



FotW Audits <audits@funneloftheweek.com>

Welcome to set 1! 😊

1 message

Emily | Community Manager at BB Company <contact@thebbco.com>
To: Ian Nagy <audits@funneloftheweek.com>

Sun, Jan 18, 2026 at 3:00 PM



Hey Ian!

Welcome to Set 1 in the Menopause Meal Plan!

As a thank you for choosing us, we're excited to gift you a free Menopause Meal Plan designed exclusively for women going through menopause. This plan, created with expert dietitian Amanda Herlocker, aims to empower you with meals and knowledge to manage menopause symptoms effectively.

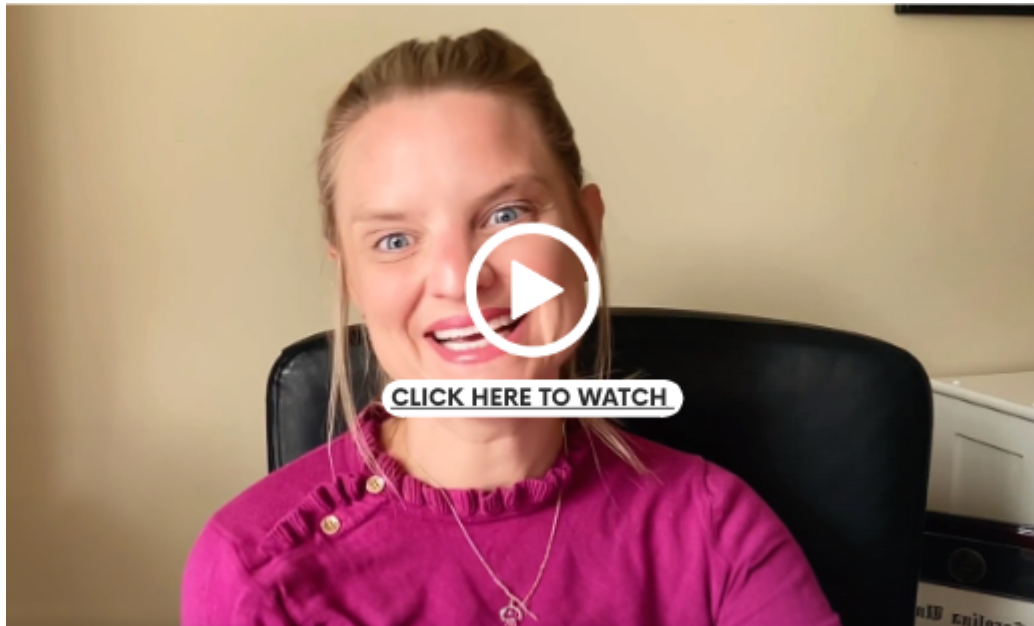
Here's What's Included:

- A Daily Meal Plan for 90 Days: Tailored to ease symptoms like weight gain, bloating, and mood swings with meals for breakfast, lunch, dinner, and snacks—simplifying your daily nutrition.
- Exclusive Content: Every month, you'll receive:
 - A downloadable guide with daily meal plans and recipes.
 - A recipe book showcasing some of our favorite dishes.
 - Monthly videos from Amanda, offering insights and tips.

Weekly blogs and emails, focusing on key ingredients that alleviate specific symptoms and improve your health.

Starting Strong – Set 1 Focus:

Over the next 30 days, our first set of meals will help you tackle weight gain, bloating, and fatigue. Amanda has prepared a short video to guide you through what to expect and how to make the most of your meal plan. Watch Amanda's Intro Video



Watch Introduction Video

After you've watched the intro video, you can begin with [Set 1 by clicking here](#)

We Want to Hear From You!

Share your experiences and photos of the dishes you create! Each week, we'll invite you to upload these moments to inspire others in our community. Plus, keep an eye out for an invite to share your journey on our platform next week.

Ready to Get Started?

[>> Access Your Menopause Meal Plan and Recipe Book Here](#)
[<<](#)

We're thrilled to support you on this journey to better health and wellbeing. Remember, the positive changes in your mood, energy, and overall vitality are just around the corner. Keep going, and let's make this transition as smooth and enjoyable as possible.

Warm regards,
Emily
The BB Company (*Formerly Better Body Co.*)

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Who is the BB Company?

BB Company is a collective of innovators, including product developers, health specialists, and naturopaths, committed to crafting supplements that deliver results. Our objective is to transform the supplement industry by prioritizing gut health as a key foundation before addressing other health concerns. Through our work, we've aided countless individuals in achieving better digestive health and enhancing mental clarity. We collaborate exclusively with high quality production facilities and esteemed health experts.

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Understanding Personal Information

In this Privacy Policy, "Personal Information" encompasses both Device Information and Transaction Information.

Feedback?

We value your input greatly. If you wish to suggest improvements to our products or your experience, you can reach out to the BB Company team. You can reply directly to this email or find additional support options on our site. A heartfelt thanks from everyone at BB Company for your continued engagement with our community!