

Strong bodies...

Healthy minds...

And...

Energized...

Are ya ready...

Are ya ready...

ARE YA READY?!

LET'S GO!

My name is P! ("For Protein!")

My name is F! ("For Fat!")

My name is C! ("For Carbs!")

And weeeee are your Pals!

LET'S GO!

We bring the energy, keep you fueled,

Eat smart, eat strong — that's what's cool!

No crash, no drag, no slowing down,

P-F-C's the best game in town!

Your Pals will keep your body strong,

With food that helps you all day long!

And if you want to super fuel,

There's one delicious simple rule!

P-F-C at every meal,

And you will see how good you'll feel!

Trust your Pals every day,

And you will thrive in every way!

P's got power, keeps you lean,

Build those muscles — stay supreme

F's for focus, brain on fire,

Keep you calm—help you aspire

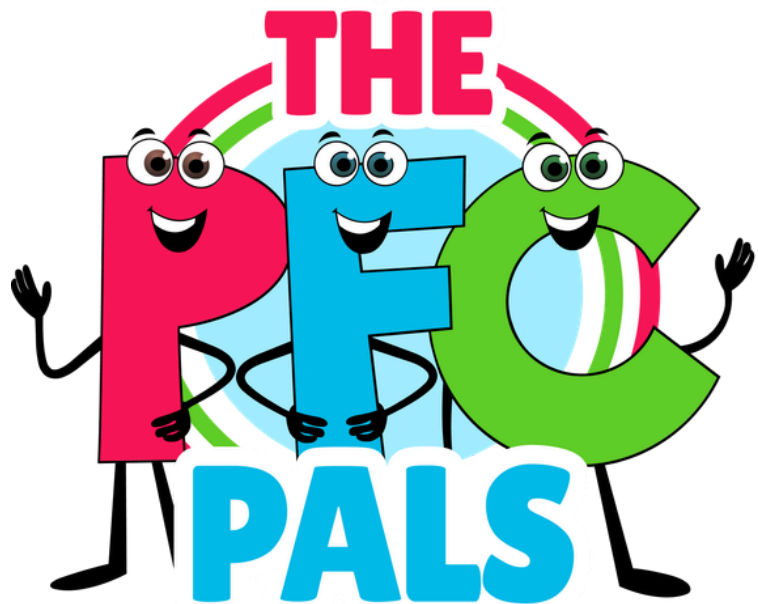
C's your spark, your energy flow,

Fuel to move — now let's GO GO GO!

"GO P! GO F! GO C!"

Together we're the winning team,

Livin' strong, we chase the dream!



Listen to the song here on You Tube!
Be sure to subscribe!

P-F-C at every meal,

And you will see how good you'll feel!

Trust your Pals every day,

And you will thrive in every way!

Fuel up right, it's a brand-new day,

PFC will light your way!

From breakfast time to the setting sun,

Stay strong, stay sharp, and have some fun!

We're Pals — P! F! C!

Helping you be the best you can be!

