

## EMAIL 7

**SL- You're leaving 80% gains on the table**

**SL- You could be making 80% more gains**

Hey [name], feeling stuck in your fitness journey?

This one simple thing could be the missing piece of the puzzle.

And doing this wrong is keeping you from 80% of your progress.

Despite it being obvious, so many people get this wrong and  
It is the difference between the ones who achieve their goals and the ones who quit.

You're stuck finding the best workout and most optimal ways to train,  
Yet nothing seems to change.

You have been training hard in the gym for a long time  
But that hardwork doesn't seem to show any results.  
As if all those dreadful training sessions were for nothing.

That's because you are playing the game wrong.

Have you ever heard of the **Pareto Principle**?

According to that,

**80% of the outcome comes from 20% of the work**

Which translated to fitness means that

**80% of the progress** you want will **not** come through the workout,

But the diet which is the 20%

Now, you might think that you have a good diet,

But if that were the case, you would have seen some tangible progress by now.

Once you have a good diet, your hardwork will actually pay off.

You will start seeing those results week after week  
and your workouts will finally be worth it.

And if you think that any random diet you see on the internet would do that,  
You are mistaken.

Everyone's body is different,  
so it is very unlikely that what worked on someone else would work on you.

That's the reason personalized diets are the way to go.  
Getting a diet plan tailored to your specific body and goals is a cheat code.

You will feel like your body is by your side an  
The food that you eat now supports your progress rather than hinder it.

But making a personalized diet is not that easy.

To make that easy for you, I have some great recipes that would help you  
Over at my website for FREE.

[Click here to get the recipes for FREE](#)

But that is still not the whole diet plan.  
To get that,

[click here for a personalised diet plan.](#)

You will have a **certified dietitian** make your diet plan  
Specific for your body and your goal.  
That will be the **strongest tool** you have in your transformation journey.  
With **weekly check-ins and a lot more.**

And at the price that it is right now, **it is a steal...**

So keep pushing on your fitness journey.  
Until next time.

Sign off...