



FITNESS
EXPERIENCE

HEALTHY RECIPE BOOK



www.fitness-experience.co.uk



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Hello



Welcome to our FX Fitness Experience Recipe Book!

Remember, good nutrition is a crucial part of your fitness journey. To build muscle, reduce unwanted bodyfat, or perform at your best in sport and life, good nutrition is crucial to ensure you get the results you want.

In addition to your training programme, the right nutrition can help you to feel great, perform at your best, and make any body composition changes you want. We need to be aware of calories, nutrient intake and more to have a complete picture of your nutrition. We suggest you track your food to really maximise your results. BUT this doesn't mean you need to eat "boring" or "plain" foods!

To help you to get the most out of your training journey, we wanted to provide you with some healthy, easy to follow and great tasting recipes to make sure you always have a great tasting healthy option to turn to!

We understand that to really get the most out of any training programme, balancing training with recovery is crucial. This means we need to train at an appropriate intensity, and programme intelligently to allow the right recovery within and around the workouts. The other side of this balancing act is often underrated, but is so important. Nutrition and Sleep are key to the recovery process, and therefore key to you looking, feeling and performing at your best.

So, we hope you find this book useful, and we look forward to helping you every step of the way on your fitness journey!

Our Nutrition Rules

Throughout your fitness journey, different types of diet plan will work to optimise your goals. These will all target your goal in the most effective way for your goals at that point in time. However, although some approaches may appear very different, some rules are applicable to almost all good nutrition plans. Here's our top 6 rules applicable in all plans- make sure you consider these aspects to maximise your results!

1. Eat protein every meal.

Protein is an essential part of any good nutrition plan for body composition. Adequate protein is essential for maintaining or building lean muscle mass, and recovery from exercise. Keeping as much lean mass as possible on a calorie deficit is essential to ensure you maintain a strong metabolism, and continue to move towards your goals.

2. Five a day IS AN ABSOLUTE MINIMUM!

Take a look at our nutrition essentials document for more information, but having your five a day is an absolute minimum to ensure you're maximising health, wellness, recovery, performance and body composition. However, watch for high sugar "quick fix" drinks etc, as they can have a negative effect on your overall nutrition plan.

3. Keep on top of hydration levels.

Ensuring adequate hydration is essential to maintain performance and health. How much you need to drink is dependent on several factors, including body size, how much you move, how much you sweat, whether you're consuming diuretics, and more. Ensure you're always reasonably hydrated, alert and ready to train prior to sessions, but make it work for you. More guidance is given in our nutrition essentials booklet, so make sure you take a look!

4. Eat reasonably “clean”.

Focus on good quality food. Whilst on a focused nutrition plan, aim to avoid take away foods and junk food. This applies the majority of the time, even if you feel you are “making it work”. We aim to not only help you reach body composition goals, but also improved overall health and performance. Therefore, a focus on high quality, nutrient dense food to suit your goals should be evident throughout, with a focus on including healthy fats in your plan.

5. Avoid Excessive Alcohol consumption!

This means, whilst on a focused training and nutrition plan, excessive alcohol consumption can not only add on empty calories, but also can have several other negative effects. If you chose to drink alcohol, please aim to stick to recommended daily units, and only 1-2 days per week to minimise impact on your nutrition plan.

6. Prioritise your Nutrition

Please ensure you do not fall into the trap of prioritising least important first. Often, people worry about what supplement to take, even though the diet is far from perfect. An easy way to keep your nutrition priorities right is to follow the guide set out later in this document.



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Creamy coconut & turmeric smoothie

180ml unsweetened almond milk
30ml coconut milk
30g ripe avocado
30g fresh spinach leaves
75g frozen strawberries
 $\frac{3}{4}$ tsp ground turmeric
2 tsps chia seeds
30g vanilla flavour whey or rice protein powder (optional)

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
332 Calories
17g Carbs
30g Protein
16g Fat

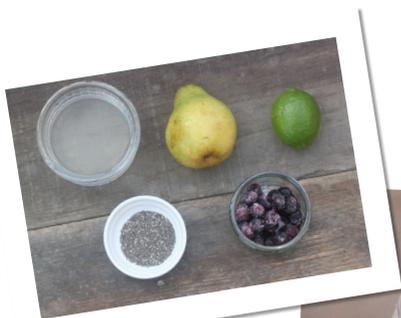
Pear & blueberry smoothie

150ml coconut water
100g ripe pear
50g frozen blueberries
juice of 1 lime
1 tsp chia seeds

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
153 Calories
33g Carbs
3g Protein
1g Fat

Creamy banana, yoghurt & honey smoothie

50g frozen banana
7g flaked, blanched or ground almonds
180ml unsweetened almond milk
40g Greek yoghurt (use dairy free if preferred)
30g vanilla flavour whey or rice protein powder (optional)
1 tsp honey or maple syrup
1 tsp shelled hemp seed or flaxseed
3 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.



SERVES 1



PER SERVING:
320 Calories
23g Carbs
30g Protein
12g Fat

Almond & coconut squares

150g oats (use gluten free if preferred)
2 tbsps plain flour (use gluten free if preferred) or use flour of your choice
30g unsweetened coconut flakes
30g almonds, roughly chopped
40g vanilla flavour whey or rice protein powder
2 tbsps coconut oil, melted
½ tsp almond or vanilla extract
30g maple syrup
60ml unsweetened almond milk
30g dark chocolate (minimum 75% cocoa), cut into chunks
15g flaked almonds, roughly chopped

MAKES 9 SQUARES



PER SQUARE:
182 Calories
17g Carbs
6g Protein
10g Fat

Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a blender or food processor and blend until fine. In a large bowl, combine the ground oats, flour, coconut flakes, chopped almonds and protein powder.

In a separate bowl, combine the coconut oil, almond extract, maple syrup and milk.

Add the wet mixture to the dry mixture and stir well to combine into a sticky paste. Add more milk if the mixture is too dry or more ground oats if too sticky. Transfer the mixture to the tin and spread out evenly using a spoon. Freeze for 20 minutes then cut into 9 squares.

Place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water, over a medium/low heat. Stir well until melted. Drizzle the chocolate over the squares. Top with the flaked almonds.

Store in an airtight container in the fridge for up to 1 week or freeze on same day.



Tahini & buckwheat bars

90g oats (use gluten free if preferred)
90g pitted Medjool dates
10g cocoa powder
15g shelled hempseed
10g flaxseed
70g tahini
½ tsp sea salt
35g maple syrup
40g buckwheat groats

MAKES 9 BARS



PER BAR:

155 Calories

18g Carbs

5g Protein

7g Fat

Preheat oven to 160°C/325°F. Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a blender or food processor and blend until finely ground. Transfer to a large bowl.

Place the dates in the blender and blend into a paste. Transfer to the bowl. Add the remaining ingredients to the bowl, except the groats and maple syrup. Using your hands, combine the mixture until crumbly.

Add the maple syrup and groats and combine into a thick paste. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the tin. Press down firmly with your hands, until the mixture is compact. Bake for 25- 30 minutes, or until firm.

Allow to cool in the tin. Cut into 9 squares.

Store in an airtight container and refrigerate for up to 5 days or freeze on same day.



Courgette choc chip bars

1 tsp coconut oil, to grease tin
90g courgette, finely grated
100g ripe banana, mashed
160g crunchy peanut butter
25g maple syrup
1 tsp vanilla extract
50g plain flour (use gluten free if preferred)
a pinch of sea salt
½ tsp baking soda
55g vanilla or chocolate flavour whey or rice protein powder
40g dark chocolate (minimum 75% cocoa), cut into chunks

MAKES 9 BARS



PER BAR:
196 Calories
13g Carbs
9g Protein
12g Fat

Preheat oven to 175°C/350°F. Lightly grease a 15x15cm square baking tin with coconut oil.

Gently squeeze the courgette to remove excess moisture. Place the banana, peanut butter, courgette, maple syrup and vanilla extract in a large bowl and stir well.

In a separate bowl, add the flour, salt, baking soda, protein powder and chocolate. Mix well, then add to the wet ingredients. Stir well until combined into a thick sticky dough.

Transfer the mixture to the baking tin. Smooth the surface with a spoon. Press the chocolate chunks gently into the surface of the mixture.

Bake for 10 minutes. Allow to cool in the tin. Cut into 9 bars.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Super creamy tahini porridge

60g oats (use gluten free if preferred)
220ml unsweetened almond milk or cold water
1 egg
10g tahini
a pinch of sea salt
a small amount of stevia (optional), or use natural sweetener of your choice

for the topping:

7g shelled hempseed
a small handful of fresh berries of your choice

SERVES 1

Place the oats in a saucepan. Add the milk/water and stir. Place over a medium heat and cook for 1 minute.

Crack in the egg and whisk gently with a fork or balloon whisk until smooth.

Cook for 4-5 minutes, stirring frequently until thick and creamy. Add more milk/water during cooking time if the porridge becomes too thick.

Transfer to a serving bowl. Stir in the tahini and sea salt. Taste and add sweetener if required.

Serve topped with the shelled hempseed and fresh berries.

Consume immediately.



PER SERVING:
421 Calories
39g Carbs
19g Protein
21g Fat

Quick buckwheat crêpes

4 tps coconut oil

for the pancake batter:

150g buckwheat flour

1 tsp chia seeds

100ml coconut milk

150ml unsweetened almond milk

a pinch of sea salt

1 tbsp melted coconut oil

½ tsp ground cinnamon

40g vanilla flavour whey or rice protein (optional) or use sweetener to taste

for the filling:

30g nut butter of your choice

80g raspberries or blueberries

2 tbsps honey or maple syrup

MAKES 4 CRÊPES

To make the batter, place the pancake batter ingredients in a blender. Blend well until smooth. The batter should be thick but pourable. If required, add more flour to thicken, or a drop of milk to thin.

Heat 1 tsp coconut oil in a large frying pan over a medium heat. Tilt the pan to spread the oil over the base.

When the oil is hot, add approximately one quarter of the batter. Cook until bubbles appear in the surface, then carefully flip or turn using a fish slice.

Cook for 2-3 minutes then transfer to a plate lined with a sheet of kitchen roll.

Repeat with the remaining oil and batter until you have 4 crêpes.

Serve the crêpes with the toppings.

Store any leftover crêpes in an airtight container and refrigerate for up to 2 days.



PER CRÊPE
WITH FILLING:
382 Calories
39g Carbs
16g Protein
18g Fat



Niçoise frittata



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30g fine green beans, ends removed
50g thin asparagus spears
100g tinned tuna in spring water, drained
20g pitted black olives, sliced
10g anchovies in oil, drained well and chopped
30g cherry or plum tomatoes, halved
1 tbsp fresh parsley, chopped
2 spring onions, sliced
4 eggs plus 2 egg whites
a pinch of sea salt and ground black pepper
1 tsp ghee or coconut oil

SERVES 2



PER SERVING:
305 Calories
5g Carbs
33g Protein
17g Fat



Steam the green beans and asparagus for 3-4 minutes, or until fork tender.

Place the tuna in a bowl and break up into small flakes using a fork. Add the olives, anchovies, cherry tomatoes, parsley and spring onions and mix well.

Crack the eggs and egg whites into a jug and beat gently with a fork. Add the salt and pepper and stir.

Melt the ghee/oil in a large ovenproof frying pan or skillet over a medium heat.

When the oil is hot, add the eggs and cook for 3-4 minutes or until the edges of the frittata are firm.

Spoon the tuna mixture over the surface of the frittata. Place under a medium grill and cook for several minutes or until the frittata is cooked in the centre.

Cut in half and serve with the steamed vegetables.

Consume immediately.

Nourishing chicken & quinoa broth

1kg whole chicken (giblets removed)
2 medium-sized carrots, peeled and sliced
2 medium-sized white onions, sliced
2 celery sticks, chopped
1 large leek, finely chopped
2 medium-sized parsnips (optional), peeled and cut into thick sticks
20g flat leaf parsley, stalks and leaves separated, chopped
10 black peppercorns
2 bay leaves
2-3 fresh thyme sprigs
1 litre vegetable stock (made with one organic stock cube)
100g plain or tri-colour quinoa, rinsed

Place the chicken in a large saucepan. Add the carrots, onions, celery, leek, parsnips, parsley stalks, peppercorns, bay leaves and thyme. Add the stock plus extra cold water, enough that the chicken is almost covered. Bring to a simmer, cover and cook gently for 1 hour.

Add the quinoa, stir and simmer gently for 25 minutes, or until the quinoa is cooked.

Remove the chicken carefully from the saucepan and transfer to a large bowl. Discard the peppercorns, bay leaves, thyme and parsley stalks, as well as any small chicken bones.

Use a fork to remove the chicken flesh. Discard the carcass. Add the chicken back into the broth with the parsley leaves.

Bring the stock back to the boil, taste and add more seasoning if required.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 4

PER SERVING:
530 Calories
24g Carbs
77g Protein
14g Fat



Nutrient-rich salad

50g tri-colour quinoa, rinsed
a large handful of mixed lettuce
leaves

4 eggs

150g broccoli, cut into florets
a few sprigs of fresh coriander,
roughly chopped

40g carrot, grated

80g edamame beans

a few fresh mint leaves, roughly
chopped or left whole

80g radishes, ends removed and
sliced

25g alfalfa sprouts (optional)

2 tsps sunflower or pumpkin seeds

for the dressing:

2 tsps olive oil

juice of ½ a lemon

a small pinch of sea salt and ground
black pepper

SERVES 2



PER SERVING:
388 Calories
28g Carbs
24g Protein
20g Fat

Place the quinoa in a small saucepan of boiling water. Cook according to packet instructions. Rinse thoroughly in cold water and allow to drain.

Place the egg in a separate saucepan of boiling water. Cook for 7 minutes (soft boiled) or 9 minutes (hard boiled). Immerse in cold water for 2 minutes. Peel and discard the shell. Cut each egg in half.

Steam the broccoli until fork tender.

Divide all of the ingredients between two plates.

Mix the dressing ingredients together and drizzle over the salad. Serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



Pea & haddock omelette

150ml milk or unsweetened almond milk
130g smoked haddock fillet
15g frozen peas
2 eggs
2 egg whites
a pinch of sea salt and ground black pepper
1 tsp ghee or coconut oil
5g Parmesan cheese (or use dairy free cheese of your choice), grated

SERVES 1

Pour the milk into a saucepan and place over a medium heat. Bring to a simmer. Add the haddock and poach gently for 5 minutes.

Remove from the saucepan with a large slotted spoon or slotted fish slice, allowing to drain. Transfer to a plate. Pat gently with a few sheets of kitchen roll to remove excess liquid. Remove skin and discard. Break the fish into medium-sized flakes.

Place the peas in a small saucepan of boiling water and cook for 1-2 minutes. Drain well.

Beat the eggs and whites in a jug with the salt and pepper. Melt the ghee/oil in a large frying pan over a medium heat. Add the eggs and cook for 3-4 minutes, or until the edges of the omelette are firm.

Scatter the flaked haddock over one half of the omelette. Add the peas. Cook for 3-4 minutes or until the centre of the omelette is firm. Add the cheese and fold the 'empty' half of the omelette over the filling. Transfer the omelette to a plate using a fish slice. Serve.

Consume immediately.



PER SERVING:
366 Calories
4g Carbs
47g Protein
18g Fat



Chunky turkey chilli

1 tsp ghee or coconut oil
1 medium-sized white onion, finely chopped
1 small carrot, chopped
1 green bell-pepper, chopped
1-2 garlic cloves, finely chopped
500g lean turkey mince
1 tbsp tomato purée
400g tinned kidney beans, rinsed and drained
400g tinned chopped tomatoes
2 tsp hot chilli powder (or more if you prefer it extra spicy)
1 tsp ground cumin
1 tsp dried oregano
a large pinch of sea salt and ground black pepper
1 organic vegetable or chicken stock cube

SERVES 3



PER SERVING
(WITHOUT
TOPPINGS):
398 Calories
34g Carbs
52g Protein
6g Fat



Melt the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally.

Add the carrot and bell-pepper and fry for 3-4 minutes, stirring occasionally. Add the garlic and fry for 1 minute, stirring frequently.

Add the turkey mince. Cook for 3-4 minutes, breaking up into small pieces with a wooden spoon as it cooks.

Add the tomato purée, kidney beans, tinned tomatoes and dried spices. Crumble in the stock cube. Stir well, cover and cook for 10 minutes. Taste and add more seasoning if required. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Optional toppings:

Chopped fresh coriander, grated cheese, jalapeño peppers, soured cream.



Steak & chicken paella

220g fresh chicken breast, cut into strips
220g beef stir fry strips
1 tbsp olive oil
1 tsp hot paprika
1 tsp ground cumin
½ tsp dried oregano
1 tbsp coconut oil
1 medium-sized white onion, finely chopped
1 red bell-pepper, chopped
2 garlic cloves, finely chopped
750ml chicken or vegetable stock (made with one organic stock cube)
250g arborio rice
a pinch of sea salt and ground black pepper
400g tinned chopped tomatoes
80g frozen peas
juice of ½ a lemon
a handful of flat-leaf parsley, finely chopped

SERVES 3

PER SERVING:
663 Calories
83g Carbs
49g Protein
15g Fat



Place the meat in a large bowl. Add the olive oil, paprika, cumin and oregano and stir to coat.

Heat the coconut oil in a large saucepan over a medium heat. When the oil is hot, add the meat. Fry, stirring occasionally for 3-4 minutes or until the meat is sealed on all sides. Remove from the pan and set aside.

Add the onion and bell-pepper to the pan and fry gently for 4 minutes, stirring occasionally until soft. Add the garlic. Fry gently for 2 minutes, stirring occasionally.

Add the stock, rice, salt, pepper and tinned tomatoes. Bring to a simmer, cover and cook for 15-20 minutes, stirring occasionally, until most of the liquid has absorbed and the rice is tender. Add more stock/cold water during cooking time if required. Add the chicken and beef. Cook for 3-4 minutes, or until the meat is cooked thoroughly. Add the peas and cook for 1-2 minutes. Remove pan from the heat. Stir in the lemon juice. Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Fragrant cod curry



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- 1 tsp coconut oil or ghee
- 1 small white onion, finely chopped
- 1 small cinnamon stick
- 2 tsps fresh ginger, finely grated
- 1 green chilli pepper, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp red curry paste
- 300ml coconut milk
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 350g fresh cod fillets, skin on
- 1 tbsp fish sauce (nam pla)
- 2 tsps soy sauce or tamarini
- 140g baby corn
- 1 red bell-pepper, sliced
- 100g button mushrooms, sliced
- juice of ½ a lime
- a small bunch of fresh coriander, finely chopped (optional)

SERVES 2

Serving suggestion:

Enjoy on its own or serve on a bed of steamed rice.

PER SERVING:
503 Calories
26g Carbs
39g Protein
27g Fat



Melt the oil/ ghee in a large saucepan over a medium heat. Add the onion and sauté gently for 4-5 minutes, stirring occasionally until soft.

Add the cinnamon stick, ginger, chilli pepper and garlic and cook for 2 minutes, stirring frequently.

Add the red curry paste and a splash of the coconut milk. Stir well and cook for 1 minute, stirring occasionally. Add the turmeric and coriander and stir.

Add the remaining coconut milk plus 100ml recently boiled water and bring to a gentle simmer. Add the cod, cover and simmer for 5 minutes.

Add the fish sauce, soy sauce, baby corn, bell-pepper and mushrooms. Stir, cover and cook for 3 minutes or until the vegetables are tender. Remove the saucepan from the heat. Stir in the lime juice. Remove the cinnamon stick and cod skin and discard. Serve garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

