

## FRANCHISE DISCLOSURE DOCUMENT POWER PLATE FRANCHISING, INC.

**Seth Houkom - CEO**  
1380 9th Street East, Suite 605  
West Fargo, North Dakota 58078  
701-361-8584  
[www.powerplatemeals.com](http://www.powerplatemeals.com)  
[powerplatemeals@gmail.com](mailto:powerplatemeals@gmail.com)



We authorize our franchisees to operate a kitchen retail store and additional related retail shops, offering a broad menu of fresh and frozen meals that are convenient, healthy and affordable, and related items and other products and services. Our customers select meals from our menu, schedule in-store pick-up, and reheat the meals at home.

You may purchase the right to establish a Power Plate Meals franchise at a selected location to use our trademarks, trade names, programs and systems, under the names "**Power Plate**" and "**Power Plate Meals.**"

The total investment necessary to begin operation of a Power Plate Meals franchise is from approximately **\$176,000** to **\$407,500**. This includes an Initial Franchise Fee of **\$29,950**, which must be paid to us. The Initial Franchise Fee is **\$19,950** for your second and any additional franchises.

This disclosure document summarizes certain provisions of your Franchise Agreement and other information in plain English. Read this disclosure document and all accompanying agreements carefully. You must receive this disclosure document at least 14 calendar-days before you sign a binding agreement with, or make any payment to, the franchisor or an affiliate in connection with the proposed franchise sale. **Note, however, that no governmental agency has verified the information contained in this document.**

You may wish to receive your disclosure document in another format that is more convenient for you. To discuss the availability of disclosures in different formats, contact **Seth Houkom - CEO, Power Plate Franchising, Inc., 1380 9th Street East, Suite 605, West Fargo, North Dakota 58078, 701-361-8584.**

The terms of your contract will govern your franchise relationship. Don't rely on the disclosure document alone to understand your contract. Read all of your contract carefully. Show your contract and this disclosure document to an advisor, like a lawyer or an accountant.

Buying a franchise is a complex investment. The information in this disclosure document can help you make up your mind. More information on franchising, such as "A Consumer's Guide to Buying a Franchise," which can help you understand how to use this disclosure document, is available from the Federal Trade Commission. You can contact the FTC at 1-877-FTC-HELP or by writing to the FTC at 600 Pennsylvania Avenue, NW, Washington, D.C. 20580. You can also visit the FTC's home page at [www.ftc.gov](http://www.ftc.gov) for additional information. Call your state agency or visit your public library for other sources of information on franchising.

There may also be laws on franchising in your state. Ask your state agencies about them.

**Issuance Date: February 28, 2017**

## STATE COVER PAGE

Your state may have a franchise law that requires a franchisor to register or file with a state franchise administrator before offering or selling in your state. REGISTRATION OF A FRANCHISE BY A STATE DOES NOT MEAN THAT THE STATE RECOMMENDS THE FRANCHISE OR HAS VERIFIED THE INFORMATION IN THIS DISCLOSURE DOCUMENT. IF YOU LEARN THAT ANYTHING IN THE DISCLOSURE DOCUMENT IS UNTRUE, CONTACT THE FEDERAL TRADE COMMISSION AND THE STATE ADMINISTRATORS LISTED ON THE COVER PAGE.

Call the state franchise administrator listed in the next page to this disclosure document, below, for information about the franchisor, or about franchising in your state.

MANY FRANCHISE AGREEMENTS DO NOT ALLOW YOU TO RENEW UNCONDITIONALLY AFTER THE INITIAL TERM EXPIRES. YOU MAY HAVE TO SIGN A NEW AGREEMENT WITH DIFFERENT TERMS AND CONDITIONS IN ORDER TO CONTINUE TO OPERATE YOUR BUSINESS. BEFORE YOU BUY, CONSIDER WHAT RIGHTS YOU HAVE TO RENEW YOUR FRANCHISE, IF ANY, AND WHAT TERMS YOU MIGHT HAVE TO ACCEPT IN ORDER TO RENEW.

Please consider the following RISK FACTORS before you buy this franchise:

1. THE FRANCHISE AGREEMENT PERMITS THE FRANCHISEE TO SUE ONLY IN THE STATE AND FEDERAL COURTS IN FARGO, NORTH DAKOTA. OUT OF STATE LITIGATION MAY FORCE YOU TO ACCEPT A LESS FAVORABLE SETTLEMENT. IT MAY ALSO COST MORE TO SUE WITH US IN NORTH DAKOTA THAN IN YOUR HOME STATE.
2. THE FRANCHISE AGREEMENT STATES THAT NORTH DAKOTA LAW GOVERNS THE AGREEMENT. THIS LAW MAY NOT PROVIDE THE SAME PROTECTIONS AND BENEFITS AS LOCAL LAW. YOU MAY WANT TO COMPARE THESE LAWS. EVEN THOUGH THE FRANCHISE AGREEMENT PROVIDES THAT NORTH DAKOTA LAW APPLIES, YOUR STATE LAW MAY SUPERSEDE THIS PROVISION AND IT MAY NOT BE ENFORCEABLE IN YOUR STATE. SEE SPECIAL STATE DISCLOSURES IN THE STATE ADDENDA TO THE FRANCHISE AGREEMENT AND DISCLOSURE DOCUMENT.
3. THE FRANCHISOR IS A NEWLY FORMED BUSINESS ENTITY WITH LIMITED FINANCIAL RESOURCES, WHICH MAY NOT BE SUFFICIENT FOR THE FRANCHISOR TO FULFILL ITS PRE-OPENING OBLIGATIONS TO THE FRANCHISEE.
4. THERE MAY BE OTHER RISKS CONCERNING THE FRANCHISE.

Effective Date: See the next page for state effective dates.

This Franchise Disclosure Document is effective as of:

1. Federal Trade Commission (and All States not Requiring Registration): **February 28, 2017**

2. States Requiring Registration                      Effective Date (not approved if blank):

California  
Connecticut  
Florida  
Hawaii  
Illinois  
Indiana  
Kentucky  
Maine  
Maryland  
Michigan  
Minnesota  
Nebraska  
New York  
North Carolina  
North Dakota  
Rhode Island  
South Carolina  
South Dakota  
Texas  
Utah  
Virginia  
Washington  
Wisconsin

A list of our agents authorized to receive service of process in various states and the relevant state authorities is found in the State Law Addendum to this Disclosure Document.

This is a document preview downloaded from FranchisePanda.com. The full document is available for free by visiting: <https://franchisepanda.com/franchises/power-plate-meals>