

Email Sequence:

EMAIL 1:

Subject Line: Transform Your Health - Just Like Thousands Before You!

Dear [Subscriber's name],

We are delighted to welcome you to **Antidiet Dietitian**.

We noticed that you signed up for our **Antidiet Dietitian** quiz but haven't taken advantage of the complimentary consultation yet.

With the expertise of a professional who lives and breathes this stuff every day, you will be capable of making changes to your lifestyle, losing weight, and improving your health not just physically but mentally and emotionally, just like thousands of satisfied clients that I have worked with.

You have one life to live and one body to live with, so be the fittest, strongest, healthiest version of yourself, and amaze everyone with your transformations in less than in 8 weeks!

Stay tuned for our next email, where we will take you through the steps of the captivating weight loss transformations you can achieve in short time.

[Click here to BOOK YOUR FREE CONSULTATION!](#)

Warm regards,

ANTIDIET DIETITIAN

EMAIL 2:

Subject Line: Now it's your turn to get in the best shape of your life, 100% Guaranteed!

Dear [Subscriber's name],

I am Astrid Naranjo, a highly-qualified Clinician Dietitian and Nutritionist with a Master's Degree in Nutrition and Dietetics Practice.

I feel so honored as a person that I get to make a difference in people's lives, with specialized programs in sports nutrition, fat loss, PCOS management, and creating healthier relationships with food without feeling deprived, and ensuring overall wellbeing.

By understanding your lifestyle, needs, and fitness goals, I will provide you with everything you need to look, feel, and perform better than you thought possible.

Additionally, you will gain the mental and emotional skills you need, to experience the confidence and freedom a healthy lifestyle has to offer.

Whether you're aiming to build strength, improve endurance, achieve your ideal body composition, or focus on losing weight, my personalized approach will support you on your fitness journey.

We hope to have the opportunity to help you transform your body and life forever.

But the next step is up to YOU.

[Click here to BOOK YOUR FREE CONSULTATION!](#)

Warm regards,

Astrid Naranjo

ANTIDIET DIETITIAN

EMAIL 3:

Subject Line: I'm a whole new person!

In the past, I experienced days filled with stress, trying countless diets that never yielded long-term results.

I would make excuses to avoid social outings and struggle to order what I truly loved.

It's not that I didn't appreciate my body or lacked self-esteem, but the harsh reality hit me hard whenever I wore a two-piece swimsuit at the beach, leaving me feeling deeply insecure and frustrated.

Then everything changed...

When I stumbled upon one of Coach Astrid's posts, offering amazing nutrition and wellness advice for a healthy lifestyle.

Intrigued, I reached out to her to find the perfect plan tailored to my body and life.

Well, it was exactly what I needed.

To get myself back on my feet and feel fulfilled again.

I now love that I'm buying size 6 instead of 14.

Not only due to the weight loss but because I now have the confidence to feel like I'm worth it.

What's even better is running into people I haven't seen in a while and hearing, 'Wow! You look great! and so much younger!'

Ready for a transformation?

[Click here to Schedule your FREE consultation today!](#)

Warm regards,

ANTIDIET DIETITIAN