



FITNESS  
EXPERIENCE

# HEALTHY RECIPE BOOK



[www.fitness-experience.co.uk](http://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.



# Get in touch

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# Chocolate chickpea smoothie

100g silken tofu  
140ml unsweetened almond milk  
50g tinned chickpeas, rinsed and drained  
20g peanut or almond butter  
50g frozen banana  
1 heaped tsp cocoa powder  
½ tsp ground cinnamon  
1 tsp ground flaxseed

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

*Consume immediately.*

SERVES 1



PER SERVING:  
346 Calories  
27g Carbs  
19g Protein  
18g Fat

# Carrot cake smoothie

180ml unsweetened almond milk  
30g vanilla flavour whey or rice  
protein powder (optional)  
70g carrot, peeled  
5g walnuts  
10g almond butter  
8g shelled hempseed  
15g oats (use gluten free if  
preferred)  
10g soft pitted dates  
1 tsp chia seeds  
a pinch of ground cinnamon  
1 tsp vanilla extract  
4 ice cubes

SERVES 1



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

*Consume immediately.*



PER SERVING:

402 Calories

**30g Carbs**

**30g Protein**

**18g Fat**

# Creamy pineapple & mint smoothie

60g frozen pineapple  
150ml unsweetened almond milk  
(or use milk of your choice)  
6 fresh mint leaves  
60g Greek yoghurt (use dairy free  
if preferred)  
25g vanilla or coconut flavour  
whey or rice protein powder  
(optional)  
1 tsp vanilla extract  
40g frozen banana

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

*Consume immediately.*

SERVES 1



PER SERVING:  
293 Calories  
**29g Carbs**  
**24g Protein**  
**9g Fat**

# Lemon coconut muffins

## wet ingredients:

100ml coconut milk  
100ml unsweetened almond milk  
2 tbsps coconut oil  
juice of 1 lemon  
60g maple syrup  
¼ tsp ground turmeric

1 tsp vanilla extract

30g chia seeds

## dry ingredients:

100g plain flour (use gluten free if preferred)  
70g buckwheat flour  
60g vanilla or coconut flavour whey or rice protein powder  
3 tbsps unsweetened coconut flakes  
¼ tsp baking soda  
¼ tsp baking powder  
¼ tsp sea salt

Line 8 compartments of a muffin tin with paper muffin cases or prepare a silicon muffin tray. Preheat oven to 175°C/350°F.

Place the wet ingredients in a bowl and mix until well combined. Add the chia seeds, stir well and allow to stand for 10 minutes.

In a separate bowl, stir together the dry ingredients. Add to the wet mixture and stir well to combine. The batter should be quite thick. If it's runny, mix in some more flour.

Taste the mixture and add more sweetener if required.

Spoon the batter into the muffin cases. Bake for 25 minutes or until a skewer inserted comes out clean.

*Store the leftover muffins in an airtight container and refrigerate for up to 4 days or freeze on same day.*

MAKES 8 MUFFINS



PER MUFFIN:  
200 Calories  
24g Carbs  
8g Protein  
8g Fat



# Chocolate truffles

50g dark chocolate (minimum 75% cocoa)

2 tbsps coconut oil

25g soft pitted dates

50g brazil nuts or cashews

2 tsps maple syrup or honey

1½ tsps strong black coffee  
(use decaffeinated if preferred))

½ tsp vanilla extract

½ tsp ground cinnamon

a small pinch of sea salt

## to coat:

1 tsp cocoa power, sifted

MAKES 8 BALLS

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water. Stir well until melted. Remove from heat and set aside.

Place the dates and nuts in a blender or food processor and blend into a paste.

Transfer to a large bowl. Add the melted chocolate and the remaining ingredients (except for the cocoa powder). Stir well.

Transfer the bowl to the fridge and chill for 1 hour or until firm.

Roll the mixture into 8 balls and transfer to a plate. Dust lightly with cocoa powder.

Store in an airtight container and freeze until ready to serve.

*Freeze any leftovers for up to 2 weeks.*



## PER BALL:

126 Calories

7g Carbs

2g Protein

10g Fat



# Chocolate brazil nut fudge

20g pitted dried dates  
25g brazil nuts  
40g coconut oil, melted  
40g unsweetened coconut flakes  
1 tsp maca powder (optional)  
20g cocoa powder  
45g maple syrup or honey  
90g peanut or almond butter  
1 tsp vanilla extract  
a pinch of sea salt

MAKES 16 SQUARES

Line the base of a loaf tin with baking paper.

Place the dates, brazil nuts and melted coconut oil in a blender or food processor and blend until smooth.

Add the coconut flakes and blend well until combined.

Add the remaining ingredients and blend well.

Transfer the mixture to the tin and spread evenly. Freeze for 15-20 minutes or until firm. Cut into 16 squares. Serve.

*Store any leftovers in an airtight container and freeze for up to 3 weeks. Remove from freezer 10 minutes before serving.*



PER SQUARE:  
100 Calories  
**5g Carbs**  
**2g Protein**  
**8g Fat**

# Chia peach smoothie bowl

200g plain yoghurt (use dairy free if preferred)

35g vanilla flavour whey or rice protein powder

80g frozen peach slices (plus a few slices for topping)

40g blueberries (plus a few for topping)

1 tsp maple syrup

2 tsp flaxseed or shelled hempseed

6 ice cubes

## for the topping:

2g chia seeds

3g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

*Cover and refrigerate any leftovers and consume within 24 hours.*

SERVES 1



PER SERVING:  
347 Calories  
28g Carbs  
34g Protein  
11g Fat

# Cheese, basil & tomato muffins

a small amount of coconut oil to grease tin

4 eggs

a pinch of sea salt and ground black pepper

a small pinch of baking powder

8 fresh basil leaves, chopped

½ a green bell-pepper, finely chopped

40ml milk of your choice

20g Parmesan cheese, grated (use dairy free if preferred)

50g carrot, finely grated

40g sun-dried tomatoes in oil, drained and chopped

**MAKES 5 MUFFINS**

Preheat oven to 180°C/350°F. Grease 5 compartments of a muffin tin with coconut oil.

Crack the eggs into a jug and add the salt and black pepper. Beat gently with a fork.

Add the remaining ingredients and stir until well combined.

Pour the mixture into the muffin compartments.

Bake for 20-25 minutes or until golden.

Allow to cool for 5 minutes in the tin then remove and transfer to a plate to cool completely.

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



PER SERVING:  
123 Calories  
**7g Carbs**  
**8g Protein**  
**7g Fat**



# Protein pancakes topped with a poached egg

100g banana  
2 eggs  
25g vanilla flavour whey or rice protein powder  
30g fresh spinach  
10g flaxseed  
a small pinch of baking soda  
100g buckwheat flour (or use flour of your choice)  
100ml buttermilk (or use coconut milk plus 2 tsps fresh lemon juice)  
4 tsps coconut oil  
**for the topping:**  
1 egg (per person)  
1 tsp maple syrup (per person)

SERVES 4



PER 2 PANCAKES  
WITH TOPPINGS:  
327 Calories  
28g Carbs  
20g Protein  
15g Fat

Place the banana, eggs, protein powder, spinach, flaxseed, baking soda, flour and buttermilk in a blender. Blend well until creamy.

Melt ½ tsp coconut oil in a frying pan over a medium heat. When the oil is hot, add half a ladle (around one eighth) of the batter to the pan.

Cook for 2 minutes. When bubbles appear on the surface of the pancake, turn or flip over and cook for 2 minutes. Transfer the pancake to a plate lined with kitchen roll. Repeat the steps with the remaining coconut oil and batter until you have 8 pancakes.

Heat a small saucepan of boiling water over a medium heat. Crack one egg (per person) into the water. Simmer gently for around 4 minutes. Remove with a slotted spoon and drain off excess water.

Serve 2 pancakes per person, topped with a poached egg and a drizzle of maple syrup.

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



# Pea & ham soup

2 tps ghee or coconut oil  
1 large white onion, finely chopped  
1 celery stick, finely chopped  
2 garlic cloves, finely chopped  
800ml vegetable stock (made with  
1 organic stock cube)  
1 bay leaf  
½ tsp dried thyme  
a small handful of flat-leaf parsley,  
finely chopped  
500g frozen peas  
a large pinch of sea salt and ground  
black pepper  
100g cooked ham, diced

SERVES 3

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

Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the stock, bay leaf, thyme, parsley, peas, salt, pepper and ham. Simmer for 10 minutes.

Remove the bay leaf and discard.

Blend the soup in a blender or food processor until smooth.

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.*



PER SERVING:  
268 Calories  
32g Carbs  
17g Protein  
8g Fat

# Lentil & carrot fritter

30g tinned green lentils, rinsed and drained well

30g chickpea flour

60ml cold water

2 tbsps nutritional yeast

40g carrot, peeled and grated

1 tsp paprika

a pinch of sea salt and ground black pepper

2 tpsps coconut oil

60g avocado flesh

1 lemon wedge

a small bunch of fresh coriander, finely chopped

**SERVES 1**

Mash the lentils in a bowl until smooth.

Place the chickpea flour, cold water, nutritional yeast, carrot, paprika, salt and pepper in a bowl. Whisk well until combined.

Add the lentils and stir well to combine.

Heat the coconut oil in a frying pan over a medium heat. Pour the batter into the pan, and shape into a circle using a spoon.

When the underside of the fritter is firm, flip or turn using a fish slice and cook on the other side until firm.

Transfer the fritter to a plate lined with kitchen roll.

Mash the avocado in a bowl. Top the fritter with the mashed avocado.

Serve with a lemon wedge and garnished with chopped coriander.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
404 Calories  
**33g Carbs**  
**14g Protein**  
**24g Fat**



# Creamy salmon & kale fishcakes



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1 tbsp olive oil  
450g white potatoes, peeled and diced  
15g butter or crème fraîche (optional)  
a few sprigs of fresh parsley, chopped  
a pinch of sea salt and ground black pepper  
½ tsp chilli flakes  
½ tsp garlic granules  
1 tsp Dijon or English mustard  
a small handful of kale, finely chopped  
250g fresh salmon fillets  
25g Cheddar cheese, grated (or use dairy free cheese if preferred)  
**to serve:**  
lemon wedges

MAKES 6 FISHCAKES



PER FISHCAKE:  
212 Calories  
14g Carbs  
12g Protein  
12g Fat

Preheat oven to 180°C/350°F. Line an oven tray with foil and drizzle half of the oil evenly over the foil.

Place the potatoes in a saucepan of boiling water. Cover and cook for 20 minutes or until soft. Drain well and return to the saucepan. Add the butter / crème fraîche (if using), fresh parsley, salt, pepper, chilli flakes, mustard and garlic granules and mash well. Add the kale and stir well.

Place the salmon in a frying pan. Add 1-2 inches of recently boiled water and place over a medium heat. Cover and steam for 4-5 minutes or until cooked. The flesh will be a pale pink colour throughout. Transfer the salmon to a plate and gently break up into flakes.

Add the salmon and cheese to the potato mixture and stir well. Shape into 6 patties and place on the baking tray. Drizzle lightly with the remaining olive oil. Bake for 40 minutes or until golden, turning halfway.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or wrap each fishcake in cling film and freeze on same day.*

**Serving suggestion:**

Serve with steamed greens or salad.



# Dry beef curry



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2 tps ghee or coconut oil  
2 small white onions, chopped  
1 inch piece fresh ginger, finely chopped  
4 garlic cloves, finely chopped  
3 green chilli peppers, finely chopped  
1 tsp ground coriander  
1 tsp garam masala  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp sea salt  
500g casserole beef, diced  
150ml beef stock (made with one organic stock cube)  
a small bunch of fresh coriander, finely chopped

Melt the ghee/oil in a large saucepan over a medium heat. Add the onions, ginger, garlic and chilli peppers. Stir well and fry gently for 3-4 minutes, stirring frequently.

Add the dried spices and stir well.

Add the beef and stir well for 2 minutes to cover in the spices.

Add the stock and stir. Cover and cook for 1 hour, stirring occasionally. Uncover and cook for 30 minutes or until the beef is tender.

Serve garnished with fresh coriander.

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

SERVES 3



PER SERVING:  
284 Calories  
**14g Carbs**  
**39g Protein**  
**8g Fat**



# Moroccan lamb & lentil stew

1 tsp ghee or coconut oil  
1 medium-sized white onion, finely chopped  
500g butternut squash, peeled, seeds removed and diced  
400g lamb leg or shoulder, diced  
a pinch of sea salt  
1 tbsp Moroccan seasoning  
400ml chicken stock (made with 1 organic stock cube)  
100g red split lentils, rinsed well  
400g tinned chopped tomatoes  
300g tinned chickpeas, rinsed and drained well  
a small handful of fresh parsley, finely chopped

SERVES 3

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and butternut squash. Fry gently for 3-4 minutes, stirring frequently.

Add the lamb, salt and Moroccan seasoning and stir well. Cook for 4-5 minutes, stirring to brown the lamb on all sides.

Add the stock, lentils and tinned tomatoes. Stir well and increase heat to bring to a simmer. Cover and cook for 40 minutes, stirring occasionally.

Add the chickpeas and cook for 10 minutes.

Serve garnished with parsley.

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



PER SERVING:  
571 Calories  
**56g Carbs**  
**44g Protein**  
**19g Fat**



# Sticky chicken stir fry

1 tsp coconut oil  
2 tps Chinese 5 spice  
1 tsp Worcestershire sauce  
a pinch of sea salt and black pepper

1 tbsp olive oil  
1 tbsp honey  
320g mini chicken fillet strips

## for the sauce:

1 tbsp soy sauce or tamari  
2 tps fish sauce (nam pla)  
1 green chilli pepper, finely sliced  
1 tsp fresh ginger, finely grated  
juice of 1 lime

1 garlic clove, finely chopped

## for the stir fry:

200g white cabbage, finely sliced  
1 red bell-pepper, finely sliced  
60g beansprouts  
90g tinned water chestnuts, drained

60g mange tout

## to garnish:

1 tsp sesame seeds  
a small bunch of fresh coriander,  
finely chopped

Mix the Chinese 5 spice, Worcestershire sauce, salt, pepper, olive oil and honey in a large bowl. Add the chicken and stir well to coat in the mixture.

Mix the sauce ingredients in a bowl and set aside.

Place a frying pan or wok over a medium heat. Add the chicken and marinade. Cook for 3 minutes, then turn and cook for 3 minutes or until the chicken is thoroughly cooked. Transfer to a plate.

Increase the heat to medium/high and add the coconut oil. When the oil is hot, add the stir fry vegetables and cook for 4-5 minutes, stirring occasionally until the vegetables are tender. Add the sauce and stir well. Cook for 1 minute.

Add the chicken back into the pan and toss gently. Cook for 2 minutes, or until the chicken is heated through. Serve garnished with sesame seeds and coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

SERVES 2

PER SERVING:  
440 Calories  
26g Carbs  
57g Protein  
12g Fat

