

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!



**Everything your body needs,
nothing it doesn't.**

Use this checklist to track all
feeding times.

After eating, place a check in
the corresponding box.

Meals should be eaten approxi-
mately 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!



Breakfast

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Snack

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Lunch

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MEAL PLAN 2400

50-30-20

Consume foods 2.5 – 3 hours apart.

Snacks are placed in between meals.

Meals listed below can be substituted individually or by row.

Breakfast

2 c Whole Oat Cereal
8 oz Skim Milk
1 c Chopped Cranberries

8 oz Water

Breakfast

3 Low fat waffles
2 tbs Maple syrup
2 c Non fat plain yogurt
1.5 c Strawberries

8 oz Water

Breakfast

2.5 c Oatmeal
2 tbs Chopped almonds
1 c Eggbeaters
4 oz Orange juice

8 oz Water

Breakfast

2.5 c Eggbeaters
4 Meatless breakfast strips
6 oz Orange Juice
2 sl Cantaloupe

8 oz Water

Breakfast

2 Low fat waffles
1 tbs Low calorie spread
1 c strawberries
4 Meatless breakfast links
8 oz skim milk

8 oz Water

Lunch

6 oz White tuna in water
1 Whole wheat pita bread
1 tbs Low fat mayonnaise
2 sl Red tomato
1 pc iceberg lettuce

8 oz Fruit flavored water

Lunch

5 sl Boiled ham
2 sl Rye bread
1 tsp Yellow mustard
2 sl Red tomato
2 pc Iceburg Lettuce
1.5 c Spinach salad (no dressing)
8 oz Herbal tea

Lunch

2 sl Whole wheat bread
6 oz Roast beef
1 Avocado
1 Grapefruit
1 tbs Mustard

8 oz Fruit flavored water

Lunch

7 oz White chicken in water
1 tbs Fat free mayonnaise
3 sl Red tomato
2 pc Iceburg lettuce
1 Whole wheat pita bread

8 oz Herbal tea

Lunch

6 oz Roasted turkey breast
2 sl Red tomato
2.5 oz Provolone cheese
1 tsp Yellow mustard
2 pc Loose leaf lettuce

8 oz Water

Dinner

6 oz Stuffed shells
1 c Green salad
6 Black olives
2 tbs Fat free dressing
8 oz Skim milk

8 oz Water

Dinner

2 c Chicken teriyaki
6 oz Tomato basil angel hair pasta
1/2 c Green peas

8 oz Water

Dinner

6 oz Chicken breast baked
2.5 c Oriental vegetables
5 tbs Dry roasted cashews

8 oz Water

Dinner

2 c Spinach pasta
3/4 c Tomato and basil sauce
1.5 c Green salad
8 Black olives
8 oz Skim milk

8 oz Water

Dinner

8 oz Baked haddock
6 oz Asparagus
1.5 c Couscous
8 oz Skim milk

8 oz Flavored seltzer water

Snack

1 Banana
2 tbs Peanut butter
Protein Shake

8 oz Water

Snack

1 c Hot cocoa w/ milk
3 c Popcorn

8 oz Water

Snack

1 oz chocolate covered peanuts
2 Pretzel rod

8 oz Water

Snack

2 c Popcorn
2 tbs Parmesean cheese
8 Baby carrots

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 50-30-20

VEGETABLES

- | ☒ | Qty. | |
|-------------------------------------|-------|---------------------------|
| ☐ | _____ | Loose leaf Spinach Salad |
| ☐ | _____ | Iceberg lettuce |
| ☐ | _____ | Tomato |
| ☐ | _____ | Asparagus |
| ☐ | _____ | Avocado |
| ☐ | _____ | Baby carrots / Green Peas |
| ☐ | _____ | Sweet potato |
| ☐ | _____ | Mushrooms |
| ☐ | _____ | Stir-fry vegetables |

FRUITS AND FRUIT JUICES

- | ☒ | Qty. | |
|-------------------------------------|-------|--------------|
| ☐ | _____ | Orange juice |
| ☐ | _____ | Grapefruit |
| ☐ | _____ | Apple sauce |
| ☐ | _____ | Strawberries |
| ☐ | _____ | Blueberries |
| ☐ | _____ | Cantaloupe |
| ☐ | _____ | Apple |
| ☐ | _____ | Orange |
| ☐ | _____ | Bananas |
| ☐ | _____ | Cranberries |

MEAT/POULTRY/FISH/PROTEIN ALTERNATIVES

- | ☒ | Qty. | |
|-------------------------------------|-------|-----------------------------|
| ☐ | _____ | Turkey, white meat |
| ☐ | _____ | Roast Beef, deli sliced |
| ☐ | _____ | Chicken breast |
| ☐ | _____ | Honey ham, deli sliced |
| ☐ | _____ | Haddock |
| ☐ | _____ | Canned tuna |
| ☐ | _____ | Egg Beaters |
| ☐ | _____ | Peanut butter |
| ☐ | _____ | Almonds |
| ☐ | _____ | Dry roasted sunflower seeds |
| ☐ | _____ | Chocolate covered peanuts |
| ☐ | _____ | Meatless breakfast links |
| ☐ | _____ | Meatless breakfast patties |
| ☐ | _____ | Protein Powder |

GRAIN GROUP

- | ☒ | Qty. | |
|-------------------------------------|-------|------------------------|
| ☐ | _____ | Raisin bran cereal |
| ☐ | _____ | Oat Cereal |
| ☐ | _____ | Bran bagel |
| ☐ | _____ | Low fat waffles |
| ☐ | _____ | Stuffed Shells |
| ☐ | _____ | Humus |
| ☐ | _____ | Rye bread |
| ☐ | _____ | Whole wheat bread |
| ☐ | _____ | Whole wheat pita bread |
| ☐ | _____ | Couscous |
| ☐ | _____ | Brown rice |
| ☐ | _____ | Spinach pasta |
| ☐ | _____ | Oat Meal |
| ☐ | _____ | Bagel chips |
| ☐ | _____ | Popcorn |
| ☐ | _____ | Pretzels, soft |
| ☐ | _____ | Bagel chips |

DAIRY PRODUCTS

- | ☒ | Qty. | |
|-------------------------------------|-------|------------------------|
| ☐ | _____ | Skim milk |
| ☐ | _____ | Yogurt, non-fat |
| ☐ | _____ | String cheese |
| ☐ | _____ | Low fat cream cheese |
| ☐ | _____ | Parmesan cheese |
| ☐ | _____ | Swiss cheese |
| ☐ | _____ | Low-fat cottage cheese |
| ☐ | _____ | Tofu, firm |
| ☐ | _____ | Provolone cheese |
| ☐ | _____ | Eggs |

MISCELLANEOUS

- | ☒ | Qty. | |
|-------------------------------------|-------|--------------------------------|
| ☐ | _____ | Low fat spread (no trans fats) |
| ☐ | _____ | Maple Syrup |
| ☐ | _____ | Low Fat Mayonaise / Mustard |
| ☐ | _____ | Hot Cocoa mix |
| ☐ | _____ | Black olives |
| ☐ | _____ | Flavored seltzer water |
| ☐ | _____ | Protein Bar |
| ☐ | _____ | Low Cal Dressing |