Welcome to IIIRAMP 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!



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!



| Breakfas | st Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
|----------|---|---|---|---|---|---|---|---|
| Notes: | 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 |
| Snack | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
| Notes: | 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 |
| Lunch | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
| Notes: | 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 |
| Snack | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
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| Dinner | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
| Notes: | 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 Tue |



MEAL PLAN 1600 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.

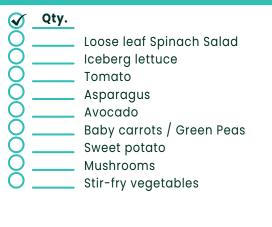
| 1 c Whole Oat Cereal 8 oz Skim Milk 1/2 c Chopped Cranberries6 oz 1/2 w 1 tbs 2 sl H 1 pc8 oz Water8 ozBreakfastLur 3 sl H 1 sl R 1 sl R 1 tsp 2 sl H 2 sl H <br< th=""><th>nch z White tuna in water Whole wheat pita bread is Low fat mayonnaise Red tomato c iceburg lettuce z Fruit flavored water nch Boiled ham Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea</th><th>1 c Chicken teriyaki 4 oz Tomato basil angel hair pasta</th><th>Snack Banana I tbs Peanut butter Protein Shake B oz Water Snack B oz Water B oz Water</th></br<> | nch z White tuna in water Whole wheat pita bread is Low fat mayonnaise Red tomato c iceburg lettuce z Fruit flavored water nch Boiled ham Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea | 1 c Chicken teriyaki 4 oz Tomato basil angel hair pasta | Snack Banana I tbs Peanut butter Protein Shake B oz Water Snack B oz Water B oz Water |
|---|--|---|--|
| 1/2 c Chopped Cranberries1 tbs2 sl F1 pc8 oz Water8 ozBreakfastLur2 Low fat waffles3 sl F2 tbs Maple syrup1 c Non fat plain yogurt1 c Strawberries2 sl F8 oz Water2 sl F8 oz Water8 ozBreakfastLur1 c Oatmeal2 sl F1 c Strawberries2 sl F3 oz Water2 sl F1 c Oatmeal2 sl F1 c Strawberries1 damonds1 c Strawberries1 damonds1 c Oatmeal2 sl F1 c Strawberries1 damonds1 c Strawberries1 damonds | Whole wheat pita bread is Low fat mayonnaise Red tomato c iceburg lettuce z Fruit flavored water nch I Boiled ham Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea | 1 c Green salad 6 Black olives 2 tbs Fat free dressing 8 oz Skim milk 8 oz Water Dinner 1 c Chicken teriyaki 4 oz Tomato basil angel hair pasta | I tbs Peanut butter Protein Shake 8 oz Water FOR EPUCATIO 8 oz Water FOR EPUCATIO Snack 1 c Hot cocoa w/ milk 3 c Popcorn |
| 8 oz Water8 ozBreakfastLur2 Low fat waffles3 sl f2 tbs Maple syrup3 sl f1 c Non fat plain yogurt1 sl R1 c Strawberries2 sl f8 oz Water8 ozBreakfastLur1 c Oatmeal2 sl f1 tbs Chopped almonds3 oz1 c Eggbeaters1 Avo | ncn Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea | 1 c Chicken teriyaki 4 oz Tomato basil angel hair pasta | 1 c Hot cocoa w/ milk 3 c Popcorn |
| BreakfastLur2 Low fat waffles3 sl fl2 tbs Maple syrup1 sl R1 c Non fat plain yogurt1 sl R1 c Strawberries2 sl fl8 oz Water8 ozBreakfastLur1 c Oatmeal2 sl fl1 tbs Chopped almonds3 oz1 c Eggbeaters1 Avo | ncn Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea | 1 c Chicken teriyaki 4 oz Tomato basil angel hair pasta | 1 c Hot cocoa w/ milk 3 c Popcorn |
| 2 tbs Maple syrup 1 c Non fat plain yogurt 1 c Strawberries1 sl R 1 tsp 2 sl F 2 pc 1 c S 8 oz Water8 oz Water8 oz 8 ozBreakfast1 c Oatmeal 1 tbs Chopped almonds 1 c Eggbeaters2 sl A 3 oz 1 Avo | Rye bread p Yellow mustard Red tomato c Iceburg Lettuce Spinach salad (no dressing) z Herbal tea | 4 oz Tomato basil angel hair pasta | 3 c Popcorn |
| BreakfastLur1 c Oatmeal2 sl1 tbs Chopped almonds3 oz1 c Eggbeaters1 Avo | REPORT ONE | Dinner | |
| 1 c Oatmeal 2 sl V 1 tbs Chopped almonds 3 oz 1 c Eggbeaters 1 Avo | | | Snack |
| IRPOSES 1 tbs | Whole wheat bread z Roast beef vocado Grapefruit s Mustard z Fruit flavored water | 6 oz Chicken breast baked | 1 oz chocolate covered peanuts 1 Pretzel rod FOR EDUG FOR EDUG PURPOS 8 oz Water |
| Breakfast | nch | Dinner FOR EDOSES | Snack |
| 3 Meatless breakfast strips 1 tbs 6 oz Orange Juice 3 sl f | z White chicken in water s Fat free mayonnaise l Red tomato c Iceburg lettuce hole wheat pita bread | 1 c Spinach pasta 1/2 c Tomato and basil sauce 1 c Green salad 6 Black olives 8 oz Skim milk | 2 c Popcorn 2 tbs Parmesean cheese 8 Baby carrots FOR BOSES 8 oz Brewed tea Snack |
| | z Herbal tea | 8 oz Water | 8 oz Brewed tea |
| Breakfast CATION Lur | nch | Dinner CALLY | Snack |
| 1 tbs Low calorie spread2 sl f1/2 c strawberries1 oz f2 Meatless breakfast links1 tsp8 oz skim milk1 pc | z Roasted turkey breast Red tomato z Provolone cheese p Yellow mustard c Loose leaf lettuce | 4 oz Baked haddock 3 oz Asparagus 1 c Couscous 8 oz Skim milk | 1 Protein Shake with frozen berries or Protein Bar |
| 8 oz Water 8 oz | z Water | 8 oz Flavored seltzer water | 8 oz Water |

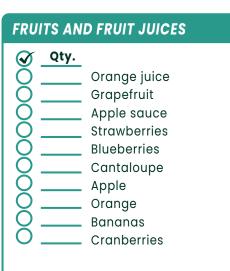
Macro=Macro Nutrients Prot=Protein Carb=Carbohydrates Cal=Calories oz=ounces c=cup(s) pc=piece(s) sl=slice(s) tbs=tablespoon(s) tsp=teaspoon(s) w/=with Please check with your physician for allergies or any contra indications to certain foods or medicines.

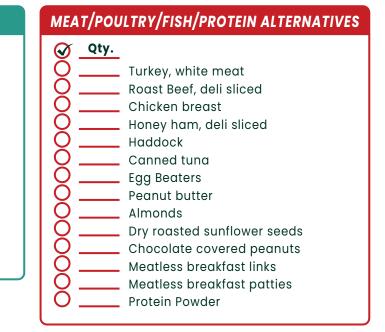


SHOPPING GUIDE MEAL PLAN 50-30-20

VEGETABLES







GRAIN GROUP





| MISCELLAN | 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 |
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|-----------|--|