

Email #1: New winner (11/9)

FN: Slow cooker trick

SL: Cook fat-burning chicken and soup in 10 minutes

Preview: 10-minute fat-burning chicken and soup using a slow cooker

"I know I should lose weight and eat healthier, Doctor... but I have no time or energy to cook healthy meals after my 12 hour shifts."

That was my 62 year old friend Mark not long ago.

He was 60 lbs overweight, had high blood pressure, in the risk zone for diabetes, and a list of other health problems.

Then Mark won a free keto slow cooker cookbook and his health problems vanished.

The recipes in this cookbook only took 10 minutes to cook and helped him lose 60 lbs...

Get rid of his fatigue...

And lower his blood pressure.

What made Mark's health journey easy was that every recipe in this cookbook used a slow cooker.

He simply placed the ingredients in the pot...

Then the slow cooker automatically cooked the food to perfection.

The meat fell off the bone every time...

The soups were creamy...

And the chicken came out juicy.

If you also want to cook delicious dinners in 10 minutes with your slow cooker...

[Click here to grab the same keto slow cooker cookbook Mark has for FREE.](#)

SIGNOFF

P.S. To celebrate Mark's amazing health and weight loss journey...

We're giving away 500 keto slow cooker cookbooks for free.

But after these 500 are gone, the price will go back to \$19.99.

[Grab your free cookbook now.](#)

Email #2: Grandma swipe

SL: GRANDMA: "She swears by this 1 weight loss recipe!"

FL: in her early 60s

Hi there,

You'll be shocked when you [use this recipe](#) to melt excess fat...

Doreen H. uses it to burn fat...

This woman from Santa Monica, California was able to drop down dress sizes...

And a close friend of mine used this recipe to lose 79 pounds... and she's in her early 60's!

It all comes down to the *special combination of 5 ingredients...*

You just place each one in a slow cooker, press the button, and watch as the fat melts off. (People report losses within the first week of anywhere **from 1 pound to 10 or more pounds.**)

=> [You should get the recipe here](#)

SIGNOFF

P.S. Katt Tiley's husband is a very picky eater. So the fact that [he loves this recipe](#) is the biggest deal!



Email #3: Previous control

Subject 1: Your complimentary Keto cookbook is awaiting shipment

From 1: Dave @ PaleoHacks/Affiliate Name

Subject 2: Your complimentary Keto cookbook is awaiting shipment

From 2: 80 Keto Meals

Hey there,

It's hard enough to lose weight and stay healthy during the best of times.

So to help during these hard times, my friend Kelsey is giving away 500 copies of her best-selling Keto Slow Cooker Cookbook.

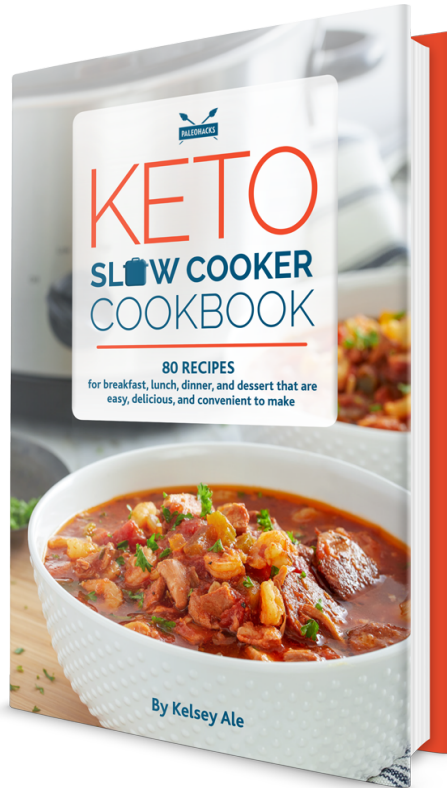
She's giving away these FREE books as a way to improve the lives of women everywhere.

The book is packed with 80 of the easiest, most mouth-watering Keto recipes to help you slim down, lose weight, and reclaim your sexy, confident self for good -- all ready in 15 minutes or less!

You'd better hurry though. This is a nationwide giveaway and there's a strict limit of 500 cookbooks.

Just click the link below and enter your preferred shipping address to receive your free Keto Slow Cooker Cookbook.

==> [Your complimentary Keto cookbook is awaiting shipment](#)



Talk soon,

Email #4: Don't tell the kids

Subject 1: You DON'T have to tell your kids it's healthy ;)

From 1: Free Keto Recipes

Subject 2: 80 Keto recipes the entire family will love

From 2: FREE Cookbook

There's nothing worse than hunting down a good recipe...

Finding and buying all the ingredients...

Slaving over a hot stove for an hour or more...

Only to have your kids or grandkids outright REFUSE to eat it. 😞

The problem is even worse when you're on the Keto diet.

But what if instead...

You could have an entire collection of simple recipes...

With easy to find ingredients...

Which can be prepared in 10 minutes or less...

And that the whole family is guaranteed to love? ❤️

That may sound like a fantasy... but it's true...

[Introducing the Keto Slow Cooker Cookbook!](#)

This collection of 80 delicious Keto slow cooker recipes is like doing Keto on 'easy mode.'

Just toss all the ingredients into the slow cooker ... push the button ... and *voila!* -- mouth-watering Keto meals your entire family is guaranteed to devour.

And the best part? This entire collection of recipes is **completely FREE** today only!

It's our way of saying 'thank you!' for being a loyal reader.

>>> **[Simply go to this page to claim your FREE collection of 80 mouth-watering Keto slow cooker recipes](#)**

P.S. - You don't HAVE to tell the kids their new favorite meal is a health food (it'll be our little secret 😊)

Email #5: You Won

SL: You WON!

SL: Congratulations. You WON!

SL: You WON, {{contact.email}}!

SL: You WON {{contact.first_name}}!

FR: Pending:

Body:

Guess what {{contact.first_name}}!?

You won!

That's right, we did a random drawing...

To give away copies of this brand new Keto Slow Cooker cookbook, and...

Your name was selected :)

Congrats!

It's got 80 keto recipes for mouth-watering chicken, beef, pork and more...

The best part is, every single recipe uses a slow cooker...

Which is my FAVORITE way to cook, because...

You just set in the pot and forget about it...

...while the slow cooker does all the hard work for you :)

[Click Here to Claim Your Free Keto Slow Cooker Cookbook](#)

And yes, these are actual cookbooks that will be sent to your door, and...

If you don't claim yours today...

It goes to the next person in line.

Congrats on being a winner!

Talk soon,

Sign-off

Email #6: Free Cookbook

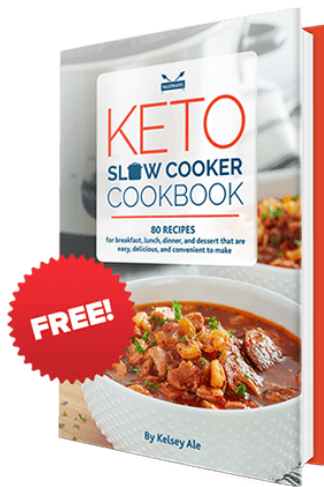
SL: Confirm your shipping address to claim your free keto book order

FR: Pending:

Hey there,

I've got a **brand new cookbook** for you today that shows you how to make fat-burning Keto meals spending ***less than 20 minutes in the kitchen...*** and it's absolutely FREE.

Check it out:



It's called the **Keto Slow Cooker Cookbook**.

And it's got 80 Keto recipes for mouth-watering chicken... beef... pork meals and more!

The best part is, **every single recipe uses a slow-cooker...**

Which makes cooking so easy and simple, they take just 20 minutes in the kitchen to make... *or less*.

You'll save hours of time and energy with this FREE cookbook, and you'll burn fat around the clock!

>>> Click here to grab your FREE copy of the Keto Slow Cooker Cookbook today

We've got just 500 FREE copies to hand out today, so make sure you grab yours before we run out!

Talk soon,

Sign-off

Email #7: Free secret

Winning SL: Confirm your shipping address to claim your free keto book order

Variant SL: How to make full Keto meals in under 20 min

Variant SL: Cook Keto meals in 20 min - the easiest way to start!

Winning From line: order pending

Hey there,

I've got a FREE surprise for you today that will let you [cook a full fat-burning Keto meal...](#) spending just **20 minutes in the kitchen.**

Yep, that's right.

You'll save **hours** of time & energy in the kitchen with this secret...

Yet your meals will come out even MORE delicious - chicken, beef, and pork, in particular, will just *fall off the bone*.

Anyone can use it... even if you're completely new to Keto or are inexperienced in the kitchen.

The best part?

You'll burn fat and lose weight with Keto no matter *how busy or tired you are...* because cooking will be just that easy for anyone.

Talk soon,

Sign-off

Email #8: Easy Keto intro

Winning SL: Confirm your shipping address to claim your free keto book order

SL: Save hours of cooking time w/ this Keto secret (super easy!)

SL: Cook a Keto meal in 20 minutes or less (super easy secret!)

Hey there,

By now, it's well established that [the Keto diet](#) is one of the most powerful weight loss tools... *ever*.

But many men & women are intimidated by the amount of cooking... meal prep... and change that it would take.

That's why today, I want to show you a **FREE** secret that will make Keto so easy, you'll cook full, fat-burning meals for you and your family spending just **20 minutes in the kitchen!**

You'll save **hours** of time & energy in the kitchen with this secret...

Yet your meals will come out even **MORE** delicious - chicken, beef, and pork in particular will just *fall off the bone*.

Anyone can use it... even if you're completely new to Keto or are inexperienced in the kitchen.

The best part?

You'll burn fat and lose weight with Keto no matter *how busy or tired you are*... because cooking will be just that easy!

[>>> Click here to discover what this time-saving Keto secret is, and how you can use it for FREE](#)

Talk soon,
Sign-off

Email #9: Easy recipe

SL: Easy Keto recipe takes just 10 min to make

SL: Easy, delicious 10 min Keto dinner recipe

SL: Sun-dried tomato chicken (FREE 10 min Keto recipe)

Hey there,

Would you like a [FREE Keto recipe for creamy sun-dried tomato chicken?](#)



Yum! This delicious family-pleaser is 100% Keto friendly... which means you'll ***burn fat around the clock.***

Yet here's the crazy part: even though this recipe looks complicated...

Thanks to an **Easy Keto Kitchen Secret** I'm about to reveal, you can make this recipe for the whole family spending just 10 minutes in the kitchen, *even if you're a total beginner.* Wow!

>>> [Click here to discover what this secret is, and how you can get this recipe for FREE](#)

Talk soon,
Sign-off