Welcome to RAMP

Resistance Applied Metabolic Prescription

The way to optimal health and fitness!

Your personalized RAMP metabolic prescription has been created based upon your current fitness capacity utilizing the most precise and scientific muscle conditioning formulas.

RAMP incorporates 7 components to success that help you achieve your goals and maintain them in the shortest time possible. These seven components are 1)Strength Training, 2) Cardiovascular Endurance, 3) Flexibility, 4) Body Composition, 5) Nutrition, 6) Mind / Body, 7) Supplementation.

Included with your workout is a Sample Meal Plan that illustrates an estimation of the type and amount of foods your body needs to achieve your goal. Please consult with a certified professional if you believe you have food related conditions before beginning.

We track your success with a progress report every 8-weeks. Please let contact us one week in advance to schedule and update and new plan.

Our heath coaches are here to provide you with the support you need.
Please don't hesitate to ask for assistance.

Here are a few tips to help you get started:

- Perform 10 minutes of cardio upon waking to enhance fat loss
- Eat all meals 2.5-3 hours apart
- Consume a protein shake within 30 minutes following a workout to increase lean mass and reduce fat
- Drink water before, during and after exercising
- Get an adequate amount of sleep to optimize your metabolism (7-8 hours is optimal)
- Repeat. Flourish and prosper by living a healthy lifestyle

We know from years of experience that the first 30 days are the most exciting & challenging.
Stay determined and watch the changes happen as you start to look and feel your best.

Remember, your greatest wealth is your health!

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Everything your body needs, nothing it doesnt.

Use this checklist to track all feeding times.

After eating, place a check in the corresponding box.

Meals should be eaten approximately 2.5-3 hours apart.

Choosing healthy food is vital to your long term success!

Be true to yourself and reap the benefits of a healthy life!

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
Breakfast	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat
Notes:								
Snack	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat
Notes:								
Lunch	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat
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Notes:								
Dinner	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat	O Sun O Mon O Tue O Wed O Thu O Fri O Sat
Notes:								

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MEAL PLAN 1900
40-30-30

Consume foods 2.5 - 3 hours apart.
Snacks are placed in between meals.
Meals listed below can be substituted individually or by row.

Breakfast	Lunch	Dinner	Snack
8 oz Light fruit yogurt 1/3 c Granola cereal 1 c Green tea 8 oz Water	5 oz Turkey or chicken breast 2 sl Red tomato 2 sl Red onion 2.5 oz Provolone cheese 2 sl Rye bread 1 tbs Low calorie mayonnaise 8 oz Fruit flavored water	5 oz Chicken breast baked/broiled 1 c Oriental vegetables 4 tbs Dry roasted cashews 1/2 c Wild brown rice 8 oz Water	5 tbs Sunflower seeds (dry roast) 1/2 c Low fat plain yogurt 8 oz Water
2 Poached egg 3 sl Canadian style bacon 8 oz Skim milk 1 Grapefruit 8 oz Water	1 Veggie burger hint of fresh garlic 3 oz Low fat cheese 1 tbs Ketchup 1 tbs Fat Free Italian Dressing 8 oz Herbal tea	1.5 c Lentil soup 5 oz Skim milk mozzarella cheese 2 c Spinach salad (no dressing) 8 oz Low Fat milk 8 oz Water	12 Baby carrots 1/2 c Hummus 8 oz Water
1/2 c Oatmeal 2 tbs Chopped almonds 1.5 c Egg whites 8 oz Water	1 Small Roast beef sand. (plain) 3/4 Avocado 1/2 c Berries (Your Choice) 8 oz Fruit flavored water	6 oz Salmon baked or broiled 1/2 c Wild brown rice 1.5 c Mixed vegetables 8 oz Water	3/4 c Low fat cottage cheese 12 Cherries 8 oz Water
2 sl French bread toasted 4 oz Canadian bacon 2 sl Cantaloupe 2 tsp Slivered almonds 8 oz Water	1/3 c Tuna salad 1.5 Pita bread 3 Celery stalks 3 Carrots 8 oz Herbal tea	5.5 oz Ground turkey 1 c Zucchini 4.5 oz Penne pasta 8 oz Water	1/2 c Bagel chips 1/3 c Balsamic dressing 8 oz Brewed tea
1 Plain waffle 1/3 c Blueberries 4 Breakfast links (Meatless) 8 oz Apple juice unsweetened 8 oz Water	2 c Mixed greens/arugula butter 1/2 Avocado 8 Green olives 3 Baby carrots 1/2 c Garbanzo beans 1 tbs Low calorie dressing 8 oz Water	6 oz Chicken breast roasted 3/4 Whole wheat pita bread 2 c Spinach salad 2.5 tbs Oil and vinegar dressing 12 Red or green grapes 8 oz Flavored seltzer water	1 Protein Shake with frozen berries or Protein Bar 8 oz Water

Macro=Macro Nutrients Prot=Protein Carb=Carbohydrates Cal=Calories oz=ounces c=cup(s) pc=piece(s) sl=slice(s) tbs=tablespoon(s) tsp=teaspoon(s) w/=with

Please check with your physician for allergies or any contra indications to certain foods or medicines.

FOR EDUCATIONAL PURPOSES ONLY

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SHOPPING GUIDE
MEAL PLAN 40-30-30

VEGETABLES

	Qty.
Avocado	
Lettuce	
Broccoli -Asparagus - Cauliflower	
Carrots/Baby Carrots	
Onions	
Mixed Vegetables	
Spinach Leaves (salad)	
Oriental Style Vegetables	
Garbanzo Beans	
Summer Squash / Zucchini	

FRUITS AND FRUIT JUICES

	Qty.
Orange Juice	
Vegetable Juice	
Apple Juice	
Grapefruit	
Banana	
Cherries or other berries	
Cantaloupe	
Red & Green Grapes	
Tomato	
Cucumber	

MEAT/POULTRY/FISH/PROTEIN ALTERNATIVES

	Qty.
Chopped Almonds	
Dry Roasted Cashews	
Sunflower Seeds, dry roasted	
Chicken Breasts, no skin	
Protein Shake	
Veggie Burgers	
Roast Beef, deli, lean	
Canadian Bacon	
Deli Turkey or Chicken Breast	
Salmon, Tuna	
Lentil Soup	
Hummus	
Protein Shake	
Breakfast Links	
Ground Turkey	
White Fish	

GRAIN GROUP

	Qty.
Granola Cereal	
Oatmeal	
Wheat Bread	
Whole Wheat Pita Bread	
Rye Bread	
Wild Brown Rice	
Sweet Potato	
Bagel Chips	
French bread	
Gluten Free Waffles	
Quinoa	
Penne Pasta	

DAIRY PRODUCTS

	Qty.
Skim milk/low fat milk	
Low fat yogurt	
Mozzarella cheese (low fat)	
Low fat cheddar or colby cheese	
Low fat cottage cheese	
Butter or Smart Balance	
Egg beaters/egg whites /eggs	
Provolone cheese	

MISCELLANEOUS

	Qty.
Protein Bar (any flavor)	
Hot cocoa	
Balsamic dressing	
Olives, black or green	
Green Tea, herbal	
Seltzer water, flavored	
Low cal Mayonaise	
Sparkling water (fruit flavors)	
Low Cal Italian dressing	
Organic Ketchup	