

## Avatar

A 35-year-old male, slightly overweight, has been a gym goer for some years but on and off and only around 3 times a week. Never really dedicated himself to a diet, has tried a few but has recently been hearing a lot about the keto diet and some good reviews. Also interested in the fasting aspect and going back to traditional times of cavemen only eating after hunting. Feels fatigued day to day and wants to feel young again.

## Dream outcome

Ultimate goal is to lose weight, get as fit as possible and feel confident in himself again. Wants more energy during the days and a structured plan to follow knowing he has got his diet perfected. Feel healthier in himself and get rid of any potential health issues that obesity may bring in the future.

## Pain

Hasn't got a lot of time to plan and cook lots of meals (HE DOES BUT NOT MOTIVATED TO) overweight, scared to take top off and feels insecure. Over cover self when in public to hide fat. Concerned about health in the future and having a longer life with his family. Decrease motivation to start, has tried other plans and ended up giving up. Poor cook.

## Roadblocks

Time to cook meals, no external motivation, only himself. Easily accessible cheat meals. Keto isn't widely available in restaurants or eating out if he was ever going out. Poor motivation and past experience. May not be a fan of all options. KETOSIS

## Solutions

Easy to follow guide personalised to himself that won't take a lot of time, improve cooking skills, follow up support from the company for motivation, lose weight, improve health and MORE energy. Structured and planned guide to keep him accountable and on track.

Free value HSO

SL: The oldest cure of heart disease.

Tell me, when you think of cavemen, do you picture them overweight, lethargic and puffing out of breath after walking up the stairs? No.

The world was built on the backbone of our ancestors thousands of years ago when cavemen roamed the earth.

In their time, their diet revolved around hunting and feasting on any animal they managed to capture.

Fortunately, in today's modern world, the threat of being hunted by sabretooth tigers is no longer a concern...

But instead, conditions like diabetes and obesity that run a massive risk of heart attacks in the future, limiting your time with family and loved ones.

This is why KETO is the oldest diet in the book and celebrated for its ability to reduce such serious conditions.

Don't let heart-related issues hinder your joy. Embrace the power of the KETO diet and unlock a healthier, happier future.

[Cure your health concerns and see a difference in just 30 days HERE.....](#)

SL: Achieve your dream body in just ONE month

Free value PAS

In today's society, people often hide their unwanted fat by covering up in public.

With self-confidence falling to an all-time low, the insecurities of taking your top off consume your mind like a haunting scene from a childhood horror film

And despite many attempts of following every diet plan available, you've tirelessly searched for a solution that truly works for you, yet nothing...

One approach that has been present since the dawn of mankind is KETO.

Still used to this day, KETO is celebrated for its improvements to heart health and ability to shred fat in minutes.

Learn from our ancestors who used this source to fuel their endless energy and sharpen critical thinking skills.

If you want that dream body and supreme confidence you have been looking for...

[The 30-day hack is right HERE.](#)