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
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MEAL PLAN 1600 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.

Breakfo	st	Lunch	Dinner	Snack	
1 c Raisin B 8 oz Skim n 1/2 Cantalo	hilk FON	1 c Lentil Soup 1 c Mixed baby green salad w/ arugula butter 1 Pita bread 2 tbs Low cal dressing	1.25 c Spaghetti 1/2 c Marinara sauce 1 c Broccoli 2 c Green salad 1 tbs Balsamic vinegar	1/2 c Fruit salad 1/4 c Sunflower seeds Protein bar	
8 oz Water	ILY	1 oz Swiss cheese 8 oz Fruit flavored water	8 oz Water	Protein bar 8 oz WaterFOR EDUCATIO	
Breakfa	st	Lunch PUK'	Dinner TIONA	Snack	
12 oz Fruit s 1.5 oz Dry ro	moothie basted soybeans PURPOSES O	1.25 c Macaroni salad 8 Baby carrots 1 Apple	1 Veggie burger 1 Whole wheat hamburger roll 1 tbs Balsamic vinegar 2 c Green salad	1 c Non fat yogurt 1/2 c Blueberries Protein shake	
8 oz Water	FO	8 oz Herbal tea	8 oz Water	Protein shake 8 oz Water Snack	
Breakfa	st	LunchpOSES	Dinner	Snack	
	eat pancakes e syrup hilk	1 tbs. Peanut butter sandwich 8 oz Skim milk 1 c Sliced cucumber	1 baked potato 2.5 oz Cheddar / colby cheese 1/2 c Boiled soy beans 1 c Green salad	6 oz Apple sauce 1 English muffin FOR EDUC FOR EDUC PURPOS	
8 oz Water		8 oz Fruit flavored water	8 oz Water	8 oz Water	
Breakfa	st FOR EDU	Lunch	Dinner FOR FORS	Snack	
1 c Shredde 8 oz Skim n 3/4 Banand 5 oz Orang	r c	1 Baked potato 3 oz Tofu 2 c Green salad 2 tbs Fat free dressing FOR POSES ON 8 oz Herbal tea	1 c Vegetarian chili 1 sl French bread 1 Red tomato 1/4 Cucumber	1/2 c Low fat cottage cheese 2 Celery stalks FOR EDUCASES ONLY 8 oz Brewed tea Snack	
8 oz Water	INAL	8 oz Herbal tea	8 oz Water	8 oz Brewed tea	
Breakfa	stucAllow	Lunch	Dinner) CALLY	Snack Snack	
1 English m 2 tbs Pean 1/2 Pink or 8 oz Decaf	ut butter ed grapefruit	1 c Mixed vegetables 1 c Mixed baby greens salad w/ arugula butter 1 c Long grain brown rice	1 c Cooked couscous 2 c Green salad 1 tbs Fat free dressing 1/2 c Black beans	1 oz Rolled Gold pretzels 1 oz Mozzarella string cheese 1 Peach	
8 oz Water	FOR FOR FU	DUCES ONLY	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.

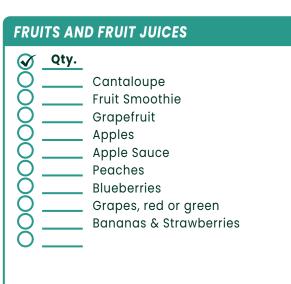


SHOPPING GUIDE MEAL PLAN 60-20-20

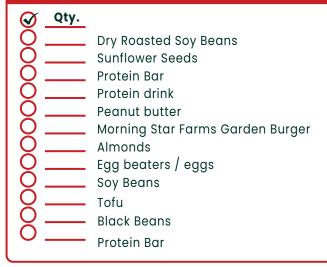
VEGETABLES

Broccoli Cucumber

Mixed Vegetables



MEAT/POULTRY/FISH/PROTEIN ALTERNATIVES



GRAIN GROUP



DAIRY PRODUCTS



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____ Skim milk

- ____ Yogurt, Frozen
- ____ Mozzarella string cheese
- ____ Swiss Cheese
- Low Fat Cottage cheese
 - Cheddar or colby low-fat cheese
 - Plain Greek yogurt

MISCELLANEOUS

