

The copy used for this mission: custom keto plan.

1. Shed those unwanted pounds without sacrificing the foods you love
2. Achieve permanent fat loss while eating what you love at every meal
3. The “nutrition” industry is anything but it. Learn *exactly* what to eat to earn the body you’ve always wanted
4. Why you should stop listening to every health “guru” or fitness “expert”
5. Are you still carrying excess body fat after your pregnancy even though you follow the USDA guidelines?
6. The USDA is a joke! Discover why the food pyramid will keep you from ever losing weight.
7. The 4 most common diet mistakes that screech fat loss to a halt! PLUS, better habits you can start doing TODAY
8. All you have to do is burn more calories than you take in, right? WRONG! Being in a caloric deficit isn’t enough, here’s why:
9. Why *almost* all diets will lead you to regain weight, and then some.
10. The sneaky hack to rewire your body for fat loss, not just weight loss.
11. Why carb-rich diets make it nearly impossible to lose body fat
12. If you’re tired of restrictive diets, then you need to learn THIS eating style that’s so easy to follow you’ll forget that you’re on it.
13. Take all the guesswork out of your diet with this custom meal plan.
14. Fact vs. fad. Everything you need to know about the keto diet.
15. Why the keto diet is superior for fat loss
16. Why the keto diet gives you an “unfair advantage” to finally lose the extra pounds
17. *“Why would anyone want to jump on the keto diet? Isn’t that just another fad?”* NOPE!
18. 13 independent studies suggest keto diet leads to more belly fat loss, 3X more weight loss. Allowing you to feel your husband gazing at you from behind
19. 6 reasons why keto is the “holy grail” for sustainable fat loss
20. The ultimate cheat code guaranteed to skyrocket fat-burning
21. The number one clinically tested diet plan to heal your relationship with food
22. How the keto diet clears brain fog and boosts your energy without feeling hyper or jittery
23. How this custom-tailored keto meal plan may prevent you from impulse buying, saving you HUNDREDS
24. Did you know that switching to a keto diet can benefit not only your health but your wallet, too?
25. Discover how the by-products of the keto diet can keep your wallet AND your belly happy.
26. Bring hunger pangs to a HALT, reduce your cravings, and crush your fat loss goals in eight weeks.
27. Learn how adopting THIS diet can supercharge your energy levels significantly in just one week.
28. Why keto rapidly speeds up your fat loss, regardless of whether you’re active or not.
29. The safest way to prevent, manage, or even reverse T2D or pre-diabetes and get back to your high school figure

30. What to do if you want to lose the baby weight in eight weeks
31. Are you worried about being able to fit into your wedding dress before the big day?
32. Tired of health “gooroo” on YouTube that overpromise and underdeliver? Demand iron-clad results, not temporary fixes. Make sure that your wallet is the only one not to lose weight.
33. Why does body fat seem to melt off for some while others have stalled for years?
34. Take pride in what you see in the mirror and crush your plateaus without food restrictions
35. The Secret War on Food: the conflict between the nutrition industry and the Dept. of Agriculture PLUS what this has to do with you
36. “If I’m already in a caloric deficit, then I can just eat even less, and I’ll lose fat faster, right?” WRONG! Why following restrictive meal plans do more harm than good, and what you should do instead.
37. How to eat whole, hearty, delicious food every meal fine-tuned for your body and your goals
38. Better than Nutrisystem! Discover the best custom keto meal plan for getting back to your pre-baby weight.
39. Re-learn how to prioritize your health with this custom keto meal plan
40. The truth about ketosis and why it’s considered to be the ultimate weapon for fat loss