

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 2600

60-20-20

Consume foods 2.5 – 3 hours apart.

Snacks are placed in between meals.

Meals listed below can be substituted individually or by row.

Breakfast

3 c Raisin Bran
10 oz Skim milk
1 Cantaloupe

8 oz Water

Breakfast

16 oz Fruit smoothie
10 oz Dry roasted soybeans

8 oz Water

Breakfast

4 Whole wheat pancakes
3 tbs Maple syrup
1 Grapefruit
8 oz Skim milk
1 Banana

8 oz Water

Breakfast

3 c Shredded wheat cereal
12 oz Skim milk
1 Banana
8 oz Orange juice

8 oz Water

Breakfast

2 English muffin
3 tbs Peanut butter
1 Pink or red grapefruit
8 oz Decaf coffee
1 Banana

8 oz Water

Lunch

2.5 c Lentil Soup
2.5 c Mixed baby green salad
w/ arugula butter
2 Pita bread
2 tbs Low cal dressing
5oz Swiss cheese
8 oz Fruit flavored water

Lunch

3 c Macaroni salad
10 Baby carrots
1 Apple

8 oz Herbal tea

Lunch

3 tbs. Peanut butter sandwich
12 oz Skim milk
2 c Sliced cucumber

8 oz Fruit flavored water

Lunch

1 Baked potato
12 oz Tofu
3 c Green salad
3 tbs Fat free dressing

8 oz Herbal tea

Lunch

2.5 c Mixed vegetables
2.5 c Mixed baby greens salad
w/ arugula butter
2 c Long grain brown rice

Dinner

2.5 c Spaghetti
1 c Marinara sauce
2.5 c Broccoli
2.5 c Green salad
1 tbs Balsamic vinegar

8 oz Water

Dinner

2 Veggie burger
1 Whole wheat hamburger roll
1 tbs Balsamic vinegar
3 c Green salad
3 oz Cheddar / Colby cheese

8 oz Water

Dinner

1 baked potato
6 oz Cheddar / colby cheese
1 c Boiled soy beans
1 c Green salad

8 oz Water

Dinner

2.5 c Vegetarian chili
2 sl French bread
2 Red tomato
1/2 Cucumber

8 oz Water

Dinner

2.5 c Cooked couscous
2.5 c Green salad
1 tbs Fat free dressing
3/4 c Black beans

8 oz Flavored seltzer water

Snack

1/2 c Fruit salad
1/4 c Sunflower seeds
Protein bar

8 oz Water

Snack

1 c Non fat yogurt
1/2 c Blueberries
Protein shake

8 oz Water

Snack

6 oz Apple sauce
1 English muffin

8 oz Water

Snack

1/2 c Low fat cottage cheese
2 Celery stalks

8 oz Brewed tea

Snack

1 oz Rolled Gold pretzels
1 oz Mozzarella string cheese
1 Peach

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 60-20-20

VEGETABLES

- | ☒ | Qty. | |
|-------------------------------------|-------|------------------|
| ☐ | _____ | Salad greens |
| ☐ | _____ | Baby carrots |
| ☐ | _____ | Celery |
| ☐ | _____ | Tomato |
| ☐ | _____ | Avocado |
| ☐ | _____ | Potato |
| ☐ | _____ | Broccoli |
| ☐ | _____ | Cucumber |
| ☐ | _____ | Mixed Vegetables |

FRUITS AND FRUIT JUICES

- | ☒ | Qty. | |
|-------------------------------------|-------|------------------------|
| ☐ | _____ | Cantaloupe |
| ☐ | _____ | Fruit Smoothie |
| ☐ | _____ | Grapefruit |
| ☐ | _____ | Apples |
| ☐ | _____ | Apple Sauce |
| ☐ | _____ | Peaches |
| ☐ | _____ | Blueberries |
| ☐ | _____ | Grapes, red or green |
| ☐ | _____ | Bananas & Strawberries |

MEAT/POULTRY/FISH/PROTEIN ALTERNATIVES

- | ☒ | Qty. | |
|-------------------------------------|-------|----------------------------------|
| ☐ | _____ | Dry Roasted Soy Beans |
| ☐ | _____ | Sunflower Seeds |
| ☐ | _____ | Protein Bar |
| ☐ | _____ | Protein drink |
| ☐ | _____ | Peanut butter |
| ☐ | _____ | Morning Star Farms Garden Burger |
| ☐ | _____ | Almonds |
| ☐ | _____ | Egg beaters / eggs |
| ☐ | _____ | Soy Beans |
| ☐ | _____ | Tofu |
| ☐ | _____ | Black Beans |
| ☐ | _____ | Protein Bar |

GRAIN GROUP

- | ☒ | Qty. | |
|-------------------------------------|-------|-----------------------------|
| ☐ | _____ | Raisin Bran |
| ☐ | _____ | Whole Wheat Pancakes |
| ☐ | _____ | Shredded Wheat Cereal |
| ☐ | _____ | Whole Grain English Muffins |
| ☐ | _____ | Oatmeal |
| ☐ | _____ | Rye bread |
| ☐ | _____ | French bread |
| ☐ | _____ | Whole wheat pita bread |
| ☐ | _____ | Rice pilaf |
| ☐ | _____ | Wild brown rice |
| ☐ | _____ | Whole Wheat Macaroni |
| ☐ | _____ | Whole Wheat Spaghetti |
| ☐ | _____ | Couscous |
| ☐ | _____ | Popcorn |
| ☐ | _____ | Pretzels |

DAIRY PRODUCTS

- | ☒ | Qty. | |
|-------------------------------------|-------|---------------------------------|
| ☐ | _____ | Skim milk |
| ☐ | _____ | Yogurt, Frozen |
| ☐ | _____ | Mozzarella string cheese |
| ☐ | _____ | Swiss Cheese |
| ☐ | _____ | Low Fat Cottage cheese |
| ☐ | _____ | Cheddar or colby low-fat cheese |
| ☐ | _____ | Plain Greek yogurt |

MISCELLANEOUS

- | ☒ | Qty. | |
|-------------------------------------|-------|-------------------------------|
| ☐ | _____ | Maple Syrup |
| ☐ | _____ | Italian dressing, low calorie |
| ☐ | _____ | Balsamic Vinegar |
| ☐ | _____ | Marinara sauce |
| ☐ | _____ | Mayo, low fat |
| ☐ | _____ | Maple syrup |
| ☐ | _____ | Black olives |
| ☐ | _____ | Green or Black Tea |
| ☐ | _____ | Jam, jelly, any flavor |
| ☐ | _____ | Vegetarian Chili |
| ☐ | _____ | Arugula Butter |
| ☐ | _____ | Flavored seltzer water |
| ☐ | _____ | Lentil Soup |