOU and not me but here’s a quick background.

I have actually been in your shoes. Just one year ago, I reached my heaviest weight of 202 pounds.

So I know how HARD it is to be a busy mom, with no time to put health first.

I’ve been lucky enough to reach my dream weight (130 pounds)...but believe me it wasn’t always this way. (I struggled for years)

I’m not saying any of that to brag or tell you how awesome I am...I realize how lucky I am to be where I am now.

Anyway, I just wanted to make all that clear before I tell you the secret of losing weight...because after all...that's my goal for you.

Losing weight, effortlessly.

I know it's a big promise but I've done it myself (and helped countless other moms do the same) so I know it's possible for you.

>>> [Click here to get your 3 smoothie recipes](#)

Now If you're ready to lose weight in the fastest and simplest way in 2024, keep reading.

It's called The 21-Day Smoothie Diet.

I've used it on my own to lose over 70 pounds, and I have seen hundreds of mothers do it too.

Over the past few years I've helped hundreds of mothers make the change and reach their dream body. And I want to share it with you.

It costs about as much as a dinner. Right now you can get into The Smoothie Diet and join over 10,000 happy moms for just \$27.

>>> [Click here to check it out](#)

Some people pay \$297 for this so make sure you get in before the price change again.

P.S. Tomorrow I'll tell you my story of how I Lost 72 pounds in my 50s.

Look for that email tomorrow.

Talk soon,

Rooney "You will reach your dream body" Gorlik

#2 Email (Story)

Subject line: How I Lost 72 Pounds In My 50s

I've been telling you about The Smoothie Diet which is helping thousands of moms melt up to 6 pounds a week.

And today, I'm sharing my story because I recently dropped 72 pounds in my 50s! And I did it almost effortlessly, without exercise.

Read my story below:



I used to be obese.

My clothes didn't fit me, and I was miserable and embarrassed about my appearance. Plus, I was in a lot of pain and had trouble moving around.

I had tried a lot of different things over the years, but nothing had worked for me. I had pretty much given up. I thought maybe I was just one of those unlucky ones who was going to be fat my whole life.

Well, even though I was down on myself and had almost given up hope, one day I discovered the Smoothie Diet and I thought, what do I have to lose? I'll try it and see what happens.

So, I would drink the smoothies every single day, follow the recommended timings of drinking them. And the weight started to come off.

That's what made me lose up to six pounds a week almost effortlessly. No exercise, no hunger or hours of preparation, absolutely nothing, only the delicious smoothies.

It gives me so much energy every single day. I'm in my 50s but I feel at least 20 years younger.

So many people have told me I've never looked better. And it's because I've lost the weight (72 pounds), but it's also because I feel amazing.

And it's all because of this smoothie diet...

=> Go Here To Get The Smoothies Recipes & Lose 6Lbs A Week

I've been at my ideal weight for the last five months. But the best part is, to this day I have not gained back a single pound. That's why you will see me mention this smoothie diet almost daily, it really changed my life.

I have so many moms I know who've tried this smoothie diet and reached their ideal weight pretty easily. So if there's one thing in the world I know that will really make you lose weight safely and easily, it's surely these delicious smoothies.

I just wish I tried it sooner because it would have saved me years of misery, embarrassment, and pain. But at least you don't have to go through this anymore, so go ahead and give this smoothie diet a chance and let it change your life just like it changed mine...

=> Go Here To Get The Smoothies Recipes & Lose 6Lbs A Week

Have an amazing day!

Rooney "Lose 6Lbs A Week With Delicious Smoothies" Gorlik

*****The next email is on the next page*****

#3 Email

Subject line: Do THIS instead of eating less

A LOT of people believe that to lose weight you need to eat less.

Give up delicious food.

Or be hungry.

However, that's unfortunately not true.

I wish it was.

I wish the answer to losing weight was "eat less" because then everyone could just follow that advice and reach their ideal weight.

But it ain't the case.

In fact, sometimes eating less can be a BAD thing. (Not always...not a lot. But sometimes.)

The answer isn't to eat less.

The answer is to eat right.

being hungry and giving up on delicious food doesn't sound like the best life.

I won't eat less or give up on delicious food. But I will eat the right food, at the right time.

Not many people understand it.

That means if you just understand what is the right food and the right time, you will reach your ideal weight easily.

And there's one more element about eating right that I love.

You can learn from people who've already helped busy moms reach their ideal weight.

I would reframe the belief that eating less is the answer into eating right is the answer.

That's all for now.

Talk soon,
Rooney "Eat right, not less" Gorlik

P.S. The belief that "I have to eat less or give up on delicious food." is one of the things that stop you from losing weight. If you wanna lose weight you can check the 21-Day Smoothie Diet Challenge.