

28 CONTENT IDEAS



Before & after spotlight: “What 30 days of consistency looks like”	Why I said yes to this business / lifestyle	Myth: Meal replacements don't work Truth: Backed by science (cite study)	New product unboxing & first impressions	My day one vs now: Personal transformation post	How I stay consistent with the system / products	The rise of protein-based nutrition in 2025 (stat + trend insight)
My top 3 go-to products and how I use them	Non-scale victories: Energy, skin, confidence, sleep	Why this community is different	Why gut health is trending and how to support it	Product spotlight of the week(e.g., “Why I never skip Collagen Elixir”)	Weekend reset to transformation: Showing how small choices compound	How I build belief on low-motivation days
Top 3 nutrition lies we were told growing up	How to maximise your results with XYZ product combo	“What I thought I'd lose vs. what I actually gained” (confidence, clarity, etc.)	The 3 things that helped me most when starting	Why most diets fail by day 12 (and what to do instead)	Flash promo or limited release countdown (build excitement)	Weekly transformation roundup: Showcase 3–5 quick visual testimonials
A DM I got that reminded me why I do this	Debunking: “You need to work out every day to lose weight”	Transformation isn't always visible: Story on mindset shift	Why I don't chase sales (and what I do instead)	Why sleep + hydration are more important than your workout	My morning routine with Isagenix (time-lapse or flat lay)	The three surprising benefits of taking collagen every day