NFM NASHVILLE FIT MAGAZINE

Food Issue

12. 12

Next Level Chef Nicole Renard: Hoping To "Do" It All | Page 7

> Nutrition Hacks on Page 21!

> > Vitamix





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LETTER FROM THE EDITOR

Welcome to our fresh, flavorful issue of Nashville Fit Magazine—where health, wellness, and Southern charm come together like never before. This edition is all about the fuel that powers us: food, drink, and nutrition. Because let's face it, staying fit isn't just about the workouts—it's about what we eat and sip every day, too.

Inside, you'll find a vibrant mix of recipes crafted by local chefs, nutrition tips from experts who keep our community thriving, and spotlights on innovative food and drink trends that nourish both body and soul. Whether you're chasing a fitness goal, balancing a busy lifestyle, or just looking for inspiration to eat smarter and live better, this issue has something for you.

From guilt-free indulgences to hydration hacks, and from nutrient-packed meals to refreshing beverages, we're here to help you make choices that energize your workouts and your life. Plus, we've included stories from Nashville's own health heroes and culinary creators who remind us that eating well is an act of self-love—and community care.

Thank you for being part of the Nashville Fit journey. We're honored to be your go-to source for wellness in Music City. So grab your favorite drink, dig in, and let's nourish our bodies and souls together.

Whether you're a seasoned athlete, a busy parent trying to make healthier choices, a college student on a budget, or just starting your wellness journey, you'll find something in these pages that speaks to you.

> Favorite Food: Poké Bowls Favorite Cuisine: Japaneese Favorite Drink: Sweet-Tea Favorite Nashville Restaurant: Sixty Vines

TALA SHATARA







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I would love to get know our readers and collaborators as much as possible...have a story?

Send me an email: editorials@nashvillefitmagazine.com

MEET THE NFNTEAM



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Favorite Food: Pizza Favorite Cuisine: Italian Favorite Drink: Lemonade Favorite Nashville Restaurant: Fox & Locke

COFFEE + FITNESS



🥗 The Promised Land

An iced espresso drink with a mission: bold, smooth, and just the right amount of sweet.

Try David's coffee, the way he likes it!



David Joniak, a familiar name in Middle Tennessee's fitness community, is launching something new—and it's more than just a workout. After years of service in the U.S. Army and a successful run managing gyms and leading group fitness programs, Joniak is blending two passions: coffee and fitness, and turning them into one powerful mission.

David's latest venture, Rescue Coffee + Fitness, is a hybrid coffeehouse and gym concept set to open in Middle Tennessee this fall. It aims to deliver not only specialty brews and dynamic fitness experiences but also to fund real world rescue missions. A portion of the proceeds from every purchase—whether it's a latte or a group training session—will go directly to organizations on the frontlines of child trafficking rescue and prevention.

David's journey began with an eight-year career in the U.S. Air Force where he served as a fitness specialist and on the search and rescue team. After serving his country, he turned his focus to family and fitness, working with top brands like Orangetheory, Row House, TITLE Boxing Club, Hydrow, LA Fitness, etc.

But over the years, he found himself craving something deeper—something that combined his skills with his heart for justice.

That's when the idea for Rescue Coffee + Fitness was born.

Ingredients (Total: 214 calories)

- 2 oz espresso
- 1 cup whole milk (or your favorite cream alternative)
- 1 tbsp raw honey
- 1 cup ice

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FROM NEXT LEVEL CHEF TO NASHVILLE: NICOLE RENARD IS HOPING TO "DO" IT ALL

When Nashville-based creator Nicole Renard received a random text asking if her passport was still valid, she never imagined it would launch her into the culinary spotlight on Gordon Ramsay's hit show Next Level Chef. Known more for her viral smoothie bowls and edible cookie dough than fine dining, Nicole defied the odds—and her own expectations—to make it to the Top 7 of the high-stakes cooking competition.

Born and raised in Kennewick,

Washington, Nicole's story is one of defying odds. With a background in competitive dance and public speaking, she has spent years honing her talents on stage and in the kitchen. She held the title of Miss Washington 2017 and competed nationally, using her platform to inspire confidence and creativity in young women. Nicole's journey into digital storytelling began with a love for travel and health-conscious recipes. Her vibrant smoothie bowls and feel-good food content quickly gained traction online, launching her into a successful career across TikTok, Instagram, and YouTube. Today, she's known for her upbeat personality, artistic food presentations, and empowering lifestyle content. Family is at the center of everything Nicole does. Recently married and now a new mom, she shares her journey with heart and honesty-something we'll dive deeper into ahead.





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THE "DO STUFF"GIRL

What started out as a bucket list, became so much more with Nicole's famous "Do Stuff" List. From aspirations of traveling the world to competing in Miss America, Nicole is beating her own expectations of where she will go. "I wanna be the person that when I say I'm gonna do something, I actually do it," Nicole says. It wasn't long before people from all over the world started taking notice and following along. From Italy to Eygpt, Nicole's passport is one of her best assets. That mindset took her abroad to New Zealand, inspired a blog rebrand to Nicole the Nomad, and sparked a passion for travel and food storytelling. Blending photography with global recipes, Nicole turned her dream of hosting a travel cooking show into a digital reality through social media and YouTube. Nicole has amassed over 2 million followers on TikTok alone, and it is clear – her content is only getting better. What is next on her list?

Favorite Food: Ice Cream Favorite Cuisine: Mediterranean Favorite Drink: Milkshake (duh!) Favorite Nashville Restaurant: Lockland Table



"How cool is it that I get to tell my children one day that I cook with Gordon Ramsey?" Nicole expressed. Nicole placed Top 7 alongside other renowned chefs on Next Level Chef.



Nicole auditioned for Next Level Chef on a whim, never expecting a callback. Weeks later, she was filming in Dublin with barely any time to prepare. With no formal training and only a background in pastries, she leaned on instinct, quick learning, and faith to make it through. "I felt completely unqualified," she said. "But I listened, learned, and used my baking skills to stand out." Her risk paid off. Nicole won Best Dish in her group twice and earned Best Dish Overall for her lamb tongue pizza—praised by Gordon Ramsay for its perfectly cooked crust. Though not on Ramsay's team, she says working with him was unforgettable. "It was truly fake it 'til you make it," she said. "And it changed how I cook forever."





Navy Captain, Commanding Officer, Competetive Bodybuilder.

These are just a few of the titles I've earned over my 20-year career as a Naval Officer. I've navigated a Guided Missile Destroyer, led Sailors at sea, traveled the globe, obtained degrees from top-tier institutions, and competed on the national stage as an athlete.

Joining the Navy is not just a career. It's the opportunity to achieve it all.



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In the thick of new motherhood, one woman is turning the chaos of postpartum life into a season of creativity, nourishment, and growth. "Being a firsttime mom and figuring out how all of this works together - yeah, it's sometimes chaotic in my head," she shared. "But I feel like it's strengthened me as a wife and as a mom too." Her kitchen is often filled with the sound of laughter and the scent of something delicious baking, as her husband and 7-month-old baby play the role of inhouse taste testers.



While her diet hasn't drastically changed, she admits that postpartum life has required a new approach to wellness. "I'm definitely still in the postpartum phase in the sense that my routine isn't what it used to be, and I don't know that it ever will be — especially if we continue to have children," she said.





Balancing the joys and challenges of new motherhood, she's embracing a fresh, flexible approach to health and wellnessfinding nourishment not just in the meals she creates but in the meaningful moments with her family. Her journey shows that strength, creativity, and self-care can beautifully coexist. even amid the chaos of postpartum life.



11 NASHVILLE FIT MAGAZINE

BLACK RIFLE BLACK RIFLE BEST BACK RIFLE

Black Rifle Coffee Company have officially launched Black Rifle Energy drinks in January 2025 and they were onsite at the Music City Fit Expo keeping attendees energized. The veteran-founded coffee brand that recently expanded into energy drinks, is focused on more than just caffeinating customers, according to Mark Schmitz, the company's Head of Mission, Impact and Culture. "The mission has always been at the core of who we are as a company," Schmitz explained." Taking care of veterans, active duty service members, law enforcement, firefighters, first responders and their families is crucial and a critical centerpiece of who we are. Founded in 2014 by three veterans from Army and Air Force special operations communities, BRCC has grown from garage coffee roasting to becoming a publicly traded company by 2022.





Beyond product offerings, Schmitz emphasized that Black Rifle Coffee Company's veteran identity remains central to its operations. "Being a veteran, being a veteran-founded business is who we are. It's core to what attracts people to work at our company," he stated. A significant upcoming project Schmitz highlighted is "Operation Town Hall," scheduled to launch in August. This initiative has two primary goals - creating community and providing expert resources. "We're uniquely positioned because we have so many veterans in our company," Schmitz noted. "Our HR department are extremely talented at being able to see and translate, understand when skills or experiences in the military translate to the civilian world." Black Rifle Coffee Company continues to demonstrate that their commitment to veterans goes beyond marketing-it's embedded in their business practices and community outreach efforts.



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"We Want To Optimize Your Entire Body." Meet The Founders of Optimize U

Husband and wife team Joshua and Jacqui Hudson are redefining healthcare with their fast-growing wellness brand, Optimize U. What began as a hormone clinic has expanded to 36 locations nationwide. Fueled by their mission to offer holistic solutions where traditional medicine falls short.

Both having experience in the healthcare system, Josh and Jacqui saw a need for a all-around facility that targeted body, mind, and spirit. "We don't want to be just another hormone therapy clinic," Jacqui says. "We want to optimize your entire body."





Why the Stigma Exists With GLP-1

What many don't realize is that GLP-1 medications offer benefits such as aiding PCOS, blood sugar control, improve sleep and more. Jacqui explains that many clinics simply hand out GLP-1s without addressing the root causes of weight gain which then cause further problems.

What Do They Offer?



Optimize U offers a wide range of wellness services designed to support whole-body recovery and reduce inflammation. Their offerings include hormone optimization, cold plunge therapy, cryotherapy, infrared sauna, red light therapy, compression therapy, and a vibroacoustic sound bed for deep relaxation. Each service is rooted in science and aimed at helping clients feel and function at their best.

"People thought of it in the sports world, but we're bringing it to mainstream at affordable prices," Jacqui adds.

EAT YOUR WAY THROUGH



East Tennessee: The Tomato Capital of the South

The lush hills of East Tennessee are ideal for growing juicy, nutrient-dense tomatoes. Grainger County, in particular, is nationally known for its sweet, flavorful tomatoes that ripen in the summer heat and cooler mountain nights.

Tomatoes are rich in lycopene, a powerful antioxidant linked to heart health, skin protection, and reduced risk of certain cancers. They're also a solid source of vitamin C and potassium.



Sea To Land: West Tennessee Loves Catfish

Catfish is a symbol of West Tennessee's deep roots, community spirit, and resilience. And with smart cooking swaps, this beloved Southern staple fits beautifully into a clean, balanced lifestyle. Whether you're chasing flavor or fitness goals, Memphis catfish delivers both.

In West Tennessee—especially in and around Memphis and the Mississippi Delta—catfish is more than just a menu item. It's a culinary tradition rooted in family gatherings, fish fries, and deep Southern heritage



Middle Tennessee's Brings The Heat With Hot Chicken



No food screams Middle Tennessee louder than Nashville hot chicken—a spicy, cayenne-laced dish that's as much about culture as it is about heat. Born in the African-American communities of Nashville, the dish was made famous by *Prince's Hot Chicken Shack*, where it originated as a fiery act of revenge that turned into a culinary legend.



Today, hot chicken has become a national sensation, but its roots remain deeply local—served on white bread with pickles and a side of Southern pride. While traditionally fried, healthconscious versions are gaining traction across the city, with air-fried, grilled, or cauliflower-based options showing up on fitness-friendly menus. Whether you're sweating through a traditional plate or reaching for a macro-friendly remix, hot chicken isn't just a meal—it's a rite of passage in Middle Tennessee.









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NUTRITION HACKS WITH



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What's the moment that made you want to become a nutritionist?

I've always had a deep interest in nutrition and studied it in college, knowing that someday I'd use it into my career. After undergrad, I went on to earn my doctorate in Occupational Therapy and spent nearly a decade working in inpatient rehabilitation and acute care settings. That experience gave me a front-row seat to the realities of our healthcare systemespecially how skilled it is at treating disease, but not necessarily at promoting true health. Early on in my OT practice, I realized I wanted to be part of a shift in our healthcare system: one focuses not only on reactive "sick care", but also prevention, longevity, and sustainable wellness. The real turning point came when I was diagnosed with Hashimoto's Thyroiditis, an autoimmune thyroid condition. Managing that diagnosis forced me to take a closer look at my own health. Using food as medicine and intentional lifestyle changes, I was able to bring my condition into a much better, more stable place. It was a powerful testament to how capable the body is of healing, when given the right support. Taken together, these experiences inspired me to pursue my passion for nutrition and integrative health. I enrolled in my first functional nutrition program, and the rest is history.



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What's some food myth you wish would just disappear forever - and why?

That extreme, long-term calorie deficits are the key to weight loss. While a calorie deficit is a part of a healthy fat-loss strategy, the way it's often approached is far from sustainable. In many cases, I see people -especially womenseriously under-fueling their bodies, thinking that eating less will automatically mean losing more. At STAT Wellness, we have every client complete an InBody scan, which gives us insight into their muscle mass, body fat percentage, and their Basal Metabolic Rate (BMR). Your BMR is the number of calories your body needs just to perform its basic, life-sustaining functions like breathing, circulating blood, and regulating temperature. This doesn't include the calories needed for any movement, activity or exercise. Here's the problem: when someone consistently eats below their BMR, it can really backfire. The body can respond with metabolic adaptation (slowing down your metabolism to conserve energy), muscle loss, hormonal imbalances, and eventually, weight regain. It's a frustrating and unsustainable cycle. Instead, I focus on helping clients fuel their bodies properly-prioritizing quality nutrition, supporting hormone health, and building muscle. I'd love to see the conversation shift from eating less to be skinny to fueling well to be strong, resilient, and energized.





What's something in your kitchen that would surprise people?

Believe it or not—cereal! It still finds its way into my kitchen from time to time, and I genuinely love it. It's super nostalgic for me. Growing up, cereal was a staple in our house. I still enjoy it, but with a bit more intention around ingredients. Thankfully, there are much better options now than the sugarloaded ones I grew up eating. Brands like Lovebird and Purely Elizabeth make cleaner versions with real ingredients and much less sugar. I eat it as a little dessert or evening snack—always after a balanced meal with plenty of protein, fiber, and greens. It's a fun way to satisfy a craving and feel like a kid again, without the sugar crash.

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RANSITION 3





Are cheat meals a real thing, or are we just justifying bad habits with a cute name?

My biggest issue with the term " cheat meal" is that it feeds into this all-or-nothing mindset around food. It sets up the idea that you're either being "good" or "bad," which just isn't a helpful or healthy way to approach nutrition. No single meal needs to be a total free-for-all or a guilt trip. Instead, I like to offer my clients a light structure they can build most meals around: protein, fiber, greens, and healthy fats. These four elements help regulate hunger hormones, balance blood sugar, and leave you feeling satisfied. And within that framework, there's plenty of flexibility to enjoy the foods you love. So, let's say your usual "cheat meal" is pizza. Cool-can we top it with some added protein and pair it with a big side salad? Just like that, it's no longer a "cheat," but a balanced and intentional choice. Bonus, this approach is much more sustainable and enjoyable than bouncing between restriction and overindulgence. Food doesn't need to be earned or justified. It's fuel, it's pleasure, and it can be both nourishing and fun.

What advice would you give to someone who's tried every diet and still feels stuck?

If your nutrition is dialed in and you're still not seeing results, it might be time to look a little deeper under the hood. There are so many underlying factors that can impact your ability to feel and function your best-hormone imbalances, gut infections or overgrowths, poor metabolic health, chronic stress, and systemic inflammation, just to name a few. That's why I love working in functional medicine: we don't just treat symptoms, we dig into the why. If you feel like you've tried everything and nothing's working, don't give up. It's not about willpower or doing more, it's about getting the right information. Come see us at STAT Wellness and we'll help you uncover what's really going on and create a personalized plan to move forward!







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Why Clip In?

Nashville Spins Together to Fund Life-Saving Cancer Research at Geodis Park

Clip In 4 the Cure is more than just a spin event — it's a high-energy, community-driven fundraiser that's already raised over 670,000 for cancer research at Vanderbilt University Medical Center. This event brings together teams of four for a 4-hour ride led by top instructors, backed by DJs, wellness vendors, fitness classes, and even kid-friendly activities. The event is open to all fitness levels and offers major prizes, including concert tickets and more, for top fundraisers. This day not only supports groundbreaking cancer research but also strengthens Nashville's spirit of giving and wellness.

Participants say the event is a powerful reminder of the strength found in community and the impact of collective action. It's more than a fundraiser — it's a movement toward hope and healing. "Almost everyone has been touched by cancer," said event founder Casey Holden. "This is our way of fighting back — together, as a community, one pedal stroke at a time."



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