

DID YOU KNOW... Bananas are often considered the perfect food for an athlete due to their potassium and magnesium content.







						Clean Machine Shake
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fool's Day					
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7	8	9	10	П	12	13
	Tax Day		National Banana Day			
6						
14	15	16	17	18	19	20
	Earth Day		• •		Arbor Day	
	Passover BEGINS AT SUNDOWN				7 11 501 547	
	BEGINS AT SUNDOWN					
			24	_		_
21	22	23	24	25	26	27
					March 2024 s m t w t f s	Мау 2024 s м т w т ғ s
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7//2					17 18 19 20 21 22 23	19 20 21 22 23 24 25 26 27 28 29 30 31
28	29	30			24 25 26 27 28 29 30 31	26 2/ 28 27 30 31
28	29	30				

OPERATIONS TIP: PFC UNIVERSITY - We've been on the road since the beginning, meeting and training all of you. Since we can't be everywhere at once, you can now access online training via our Member's Club. Our courses cover: Set-Up & Operations, ABCs of Nutrition, The Perfect Pour, Marketing & more! If you are having trouble logging into the site, please reach out to our team for assistance.

