



14 Days of PFC Meal Ideas



There are many diets available and where many fall down is that they don't focus on the fact that every time we eat we have a hormonal response and these hormones can either spike or balance our blood sugars. This is exactly what the PFC diet plan was created to do – balance your blood sugars.

Developed by renowned nutrition expert Mark Macdonald to overcome the issues in the food industry. The letters P, F, and C stand for the three “macronutrient” categories that every food falls into: protein, fat, and carbohydrate and the idea that every time we eat, we eat the right balance of all the macronutrients.

- Protein boosts your metabolism, help build and repair muscle, bone and damaged tissues as well as making hormones and enzymes, so it is important to eat protein regularly throughout the day
- Healthy fat keeps your blood sugar stable, is necessary for hormones production, healthy brain function, energy, protecting your organ, supporting cell growth, keeping blood pressure under control and helping your body absorb vital nutrients.
- Carbs (specifically from veggies and fruit) supply you with sustained energy

The PFC approach focuses on real, whole foods whilst removing inflammatory foods like bread, pasta and grains that increase inflammation, disrupt optimal digestion and reduce energy levels, immune function and vitality.

PFC is a great baseline diet plan as many people are not having proteins at each meal for example a day's diet that consisted of porridge for breakfast, a cheese sandwich for lunch and spaghetti bolognese for dinner has no protein at breakfast or lunch and is high in starchy carbohydrates so isn't a balanced representation of each macronutrient.

Proteins are: Meat, Fish, Eggs, Tofu and Protein Powders

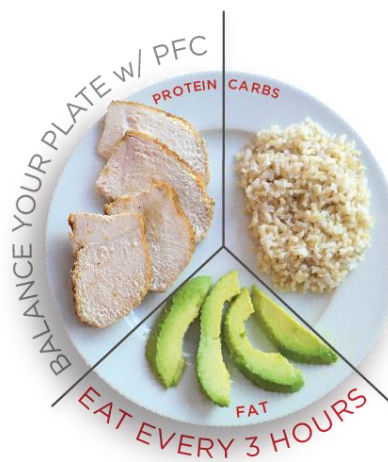
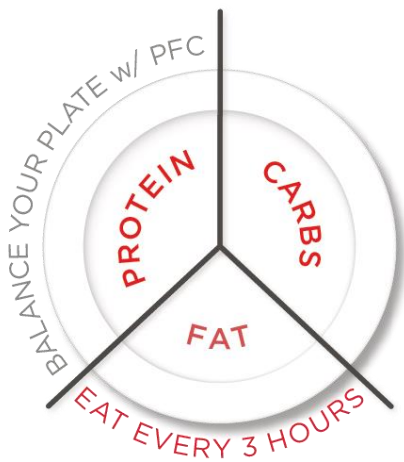
Fats are: Nuts, Cheese, Seeds, Avocado, Oils, Bone Broth, Tallow, Lard, Butter, Cream, Olives

Carbohydrates are divided into two sections:

Starchy Carbs: Fruit, Grains and Legumes, Root Vegetables, Sweeteners, Alcohol and Treats

Non- Starchy Carbs: All our non-root vegetables such as cruciferous vegetables and salads

Rules



PROTEIN:

GRILLED CHICKEN

FAT:

SLICED AVOCADO

CARB:

COOKED BROWN RICE

FREE FOODS:



GREENS (SPINACH, LETTUCE, ETC.)

PFC
EVERY **3**



1. Avoid wheat
2. Either cut out dairy completely if recommended or reduce it to a teaspoon per meal.
3. Avoid milk. Instead opt for easier to digest dairy such as raw dairy, butter, ghee, or Greek plain yogurt
4. Choose a protein and fat source for each meal. Add as many non-starchy carbs (salad and greens) as you like but only have ONE starchy carbohydrate in a half cup portion per meal (i.e. a small potato)
5. Fat intake is important. Recommend a teaspoon
6. Eat balanced. At every meal eat protein (fist size), fat (approx. a teaspoon) and unlimited non starchy carbohydrates
7. If you have sleep difficulties have a bedtime snack of fat and carb 20 minutes before sleep. This can help improve sleep if sleep disturbances are due to instable blood sugars
8. Reduce starchy carbs to half a cup per meal – these include grains, legumes, fruit, carrots, and potatoes. In the case of diabetes or metabolic syndrome avoid them completely for two weeks
9. Drink plenty of water. Minimum 2 litres per day (can include herbal tea)
10. Eat regularly every 3 hours
11. Exercise. Even going for a walk improves blood sugar stability
12. Avoid stimulants and irritants such as caffeine, alcohol, and nicotine
13. If carbohydrates are indulged in (i.e., a piece of chocolate or a glass of wine) offset the sugar with fat (e.g., add coconut cream, olives, or nuts)
14. It is also important to reduce adrenal stress as high levels of adrenaline will contribute to a spike in blood sugars. If stress is high, you will be offered a supplement and coaching



Meal Ideas for 14 Days

Day One

BREAKFAST

Pancakes made from 2 eggs (P) and 1/2 banana (C) cooked in a teaspoon of coconut oil or olive oil (F)

LUNCH

Tin of tuna or sardines (P), organic mayonnaise (F), rye cracker (C), unlimited cucumber and celery

DINNER

(Make a batch)

Mince beef (P), onions, tinned tomatoes (C), herbs of choice, cooked in a teaspoon of olive oil (F) served on unlimited raw courgette strips with unlimited broccoli (C)



Day Two

BREAKFAST

Piece of smoked salmon, 2 scrambled eggs (P), half an avocado (F), unlimited mushrooms, and asparagus (if in season) and cooked in water (C)

LUNCH

4-5 slices roast beef (P) rolled up with 1 Tbsp. organic mayonnaise (F) and a large gherkin (C).
Serve with unlimited green veg if you choose (C)

DINNER

Portion of fresh fish (P) with unlimited broccoli (C) and 1/2 cup carrots (C) roasted in 1 Tbsp. coconut oil (F) with herbs or lemon



Day Three

BREAKFAST

Sweet potato scramble: 2 eggs (P) scrambled in a teaspoon of olive oil (F) add 1/2 cup cubed boiled sweet potatoes (C), 1/2 cup broccoli (C), and 1/4 onion (C)

LUNCH

Make a batch and put portions in the freezer

Chicken broth soup

- Chicken breasts (1 per meal) (P),
- Homemade chicken bone broth (chicken bones boiled down in water and a splash of apple cider vinegar)
- Add carbs of your choice – cabbage, leeks, onions, broccoli are unlimited
- Carrots, sweet potato, swede, parsnip should be limited to half a cup in total per serving

DINNER

1 steak size of your fist (P) with 1/2 cup sweet potatoes (C). Serve with 2 cups salad greens (C) dressed with 1-2 tbsp. olive oil (F)



Day Four

BREAKFAST

2 boiled eggs (P) with 2 teaspoons of goats cheese (F) and a small apple (C)

LUNCH

Turkey wraps: roll up 4-5 slices nitrate free deli turkey slices (P) with 2 tbsp. mashed avocado (F) stuffed with 1 cup spinach (C)

DINNER

Portion of fresh fish (P) roasted in 1 teaspoon of olive oil (F) with garlic and lemon on top. Serve with unlimited cooked cauliflower rice (C)

Cauliflower rice

Wash and thoroughly dry cauliflower, and remove all greens and stalks

If using a grater, cut the cauliflower into large chunks and use the medium-sized holes to grate into "rice." If using a food processor, cut into small pieces and use the grater attachment to grate the cauliflower into "rice."

Optional: Transfer to a clean towel or paper towel afterwards and press to remove any excess moisture, which can make your dish soggy.

Sauté in a large pan over medium heat in 1 Tbsp olive oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired



Day Five

BREAKFAST

Breakfast bowl: Sauté 3 slices of turkey or chicken (P) in a teaspoon of olive oil (F), 1/2 cup tomatoes (C), 1/4 onion (C), and squeeze of lime or lemon (C). Serve over 2 cups spinach (C)

LUNCH

A can of tinned fish (P) mixed with 2 tbsp. unrefined mayo (F), unlimited celery (C), and 1 chopped gherkin. Serve over 2 cups salad greens (C)

DINNER

Chicken breast or leg or thigh chicken (P) with 1/2 cup sweet potato slices (C) and 1-2 cups broccoli (C) sautéed in 1 teaspoon of olive oil (F)



Day Six

BREAKFAST

Scramble 2 eggs (P) in 1 tbsp. of olive oil or crumbled feta cheese (F) with 1/2 cup courgettes (C) and 1/2 cup broccoli (C)

LUNCH

Chicken breast, thigh or leg (P) cooked in 1tbsp. oil (F) with 1/2 cup sweet potato (C) and 1 cup cauliflower (C)

DINNER

Stir fry made with a steak or fish (P) in 2 tbsp. coconut oil or tallow and a sugar free Thai sauce or herb flavourings (F) with 2 cups mixed vegetables of your choice (C)



Day Seven

BREAKFAST

Omelette made with 2-3 eggs (P), 1/2 cup tomatoes (C) 1/2 cup chopped spinach (C) and 1/2 cup onion (C). Serve with 1/2 an avocado or crumbled feta cheese (F)

LUNCH

Smoked salmon (P), handful of nuts and a splash of olive oil (F), unlimited lettuce, a chopped up raw courgette, a pear (C)

DINNER

Make a batch and freeze

Turkey or chicken curry

Turkey or chicken soaked in lemon for a few hours to stop it being chewy (P)

Can of sugar free coconut milk, tallow for frying the turkey before adding (F)

Unlimited mushrooms, courgettes, onions, garlic

1/2 cup per serving portion of sweet potato, carrots

Add spices - curry powder



Day Eight

BREAKFAST

Nitrate-free bacon (P), sprinkle of feta cheese (F), chopped and fried Brussel sprouts if you can get them (can be replaced with any green veg)

LUNCH

Portion of fresh fish (P) on a salad of raw kale leaves (C) asparagus, cucumber, green beans (C).
Serve with 1/2 cup strawberries (C) and mustard and olive oil mixed and drizzled on top (F)

DINNER

A pork chop (P) cooked in a teaspoon of oil (F) with unlimited broccoli and other greens, (C) and 1/2 cooked mashed apple (C)



Day Nine

BREAKFAST

Omelette - 2 eggs (P), teaspoon of olive oil, sprinkle of feta cheese if you wish, 1 handful of spinach leaves (any greens will do), 1 tbsp fresh herbs, like parsley or chives, salt and pepper. Mix everything together and cook on the hob and then under the grill.

LUNCH

Can of tuna (P) with 2 tbsp. organic mayo (F). Spread mixture on celery sticks (C)

DINNER

Make a batch and put portions in the freezer

Beef Stew

Packet of beef pieces (P), splash of olive oil (F), herbs of choice (I like rosemary with beef)

Add unlimited celeriac, celery, leeks, mushrooms, onions, tinned tomatoes, gluten free stock

½ cup of these per serving – carrots, beetroot

All put in the slow cooker and leave ideally through the day or cook the night before and leave to cook overnight



Day Ten

BREAKFAST

2 boiled eggs, sprinkle of feta or goats cheese, (P + F) with 1/2 cup strawberries (C)

LUNCH

1 chicken thigh(P) + 1/2 cup peaches (C) served over 2 cups salad greens (C) with teaspoon of olive oil dressing with lemon

DINNER

Portion of fresh fish (P) cooked in either 1 teaspoon of coconut oil or 2 teaspoons of coconut milk / cream with 1/2 cup sweet potato (C) and unlimited cauliflower rice (C)



Day Eleven

BREAKFAST

Slice of nitrate free ham (P) + 1/2 banana (C) + 1 tbsp. nut butter (F)

LUNCH

Turkey or chicken breast, leg or thigh (P) with 2 teaspoons of goats cheese (F) with a rice cake or Ryvita (C) + 1 tbsp. hummus (C)

DINNER

Pack of prawns (P) with 1-2 cups broccoli (C) and 1/2 cup sweet potato (C) mixed with 1 tbsp. of olive oil on top (F)



Day Twelve

BREAKFAST

Pancakes made from 2 eggs (P) and 1/2 banana (C). cooked in a teaspoon of coconut oil or olive oil (F)

LUNCH

A chicken breast (P) over 2 cups greens (C) with 1/2 cup blueberries (C) with 1 tbsp. olive oil drizzled on top (F)

DINNER

Make a batch and freeze

Chicken Curry with Butternut

2 chicken breast per portion (P), ½ tablespoon raw coconut oil and 1 can coconut milk, 250ml stock (homemade if possible), 100gm cashew nuts (F)

1 butternut squash – peeled, deseeded and cut into 1” pieces, 2 tablespoons Thai curry paste (available in either red or green from most supermarkets), 3 courgettes – sliced, 150gm kale – sliced into strips

Cook everything in a big pot, add cauliflower rice (unlimited) or white rice (half a cup and cut out the butternut squash with this option)



Day Thirteen

BREAKFAST

2 fried eggs (P) cooked with 2 slices of nitrate-free bacon (P) in 1-2 tbsp. tallow (F). Serve with 1/2 cup strawberries on the side (C)

LUNCH

Tin of fish (P), 5 olives (F) over 1 cup salad greens (C) with cucumber and 5 x grapes (C)

DINNER

Bangers and mash = wheat free, organic sausage from the butcher (P), gravy made with bone broth, stock cube and water (F), purple cabbage cooked in water and apple cider vinegar, half a cup of mashed sweet potato or swede



Day Fourteen

BREAKFAST

2 eggs, sprinkle of capers, half an avocado, 1 rice cake, cress

LUNCH

Chicken leg x 2 (P) cooked in 1 teaspoon of olive oil or tallow (F) mixed with 1-2 cups courgette (C), 1/2 cup marinara sauce (tinned tomatoes, onions, herbs, cooked) (C)

DINNER

Roast Dinner

Roast lamb shoulder (or meat of choice) (P&F), unlimited broccoli, green beans, half a cup of butternut squash cooked in sage herb (C)



Shopping List for 14 Days

Proteins

- 18 eggs (2 a day)
- Packet of organic chicken thighs / breasts / legs x 6
- Small packet of ground minced beef (organic if possible)
- Small packet of organic beef chunks for stew
- Wheat free sausages (can buy a packet and keep in freezer)
- 1 x steak
- Packet of nitrate-free bacon
- Packet of nitrate-free deli turkey
- Packet of smoked salmon
- 3 portions of fresh fish
- 4 tins of fish of choice
- Packet of prawns (can be frozen)
- Bones for making stock (soak for 24 hours with a little apple cider vinegar) and put portions in freezer to add to stews and soups

Fats

- Jar of nut butter – check the ingredients, it should only be nuts, avoid the ones with sugar.
- Jar of unrefined, organic mayonnaise
- Avocado x 2
- Bag of natural nuts like cashews or seeds like sunflower or both
- Tallow to cook with when you would like (good to use instead of olive oil)
- Bottle of olive oil (organic)
- Feta cheese x 1
- Goats cheese x 1
- 4 cans of full fat coconut milk
- Coconut oil
- Jar of olives



Carbohydrates

- 2 bananas
- Packet of oat cakes or Ryvita (wheat free)
- Packet of tomatoes
- 2 x broccoli spears (or bag of frozen broccoli)
- Packet of frozen strawberries (fresh if you prefer)
- Packet of frozen blueberries (fresh if you prefer)
- Grapes
- 2 x courgettes
- 2 x tinned of tomatoes
- Bag of spinach (or frozen)
- Greens (fresh or frozen)
- A garlic
- A cucumber
- Bunch of organic carrots (can be frozen)
- Tub of hummus
- Jar of gherkins
- 2 x apples
- 4 x sweet potatoes (or frozen cubed orange vegetables)
- An onion
- A parsnip (can be frozen)
- Mushrooms (can be frozen)
- Green beans (can be frozen)
- A bag of salad or packet of kale (kale can be frozen and defrosted)
- A cauliflower (or frozen)
- A pepper
- A celery bunch
- 1 pear
- Throw away your table salt and get some pink Himalayan salt or rock salt
- Bottle of apple cider vinegar
- Dressing can be lemons, olive oil, balsamic vinegar or apple cider vinegar
- Curry powder



- Thai sauce (without sugar)
- Packet of cress

pudding or Snack Ideas if Needed (one a day maximum)

- 1/2 of a banana (C) + 1/4 cup nuts (F)
- 1 hardboiled egg (P) + 1 kiwi (C) + 1 tbsp. nuts (F).
- Muffins - 2 eggs (P), handful of nuts of your choice, 2 tbsp of coconut oil (F), 2 cups of oats, 2 tbsp of honey, a banana (C). Blend everything together with your hands and make little balls. Bake for 15 minutes. You can make a number of these and keep them in the cupboard for snacks
- 1 small apple (C) + 1/4 cup nuts (F).
- 1/2 cup strawberries (C) + 2 tbsp dark chocolate (F).
- 1/2 banana (C) + 1/4 coconut milk (F) + 1 tsp. cinnamon mixed.
- Beef biltong or beef slices (P), 1 ball of buffalo mozzarella cheese (F), teaspoon of honey (C)
- 1/2 cup carrots (C) + 2 Tbsp. guacamole (F)
- 1/2 grapefruit (C) + 1/4 cup nuts (F)
- 1 chicken thigh(P) + 1 rice cake (C) topped with half an avocado (F)
- 1/2 cup peaches (C) + 1/3 cup coconut milk (F).
- 1/2 cup pears (C) cooked in 2 tbsp. coconut oil (F) with cinnamon on top

Additional Dinner Recipes Available Online

- Fish Paella
- Chicken Burgers
- Salmon Dinner
- Seabass with Veg
- Tuna Stir Fry
- Grilled Chicken and Veg
- Slow Cooked Chilli
- Lentil Curry
- King Prawn Stew
- Turkey with Tomato Sauce
- Brazilian Feijoada (fey-jwah-duh)