

Welcome to **RAM**

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 health 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!

- ☐ Sun
- ☐ Mon
- ☐ Tue
- ☐ Wed
- ☐ Thu
- ☐ Fri
- ☐ Sat



MEAL PLAN 1300

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

3 oz Light fruit yogurt
1/4 c Granola cereal
1 c Green tea

8 oz Water

Breakfast

1 Poached egg
1 sl Canadian style bacon
8 oz Skim milk
1/2 Grapefruit

8 oz Water

Breakfast

1/4 c Oatmeal
1 tbs Chopped almonds
1 c Egg whites

8 oz Water

Breakfast

1 sl French bread toasted
2 oz Canadian bacon
1 sl Cantaloupe
2 tsp Slivered almonds

8 oz Water

Breakfast

1 Plain waffle
1/4 c Blueberries
2 Breakfast links (Meatless)
4 oz Apple juice unsweetened

8 oz Water

Lunch

2 oz Turkey or chicken breast
2 sl Red tomato
2 sl Red onion
1 oz Provolone cheese
1 sl Rye bread
1 tbs Low calorie mayonnaise
8 oz Fruit flavored water

Lunch

1 Veggie burger hint of fresh garlic
1 oz Low fat cheese
1 tbs Ketchup
1 tbs Fat Free Italian Dressing

8 oz Herbal tea

Lunch

1 Small Roast beef sand. (plain)
1/4 Avocado
1/2 Pink or Red Grapefruit

8 oz Fruit flavored water

Lunch

1/4 c Tuna salad
1/2 Pita bread
1 Celery stalks
1 Carrots

8 oz Herbal tea

Lunch

1 c Mixed greens/arugula butter
1/4 Avocado
2 Green olives
2 Baby carrots
1/4 c Garbanzo beans
1 tbs Low calorie dressing
8 oz Water

Dinner

3 oz Chicken breast baked/broiled
1/2 c Oriental vegetables
1 tbs Dry roasted cashews
1/3 c Wild brown rice

8 oz Water

Dinner

1 c Lentil soup
2 oz Skim milk mozzarella cheese
3/4 c Spinach salad (no dressing)
4 oz Low Fat milk

8 oz Water

Dinner

4 oz Salmon baked or broiled
1/4 c Wild brown rice
1/2 c Mixed vegetables

8 oz Water

Dinner

3 oz Ground turkey
1 c Zucchini
2 oz Penne pasta

8 oz Water

Dinner

2.5 oz Chicken breast roasted
1/4 Whole wheat pita bread
1/2 c Spinach salad
1 tbs Oil and vinegar dressing
6 Red or green grapes

8 oz Flavored seltzer water

Snack

3 tbs Sunflower seeds (dry roast)
1/3 c Low fat plain yogurt

8 oz Water

Snack

6 Baby carrots
1/4 c Hummus

8 oz Water

Snack

1/2 c 1% Low fat cottage cheese
10 Cherries

8 oz Water

Snack

1/3 c Bagel chips
1/4 c Balsamic dressing

8 oz Brewed tea

Snack

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.

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 |