



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.



Get in touch

Josh Kennedy

E-mail josh@fitness-experience.co.uk

www.fitness-experience.co.uk

 www.facebook.com/FX.Personal.Training.Centre

Cinnamon tea smoothie

1 cinnamon tea bag, brewed in
150ml water for 5-10 minutes
50g frozen banana, sliced
15g oats (use gluten free if preferred)
50g plain yoghurt (use dairy free if
preferred)
½ tsp ground cinnamon
25g vanilla flavour whey or rice
protein powder (optional)
150ml unsweetened almond milk
(or use milk of your choice)
5 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
248 Calories
25g Carbs
28g Protein
4g Fat



Nutty strawberry smoothie

40g frozen strawberries
35g fresh spinach leaves
25g vanilla flavour whey or rice
protein powder (optional)
1 tsp flax seed
5g cocoa nibs
15g almond butter
180ml unsweetened almond milk
(or use milk of your choice)

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

Consume immediately.

SERVES 1



PER SERVING:
279 Calories
9g Carbs
27g Protein
15g Fat

Blackberry & coconut smoothie

120ml coconut water
60g blackberries
25g vanilla flavour whey or rice
protein powder (optional)
1½ tsps shredded unsweetened
coconut flakes
15g walnuts, almonds or cashews
1 tsp flax seed or shelled hemp
seed
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
321 Calories
18g Carbs
24g Protein
17g Fat

Indulgent chocolate flan

for the base:

100g oats (use gluten free if preferred)

3 tbsps coconut oil, melted

30g pitted Medjool dates

15g cocoa powder

½ tsp ground cinnamon

for the topping:

40g dark chocolate (minimum 70% cocoa)

30g cocoa powder

2 tbsps coconut oil

30g almond or cashew butter

45g pitted Medjool dates

SERVES 8

Preheat oven to 160°C / 325°F. Line the base of an 18x18cm circular baking tin with baking paper.

Place the oats in a food processor or high speed blender and blend until fine. Add the remaining base ingredients and blend well. Press the mixture into the base of the tin. Use a spatula to even out the surface. Bake for 20 minutes. Allow to cool.

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 5 minutes.

Transfer to a blender or food processor and add the remaining topping ingredients. Blend well then transfer to a bowl. Taste and add sweetener of your choice, if required. Refrigerate for 10 minutes, or until cold.

Spread the topping over the base. Refrigerate for one hour or until firm. Cut into 8 pieces and serve.

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



PER SERVING:
218 Calories
19g Carbs
4g Protein
14g Fat



Sticky date energy bars

150g pitted Medjool dates
100g cashews
20g unsweetened shredded coconut
40g oats (use gluten free if preferred)
1 tsp vanilla extract
2 tsps cocoa powder
30g vanilla or chocolate flavour whey or rice protein powder
10g cocoa nibs
a small pinch of sea salt

MAKES 9 BARS

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

Place the dates in a food processor or high speed blender. Blend into small pieces.

Add the cashews, coconut flakes and oats and blend well.

Transfer to a large bowl. Add the remaining ingredients and stir well.

Add a splash of cold water or milk, and stir until the mixture binds together.

Transfer to the baking tin and press down firmly with the back of a spoon. Refrigerate for one hour or until firm. Cut into 9 bars.

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



PER BAR:
172 Calories
19g Carbs
6g Protein
8g Fat



Peanut butter chocolate chip bars

150g pitted Deglet Nour or Medjool dates
80g roasted salted peanuts
50g crunchy peanut butter
50g dark chocolate (minimum 70% cocoa), cut into small chunks (or use dark chocolate chips)

MAKES 12 BARS

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

Place the dates in a food processor or high speed blender. Add the peanuts and peanut butter and blend into a dough. Transfer to a bowl and refrigerate for 10 minutes.

Stir in the chocolate chunks. Transfer to the baking tin and spread evenly.

Freeze for 30 minutes or until firm. Cut into 12 bars.

Freeze again for 20 minutes or until ready to serve. Remove from freezer 5 minutes before serving.

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



PER BAR:
127 Calories
13g Carbs
3g Protein
7g Fat

Veggie scramble

5g nutritional yeast
½ tsp chilli powder
1 tsp mild curry powder
a small pinch of sea salt
¾ tsp ground turmeric
1 tsp coconut oil
½ a small white onion chopped
60g red bell-pepper, chopped
30g button mushrooms, sliced
25g kale, chopped
1 garlic clove, minced
120g firm tofu
70g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil. Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into smaller pieces with a wooden spoon. Stir in the spice mix and black beans. Cook for 4-5 minutes or until heated thoroughly. Serve.

Consume immediately.

SERVES 1



PER SERVING:
302 Calories
32g Carbs
21g Protein
10g Fat

Chocolate nut porridge

60g oats (use gluten free if preferred)
180ml unsweetened hazelnut milk or almond milk
1-1½ tps cocoa powder, according to preference
1-2 tps stevia, honey or agave nectar, to taste
15g nut butter of your choice
5g cocoa nibs

SERVES 1

Place the oats and milk in a saucepan over a medium heat. Cook, stirring frequently for 3-4 minutes, or until thickened. Add more milk during cooking time, if required.

Stir in the cocoa powder and cook for 1 minute.

Add sweetener to taste and stir well.

Remove saucepan from heat. Stir in the nut butter until thoroughly combined.

Transfer the porridge to a serving bowl and top with the cocoa nibs.

Consume immediately.



PER SERVING:
386 Calories
41g Carbs
15g Protein
18g Fat

Fluffy berry omelette

3 eggs
15ml unsweetened almond milk
or whole milk
¼ tsp ground ginger
½ tsp cinnamon
½ tsp coconut oil
50g cottage cheese or cream
cheese
90g fresh berries of your choice,
chopped
juice of ½ a lemon
to serve:
a few fresh mint leaves (optional)
a few extra berries

Crack the eggs into a jug. Add the milk, ginger and cinnamon and beat gently with a fork.

Heat the oil in a large frying pan or skillet and pour in the egg mixture. Tilt the pan gently to cover the base. Cook for 2-3 minutes, or until the omelette has set. Transfer to a plate.

Top with the cheese, berries and lemon juice. Fold in half and cut into quarters.

Serve garnished with mint leaves, if using, and a few extra berries.

Consume immediately.

SERVES 1



PER SERVING:
355 Calories
21g Carbs
25g Protein
19g Fat

Chunky kale & lentil soup

1 tsp coconut oil
1 medium-sized white onion, chopped
1 medium-sized carrot, peeled and chopped
1 celery stalk, chopped
1 garlic clove, finely chopped
300g sweet potato, peeled and chopped
90g uncooked red split lentils, rinsed
600ml vegetable stock (made with one organic stock cube)
200g tinned chopped tomatoes
1 tsp ground cumin
1 tsp medium curry powder
½ tsp dried thyme
1 tsp sea salt
½ tsp ground black pepper
40g kale, roughly chopped
juice of ½ a lemon

SERVES 3



PER SERVING:
255 Calories
46g Carbs
11g Protein
3g Fat

Heat the coconut oil in a large saucepan over a medium heat. Add the onion, carrot and celery and fry for 3-4 minutes, stirring occasionally.

Add the garlic and fry for 1 minute, stirring frequently.

Add the sweet potato and lentils and stir.

Add the vegetable stock and tinned tomatoes. Stir in the dried spices. Bring to a gentle simmer. Cover and cook for 15 minutes.

Add the kale and cook for 3-4 minutes or until the kale is soft. Remove saucepan from heat. Stir in the lemon juice. 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.



Chicken & Indian slaw salad

¼ tsp cumin seeds
140g carrot, coarsely grated
150g red cabbage, finely shredded
50g red onion, finely sliced
7 tbsps Greek yoghurt (use dairy free if preferred)
juice of ½-1 lime or lemon
½-1 small red chilli, finely chopped (optional)
½ tsp ground turmeric
3 tps fresh coriander, finely chopped
½ tsp black mustard seeds
for the topping:
30g salted peanuts
200g deli roast chicken, shredded

SERVES 2



PER SERVING:
373 Calories
24g Carbs
31g Protein
17g Fat

Place a frying pan over a medium heat. Add the cumin seeds and toast gently for 30 seconds, or until aromatic. Remove frying pan from heat and allow to cool.

In a large bowl, mix the cumin seeds, carrot, cabbage, onion, yoghurt, lime/lemon juice, chilli, turmeric, coriander and mustard seeds.

Transfer to two serving bowls or plates and top with the chicken and peanuts.

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



Jerk chicken with mango salsa

1kg chicken drumsticks, skin on

for the marinade:

15g fresh ginger, peeled

½ tsp ground allspice

¼ tsp ground cinnamon

1 green chilli, finely chopped

a pinch of ground black pepper

2 garlic cloves, finely chopped

1 tbsp apple cider vinegar or white

wine vinegar

1 tbsp freshly squeezed orange juice

2 tps soy sauce

1 tsp honey

1 tsp olive oil

for the salsa:

280g mango, peeled and diced
a small pinch of ground red chilli
flakes (optional)

80g red onion, finely chopped

2 tps fresh coriander, finely
chopped

3 tps lime juice

a small pinch of sea salt

Place the marinade ingredients in a blender or food processor. Blend well until smooth.

Place the chicken in a large bowl. Add the marinade and stir well until covered. Refrigerate for 1 hour, or overnight if you have time.

Preheat oven to 180°C/350°F.

Transfer the chicken and marinade to a roasting dish. Bake for 45 minutes, or until the chicken is thoroughly cooked.

Meanwhile, mix the salsa ingredients in a bowl and refrigerate until ready to serve.

Serve the cooked chicken with mango salsa.

Store any leftover mango salsa and cooked chicken in separate airtight containers and refrigerate for up to 2 days.

SERVES 3

PER SERVING:
330 Calories
26g Carbs
34g Protein
10g Fat



Salmon with Mexican spicy rice

2 x 180g salmon fillets
a pinch of sea salt and black pepper
juice of 1 lime
½ tsp paprika
¼ tsp onion powder
¼ tsp garlic granules
1 tsp olive oil
for the rice:
1 tsp coconut oil
100g red or white onion, finely chopped
1 green bell-pepper, finely chopped
1 garlic clove, finely chopped
120g (uncooked weight) long-grain rice, rinsed
300g tinned chopped tomatoes
1 tsp chilli powder
¼ tsp ground cumin
½ tsp sea salt
250ml vegetable stock (made with one organic stock cube)
15g Jalapeño peppers, chopped

SERVES 2

PER SERVING:
615 Calories
36g Carbs
48g Protein
31g Fat



Preheat oven to 200°C/400°F. Place the salmon fillets onto an oven tray lined with tin foil.

Mix the salt, pepper, lime juice, paprika, onion powder, olive oil and garlic granules in a bowl and drizzle over the salmon fillets. Loosely wrap the foil around the salmon. Bake for 20-25 minutes, or until the salmon is cooked.

Meanwhile, melt the coconut oil in a large saucepan over a medium heat. Add the onion and bell-pepper. Sauté for 4 minutes, stirring frequently. Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the rice, stir well and cook for 2-3 minutes, or until the rice has browned slightly. Add the tomatoes, chilli powder, cumin, sea salt and vegetable stock. Bring the rice to a boil and stir briefly. Reduce the heat to low, cover and simmer for 20 minutes, or until the liquid has absorbed and the rice is cooked. Add more stock during cooking time, if required. Taste and season with salt and pepper, if required.

Remove saucepan from heat. Stir the Jalapeño peppers into the rice. Serve.

Store any leftover salmon in an airtight container and refrigerate for up to 3 days.



Indian traybake

300g baby new potatoes, scrubbed and halved

1 small red onion, sliced

200g broccoli, cut into florets

200g cauliflower, cut into florets

200g ripe tomatoes, chopped

200g tinned chickpeas (drained weight), rinsed and drained well

2 tsp curry powder

1 tsp fresh ginger, finely chopped

1 tsp ground turmeric

2 tbsps olive oil

a pinch of sea salt and ground black pepper

to serve:

100g plain yoghurt (use dairy free if preferred)

a small handful of fresh coriander
juice of 1 lime

Preheat oven to 200°C/400°F. Prepare a roasting dish.

Place the potatoes in a pan of boiling water and parboil for 10 minutes. Drain well. Transfer the potatoes to a large bowl. Add the vegetables and chickpeas and stir.

Mix the curry powder, ginger, turmeric, olive oil, salt and pepper in a bowl. Add to the vegetables and stir well to coat the vegetables and chickpeas in the spices.

Transfer to the roasting dish. Bake for 25 minutes, or until the vegetables are tender.

Mix the yoghurt, coriander and lime juice in a bowl. Serve with the traybake.

*Store any leftover traybake in an airtight container and refrigerate for up to 3 days.
Store any leftover yoghurt dip in an airtight container and refrigerate for up to 2 days.*

SERVES 3



PER SERVING:
257 Calories
33g Carbs
11g Protein
9g Fat



Veggie packed peanut noodles

1 tsp coconut oil
50g sugar snap peas
80g baby sweetcorn
80g red bell-pepper, finely sliced
50g carrot, cut into thin matchsticks
50g tinned water chestnuts, drained
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
60g noodles of your choice
(uncooked weight)
10g roasted salted peanuts
for the peanut sauce:
a small bunch of fresh basil, finely chopped
a small bunch of fresh coriander, finely chopped
20g crunchy peanut butter
2 tsps rice vinegar
1½ tsps toasted sesame oil
juice of ½ a lime
a small pinch of sea salt

SERVES 1

PER SERVING:
444 Calories
42g Carbs
15g Protein
24g Fat



Mix the peanut sauce ingredients in a jug and set aside.

Heat the coconut oil in a wok over a medium/ high heat. Add the sugar snap peas, baby sweetcorn, red bell-pepper, carrot and water chestnuts. Stir-fry for 4 minutes.

Add the garlic and chilli pepper and fry for 1 minute, stirring occasionally.

Cook the noodles according to packet instructions. Drain well.

Add the noodles and peanut sauce to the wok. Stir and cook for 3-4 minutes, or until heated through.

Transfer to a serving bowl and top with the peanuts. Serve.

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

