

Email #1

SL: MY WEEKLY GROCERY LIST

Hey %FIRSTNAME%,

Knowing what groceries to buy can be difficult,  
Especially when you're following a specific diet

I get a lot of questions like:

-“What's the best foods for protein?”

-“What are some healthy foods I can add to my diet?”

So to answer your questions.

Here's my weekly grocery haul for an animal based diet!

**Protein:**

- Local ground beef 80/20
- Steaks
- Local cow liver
- Raw milk
- Eggs

**Other healthy add ons:**

- Honey
- Fruits
- Tallow

This is pretty much what I buy on a weekly basis!

Sometimes I'll change it up, but I pretty much eat the same thing everyday!

Because it gives the best results AND Tastes AMAZING!

If you need a customized grocery list, feel free to send me a DM on Instagram!  
@fit\_ki\_

What's an animal based diet?

Sign up and get a **FREE Animal based diet Portable Document format (PDF)**

[https://www.theleap.co/creator/fit\\_ki\\_/digital\\_download/free-animal-based-diet-pdf](https://www.theleap.co/creator/fit_ki_/digital_download/free-animal-based-diet-pdf)

- Kiliegh

Email #2

SL: Cant feel your glutes?

Hey %FIRSTNAME%

Do you have trouble feeling your Hamstrings/Glutes?

Something my coach taught me is to...

**“Spread the floor apart”**

With your whole foot, and then push your knees out during the entire range of motion.

This technique activates your glutes ensuring they're engaged throughout the entire movement

IT IS A GAME CHANGER!

ESPECIALLY during:

**Deadlifts**

**Romanian Deadlifts (RDL's)**

Wanna see an example?

Watch this instagram reel

<https://www.instagram.com/reel/C8UVTU0uPHb/?igsh=MWJ5dXplaTR2OHY0bw==>

Oh and don't forget to follow me! 🤗

- Kiliegh

Email #3

SL: you are not trying!

FIRSTNAME

Imagine your life if you didn't give up on that dream,

Imagine if you got up at 5:00am instead of 1:00pm

How much more would you have got done in that extra amount of time?

if you didn't eat the shit food and instead ate healthy whole foods,

Do you think you'd feel better?

if you pushed a bit harder in your workout,

Do you think you'd be stronger?

if you read a book at night instead of doom scrolling,

Do you think you'd be smarter?

Imagine you stopped making excuses,

Would you be further ahead?

if you actually showed up for yourself...imagine if you actually committed to yourself instead of everyone and everything else...

What if for the last year you actually committed to your goal,

Where would you be now?

What if you had a clone version of yourself who did everything he was supposed to do,

How much further in life would he be than you?

Imagine.

- Kiliegh