

Eat on the **PLATE** for 8 to feel **GREAT!**

Here are the steps to rock your **PFC Plate Challenge!**

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 makes behavioral change simple by helping you create new nutritional habits.

When used consistently, it 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. This journey is even more fun when shared with your friends and family. The PFC plate is full of incredible ideas to help you achieve your health goals!

What will you need?

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

Your goal is to eat breakfast, snack, lunch, snack, dinner and snack (if hungry). Eating the appropriate serving sizes listed on the plate 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 your PFC Plates (4-6 packs to do an entire 8 week challenge)
2. Purchase your food scale. It is crucial to measure every meal
3. Take your plate to the grocery store. It is your grocery shopping list
4. Take your before photos and starting body measurements
5. Drink ½ or more of your body weight in ounces of water daily
6. Join our Instagram and Facebook community, PFC Plate. Use our 5 in 25 free daily workouts
7. Post your before and after photos on PFC Plate Facebook and Instagram to win prizes
8. Share photos of your amazing plates of food and recipes on Facebook and Instagram to win weekly prizes



Stop Dieting. Start Nourishing.