

PFC Plate® Challenge

EAT ON THE **PLATE** FOR **8** TO FEEL **GREAT!**

Nourish your body by eating correct serving sizes of Proteins, Fats, and Carbohydrates (PFC) every 3 hours. The 8 week challenge uses the PFC plate for every meal!

What is it?

The PFC plate challenge makes behavioral change simple by helping you create new nutritional habits.

Using the plate consistently over an eight week period helps to make nutritional changes fun and achievable. When you eat the right balance and amounts of proteins, fats and carbohydrates, you balance blood sugar, restore homeostasis, and ignite your metabolism. Whether your goal is weight loss, gaining lean muscle, or simply renewing your health, the PFC plate will teach you to nourish your body.

What will you need?

You will need a food scale and PFC plates to complete the 8 week challenge.

Your goal is to eat breakfast, snack, lunch, snack, dinner and snack (if hungry). Eat the appropriate serving sizes listed on the plate for your three main meals and eat a balanced snack in between. Eating every 3 hours is crucial for success. If you are an athlete, pregnant or nursing, you can add an additional meal by eating every 2-2.5 hours instead of 3 hours.

What are the steps?

1. Purchase PFC Plates (*either paper packs of 50 or new bone china sets of 2*)
2. Purchase a food scale to measure portions
3. Use the plate or our online PFC Foods List as your grocery list
4. Take before photos and initial body measurements (*tool available online*)
5. Take new measurements weekly to see the results
6. Use the plate for 8 weeks for breakfast, snack, lunch, snack, dinner and snack (*if hungry*)
7. Drink ½ your body weight in ounces of water daily
8. Join our Instagram and Facebook community, PFC Plate. Use our 5 in 25 free daily workouts

