

Day 1 Subject: Here is your Simple Food Tracking Strategy %FIRSTNAME%!

Hey there %FIRSTNAME%!

Here is your downloadable PDF of my **Simple Food Tracking Strategy**. This is precisely what you need to begin your fat loss journey and achieve your healthy body weight.

If you're struggling with boredom, inconsistency, and frustration when trying to lose weight and have tried dieting in the past, but it hasn't worked for you -- you're in the right place!

I've helped dozens of women from many walks of life: full-time moms, working moms, career women, and grandmas with my fat loss method. I'm confident that I can help you too -- if you're ready and open to change.

So here's what I need you to do next...

Save, Favorite, and Star my email address, so it doesn't get sent to spam.

Start implementing the steps I've outlined for you in the PDF. This is where your journey to a healthy and sustainable body weight begins.

Join our exclusive Free Facebook group, where I only share the best tips and solutions to our members.

Now don't go setting this aside. Download the PDF --pronto!

You might feel a little fear, a tad anxious or nervous, and that's okay. Take that first step onto this proven path and begin your journey to fat loss and food freedom today!

Got any questions?

Let me know!- (Name)

Always here to help :)

Perla Grigg
CEO, Stronger Together Nutrition

Day 2 Subject: Why I love being a nutrition coach.

%FIRSTNAME%, Here's a question that I'm often asked:

"How and why do you help women who want to lose weight? Isn't nutrition coaching a lot of work for you"?

I get this asked far too many times %FIRSTNAME%... and even other fitness professionals have asked me this question because, to be honest, nutrition coaching can be tricky.

The reality is that I know exactly how you're feeling right now when it comes to concerns about nutrition and health. I know because I've overcome many of the same struggles you deal with when it comes to changing and managing my nutrition.

And I've learned a system to overcome them with ease.

In fact...

Many years ago, before becoming a fitness professional, I got some serious news about my health. My doctor had a lot of things to say about the results of my physical exam. Now nothing was terminal, but he said I needed to make some lifestyle changes that included: stop smoking, adjust or eliminate my alcohol consumption and start exercising.

I was a young, working mom with three little kids. So busy. So stressed. And by the way, very stubborn and believing that I "had it all under control."

Yet, I knew my doctor was right. I decided to be healthy for my kids and myself. That's when I began my journey to better health and began learning about nutrition.

It took years before I found the method that I'm teaching you. You get the benefit of the mistakes I made and the lessons I learned.

That's why I like helping women with their nutrition because I've been there, I can relate, and I know how amazing it is to overcome those struggles. This is why I want to help you too. Are you with me?

Join our FREE Facebook Group if you haven't yet :- (name)

Always here to help :)

Perla Grigg
CEO, Stronger Together Nutrition

Day 3 Subject: Erica got excellent results -- so can you!

Hey, %FIRSTNAME%.

I wanted to tell you a little about my client Erica who feels happier and more confident than ever in her appearance and health.

When she first came to me, she told me her goals were to lose 20lbs and have more energy. But what she really wanted was to start preparing for a second pregnancy. You see, her doctor told Erica that she was prediabetic and overweight and that to have a healthy pregnancy, she would need to address these issues.

And the best part about her story?

She got those results in less than five months! Erica has lost 26lbs and is no longer prediabetic. She accomplished this without making difficult or extreme changes to her nutrition. Sure, she made changes but small, sustainable ones.

In fact, the real change for Erica was focusing on meeting her macronutrient intake. Using food tracking, she made sure to get adequate amounts of protein and fiber in her diet EVERY day. This kept her from craving less healthy foods. Yet, she could still eat some of her favorite foods so long as she met her macros.

Erica also discovered healthier alternatives for some of her indulgences. She never feels deprived or hungry.

She is confident with her nutrition, confident in her skin, and confident that her body is healthy and prepared for another pregnancy.

Do you have a goal in mind that involves nutrition? Is your goal to improve your appearance, increase energy, or, like Erica, is there a health concern you need to address?

Tell me more. I am here to help 😊

Perla Grigg
CEO, Stronger Together Nutrition

Day 4 Subject: Another Freebie For You %FIRSTNAME% 😎

Here's another freebie for you %FIRSTNAME% :)

Download this **Macro Cheat Sheet**. Inside, you'll find suggestions on choosing foods to help you set up meals you love and become a pro at hitting your nutrition targets.

I'm not a fan of food lists, in general. The last thing I want you to do is limit yourself to this list. It's here to assist and teach you how to think about macros and meal planning.

I gave you this **Macro Cheat Sheet** because I've found that many women struggle with food choices when they're on a weight loss program. The three concerns I hear most often are:

1. They're confused about what to eat, which makes meal planning difficult.
2. They think certain foods are off-limits when working for fat loss.
3. They believe certain "diet foods" are the secret to success.

The answer to concern #1 is to use the Macro Cheat Sheet.

You'll see a list of foods and food combinations that will assist you in building your meals based on the macros you need to hit. (Of course, you'll know your macro goals so long as you've been tracking your food intake using the **Simple Food Tracking Strategy** that I gave to you. 😊).

I'll say it again; this is NOT a list to limit you. It's to teach and inspire you to learn how macros work to your benefit. Also, if you have food allergies, you should know what those are before you start any nutrition program. Always seek your doctor's advice if you have those issues.

As for the other two concerns...they're just not true.

The truth is that you can enjoy your favorite foods even when you're aiming for fat loss. Healthy nutrition doesn't have to be bland, boring, and limited.

And...sorry, but there are no secret diet foods.

So use this handy sheet for inspiration if you feel stuck when planning your meals.

Let me know if it helps or if you have questions on how to use it.

Always here to help :)

Perla Grigg
CEO, Stronger Together Nutrition

Day 5 Subject: If I Could Give You One Piece Of Advice...

%FIRSTNAME% If I could give you one piece of advice...

One tip, one solution, that you could take away and start implementing right now, it's for you to **focus more on habits and behaviors rather than focusing on every single thing you put on your plate** (food focus is miserable).

For example, you've probably heard that most of us don't drink enough water. Science tells us that staying hydrated helps our bodies run more efficiently and facilitates weight loss.

Here's a simple strategy to instill the habit of drinking more water.

Use a simple mason jar and a straw. (If you already have a favorite water bottle, that's fine too). Fill the mason jar and carry it with you in your car or gym bag. If you work at a desk, set it where you can see it. Take sips throughout the day and watch as the water level in the jar (or your bottle) goes down. The jar provides an immediate visual for you to see how much water you're drinking. Pretty soon, you'll find yourself in the habit of drinking water more consistently.

Here's how to figure out how much water you need.

1. Use your current body weight and divide that by .5.
2. Half of your body weight will be the amount of ounces you will aim to drink.
3. Let's say you weigh 200 lbs. $200 / .5$ is 100. 100 oz of water would be your aim.
4. Note: if you are currently not even close to this amount, don't get overwhelmed. Give yourself a realistic target and slowly start building up from there.

This is how building strong habits works! We don't have to start out strong. We can slowly create tiny changes that will eventually add up to great results.

Does that make sense?

Always here to help :)

Perla Grigg

CEO, Stronger Together Nutrition

P.S. Would love to see you post a picture of your mason jar and straw on Instagram.

Simply tag @strongertogthernutrition so I can share!

Day 6 Subject: Here's A Final Gift %FIRSTNAME%...

I appreciate you staying with me over the past week, so I want to give you a final gift today %FIRSTNAME%...

Hopefully, you've read my emails joined my FREE Facebook Group... And received my multiple free tools.

Perhaps you've tried implementing these steps and solutions to begin your journey to food freedom and permanent fat loss.

Here's the deal, getting the results you want isn't going to be easy. Remember what I said about *focusing on habits and behaviors*? That takes a willingness to learn and patience. It's a journey well worth taking, but sometimes going it alone is tough.

I have the solution for you.

How about guided coaching and a community of like-minded women to come alongside you? That's what I offer you with the **Stronger Together Nutrition Program**.

Whether you lack motivation or feel like you haven't been on your A-game because you "messed up," -- your coach (me) and your community will be there to help you.

But whether or not you decide to join my program, I want to offer you one more gift.

A FREE 30 Minute "ASK ME ANYTHING ABOUT NUTRITION" Call: just you and me, one on one. I'll answer any questions you have about the tools I've given you, food tracking, nutrition in general, and the **Stronger Together Nutrition Program**.

Are you ready?

Book here :-
(name)

Always here to help :)

Perla Grigg
CEO, Stronger Together Nutrition