



HEALTH

Food Diary: What 16 Charlotte fitness professionals eat in a day



By [Katie Levans](#) | January 14, 2016
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Ever wonder what your yoga teacher ate before bending into that inhuman shape? Curious about which foods fueled the formation of your trainer’s abs? (Please be pizza and falafel.) Hoping beyond all hope that your coach considers wine and bourbon to be part of a healthy balanced lifestyle?

Then this list is for you. See what 16 fitness trainers, coaches and teachers eat in a day, where they like to eat in Charlotte and how they approach food. Some of it might surprise you.

Shawna Baker

Owner/Instructor, [Xtend Barre Charlotte](#)



photo via [Xtend Barre](#)

- Breakfast (8:45 a.m.):** Starbucks Tall flat white w/ Skim Milk & a dash of cinnamon. Bacon gouda breakfast sandwich (minus the bacon).
- Lunch (2 p.m.):** Chopt braised chicken tinga salad with Mexican goddess dressing.
- Dinner (8:30 p.m.):** Brown rice pasta with veggies and grilled chicken topped with olive oil, pepper, and garlic.
- Snacks:** Kind Bar (11am). Afternoon snack is toasted whole wheat bread with almond butter and a sliced banana + hot herbal tea (4:00pm).
- #1 favorite food:** Pasta.
- Favorite restaurant in Charlotte and order:** Basil. Pad Thai.
- Food motto:** All in moderation.

Tanner Bazemore

Owner/Manager, [Y2 Yoga](#)



photo via [Facebook](#)

Breakfast (6 a.m.): I sleep eat, so I usually find empty containers of leftovers or jars of peanut butter on the counter when I get up. If I'm trying to be good then I'll have a couple of bananas and be off. If I'm not then I'll stop for Chick-fil-a biscuit or Icedream cone... or I'll walk down the aisle of shame and get two donuts from Harris Teeter and hate myself for the rest of the day.

Lunch (12 p.m.): Salad or sushi or gluten-free chicken tenders off the kids menu at [Y2 Cafe](#) (or 2 out of the 3).

Dinner (8 p.m.): Whatever [Peanut Butter Runner](#) [his fiancée, Jen DeCurtins] whips up plus a bottle of vino. *Note that when Peanut Butter Runner isn't in town I usually just do the vino. It's very ayurvedic and only contains 550-650 calories.

#1 favorite food: Cake.

Favorite restaurant in Charlotte and order: Y2 Cafe. The Tanner Roll + tuna avocado salad + gluten-free chicken tenders from the kids menu (I'm weird).



theyogimaster

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theyogimaster Been a while... Enjoying fresh sushi @y2yoga by @sushiguruclt. I'm in heaven!

jonathan.psychic.medium Yum!!



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Food motto: I eat whatever I want, and then I run and workout until I am satisfied I have a caloric deficit.

Brandon Cullen

Founder, [MADabolic](#)



photo by Wanda Koch via [Facebook](#)

Breakfast (7:30 a.m.): 4 eggs scrambled with steel cut oats and almond butter (option 1) or Ezekiel bread with almond butter (option 2), 16oz of water, fish oil, 2x coffee (at least... haha).



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mymadhabs "Look, feel and perform better" - Your food intake should be designed to promote this very idea. That is what a man by the name of #RobbWolf explained to me ages ago. #TheZoneDiet, I haven't followed it strict for sometime now but do try to employ its principles on my plate regularly. When I did follow it strict my body composition was very muscular and lean, my energy levels were off the chart and my performance was near its peak. It may be time to man up and focus once again.

steelethechamp Ask @kris_a_steele about the raw liver I've been making him take 🤔



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Lunch (1 p.m.): Custom blackened chicken salad (from [Crisp](#)) with cranberries, carrots, almonds, tomatoes and parmesan cheese tossed with olive oil and balsamic vinegar. 16oz of water.

Dinner (7:30 p.m.): Chicken + wild rice (option 1), steak + wild rice (option 2) with olive oil drizzled all over both. 12oz of water.

Snacks: 1-2x per day I'll have Trader Joe's beef jerky + a Larabar. I usually snack around 9:00am and 3:30pm. I also have 1 glass of red wine or bourbon most nights around 8:30pm once the kids are in bed.

#1 favorite food: PIZZA.

Favorite restaurant in Charlotte and order: I don't exactly have a favorite restaurant in Charlotte but the pork belly taco's from Soul Gastro Lounge are my favorite item in the city.

Food motto: Consistency and sustainability. Variety is largely overrated and when I can control it I try and eat relatively boring for the bulk of my diet. On the other hand, when it is time to let loose I can do it with the best of them. Nutrition is simple math; if you eat and/or snack 5x per day, 7 days per week this gives you 35 opportunities each week to eat well. I try to consistently eat 30/35 of those meals relatively clean. If you follow this idea you will be eating healthy 86% of the time. The other 14% of the time I aim to enjoy life.

Jenny Cunningham

Coach, [COREOLOGY](#)



photo via [COREOLOGY](#)

Breakfast (8:30 a.m.): Depends on the day, but either a fruit (banana/apple) or yogurt and granola.

Lunch (1 p.m.): I try to get a salad with a protein, but sometimes my full time job does not allow the time. In that case, it's trail mix in the car.

Dinner (9 p.m.): I love salads. That's probably my go to. Occasionally, I like/love breakfast for dinner. Because I tend to eat so late, due to my schedule, I try to keep it light. But, depending on the day, that doesn't always work.

Snacks: Trail mix/nuts in between meals (approx 10am and 3/4pm)

#1 favorite food: Steak filet.

Favorite restaurant in Charlotte and order: The Nakato's Delight (only on special occasions) at Nakato's. Other times, I love Mexican, especially taco salads. Yum.

Food motto: No soda, balanced meals for the majority, but don't be afraid to treat or indulge every once in a while

Kate Curran

Owner/Coach [COREOLOGY](#)



photo via [COREOLOGY](#)

Breakfast (6 a.m.): I always start out my day with a cup of coffee and start drinking water right away (try to drink at least 1.5 L a day). I then usually have a smoothie with plant protein or almond butter for protein. Since I start my day so early I usually grab a light snack between breakfast and lunch such as a bar or granola with Greek yogurt.

Lunch (12 p.m.): I am obsessed with [Chopt](#) salads- a majority of my lunches are usually from there. Mexican caesar is by far my favorite! I usually get hungry again around 3 pm so will grab a handful of almonds or veggies/pretzels with hummus.

Dinner (8 p.m.): Depending on when the studio wraps up, I will usually make some sort of lean protein with some veggies. I love seafood. However, don't get me wrong, when my body craves a steak you will find me at [Capital Grille](#) and if it's a slice of pizza you will be finding me at [Benny's](#).

Snacks: 10am granola with Greek yogurt or bar. 3pm hummus and veggies/pretzels. 6pm if working late with grab a smoothie with protein.

#1 favorite food: Italian.

Favorite restaurant in Charlotte and order: [Soul Gastrolounge](#). I love small plates. Anything on the menu is delicious but always have to get the dancing roll.



Food motto: Less is more. The more natural, less ingredients, less additives, the better. Always have snacks on hand and listen to your body when it's hungry so your metabolism is always in full force.

Denise Duffy

Owner/Trainer, [SmartCore Fitness](#) | Instructor, [Flywheel](#)



photo via [Facebook](#)

Breakfast (4:15 a.m.): LARGELY dependent upon my personal workout schedule but this is typical: one egg scrambled, small amount of cheese, 1/2 wheat bagel, small orange juice.

Lunch (10 a.m.): Double oatmeal made with milk, raspberries, blueberries and almonds.

Dinner (6 p.m.): Grilled chicken, green salad with lots of vegetables, baked potato, green beans.

Snacks: Either a peanut butter sandwich (Earthfare's freshly ground) on high fiber wheat thins around 10 a.m. OR roasted chicken with provolone, lettuce sandwich (Whole Foods Roaster Chicken) and a handful of chips at 1 p.m.. Snack at 4 p.m.: Chobani yogurt, peanut or cashew butter. Plus 4-5 spoonfuls of Ben & Jerry's ice cream after dinner.

#1 favorite food: Natural peanut butter.

Favorite restaurant in Charlotte and order: [Roosters](#). Shrimp or steak with 2 vegetable sides (peas, green beans or asparagus, sometimes a potato).



Food motto: Don't fixate on "good" or "bad" foods. Think of food as fuel for the day. You can't operate without the appropriate combination of protein and carbohydrates. Make an effort to incorporate fruits and vegetables every day. If you really want something like

french fries, do it and move on and stop obsessing — just get back on track after. Life is short. If 85-90% of the time I'm eating well, I don't even think about the other 10%.

Liz Hilliard

Owner/Creator, [Hilliard Studio Method](#)

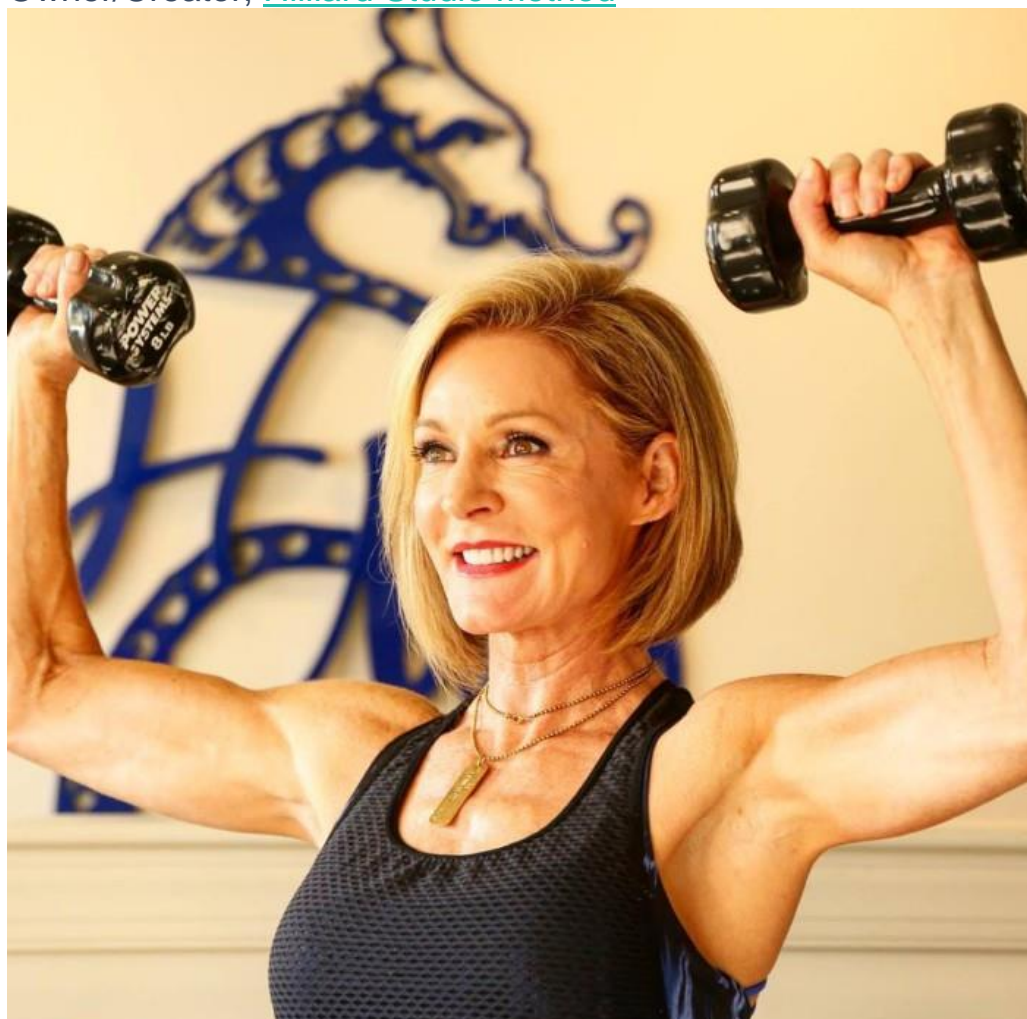
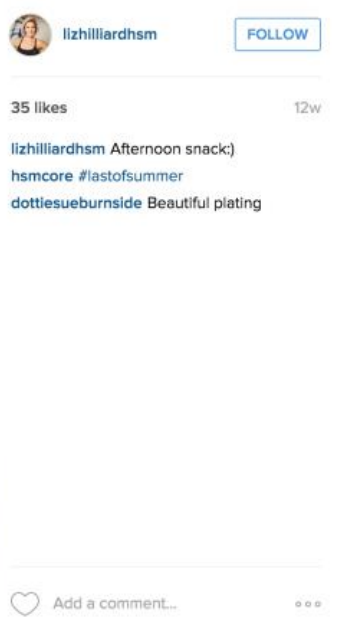


photo via [Facebook](#)

Breakfast (6:30 a.m.): Green tea with lemon, apple and [Hilliard Studio Method Signature Smoothie](#).

Lunch (1 p.m.): An oily fish, preferably salmon, with a green salad dressed with a really good oil + a balsamic vinegar and salt + pepper + lemon.

Dinner (6:30 p.m.): All the greens, nuts, and fruits that I can find in my house or garden chopped up into a big salad. Bowl of lentils or beans, preferably black beans. And if I'm not feeling too lazy I'll make some quinoa. Dinner is always topped off with homemade popcorn air popped in coconut or olive oil with salt, pepper and a dash of garlic salt. Two glasses of red wine.



Snacks: After my workout I eat a Think Thin protein bar (it's the only processed food product that I allow in my diet, but I need that protein punch without the added sugar that other protein bars have for as much as I workout and teach) + at least one Trilogy Kombucha. In the afternoon, I eat any kind of fruit; pomegranates are my favorite! I eat any kind of nut and lots of celery or any other vegetable dipped in hummus.

#1 favorite food: I love any kind of vegetable, the rawer the better. But it's kind of a tie with popcorn!

Favorite restaurant in Charlotte and order: [Stagioni](#). Tega Hills salad + whole fish special + a couple of glasses of red wine.

Food motto: I think of food as either medicine or poison. I eat NO sugar, but do enjoy a huge variety of vegetables, fruits, fish and healthy grains.

Ren Jones

Owner/ Certified Personal Trainer, Certified Nutrition Coach, [Fitness Jones Training](#)



photo via [Facebook](#)

Breakfast (7:45 a.m.): 2 eggs, 2 egg whites, 3 slices of butterball low sodium turkey bacon, 1 cup strawberries, 1 cup Bigelow green tea w/pomegranate with 1 tablespoon raw local honey

Lunch (2 p.m.): Spaghetti made with Ancient Harvest quinoa pasta, Prego vegetable garden pasta sauce, broccoli, 6 oz ground turkey burger.



Dinner (6:45 p.m.): 7 oz grilled wild caught salmon, 6 oz smashed baked sweet potato w/grass fed butter (1/2 tablespoon), 1/2 plate of broccoli

Snacks: Super Shake (Post Workout- 8:45 pm). 10:30 a.m. organic fuji apple with 2 tablespoons natural peanut butter. 4 p.m. The Complete Cookie (Lenny & Larry's).

Super Shake Recipe

1/2 cup almond milk

1/2 cup baby spinach (raw)

1-1.5 cup mixed berries

1/2 medium banana

1/2 oz almonds

2 scoop protein powder (pea)

If desired, blend in a few ice cubes to thicken

Total- 470 calories, 37g carbs, 12g fat, 54g protein

#1 favorite food: Red velvet cake.

Favorite restaurant in Charlotte and order: Futo Buta. If The Low Country smoked pork belly bun were a person I'd put a ring on it. Seriously, it's perfect. As far as the ramen goes, I like the Tonkotsu. It's really good.

Food motto: If your nutritional plan isn't sustainable long term, then neither are your results. Throw the word "diet" out of your vocabulary.

Caris Malone

Owner, [Pure Barre Ballantyne](#)



Breakfast (7 a.m.): Overnight oats (oats, vanilla almond milk, cinnamon, blueberries)!! I pre-make them in mason jars on Sunday so that they are ready for the rest of the week. They are so yummy and EASY!! I love the warm-ness on these chilly mornings.

Lunch (12 p.m.): I am a huge snacker so I wouldn't say I have an actual lunch. However, between the hours of 9 and 3 I usually have: a banana and peanut butter (I am loving the peanut, chia, flax mix from Trader Joes), a Pure bar, multi-grain pita rounds and Laughing Cow cheese, turkey, cheese and arugula roll-up.

Dinner (6 p.m.): Satisfying a 3 year old, the Husband and me is always pretty interesting. I could eat spinach and tomatoes for every meal, my husband could eat steak and Ella (3yo) just wants whatever we are having; no Kraft for this chick! We all love seafood, so we try and hit up Catch On in Plaza once a week.

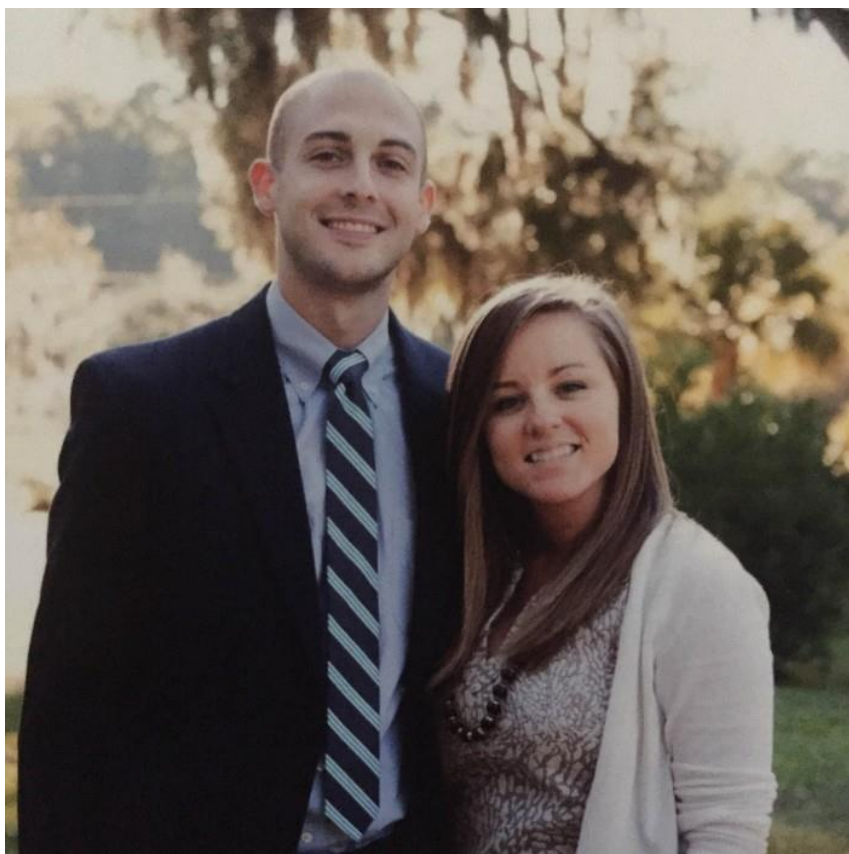
#1 favorite food: Cheese and tomatoes.

Favorite restaurant in Charlotte and order: Zio. The beans and noodles (white wine sauce, garlic, spinach, tomatoes, white beans and fettuccine), bread and a BIG glass of red wine!

Food motto: Everything in moderation; don't deprive yourself of the things you love, life is too short.

Mark Newman

Coach, [Iron Tribe Fitness](#)



Breakfast (5 a.m.): Fruit (apple or banana) and protein bar (prior to class or workout) but will have some additional breakfast after morning classes or my workout. Usually that will involve some sort of protein, carbs and 2 cups of coffee.

Lunch (12 p.m.): Usually will be leftover dinner from the night before. If not leftovers, usually a large salad.

Dinner (8 p.m.): Protein (either pork, chicken, seafood, usually not beef), vegetables (spinach, broccoli, squash, sweet potatoes, etc.), additional carbs

Snacks: Protein shake after workout

#1 favorite food: Tacos.

Favorite restaurant in Charlotte and order: [Flying Biscuit Cafe](#) – shrimp scramble

Food motto: Eat more and more often.

Devon Simmons

Coach, [STAX](#)

STAX



photo via [STAX](#)

Breakfast (9 a.m.): 4 eggs (3 whole eggs + 1 egg white), 1 large baked sweet potato, 3 slices bacon, 1tbs olive oil, 1/2 tbs Kerrygold butter, 1 tbs coconut oil, 20oz Peet's Coffee.

Lunch (1 p.m.): Whole Foods 8oz mashed sweet potatoes, 6oz grilled chicken, 4oz roasted broccoli, 50oz water.

Dinner (7:30 p.m.): Chipotle Bowl with brown rice, steak (extra protein), fajita mix, pico de gallo, guacamole, lettuce, cilantro, 50oz water.

Snacks: 10:30am 1 Small Apple w/ Almond Butter + 20oz Water. 4:00pm 1 Scoop Whey Protein (~30g protein) + 2tbs Dextrose + 20oz Almond Milk. 8:30pm Chocolate Chip Cookies 😊

(I have a sweet tooth!)

#1 favorite food: Donuts!

Favorite restaurant in Charlotte and order: Melting Pot

Food motto: If you can pick it or kill it, eat it!

Olivia Towers-Solis

Coach, [COREOLOGY](#)



photo via [COREOLOGY](#)

Breakfast (7:30 a.m.): Bowl of Cheerios.

Lunch (12:30 p.m.): Scrambled eggs, turkey bacon, Greek yogurt and whole wheat bagels with light cream cheese.

Dinner (8 p.m.): Baked or grilled chicken with zucchini and squash. I sauté the veggies in olive oil and garlic and top with lots of garlic salt.

Snacks: Protein bar at 10:30 am

#1 favorite food: Hibachi.

Favorite restaurant in Charlotte and order: [5Church](#). Herb roasted chicken with mashed potatoes mixed with broccoli and cabbage.

Food motto: Let the chips fall where they may.

Arthur Pulley

Head Coach, [HSM Core](#)



photo via Facebook

Breakfast (7:30 a.m.): 2 eggs, avocado and fruit. I always try to get in proteins, essential fats and antioxidants before a full day of coaching.

Lunch (1 p.m.): Chicken breast and steamed broccoli. More protein and always a little greenery that's loaded with vitamins and minerals.

Dinner (7 p.m.): Chicken burger on 100 calorie bread topped with spinach and avocado, baked sweet potato fries with salt and pepper.

Snacks: Handful of almonds and all natural beef jerky (hard to find but worth it).

#1 favorite food: Grilled porterhouse steak.



Favorite restaurant in Charlotte and order: I don't have a favorite but do like the steakhouse salad with honey dijon dressing (no bread) at [Crisp](#).

Food motto: You can't out train your fork.

Noelle Villard

Coach, [Iron Tribe Fitness](#)



Breakfast (8 a.m.): 3 egg whites + 10 almonds + 1/2 banana. Stronger Faster Healthier PURE protein + 1 cup almond milk + water. Coffee + 1 TBS coconut creamer + 1 stevia packet.

Lunch (1 p.m.): Grilled turkey burger + 1 cup steamed broccoli + 2 cups organic chicken noodle soup. Water.

Dinner (6 p.m.): 4 oz grilled chicken, 2 cups kale, 6 cherry tomatoes, salsa, hot sauce, 1/8 cup edamame, vinaigrette. Sparkling lime water.

Snacks: 1/4 cup pumpkin seeds at 3 p.m. Stronger Faster Healthier Chocolate PURE protein + water at 7 p.m.

#1 favorite food: Biscuits, I freakin' love biscuits.

Favorite restaurant in Charlotte and order: [Toast](#). Bacon + eggs + fruit + dried wheat toast + coffee.

Food motto: Your body is your BEST investment. Food is FUEL for your body, not something to over indulge in. If someone eats an apple, they're satisfied. When you eat a chip, you eat the whole bag. God intended for us to fuel ourselves with WHOLE, NATURAL foods, NOT man-made/corrupted foods.

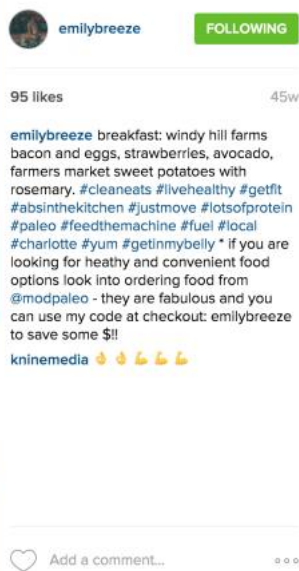
Emily Breeze Ross Watson

Personal Trainer/Coach, [STAX](#) | [Rising CrossFit Ballantyne](#)



photo by BAW Photography via [Facebook](#)

Breakfast (7 a.m.): Smoothie made by my hubs each morning (perks of being prego) with lots of greens/veggies and fruits. Oatmeal loaded with peanut butter, banana, cinnamon, vanilla. Some days eggs instead of oatmeal.



Lunch (2 p.m.): Leftovers from night before – chicken, fish, burger with veggies, rice, potatoes. It's super boring but I'm always eating on the go between clients and workouts so it needs to be easy for me!

Dinner (9 p.m.): I try to keep it varied. I hate meal prepping and having a container I open up each night. I mix it up with a taco bar, chili, meat (chicken/fish/beef) and veggies, and soups. My requirement is that it's local, good quality and fresh!

Snacks: Any of the following depending on the day: 11 a.m. yogurt and granola, cheese and crackers, cut up fruit, plantain chips, chicken salad, orzo. 2 p.m. graham crackers, cookies from sunflowers, peanut butter pretzels, fruit, gummy bears.

#1 favorite food: Pizza. Double cheese and extra pepperoni from [Louisa's](#).

Favorite restaurant in Charlotte and order: I have such a hard time with this because my husband and I are sooooo into food (and good food) but I'll try to narrow it down... For date nights, [Kindred](#) in Davidson. The rolls are to DIE for!! Also, I order 3 desserts every time because I am addicted. For fast, easy and healthy enough, [Viva Chicken](#). 1/4 chicken (white meat only, side salad and sweet potato fries). New in our neighborhood, [Foxcroft Wine and Co](#). I'm in love with their flatbreads, brussels and truffle fries!!

Food motto: Listen to your body and fuel it with what it craves but make sure you exercise!!

Zach Watson

Manager, [Iron Tribe Fitness Dilworth](#)



photo via [Facebook](#)

Breakfast (7 a.m.): 4 whole eggs, 2 slices of bacon, 1 banana , 1 cup of black coffee.

Lunch (1 p.m.): Blackened grilled chicken salad with walnuts, cucumber, tomatoes, onions and cranberries + some kind of vinaigrette dressing.

Dinner (6:30 p.m.): Ground beef with cashews, green peppers and a half of an avocado.

Snacks: aApple with almond butter or peppered beef jerky and a handful of Brazil nuts. For a nighttime snack, dark chocolate almonds.

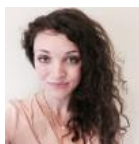
#1 favorite food: Steak.

Favorite restaurant in Charlotte and order: [Bad Daddy's Burger Bar](#). Western burger on a lettuce wrap with jalapeno bacon and a fried egg plus fruit on the side (unless I am cheating and then it's homemade chips and Bad Daddy sauce).



Food motto: Everyone is different. You have to find what works for you.

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Creative Director and Senior Writer.

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