

**Client Type:** Health & Wellness Brand (Anonymous by request)

**Project Scope:** Long-form SEO blog post outline

**Purpose:** Lead magnet content to attract and nurture email subscribers

**Keyword Target:** *Cacao benefits* (2,000 monthly searches, 20 difficulty)

**URL:** [www.companyname.com/blog/cacao-benefits](http://www.companyname.com/blog/cacao-benefits) (live link anonymous for privacy)

**Estimated Word Count:** 1500+ words

**Title Tag:** *15 Cacao Benefits You Didn't Know About | Company Name*

**Meta Description:** *(Optimized for click-through, tailored to keyword intent)*

# H1: 15 Cacao Benefits You Didn't Know About

[Intro - what is cacao]

## H2: 1. Benefit 1 (Example: Improved Mood)

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 2. Benefit 2 (Example: Lowered Blood Pressure)

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 3. Benefit 3

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 4. Benefit 4

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 5. Benefit 5

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 6. Benefit 6

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 7. Benefit 7

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 8. Benefit 8

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 9. Benefit 9

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 10. Benefit 10

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 11. Benefit 11

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: 12. Benefit 12

[Explain what in cacao creates this benefit + link to credible source/study]

## H2: How to Incorporate Cacao Into Your Diet

[Intro]

- Way 1: Brief Explanation
- Way 2: Brief Explanation
- Way 3: Brief Explanation
- Way 4: Brief Explanation
- Way 5: Brief Explanation
- Way 6: Brief Explanation
- Way 7: Brief Explanation
- Way 8: Brief Explanation

## H2: Cacao Recipes

[Intro]

- Way 1: Brief Explanation
- Way 2: Brief Explanation
- Way 3: Brief Explanation
- Way 4: Brief Explanation
- Way 5: Brief Explanation
- Way 6: Brief Explanation
- Way 7: Brief Explanation
- Way 8: Brief Explanation

[Conclusion - link to homepage in conclusion]