Dear [Name],

I hope this message finds you well. I wanted to take a moment to thank you for the enjoyable lunch we shared on [date]. It was a pleasure connecting with you and discussing [topics discussed].

I truly appreciate your insights on [specific topic], and I believe there could be great potential for collaboration between us. I would love to continue our conversation and explore ways we can support each other in our professional endeavors.

Would you be available for a follow-up meeting or coffee in the coming weeks? Please let me know what works for you, as I would be delighted to connect further.

Thank you once again, and I look forward to hearing from you soon!

Best regards,

[Your Name]

[Your Position]

[Your Company]

[Your Contact Information]