

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!

Beach Body 2250 Calories

Resistance Applied Metabolic Prescription



**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!



Meal 1

1 Scoop Whey Protein
3/4 Cup Oats (dry)
3/4 Cup Blueberries
8 oz Water

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Meal 2

6 Egg Whites w/ 1 yolk
3/4 Cup Mixed Vegetables
1 Slice Whole Grain Toast
1 oz Colby Jack Cheese or Other White Cheese
8 oz Water

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Meal 3

1 Scoop Whey Protein
1/2 Cup Plain Greek Yogurt
3/4 oz Slivered Almonds
8 oz Water

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Meal 4

5 oz Grilled Chicken
2 Cups Green Salad
2 tbs. Balsamic Vinegarette
8 oz Water

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Meal 5

1 Scoop Whey Protein
1.5 tbs Peanut Butter or PB2
8 oz Water

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Meal 6

6 oz Grilled or Baked White Fish
or Chicken
3/4 Cup Brown Rice
1.5 Cup Steamed Vegetables
8 oz Water

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