

To: [REDACTED]
From: 7stepdiet
Sent: Thur 4/4/2002 6:05:02 PM
Subject: Lose 30 lbs. by May 4th & keep it off for good!

Title: 7stepdiet.com. Personalized Diet Plans.

Name, 7stepdiet is the answer to your weight loss needs! We will customize a plan that is perfect for you and your lifestyle. Whether your a stay at home parent or busy and on the go we have the right plan for you. You'll work one-on-one with your personal diet consultant to **lose weight** and **keep it off for good**. Best of all 7stepdiet **guarantees results**! Don't wait any longer **start losing weight today!**

- Customized plans geared for your needs
- A personal diet consultant to help guide you
- Daily and weekly updates to your diet plan
- State of the art weight loss techniques
- Exercise plans made to fit your activity level
- Weekly chats with medical doctors
- **100% satisfaction guarantee**
- and much more... [click here](#) to get started

lbs. 



"I have been using 7StepDiet for about 2 months now and have lost over **35 pounds**. Everything is so simple. I never thought dieting could be this great." Kelly B.



"I have tried two other diets online and yours was the only one I saw results with. The last time I weighed myself I had lost **18 pounds** in just 2 weeks. My wife and I will never be able to express how thankful we truly are." - Samuel E.

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