

Day 2 – Seminar Push for New Lead

Hi, (Name)

If you're wondering what to cook tonight, we have the perfect solution for you! It's healthy, full of good nutrition, *and* it's absolutely delicious!

You'll need:

1 head lettuce
12 oz. Tilapia
½ cup diced red onion
½ cup shredded carrots
1 cup diced avocado
1 cup salsa
Salt and pepper to taste
Fresh lime juice
Olive oil to taste

Directions:

1. Chop the avocado, red onion, and carrots into small pieces.
2. Separate four large lettuce leaves for each person.
3. Sauté the tilapia (or any other healthy fish of your choosing) with a drizzle of olive oil for about 10-15 minutes (or until the fish tears apart easily).
4. Place the chopped vegetables and the fish on individual lettuce leaves and drizzle with a small amount of olive oil.
5. Squeeze the fresh lime juice over the top, then add salt and pepper to taste.

Doesn't that sound divine? The best part is: it's totally guilt-free! You don't need to worry about all of the extra fat and calories that come from a heavier recipe for tacos.

Replacing red meat with fish is an excellent health benefit, as you will receive a wonderful dose of essential Omega-3 fatty acids. You'll also be receiving amazing vitamins and nutrients from all of the fresh vegetables and the lime juice.

At our seminar, we talk more about the types of food that may be harming your body that you aren't even aware of and which food you can replace them with. We'll teach you about these good foods that will turn your body into a natural fat burner!

Take the first step towards healthy eating right now and sign up for our [Weight Loss Seminar](#)! You'll be amazed at the things you'll learn about food, your body, and your health!

[Register for Seminar Now](#)

Hope to see you soon!

(Clinic Name and Information)