

TrueMan's Tips

1

HAVE THREE go to healthy meals for when life gets hectic. Hit all the right areas: greens and colors, lean proteins. "I'll eat one buffalo and kale spring roll, and make a strawberry avocado cashew salad," says McGee.

2.

BE CREATIVE: Find ways to put healthy twists on traditionally unhealthy meals. "When I make burgers, they're usually turkey, and I'm [adding] spinach, avocado, mushrooms. Find times when you're OK replacing meats with things like portobello mushrooms and zucchini," he says.

3.

¹⁰MINUTES is all you need for a workout. Find time to invest in yourself: "See how many pushups you can do, or squats. When I was training, we used to do ¹⁰ minutes of burpees, and it feels like you've been working for an hour."

4.

LOW-IMPACT exercise can have long-term results. Take the stairs, walk, mow the lawn. It's like saving pennies. Do it long enough and it'll pay off.

— BRIAN BOYLE



On a Roll

This fitness guru hopes his healthy meals can help transform a neighborhood

By BRIAN BOYLE

Few résumés read like TrueMan McGee's, who went from a high school wrestling star to a union sheetmetal worker, and then a non-traditional boot-camp fitness guru with a side hustle as guerrilla neighborhood chef. The part-time gig is now a full-fledged business — Funky Fresh Spring Rolls. Few menus read like Funky Fresh's: spring rolls — always grilled, never fried — swapping the cabbage, rice and carrots for American cafe staples such as sweet potato and black bean, buffalo chicken and kale, or the bacon tomato avocado stuffed chicken club. "It just spoke to me," McGee says. "Like, why has no one ever put different ingredients inside a spring roll? Never! I'm not a genius; it just made sense."

What started as healthy handheld post-workout snacks for his clients soon boomed into the main attraction. In ²⁰¹⁴, Funky Fresh broke into the farmers market circuit and by May of this year, McGee opened a counterservice space in The Shops of Grand Avenue. A sister site is set to open in the eagerly anticipated Sherman Phoenix complex, tentatively scheduled for November. McGee calls Funky Fresh's inclusion in this new public market space — the bank building destroyed by fire during the ²⁰¹⁶ Sherman Park riots — "an honor." McGee's personal odyssey has grown to something larger indeed, a development that seeks to make positive economic and social impact in a community of color. ●

SPOTLIGHT on the Sherman Phoenix:

Three more food and beverage entrepreneurs

SHINDIG COFFEE

With the additions of java, tea, breakfast, sandwiches and wraps, Juice Kitchen owners Maanaan and JoAnne Sabir are going full-on coffeehouse.



CONFECTIONATELY YOURS

Adija Greer-Smith has turned her home-based, made-to-order Southern-style sweets and treats business into a fully operational bakery.



LUSH POPCORN

The snack-a-licious shop owned by Marcia Taylor specializes in small-batch popcorn infused with boozy flavors.

