



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.

© Copyright 2019 Fitness Experience and it's licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

# Contents

## Introduction

### Drinks

- Snickers thick shake **1**
- Vanilla berry smoothie **2**
- Creamy orange smoothie **3**

### Snacks & treats

- Tofu chocolate mousse **4**
- Creamy banana chocolate squares **5**
- Fruit & nut flapjacks **6**

### Breakfast

- Chickpea quinoa muffins **7**
- Cranberry & date granola **8**
- Kale, bacon & egg fry up **9**

### Lunch

- Cabbage, leek & bacon soup **10**
- Mixed bean ratatouille **11**
- Spiced salmon & chickpea salad **12**

### Dinner

- Enchilada-inspired chicken **13**
- Lamb traybake **14**
- Cayenne & red lentil chicken **15**

# 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

Josh Kennedy

E-mail [josh@fitness-experience.co.uk](mailto:josh@fitness-experience.co.uk)

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



[www.facebook.com/FX.Personal.Training.Centre](https://www.facebook.com/FX.Personal.Training.Centre)

# Snickers thick shake

140ml unsweetened almond milk  
(or use milk of your choice)

15g oats (use gluten free if preferred)

30g chocolate or vanilla flavour

whey or rice protein powder

50g Greek yoghurt (use dairy free  
if preferred)

3g cocoa nibs

1 tsp cocoa powder

15g peanut butter

½ tsp honey or agave nectar

2-3 ice cubes (or more if you'd

prefer a thicker 'ice-cream' texture)

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

*Consume immediately.*

SERVES 1



PER SERVING:

379 Calories

19g Carbs

33g Protein

19g Fat

# Vanilla berry smoothie

40g frozen banana  
10g oats (use gluten free if preferred)  
50g raspberries or blueberries (fresh or frozen)  
170ml unsweetened almond milk (or use milk of your choice)  
30g vanilla flavour whey or rice protein powder (optional)  
1 tsp vanilla extract  
1 tsp flaxseed or shelled hempseed  
2 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
258 Calories  
**24g Carbs**  
**27g Protein**  
**6g Fat**

# Creamy orange smoothie

130ml unsweetened almond milk  
60g carrot, peeled  
60g navel orange, peeled and seeds removed  
30ml freshly squeezed orange juice  
25g vanilla flavour whey or rice protein powder (optional)  
60g Greek yoghurt (use dairy free if preferred)  
¼ tsp ground cinnamon  
1 tsp maple syrup or honey (optional)  
½ tsp ground turmeric  
3-4 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
280 Calories  
27g Carbs  
25g Protein  
8g Fat



# Tofu chocolate mousse



FITNESS  
EXPERIENCE

100g silken tofu  
30g dark chocolate (minimum 70% cocoa)  
10g maple syrup  
20g plain yoghurt (use dairy free if preferred)  
1 tsp vanilla bean paste or vanilla extract  
a small pinch of dried chilli flakes  
1 tsp cocoa powder  
a small pinch of sea salt  
**to serve:**  
50g fresh blueberries or strawberries  
a sprinkle of grated dark chocolate

SERVES 1

Place the tofu block between 4 sheets of kitchen roll. Add a weight on top of the tofu, such as a book. Leave to stand for 15 minutes. This will help remove excess moisture from the tofu.

Meanwhile, 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.

Carefully remove the saucepan from the water and set aside to cool for 10 minutes. Place the tofu in a food processor. Add the remaining ingredients, except for the dark chocolate and blend for one minute, or until smooth.

Add the melted chocolate and blend well to combine. Transfer the mixture to a serving bowl. Refrigerate for 20 minutes. Top with grated chocolate and serve with the extra berries.

*Cover any leftovers and refrigerate for up to 3 days.*



PER SERVING:  
298 Calories  
33g Carbs  
10g Protein  
14g Fat



# Creamy banana chocolate squares

60g pitted dates  
2 tsps cocoa powder  
20g desiccated coconut  
25g chocolate flavour whey or rice protein powder  
40g cashews  
1 tbsp coconut oil, melted  
120g ripe banana  
50g almonds  
1 tsp honey or maple syrup  
**optional topping:**  
a sprinkle of cocoa nibs

MAKES 9 SQUARES

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

Place the dates, cocoa powder, desiccated coconut, protein powder, cashews and half of the coconut oil in a blender or food processor. Blend well.

Transfer to the baking tin. Spread evenly to cover the base.

Place the banana, almonds, honey and remaining coconut oil in the blender and blend until smooth and creamy.

Spread the banana mixture over the base mixture. Top with the cocoa nibs (if using).

Freeze for 30 minutes or until quite firm. Cut into 9 squares. Freeze until ready to serve.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*



PER SQUARE:  
132 Calories  
**10g Carbs**  
**5g Protein**  
**8g Fat**



# Fruit & nut flapjacks

40g unsalted butter or coconut oil, plus extra for greasing  
80g pitted dates  
3 tbsps maple syrup or honey  
a small pinch of sea salt  
30g hazelnuts, pecans or almonds, roughly chopped  
30g shelled pistachios, roughly chopped  
60g dried cranberries or apricots, roughly chopped  
1 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
200g oats (use gluten free if preferred)

MAKES 9 FLAPJACKS



PER FLAPJACK:  
244 Calories  
29g Carbs  
5g Protein  
12g Fat

Preheat oven to 150°C/300°F. Grease the base and sides of a 15x15cm baking tin with a small amount of butter or coconut oil. Line the base of the tin with baking paper.

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

Place the butter / oil, date paste, maple syrup and salt in a large saucepan over a low heat. Stir continuously until the butter/oil has melted. Add the chopped nuts, dried fruit, seeds and oats to the saucepan and stir well.

Transfer the mixture to the baking tin. Use a spoon to press the mixture down firmly and smooth the surface into an even layer.

Bake for 35-40 minutes, or until golden. Allow to cool in the tin, then cut into 9 pieces.

*Store any leftovers in an airtight container for up to 4 days or freeze on same day.*



# Chickpea quinoa muffins

40g quinoa, rinsed  
10g cashews  
220g chickpea flour  
10g nutritional yeast  
1 tsp Italian seasoning  
a pinch of baking powder  
½ tsp ground black pepper  
½ tsp sea salt  
20g spinach, roughly chopped  
½ a red bell-pepper, finely chopped  
1 small red onion, finely chopped  
2 tsps coconut oil, to grease tin

**MAKES 15 MUFFINS**



PER MUFFIN:

74 Calories

10g Carbs

4g Protein

2g Fat

Bring a small saucepan of water to the boil and add the quinoa. Stir and cook according to packet instructions. Rinse and drain well.

Place the cashews in a blender or food processor and blend until finely ground.

Preheat oven to 200°C/400°F.

Place the chickpea flour, nutritional yeast, Italian seasoning, baking powder, salt and pepper in a large bowl. Add 600ml cold water. Whisk with a balloon whisk or electric hand blender, until all lumps are removed. Add the cooked quinoa, spinach, bell-pepper, onion and ground cashews to the mixture and stir well.

Lightly grease 15 muffin tin compartments with oil and divide the mixture between them. Bake for 20-25 minutes or until the muffins are slightly risen, golden on top and a toothpick inserted into the centre comes out clean. Leave to cool in the muffin tin for 10 minutes then transfer to a wire rack to cool.

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



# Kale, bacon & egg fry up

½ tsp coconut oil  
3 unsmoked bacon rashers, visible fat removed and chopped  
60g white onion, diced  
60g closed-cup mushrooms, sliced  
½ a green or red bell-pepper, diced  
40g kale, chopped  
½ tsp garlic granules  
a small pinch of red chilli flakes  
a pinch of sea salt  
4 eggs

SERVES 2



PER SERVING:  
341 Calories  
**10g Carbs**  
**28g Protein**  
**21g Fat**

Preheat oven to 200°C/400°F.

Melt the oil in a skillet or ovenproof frying pan over a medium heat. Add the bacon and cook until crispy on both sides. Transfer to a plate lined with kitchen roll.

Reduce the heat to medium/low. Add the onion, mushrooms and bell-pepper to the frying pan and fry for 3-4 minutes, or until soft.

Add the kale, garlic granules, chilli flakes and salt. Stir well, cover and cook for 2-3 minutes, or until the kale is soft. Remove the pan from the heat and stir in the cooked bacon.

Make 4 small wells in the kale for the eggs to sit. Crack an egg carefully into each well. Bake for 5-6 minutes depending on how you like your eggs cooked. Serve.

*Consume immediately.*



# Cranberry & date granola

200g oats (use gluten free if preferred)  
50g dried cranberries  
30g pitted dates, chopped  
50g almonds, chopped  
1½ tps ground cinnamon  
2 tbsps coconut oil  
2 tbsps honey or agave nectar

SERVES 8

## Serving suggestion:

Serve with milk of your choice or as a yoghurt topping.



PER SERVING:  
209 Calories  
**28g Carbs**  
**4g Protein**  
**9g Fat**

Preheat oven to 150°C/300°F. Line a baking tray with baking paper. Mix the oats, cranberries, dates, almonds and cinnamon in a large bowl.

Melt the oil in a frying pan over a medium/low heat. Add the honey and stir until warm.

Pour the coconut and honey into the oat mixture and stir until well combined. Allow to cool slightly then mix well with your hands.

Pour the mixture onto the baking tray. Shake gently to spread evenly on the tray. Bake for 15-20 minutes, stirring every 5-10 minutes, until golden. Allow to cool on the tray.

*Store in an airtight container for up to 2 weeks.*



# Cabbage, leek & bacon soup

1 tsp ghee or coconut oil  
4 unsmoked bacon rashers, visible fat removed and chopped  
½ a large white onion, chopped  
60g leek, chopped  
300g white cabbage, roughly chopped  
100g kale  
200g white potato, peeled and diced  
850ml vegetable stock (made with one organic stock cube)  
a pinch of sea salt and ground black pepper

**SERVES 3**

Melt the ghee / oil in a large saucepan over a medium heat. Add the bacon and fry for 4-5 minutes, stirring occasionally. Remove the bacon from the saucepan and transfer to a plate.

Add the onion and leek to the saucepan and sauté for 3-4 minutes, stirring occasionally until soft.

Add the cabbage and kale, stir well and cover. Cook for 3-4 minutes, stirring occasionally. Add the potato, stir and cook for 2 minutes.

Add the stock, salt and pepper. Increase the heat to bring to a boil. Reduce heat, cover and simmer gently for 20 minutes, stirring occasionally. Top up with more stock or water during cooking time, if required.

Remove saucepan from heat and allow to cool. Add the bacon, reserving some for the topping, if desired. Blend the soup in batches, until smooth.

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



PER SERVING:  
202 Calories  
23g Carbs  
14g Protein  
6g Fat



# Mixed bean ratatouille

2 tps coconut oil  
1 medium-sized white onion, finely chopped  
2 garlic cloves, minced  
1 medium-sized courgette, diced  
150g cherry tomatoes  
1 red bell-pepper, diced  
600g tinned chopped tomatoes  
a pinch of ground black pepper  
a pinch of sea salt  
2 tps Italian seasoning  
1 tsp cayenne pepper  
1 organic vegetable stock cube  
250g (drained weight) tinned kidney beans, rinsed and drained well  
250g (drained weight) tinned black beans, rinsed and drained well  
25g nutritional yeast

Heat the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, or until soft. Add the garlic and fry for 2 minutes, stirring frequently.

Add the courgette, tomatoes and bell-pepper and sauté for 4-5 minutes, stirring occasionally.

Add the tinned tomatoes, salt, pepper, Italian seasoning and cayenne pepper. Crumble in the stock cube and stir well. Cover and cook for 15 minutes.

Add the beans and stir well. Cover and cook for 5 minutes. Taste and add more seasoning if required.

Remove the saucepan from the heat and stir in the nutritional yeast. Serve.

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

SERVES 3



PER SERVING:  
303 Calories  
43g Carbs  
17g Protein  
7g Fat



# Spiced salmon & chickpea salad

2 x 130g salmon fillets  
1 tsp smoked paprika  
1 tsp olive oil  
½ tsp red chilli flakes  
1 tsp coconut oil  
1 small red onion, sliced  
200g cauliflower, cut into florets  
200g (drained weight) tinned chickpeas, rinsed and patted dry  
2 tps medium curry powder  
100g fresh spinach leaves  
8 cherry tomatoes, halved  
100g cucumber, diced  
2 tbsps Greek yoghurt (use dairy free if preferred)  
juice of ½ a lemon  
2 tps fresh coriander, finely chopped  
a pinch of sea salt and black pepper  
lemon wedges, to serve

SERVES 2



PER SERVING:  
608 Calories  
36g Carbs  
44g Protein  
32g Fat

Preheat oven to 200°C/400°F. Place the salmon onto a foil-lined tray. Mix the paprika, oil and chilli flakes in a bowl. Spread the mixture over the tops and sides of the salmon fillets. Bake for 20-25 minutes, or until the salmon is cooked.

Meanwhile, heat the oil in a lidded frying pan or saucepan. Add the onion and cauliflower. Stir, cover and cook for 8 minutes, stirring occasionally.

Add the chickpeas and curry powder and stir. Cook uncovered for 5 minutes, stirring occasionally. Add a small splash of water to the pan and add the spinach. Cover and cook for 2-3 minutes, or until the spinach has wilted.

Mix the tomatoes, cucumber, yoghurt, lemon juice, coriander, salt and pepper in a bowl.

Divide the chickpea mixture between two plates. Add the tomato and cucumber mixture and top with the salmon. Serve with lemon wedges.

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



# Enchilada-inspired chicken

1 tsp coconut oil  
300g chicken mini fillets, cut into bite-sized pieces  
½ a small red onion, sliced  
½ a bell-pepper (any colour), diced  
1 tsp ground cumin  
1 tsp ground coriander  
120g tinned refried beans  
50g (drained weight) tinned sweetcorn, rinsed and drained  
a small bunch of fresh coriander, finely chopped  
200g tinned tomatoes, blended (or use passata)  
½ tsp hot chilli powder  
½ tsp garlic powder  
2 tsps brown sauce (optional)  
20g Cheddar cheese, grated (use dairy free if preferred)  
30g per person ripe avocado, sliced

Heat the oil in a frying pan over a medium heat. Add the chicken and fry for 6-8 minutes, stirring occasionally until cooked. Transfer to a plate and set aside.

Add the onion, bell-pepper, ground cumin and ground coriander to the frying pan. Stir well and cook for 2 minutes.

Add the chicken back into the pan. Add the refried beans, sweetcorn, fresh coriander, tinned tomatoes, chilli powder, garlic powder and brown sauce (if using). Cover and cook for 3-4 minutes, stirring occasionally.

Serve topped with cheese and avocado.

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

## Serving suggestion:

Serve on a bed of steamed rice.

SERVES 2



PER SERVING:  
469 Calories  
29g Carbs  
59g Protein  
13g Fat



# Lamb traybake

100g chargrilled artichokes in olive oil, drained well  
1 red bell-pepper, diced  
1 small red onion, cut into chunks  
400g baby new potatoes, halved  
2 garlic cloves, left whole and crushed with a spoon  
a pinch of sea salt and ground black pepper  
1 tsp dried rosemary or use 1 sprig fresh rosemary  
1 tbsp olive oil  
2 x 150g lamb leg steaks

**SERVES 2**

Preheat oven to 180°C/350°F. Place the artichokes, bell-pepper, onion, potatoes, garlic, salt, pepper and rosemary in a large roasting dish. Drizzle the olive oil over the vegetables.

Cover with foil and roast for 45 minutes, or until the potatoes are tender.

Add the lamb steaks and roast for 15-20 minutes, or until the lamb is cooked to your liking.

Cover and rest the lamb for 5 minutes before serving.

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



PER SERVING:  
546 Calories  
42g Carbs  
36g Protein  
26g Fat

# Cayenne & red lentil chicken

60g uncooked red split lentils  
1 tsp coconut oil  
300g chicken breast, diced  
½ a small red onion, chopped  
½ a red or orange bell-pepper, diced  
1 garlic clove, finely chopped  
½-¾ tsp cayenne pepper  
sea salt and ground black pepper, to taste  
1 tsp honey

SERVES 2

## Serving suggestion:

Serve with steamed vegetables of your choice.



PER SERVING:  
380 Calories  
**22g Carbs**  
**55g Protein**  
**8g Fat**

Bring a small saucepan of water to the boil. Add the lentils and reduce heat to simmer. Cook according to packet instructions. Drain well.

While the lentils are cooking, melt the coconut oil in a frying pan over a medium heat. Add the chicken and fry gently for 6-8 minutes, stirring occasionally until cooked.

Add the onion and bell-pepper and fry for 4-5 minutes, stirring occasionally until soft.

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

Add the red lentils. Cook for 1 minute, or until the lentils are heated throughout. Add the cayenne pepper and stir well. Season with salt and pepper to taste.

Remove pan from the heat and add the honey. Stir well and serve.

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

