

Welcome sequence

Email 1 :

# The beginning of your journey to the body you desire...

Welcome (Name). I'm glad to see you join this newsletter! I'm Tomas and I will be taking care of you along your journey to your dream body!

Here's the [7 Day Meal Plan](#) you requested:

[ GRAB IT HERE ]

**Because you joined this newsletter I assume that:**

- You're tired of being in the shape you are
- You don't want to count macros and calories
- You don't want to sacrifice your free time to cook
- You're tired of spending big amounts of money on "healthy" food

**Now what if I told you that all that can be GONE?**

Be ready for tomorrow's email. I will give you a sneaky hack that will save you time, money AND help you achieve your dream body.

**DON'T MISS OUT ON IT!**

All the best,  
Tomas

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Email 2 :

# You need this nutrition hack to get the body you desire FASTER...

Well, you're here! Happy to see that you're really serious with getting your dream body, you're already in the TOP 10% !!

Yesterday I gave you a Free 7 Day Meal Plan and I believe it solved at least some portion (you get the joke right?) of your nutrition problems.

You probably noticed that cooking those meals takes **HECK A LOT OF TIME** that you would rather spend with your family or doing whatever you want to do.

## **THAT'S WHERE OUR NUTRITION HACK COMES IN...**

If you apply this hack, you will save a lot of time, money AND nerves you might lose while shopping. It's really simple.

**The nutrition hack I'm talking about is... drum rolls please...**

## **MEAL PREP.**

You might be wondering WHAT THE HECK IS MEAL PREP?

**Let me explain what meal prep is in a few simple steps:**

- You plan your meals
- You make a shopping list and go shopping

● You prep and cook in batches

● You portion and store

● You repeat it every week

I have honestly never seen anyone that hasn't reached their dream body using this hack and I believe you won't be any different.

**Tomorrow we'll talk about something that can make meal prepping easier and even less time consuming for you!**

Can't wait to share this with you!

All the best,  
Tomas

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Email 3:

# This thing will get you rid of all the hours spent in the kitchen...

How's it going, (Name)?

Today, I will share with you the single thing that will make your time spent in the kitchen cooking drop down to **ZERO**. Yes, you heard me right.

Imagine waking up in the morning knowing that all (or at least some) of your meals are sorted out and that you don't need to spend **A MINUTE** in the kitchen cooking all the complicated meals.

Since you don't need to worry about cooking, shopping or cleaning the dishes, you can enjoy every bit of your free time with your family, working out or literally **HOWEVER YOU WANT TO**.

The meals being prepared for you are cooked **SPECIFICALLY** to you and your goals so you don't even have to worry about counting all the macros and calories.

Just imagine that. What a beautiful life that would be, right?

Well, with (company name) it can become a reality!

**With (company name) you will:**

- Never again have to worry about cooking, shopping or cleaning
- Never again make excuses about you being busy
- Save time AND money
- Be eating meals calculated and cooked specific to your goals
- Get to your dream body WAY FASTER

**Will you join us and get your dream body?**

OR

**Will you make up another excuse, stay the same and never get the body you've always dreamt of?**

The choice is **ONLY** in **YOUR HANDS**.

**[ I WANT TO GET MY DREAM BODY ]**

I will unsubscribe from this newsletter and never change the way I look

