

# BoltFit Insider

Bolt Fitness Newsletter

## INTRODUCING OUR NEW MEMBERSHIP DASHBOARD

Happy Monday, Team!

We are excited to introduce to you the new [Bolt Fitness Membership Dashboard](#)

The Membership Dashboard is a central location where all of the resources you need regarding training, education, nutrition, and your membership will live.

On the Dashboard, you will find:

- The BOLT GPS To Success
- Links to schedule calls with your coaches
- Links to schedule nutrition chats
- Forms to freeze your memberships
- And More...

By clicking the link above, you will find the first version of our membership dashboard. This dashboard is an early version of what this will become. In the coming weeks, we are going to continue to add resources to this central location, including archives of our weekly newsletters, like this one.

Check out the dashboard, bookmark this page, and let us know if you have any questions!



## Newsletter Highlights

[Membership Dashboard](#)

[Thanksgiving Workout Photos](#)

[A Simple Guide For Easier Nutrition](#)

[Bolt Fitness Nutrition Cheat Sheet](#)

[Random Thought of the Week](#)

[Coach Mike Unveiled](#)





# THANKSGIVING WEEKEND WORKOUT PHOTOS!

Thursday and Friday of Thanksgiving week are some of our favorite days of the year. It's such a pleasure to meet so many of your family members that we've heard so much about. Thank you to everyone who joined us this week! Here are some photos from Thursday's and Friday's workout :).





## A SIMPLE GUIDE FOR EASIER NUTRITION

We are commonly asked for healthy recipe ideas.

While it's great to have a few fun, healthy recipes in the bank, sometimes I think, "what's a good recipe?" is the wrong question.

A better questions is, "How do I build a meal?".

When you understand how to build a well balanced meal with the appropriate portion sizes, you don't need recipes.

It's a simpler way to go about your day-to-day nutrition. The more you have to think, the harder it is to execute consistently. Take the thought out of cooking by following these simple steps:

1. **Pick a lean protein source as the star of the dish.** Chicken, lean cuts of beef or lean ground beef, fish, turkey, pork, greek yogurt to name a few. Bake in the oven, or cook on the stovetop with extra virgin olive oil.
2. **Pick a starchy carbohydrate.** Don't shy away from healthy carbs. Healthy carbs add volume to your meal at a low calorie cost. White or brown rice, potatoes, sweet potatoes, and squash are great options. Pasta can be a decent option as well, as long as you understand that it's a *side*, not the star of the dish.
3. **Pick a vegetable.** Get some color on your plate.
4. **Season according to taste.** This is where your creativity comes in. There are a gazillion and one ways to make your meals taste good. Salt, pepper, garlic, garlic powder, canned tomatoes, all-purpose seasoning, cajun seasoning, mustard, balsamic vinegar, soy sauce, chipotle seasoning, Italian seasoning,...The list of zero/low calorie flavor options is endless. Choose a flavor that fits your food choices best, and run with it.

Think about how many meal options this thought process provides you with.

Pork, potatoes, peppers, Italian flavors.

Beef, rice, broccoli, Asian flavors.

Chicken, rice, peppers, Mexican flavors.

Keep your kitchen stocked with seasoning, and you can make a meal in a pinch, no matter the ingredients you have available to you.

On the next page, you'll see a copy of the Bolt Fitness Nutrition Cheat Sheet. This cheat sheet is also posted on the wall near the Gym Entrance.

On this cheat sheet, you'll find an expanded list of food options, in addition to portion control guides. You will also find some advice for adjust your portion sizes on exercise days vs. non-exercise days, and evening vs. morning workouts.

Because healthy nutrition can be challenging in our 2023 environment, we feel like it's something that should be complicated in order to do it well.

It's not complicated. It's simple.

Not easy...But simple.

The simpler you can make it for yourself, the more likely you will be able to stick with it consistently.

And we know...*Consistency is king.*





# BOLT NUTRITION CHEAT SHEET



## SERVING SIZES

FOOD	MALE	FEMALE
● 1 PROTEIN	40-50G (2 palms)	20-30G (1 palm)
● 1 CARB	40-50G (2 cupped hands)	20-30G (1 cupped hand)
● 1 FAT	25-35G (2 thumbs)	10-15G (1 thumb)
● 1 VEGETABLE	1 Cup (1 fist)	1 Cup (1 fist)

## FOOD SOURCES

### ● PROTEIN SOURCES

- Chicken breast
- Chicken thighs without skin
- Lean ground beef (90% lean or higher)
- Lean ground turkey (90% lean or higher)
- Lean sausage or chicken sausage
- Turkey breast
- Filet, top round, sirloin, or NY strip steak (with fat trimmed)
- Lean pork
- Any fish (tuna, cod, salmon, etc.)
- Any seafood (shrimp, scallops, etc.)
- Eggs/egg whites
- Low fat greek yogurt
- Whey/casein/hemp protein powder
- Tofu

**PROTEIN SOURCES WITH 5 SERVINGS OF FAT**

- Eggs
- Salmon
- Swordfish
- Fatty cuts of beef
- Ground beef or turkey (less than 90% lean)
- Full fat Greek Yogurt

### ● CARBOHYDRATE SOURCES

- Rice (white, brown, wild)
- Whole grain bread
- Potatoes
- Sweet potatoes
- Whole grain pasta
- Beans/Legumes
- Fruit
- Granola
- Oatmeal
- Quinoa

### ● FAT SOURCES

- All Natural Nut Butters (Peanut/Almond/Sunflower)
- Avocado
- Olive Oil
- Coconut oil
- Avocado oil
- Nuts (almonds/peanuts/cashews/pistachios/sunflower and sesame seeds/walnuts)
- Cheese
- Grass Fed Butter
- Cream (coffee creamer/heavy cream/light cream)



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# BOLT NUTRITION CHEAT SHEET



ARE YOU TRYING TO LOSE WEIGHT? YES!

ARE YOU EXERCISING TODAY?

YES	NO
↓	<ul style="list-style-type: none"> <li>● ● ● ● BREAKFAST: 1 pro, 0 carb, 1.5 fat, 1 veg</li> <li>● ● ● ● LUNCH: 1 pro, 0 carb, 1.5 fat, 2 veg</li> <li>● ● SNACK: 1 pro, 0.5 fat</li> <li>● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 1 carb</li> </ul>

ARE YOU EXERCISING AT A HIGH INTENSITY TODAY?

YES	NO
↓	<ul style="list-style-type: none"> <li>● ● ● ● BREAKFAST: 1 pro, 0 carb, 1.5 fat, 1 veg</li> <li>● ● ● ● LUNCH: 1 pro, 0 carb, 1.5 fat, 2 veg</li> <li>● ● SNACK: 1 pro, 0.5 fat</li> <li>● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 1 carb</li> </ul>

WHEN ARE YOU EXERCISING?

MORNING	EVENING
<ul style="list-style-type: none"> <li>● ● ● ● BREAKFAST: 1 pro, 0.5 fat, 1 veg, 1 carb</li> <li>● ● ● ● LUNCH: 1 pro, 1 fat, 2 veg, 1 carb</li> <li>● ● SNACK: 1 pro, 0.5 fat</li> <li>● ● ● ● DINNER: 1 pro, 1 fat, 2 veg, 0.5 carb</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● ● BREAKFAST: 1 pro, 1.5 fat, 1 veg, 0 carb</li> <li>● ● ● ● LUNCH: 1 pro, 1 fat, 2 veg, 0.5 carb</li> <li>● ● SNACK: 1 pro, 0.5 fat, .5 carb</li> <li>● ● ● ● DINNER: 1 pro, 0.5 fat, 2 veg, 1.5 carb</li> </ul>

\*If you like to eat breakfast AFTER your workout, have a small snack before your workout: 0.5 fat, 0.5 carb ● ●

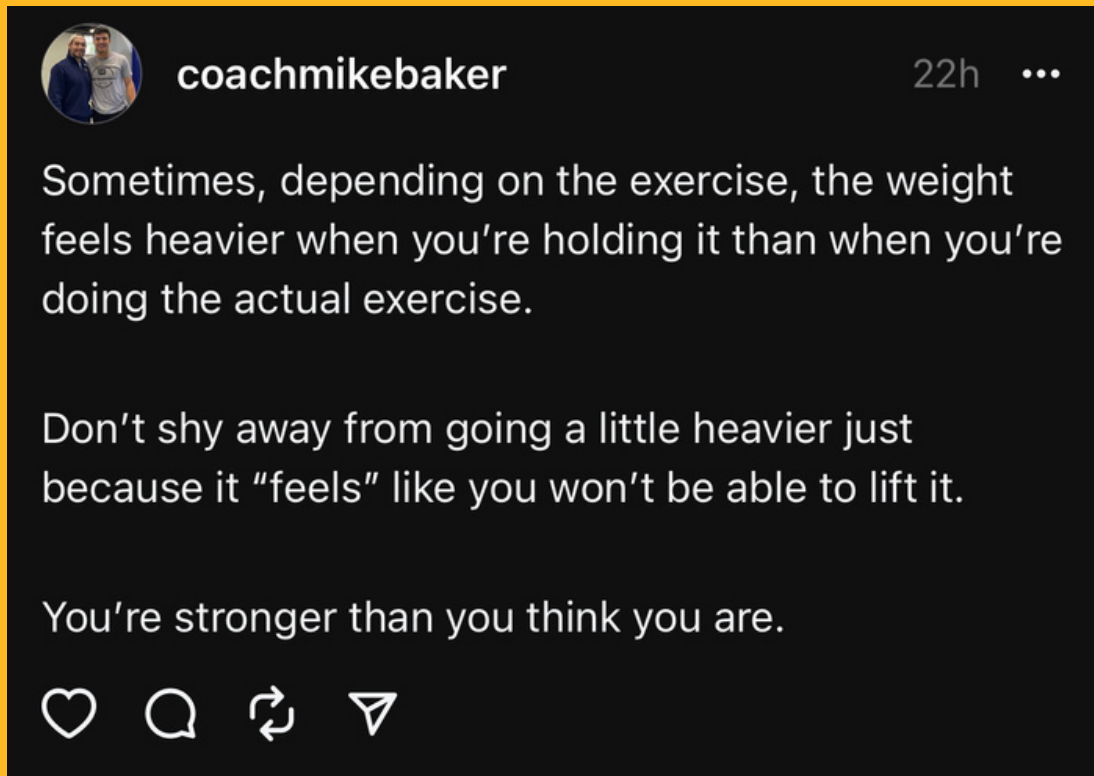
ARE YOU LOSING LESS THAN 0.5LBS A WEEK?

**YES**

Remove 0.5 servings of carbs on your workout days, preferably the meal furthest away from your workout. ◀



## RANDOM THOUGHT OF THE WEEK

BOLT FITNESS & PERFORMANCE  
SHOW**Coach Mike Unveiled: Founder's Fitness Journey**

Welcome back to another episode of the BOLT Fitness and Performance Podcast! In this episode, we have a special treat for you as we uncover the journey of Coach Mike, the founder and owner of BOLT Fitness and Performance.

Discover how Mike transitioned from being passionate about fitness to becoming a dedicated coach, and the driving forces that led him to establish BOLT Fitness and Performance. His unwavering commitment to helping others achieve their fitness goals is at the core of BOLT's success, and you'll gain insight into how that passion was ignited.

But it's not all about success stories. Like all of us, Coach Mike faces his own current struggles with health and fitness. In this episode, he opens up about the challenges he's dealing with right now and the strategies he's using to overcome them. It's a candid and relatable discussion that will resonate with anyone striving for a healthier lifestyle.

**LISTEN ON:**

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