

# 30 DAY KETO SHED™

What's up! Tim Ernst here...

Whether you heard about this opportunity from one of my emails, my IG story or one of my YouTube vids, I want to say congrats on responding quickly and reaching out about our brand new case-study program, **"30 Day Keto Shed Challenge™"**.



You're obviously interested in losing weight and keeping it off permanently without starvation diets, supplements, and eating bland and boring foods, or wasting anymore time sorting through the mess of confusing information on social media... and this is your first step in doing so.

Now, I'm a normal guy married with 3 kids, but I'm dedicated to coaching women how to lose weight— outside of my faith, my family and my business, it's my #1 passion in life.

**But why the heck should you listen to me?** Well, you don't have to of course, but I'm a guy who knows what it's like to **STRUGGLE** with belly fat. Food took control over my life and by the time I turned 42, I had **ENOUGH!** 7 months into my journey I lost 70 pounds but more importantly, I've managed to sustain it. And so now I want to help you achieve the same.

# **30 DAY KETO SHED™**

I've realized that you don't have to be genetically gifted to lose weight; you only need to be taught how to use the tools that **WORK**, not the conflicting information floating around the internet. Drives me nuts lol and my gut tells me you do to!

Nowadays, my focus has shifted from taking on normal, every-day women from all walks of life to helping 7 women get into the BEST shape of their lives in 8 weeks – we're well on our way, too! Bottom line, I'm on a mission to help struggling women like yourself reach the next level of success in their health by **CRUSHING** any obstacles standing in your way so you can **dominate this year with CONFIDENCE!**

## **So Why Did I Create The "30 Day Keto Shed Challenge™."**

Well, most people know me as the pioneer of Intermittent Keto Fasting...

For the past few years I've helped struggling women lose weight, increase energy, and completely transform their bodies in record time.

**However I wasn't always some "fat loss expert."**

I absolutely love food and it quickly took control over my life.

In fact...

# 30 DAY KETO SHED™

I was in a horrible situation with my weight and health. I was 243 pounds, ran the risk of high blood pressure and diabetes which both run in my family.

I had to do something and something fast because I was only 42 years old, married with 3 kids. Ever since I got into my 40's, I think about my mortality a lot.

So I tried all sorts of diets...low fat, high protein, shakes and meal prepping 4-6 small meals a day.



While I lost some weight with those diets, I never quite got to where I wanted to be and years later I put ALL the weight all back on! Can you relate?

Fast forward some years later..

I had heard about keto and intermittent fasting but, there was so much confusing information that said the keto diet was bad for health and eating all that fat couldn't possibly be that healthy for you.

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This kept me frustrated and stuck because I did not know who to believe or who was telling the truth.

However, what I learned was a lot of the information you find about keto were articles and studies that used the unhealthy 1920's version used to treat young kids with epilepsy.

What you may not know, is that there is a healthy way to do keto and it's not the 1920's version.

So after a lot of trial and error I finally figured out how to do keto and intermittent fasting the right and healthy. When I found the right way to do keto with intermittent fasting, I averaged losing 10 pounds a month and after 7 months, **I lost a total of 70 pounds.**

I was able to eat my favorite fatty foods which helped me increase my energy, curbed my severe sugar cravings and now...I'm no longer in bondage to unhealthy foods.

Plus, I found out how to sustain my new weight loss that's so simple and easy to manage.



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I can honestly say, that I am in better shape today in my 40's, married with 3 kids, than I was single in my 20's with no kids and that's what I want for you!

By August that year I started a private 1-on-1 intermittent keto fasting coaching program who were ready to take back their lives by “getting their food right.”

I knew I had something revolutionary and I had to share with other struggling men who were looking for a **more permanent solution.**



**It grew fast, too** —in less than a year, the Intermittent Keto Fasting™ coaching was up to 379 paying students. Now while I've been able to guide these women to lose weight, increase energy and just get healthy, I noticed a common roadblock many encounter along the way—not knowing exactly what to EAT!

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## Essentially there are 3 BIG mistakes most women make when trying to lose weight..

- ✔ Most women who have lost weight in the past end up regaining it all back after doing some EXTREME calorie diet like all the shakes, herbal life, weight watchers, etc and have no idea how to keep it off permanently.
- ✔ Most women don't know how to do the keto diet the right and healthy way as well as what foods, calories or macros are needed specifically for their body type in order to lose belly fat.
- ✔ Most women do way to much cardio and neglect weight training to build lean and sexy muscle. This is important as you age ladies!

So that brings me to my brand new case study program, "**30 Day Keto Shed Challenge™**." Over the course of 30 days I'm going to work with a select group of highly-motivated women (will you be one of them?) and guide them, step-by-step, to their first 10-15 pounds in 30 days.

This means we're going to focus on Intermittent Keto Fasting™ coaching.

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**But you might be wondering, “Will it work for me?”.**

Well, that’ll depend on YOU. Because I’ll be giving you the **EXACT same strategy** a few men implemented that helped them lose between 7-15 pounds in their **first week alone...**not to mention dozens more who lost 40+ pounds within their first 16 weeks.

So I know the program is capable of delivering the promised results.

Take Fallon for instance. She not only curbed her sugar cravings, cured her depression and a rare skin disease, she **LOST** an amazing 56 pounds!

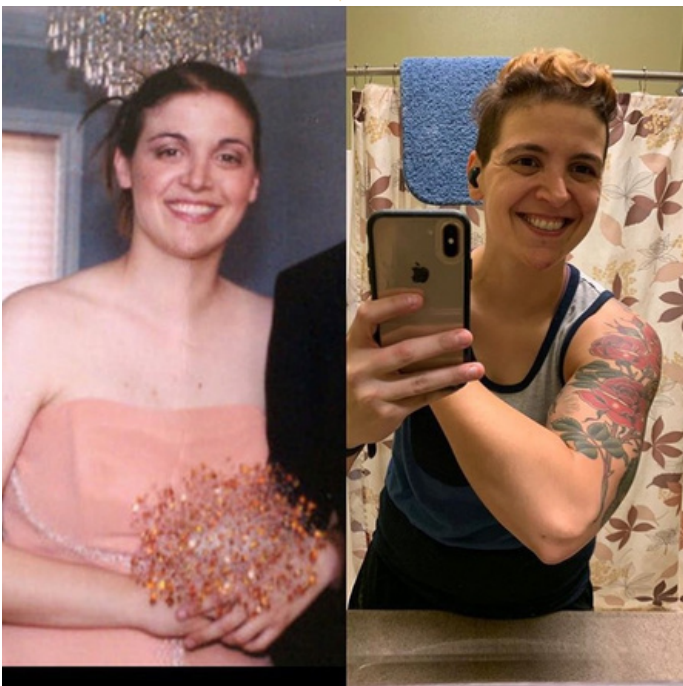
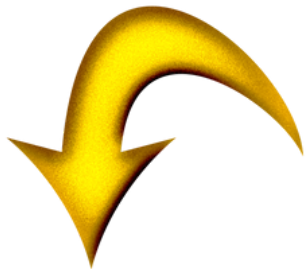


# 30 DAY KETO SHED™

Or Cecilia ( a mom of 40 LOST 40 pounds in just 12 short weeks

Cecilia made a bet with her husband that she would lose at least 40 pounds and from her results, she won!

And finally Tuti (a medical doctor) who lost 50 pounds after passing her boards. She told me later that as a doctor she was real skeptical about keto and now she's a believer.





# 30 DAY KETO SHED™

## “30 Day Keto Shed Challenge™.” Details

The goal with my “30 Day Keto Shed Challenge™.” is to work closely with 7 women and help them achieve their next 10-15 pounds of weight loss, at which point they can then apply to join us in our brand new [Keto Kurves coaching program](#) using 4 “Never Before Seen” keto phases where the real magic happens!

Now if you’re accepted into our 30 Day Keto Shed Challenge, here’s what you’ll immediately get upon joining:

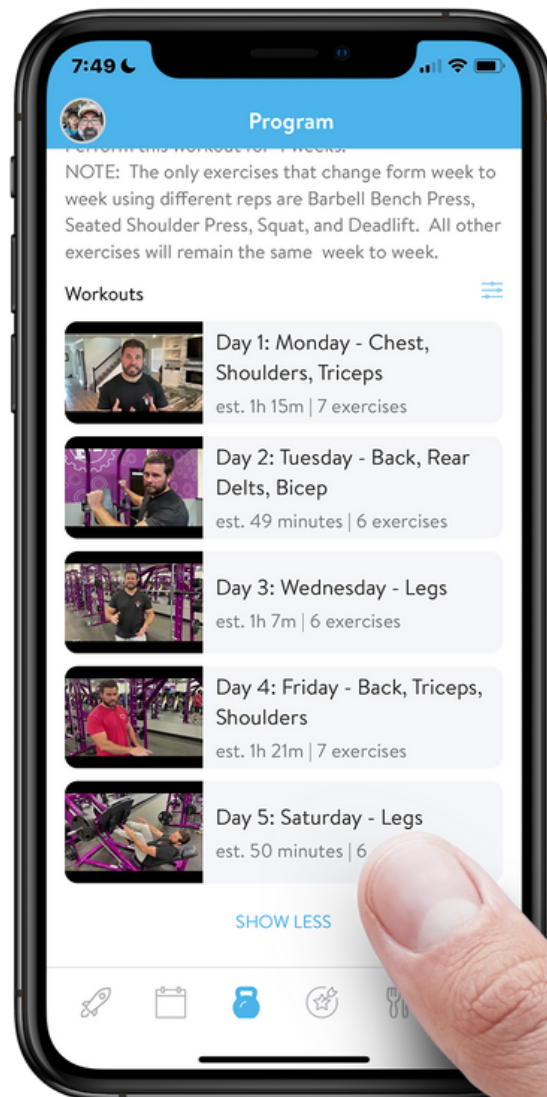
- ✔ A detailed eating strategy including calories and macros .
- ✔ Tasty & Satisfying **“DONE-FOR-YOU”** Meal Plans



# 30 DAY KETO SHED™



Weekly “Gym” or “At Home” Workouts all in my NEW app with VIDEO!



# 30 DAY KETO SHED™

- ✔ A Complete 35 Page Keto Food List So You'll **NEVER Be Confused Again** As To What To Eat To Finally Lose Weight & Be Healthy.



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## "30 Day Keto Shed Challenge™." Cont...



A Structured Way to Eat Those Delicious "Cheat" Foods So You Won't Ever Feel Deprived Again! (This will include the foods you LOVE!)



Hold You Accountable With Weekly Coaching Calls To Keep You Motivated & Consistent Towards Reaching Your Goal Weight.

### Here's what to expect (and what's expected from you)

1. You will have **access to me at all times** via email and or text. I'll always respond in 60 min or less during business hours.
2. **Weekly** Check-ins via the phone.
3. It will give you access to my brand new app where you'll find the workouts. These workouts are all on video and I'll teach you how to do the exercises properly for maximal results.
4. I will provide you with a complete **Keto Fun Food List** that has an entire calorie and macro breakdown so you'll NEVER be confused as to what to eat again.
5. I will **support you** through the process and make the proper adjustments to your training and nutrition to streamline your road to success in the program so that you can obtain your promised results.

# **30 DAY KETO SHED™**

6. **You can expect no BS from my side.** I will always be straight with you, and I expect nothing but commitment and trust from you.
7. You will be required to take before and after pictures and a killer testimonial at the end of the program.
8. You will be **FAST to implement the instructions given**, quick to ask for help when stuck and generous in sharing your weight loss victories.
9. You understand what's taught and said in the 30 days, stay here. This means not sharing my workout links or meal plans with non-members and maintaining confidentiality for all sensitive information discussed on our accountability calls.
10. You will not hesitate to voice your concerns, questions, and frustrations if something upsets you so I have a chance to apologize and make things right.

This is an **INTENSE 30 DAYS** but it's designed to put you in the TOP 1% of women who take their health seriously, want to **LOSE** belly fat but more importantly, **keep it off for GOOD!**

# 30 DAY KETO SHED™

## Who This Program Is For?

- WOMEN who are struggling to lose weight, belly fat and are currently stuck.
- WOMEN who are lacking in energy.
- WOMEN who have lost weight in the past but gained it all back and are looking for a permanent solution.
- WOMEN who have tried other diets in the past (including keto, detoxes, juice cleanses, Hcg Diet, WW or other restrictive diets ) that have failed them in the past.
- WOMEN who are eager to fit back into their clothes that may have been hanging in their closets for years.
- WOMEN who are looking to improve their health and AVOID any potential health risk later down the road.
- You're A MOTIVATED WOMAN between 35-55 years old and you want to get into the BEST shape.
- You're looking for someone to coach you, take out ALL the guesswork for you and clearly tell you EXACTLY what to do.
- WOMEN who overall want to LOVE thier body again

# **30 DAY KETO SHED™**

## **Who This Program Is NOT For?**

- WOMEN who don't have at least 10-15 pounds to lose (if you got MORE pounds to lose, we can still work with you). It'll just take you a little longer.
- WOMEN who are not willing to invest into their health (not looking for a hand-out).
- WOMEN who are under the age of 18.
- WOMEN who are not ready NOW and are tire kickers or always have to "think about it" before making a decision.
- WOMEN who are vegan (not bashing this at all) I believe in optimal fat loss which requires animal proteins and fats that provide valuable vitamins and nutrients required to lose 10-15 pounds in 30 days.

## **Is There a Guarantee?**

To be completely honest with you, every program/coaching /mastermind I have personally invested in, there was NO guarantee associated with it. Why? Because I can't guarantee that you'll use the tools that I give you. This gives you some skin in the game to see your plan through to completion.

# **30 DAY KETO SHED™**

With that said...I'm so confident that if you follow **EVERYTHING** I'm going to teach you, you **WILL** reach your goal in 30 days and if you don't ...I'll continue working with you until you do at **NO** additional cost! **Sound fair enough?**

## **What's the investment**

The 30 Day Keto Shed is currently \$597 if you purchase via my webinar.

BUT...because you responded quickly, if you sign up today it's **ONLY \$297 USD!** That's just \$9.90 a day. About what you would spend on lunch per day!

However, you must act right now to get my entire "30 Day Keto Shed Challenge" because this **\$300 discount expires TODAY!**

Here's a simple question for you: If you could look in the mirror 30 days from now and see 10-15 pounds gone off your body, wouldn't you be glad that you said **YES?**



# 30 DAY KETO SHED™

Our vision for you is to lose at least 10-15 pounds in 30 days and earn your way into the [16 Week KETO KURVES](#) Coaching Formula where the real magic happens so you can begin to look and feel more confident in your own body while living a more healthy and productive life for your family.

## How Can You Claim One of the Final Spots?

If you've read everything above and feel that this IS the program for you, ["CLICK HERE TO JOIN!"](#)

Like I said, I'm on a **MISSION** to help 7 women just like **YOU** lose weight in the next 30 days and I will complete that mission no matter what.

The only question left is...Will you be one of the success stories? I'm excited to help you get some quick weight loss results so you can start getting healthier, slimmer, more energy and get the body you've always dreamed of.

To long lasting health,

*Tim Ernst*