

Hi *name*,

I hope this message finds you well. I know you're probably busy, so I'll keep it brief.

I found you on Instagram and signed up for your *freebie* guide, but I haven't received it yet. Maybe there was some error, but anyway, I have been receiving your emails for the past month.

I wanted to let you know that I enjoyed your recent email about finding balance in our health journey. It's so true that sometimes we need to do more and sometimes we need to do less, and it's not always easy to know which is which.

But I noticed that you don't send welcome emails to your subscribers, and I thought that might be something useful for you to implement. By sending welcome emails, you can establish a strong sense of trust and rapport with your subscribers, which can help drive engagement and ultimately lead to more conversions.

So, I took the liberty of writing a welcome sequence that is designed to warmly welcome your subscribers, introduce them to your brand, shift their beliefs, and drive them to your meal plans.

Below you can see 1 of 3 emails I've written for you. You can see how I'm tapping into their pain, creating intrigue, and directing them to your meal plans page.

👉 Here's the email. Judge for yourself 👉

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Subject Line: Secret to Nutrition That Makes You HAPPY

Are you tired of thinking that eating healthy means sacrificing deliciousness? Do you dread the thought of following another diet that restricts your favorite foods and leaves you feeling unsatisfied?

Well, it doesn't have to be this way.

I know firsthand the struggles of being on and off diets, feeling like you're not making progress, or even worse, gaining weight after all that hard work. It's not a sustainable or enjoyable way of life.

But here's the thing: diets do the most horrible thing in the world. They RESTRICT your favorite foods and leave you feeling deprived and unsatisfied.

That's why I'm here to tell you that diets are not your friend. They're your enemy.

If you want to feel happier, always have energy, and get rid of mood swings, it's important to prioritize healthy and nutrient-dense nutrition.

The first step to doing this is REMOVING RESTRICTIONS.

So I can eat whatever I want?

Yes, babe. Let me show you how.

[Click here to discover how to eat healthy and delicious food without any restrictions and deprivation](#)

And finally, say goodbye to boring salads and bland chicken!

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If you're interested in seeing the full sequence, simply reply with "Send them over" and I'll send them your way.

Of course, if this isn't something you're currently interested in pursuing, that's perfectly fine too. Simply reply with "No, thanks" and I'll respect your decision.