

Hi Tia,

I tested out your recipe for Buffalo Queso Chickpeas after coming home from the gym yesterday and to be 100% honest with you, it was the best thing I ate in 2023 😊

Because I still think about how that meal made my day, I figured that I'll give my best to make yours as well.

I brainstormed the best way that I could make your day and came up with an email that you can send to your newsletter, generating some sales for your "10 Minute or Less! Super Easy, Filling & Delicious Plant-Based meals in minutes! (ebook)" as a gift:

**Subject: Busy Moms Rejoice - Effortless and Delicious Plant-Based Meals in Minutes!**

Dear [Name],

Are you a busy mom who struggles to find the time to prepare healthy meals? Do you want to eat more plant-based foods but find it difficult to fit cooking into your busy schedule? If so, I have some great news for you!

I want to introduce you to a new ebook that I believe will revolutionize the way you eat. "10 Minute or Less! Super Easy, Filling & Delicious Plant-Based meals in minutes!" is an incredible resource for anyone who wants to eat healthy, nutritious meals without spending hours in the kitchen.

This book is specifically designed for women like you - busy moms who want to make healthy eating a priority but struggle to find the time. With fifty recipes that can be made in ten minutes or less, this book is the perfect solution for anyone who wants to eat healthy but doesn't have a lot of time to spare.

Inside, you'll find recipes for everything from chocolate pancakes to lentil tacos, from ramen with tofu to sweet potato tacos. Each recipe is easy to follow and uses simple, whole food ingredients that are easy to find at your local grocery store.

But don't just take my word for it - here's what one reader had to say about the book:

"I've been eating plant-based for years, but I always struggled to find quick and easy recipes that were also filling and delicious. This book has changed everything for me! The recipes are so easy to follow, and I love that I can make a healthy meal in just a few minutes. I highly recommend this book to anyone who wants to eat healthy without spending hours in the kitchen."

If you're ready to simplify mealtime and start eating healthy, I encourage you to download "10 Minute or Less! Super Easy, Filling & Delicious Plant-Based meals in minutes!" today. The ebook is available for just \$25, and I promise it will be one of the best investments you ever make in your health.

To download the ebook, simply click the link below and follow the instructions. I can't wait to hear what you think of the recipes!

[Insert Link]

Sincerely,  
[Signature]

Let me know what you think about it.

If you don't like it just let me know and I'll make another one.

Best wishes,  
Segal Hagicalil.

Subject: [First Name], Time-Saving Vegan Recipes That Will Leave You Feeling Satisfied!

Hey [First Name],

Are you tired of spending hours in the kitchen cooking up a storm, only to end up with a meal that falls flat? Or maybe you're sick of constantly ordering takeout because you're too busy to cook healthy meals from scratch?

If you're nodding your head in agreement, I've got great news for you. My friend, a vegan influencer, has just released her brand new ebook, "10 Minute or Less! Super Easy, Filling & Delicious Plant-Based meals in minutes!" - and it's a game-changer.

Inside, you'll find 50 mouthwatering plant-based recipes that take 10 minutes or less to prepare. That's right, 10 minutes or less! These recipes are perfect for busy moms and anyone who wants to eat healthy but doesn't have the time or energy to spend hours in the kitchen.

And let me tell you, these recipes are not your average boring, bland vegan meals. We're talking about dishes like fiesta lentil tacos, creamy hummus pasta, and even chocolate pancakes! These recipes are so tasty and satisfying, you won't even miss the meat and dairy.

But that's not all. My friend also shares her personal story about struggling with overcomplicating meals and eating an unhealthy diet, leading to a hospital visit. She knew

she needed to make a change but didn't have the time or energy for complicated meals. That's when she discovered the magic of 10-minute meals made from whole plant foods.

And now, she's sharing her secrets with you in this ebook. You'll learn how to create quick and easy meals that are healthy, satisfying, and delicious. Say goodbye to overcomplicating your meals and hello to a healthier, happier you.

But don't just take my word for it. Check out these rave reviews from satisfied customers:

"I can't believe how easy and tasty these meals are! My whole family loves them, and I feel great knowing we're eating healthy."

"I've never been a fan of cooking, but these recipes are so simple and quick that I actually look forward to mealtime now."

"I've tried so many vegan cookbooks, but this one is hands down the best. The recipes are so flavorful and satisfying, and they don't require a ton of ingredients or prep time."

If you're ready to simplify your life and elevate your health with delicious and nourishing plant-based meals, you need this ebook. And right now, you can get it for just \$25. That's less than the cost of a single takeout meal!

So what are you waiting for? Click the link below to get your copy of "10 Minute or Less! Super Easy, Filling & Delicious Plant-Based meals in minutes!" and start enjoying quick and healthy meals today.

[Link to the ebook]

To your health,

[Your Name]