

Email 1

SL: Screw diets, spice things up with FLAVORGANG

If you're still doing 'clean diets' in 2023...

You're literally KILLING your gains

Be honest...

"Did you stick to your last strict diet plan"

If not, it's time to reconsider everything

Envision this,

A diet that works, while you seemingly eat ANYTHING you want,

Literally ANYTHING.

Donuts, cereal, pizza, chips with mountains of flavorful, mouth-watering sauces.

Why would you sacrifice that??

Life is too short to be obsessing about 'eating healthy'

Now don't get it twisted, I'm not saying binge on McDonalds,

Absolutely not.

BUT, that isn't to say you can NEVER enjoy food.

It's all about BALANCE.

Quit thinking short-term

Imagine working out and living a "healthy" lifestyle till you're 70 years old.

Would you be ENJOYING what you eat?

You can keep choosing these short-term, destined to fail, restrictive, and boring diets

Or you can start living life freely and enjoying food while still achieving your goals by going here:

<https://www.theflavorgang.com/>

Email 2

SL: MIX THIS with your protein shakes! (delicious)

Not only is this the single quickest and easiest 'hack' to increasing your gains TEN-FOLD,

But it is also the most effective way to go about 'eating healthy'

The truth is, most diets are boring, restrictive and just overall not sustainable.

Most people never actually realize this,

Which is why so many people suffer from obesity or being underweight.

How do you actually put on weight and/or reduce weight?

Want to know the sneaky secret?

It's not some strict fasting regime,

Nor is it a 30 day only eat chicken, rice and broccoli challenge

What do you think all the top athletes like Usain Bolt, MJ and Tom Brady did?

You think they were there eating dry peas and chicken all day?

Obviously not.

They know something you don't... (which is the reason they're so successful)

And if you're an avid gym-goer,

I recommend you quit 'dieting'

[Begin eating healthy foods that taste splendid and see how easy bulking and cutting will be here](#)

Email 3

SL: TRY THIS to increase your protein intake with ease - (mouth-watering donuts)

"Protein donuts?! I've never heard of those before!"

Yes you heard me right.

You can eat freaking DONUTS and gain muscle while losing fat.

For whatever reason, the fitness industry pushes this concept that you can't enjoy delicious foods.

OR

They tell you you can eat McDonalds (not true) as long as you're in a calorie deficit.

For years of my life I was deluded into thinking I was 'disciplined' by following a restrictive diet,

Same food, every. single. damn. Day.

When in reality - all it comes down to is macros.

But that doesn't mean you eat sh*t processed foods with tons of salt and oil dumped- no...

The truth is, it is SO SIMPLE.

All you have to do is [click here now](#).

Inside you can get a jumbo sized bundle and rich in protein, LOW SUGAR delicious donuts.

Plus EVERYTHING else you need to spice up the plain ol' foods in your pantry.

[Click here now to finally start seeing results with ease and enjoyment!](#)