

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 2500

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
1.5 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
3 tbs Chopped almonds
1.5 c Eggbeaters
4 oz Orange juice

8 oz Water

Breakfast

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

8 oz Water

Breakfast

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

8 oz Water

Lunch

7 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

6 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
7 oz Roast beef
1 Avocado
1 Grapefruit
1 tbs Mustard

8 oz Fruit flavored water

Lunch

8 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

7 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
1.5 c Green salad
6 Black olives
2 tbs Fat free dressing
8 oz Skim milk

8 oz Water

Dinner

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

8 oz Water

Dinner

7 oz Chicken breast baked
3 c Oriental vegetables
5 tbs Dry roasted cashews

8 oz Water

Dinner

2.5 c Spinach pasta
1 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
2 c Couscous
8 oz Skim milk

8 oz Flavored seltzer water

Snack

1 Banana
2.5 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
4 Pretzel rod

8 oz Water

Snack

2 c Popcorn
3 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

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|---------------------------|
| <input type="checkbox"/> | _____ | Loose leaf Spinach Salad |
| <input type="checkbox"/> | _____ | Iceberg lettuce |
| <input type="checkbox"/> | _____ | Tomato |
| <input type="checkbox"/> | _____ | Asparagus |
| <input type="checkbox"/> | _____ | Avocado |
| <input type="checkbox"/> | _____ | Baby carrots / Green Peas |
| <input type="checkbox"/> | _____ | Sweet potato |
| <input type="checkbox"/> | _____ | Mushrooms |
| <input type="checkbox"/> | _____ | Stir-fry vegetables |

FRUITS AND FRUIT JUICES

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|--------------|
| <input type="checkbox"/> | _____ | Orange juice |
| <input type="checkbox"/> | _____ | Grapefruit |
| <input type="checkbox"/> | _____ | Apple sauce |
| <input type="checkbox"/> | _____ | Strawberries |
| <input type="checkbox"/> | _____ | Blueberries |
| <input type="checkbox"/> | _____ | Cantaloupe |
| <input type="checkbox"/> | _____ | Apple |
| <input type="checkbox"/> | _____ | Orange |
| <input type="checkbox"/> | _____ | Bananas |
| <input type="checkbox"/> | _____ | Cranberries |

MEAT/POULTRY/FISH/PROTEIN ALTERNATIVES

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|-----------------------------|
| <input type="checkbox"/> | _____ | Turkey, white meat |
| <input type="checkbox"/> | _____ | Roast Beef, deli sliced |
| <input type="checkbox"/> | _____ | Chicken breast |
| <input type="checkbox"/> | _____ | Honey ham, deli sliced |
| <input type="checkbox"/> | _____ | Haddock |
| <input type="checkbox"/> | _____ | Canned tuna |
| <input type="checkbox"/> | _____ | Egg Beaters |
| <input type="checkbox"/> | _____ | Peanut butter |
| <input type="checkbox"/> | _____ | Almonds |
| <input type="checkbox"/> | _____ | Dry roasted sunflower seeds |
| <input type="checkbox"/> | _____ | Chocolate covered peanuts |
| <input type="checkbox"/> | _____ | Meatless breakfast links |
| <input type="checkbox"/> | _____ | Meatless breakfast patties |
| <input type="checkbox"/> | _____ | Protein Powder |

GRAIN GROUP

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/> | _____ | Raisin bran cereal |
| <input type="checkbox"/> | _____ | Oat Cereal |
| <input type="checkbox"/> | _____ | Bran bagel |
| <input type="checkbox"/> | _____ | Low fat waffles |
| <input type="checkbox"/> | _____ | Stuffed Shells |
| <input type="checkbox"/> | _____ | Humus |
| <input type="checkbox"/> | _____ | Rye bread |
| <input type="checkbox"/> | _____ | Whole wheat bread |
| <input type="checkbox"/> | _____ | Whole wheat pita bread |
| <input type="checkbox"/> | _____ | Couscous |
| <input type="checkbox"/> | _____ | Brown rice |
| <input type="checkbox"/> | _____ | Spinach pasta |
| <input type="checkbox"/> | _____ | Oat Meal |
| <input type="checkbox"/> | _____ | Bagel chips |
| <input type="checkbox"/> | _____ | Popcorn |
| <input type="checkbox"/> | _____ | Pretzels, soft |
| <input type="checkbox"/> | _____ | Bagel chips |

DAIRY PRODUCTS

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/> | _____ | Skim milk |
| <input type="checkbox"/> | _____ | Yogurt, non-fat |
| <input type="checkbox"/> | _____ | String cheese |
| <input type="checkbox"/> | _____ | Low fat cream cheese |
| <input type="checkbox"/> | _____ | Parmesan cheese |
| <input type="checkbox"/> | _____ | Swiss cheese |
| <input type="checkbox"/> | _____ | Low-fat cottage cheese |
| <input type="checkbox"/> | _____ | Tofu, firm |
| <input type="checkbox"/> | _____ | Provolone cheese |
| <input type="checkbox"/> | _____ | Eggs |

MISCELLANEOUS

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|--------------------------------|
| <input type="checkbox"/> | _____ | Low fat spread (no trans fats) |
| <input type="checkbox"/> | _____ | Maple Syrup |
| <input type="checkbox"/> | _____ | Low Fat Mayonaise / Mustard |
| <input type="checkbox"/> | _____ | Hot Cocoa mix |
| <input type="checkbox"/> | _____ | Black olives |
| <input type="checkbox"/> | _____ | Flavored seltzer water |
| <input type="checkbox"/> | _____ | Protein Bar |
| <input type="checkbox"/> | _____ | Low Cal Dressing |