

RAMP Sample Meal Plan Descriptions

The following is a brief description of each type of sample meal plan presented in the RAMP system to guide you in determining the appropriate selection for each client

40-30-30

This stands for 40% Carbohydrates 30% Proteins and 30% Fats. This is our core meal plan for healthy living. This meal plan provides the scientifically proven optimal ratios of the 3 macronutrients to optimize one's metabolism.

This plan is ideal for those who are not quite ready to commit to a strict focus on nutrition, but who want to have guidance on how many calories a day they should be consuming and the correct portion sizes so they can work incrementally to their weight goal.

50-30-20

This stands for 50% Carbohydrates 30% Proteins and 20% Fats. This meal plan is ideal for performance athletes. Teenagers, college, and professional athletes that are playing, practicing, and weight training intensely (1-2hours per session) for a combination of 5-7 days per week.

The increased amount of carbohydrates is necessary to provide the energy needed for their volume of daily cardiovascular activity.

60-20-20

This stands for 60% Carbohydrates 20% Proteins and 20% Fats. This meal plan is designed for Lacto-Ova-Vegetarians (Vegetarians that consume dairy, eggs, fruits, vegetables, and starchy carbohydrates). This is the only meal plan offered for vegetarians as sufficient complete proteins are necessary to achieve success using the RAMP program.

Beach Body

This meal plan is designed for clients looking for faster results, those training to compete in various divisions of body building, and those who are insulin resistant, pre or type 2 diabetic looking for rapid metabolic repair.

This meal plan is comprised of a generous amount of protein, healthy fats, and minimal fibrous carbohydrates.

Pro Tips

Carb Cycling

Use the calorically recommended 40-30-30 meal plan and the calorically recommended Beach Body Meal plan. A client may engage in carb cycling, which is consuming a low amount of carbohydrates on certain days and an increased amount on certain days each week.

The benefit is faster fat loss and sustained energy for their RAMP workouts. It is a more approachable plan for those wanting to participate in meal planning and willing to be committed but still desiring to maintain some balance in their life.

To perform carb cycling a client needs to follow a 3 days low carb, 1 day high carb, 2 days low carb, 1 day high carb schedule consistently each week.

For example, a client follows the Beach Body (lower carbohydrate plan) Sunday, Monday, and Tuesday. On Wednesday the client follows the 40-30-30 (higher carbohydrate) meal plan. On Thursday and Friday, the client follows the Beach Body Plan and on Saturday the client follows the 40-30-30 plan.

The higher carbohydrate or (cheat days) can be selected by what works best with the client's schedule but they must maintain the 3 days low, 1 day high, 2 days low, 1 day high cycle. Another example would be:

Sunday- Beach Body Plan

Monday- Beach Body Plan

Tuesday- 40-30-30 Plan

Wednesday- Beach Body Plan

Thursday- Beach Body Plan

Friday- 40-30-30 Plan

Saturday- Beach Body Plan

This style of meal planning only yields results with strict adherence to the Low Carbohydrate days, deviating from the cycle will impede any potential Fat Loss benefits.

Intermittent Fasting

Another great option for a client who may be hitting a weight loss plateau. The most common type of intermittent fasting is a 16:8 schedule. This means that for 16 continuous hours a person consumes no calories then within the 8-hour window they consume all their meals for the day.

During the 16 hour fast a person may consume calorie free beverages (i.e. water, sparkling water, black coffee, etc.)

The client would use the recommended 40-30-30, 50-30-20, 60-20-20, or Beach Body meal plan during their feeding hours.

Intermittent fasting can help speed up fat loss as it lower levels of fasting glucose, fasting insulin and leptin. This reduces insulin resistance and allows the body to metabolize carbohydrates properly resulting in body fat reduction.

Intermittent fasting has also been shown to improve physical performance by increasing endurance, decreasing blood pressure, and resting heart rate.

*Choosing Organic when you have the option. Conventionally grown and highly processed foods are at the root cause of the obesity epidemic our Country is facing.

Selecting organic nutrient dense foods whenever possible helps to limit the toxin exposure from conventionally grown and highly processed foods.

Toxins such as Pesticides and Herbicides, Synthetic Hormones and Antibiotics, Heavy Metals, Unnatural Hydrogenated Fats, Artificial Coloring, Flavoring, etc.

The repeated exposure to these chemicals in your food leads to hormonal imbalances, metabolic dysfunction, gut microbiome destruction, weakened immunity, and disorders of the brain (migraines, lethargy, brain fog, depression etc.)

While organic foods are more expensive, you wouldn't put regular gas and oil in your Ferrari, would you? Our body is the only vehicle we have, it makes sense to treat it like royalty.