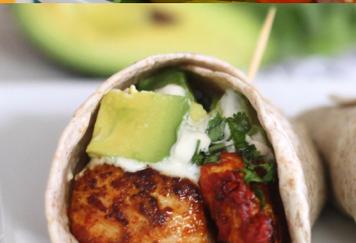




FITNESS  
EXPERIENCE

# 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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# Vanilla & hazelnut chai smoothie

1 chai tea bag, brewed in 100ml  
water for 10 minutes  
½ tsp ground cinnamon  
15g oats (use gluten free if preferred)  
1 tsp vanilla extract  
40g plain yoghurt (use dairy free  
if preferred)  
10 hazelnuts  
180ml unsweetened almond milk  
(or use milk of your choice)  
20g vanilla flavour whey or rice  
protein powder (optional)  
5 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
247 Calories  
**15g Carbs**  
**22g Protein**  
**11g Fat**

# Creamy pineapple & ginger smoothie

80g frozen pineapple  
120ml coconut water or  
unsweetened almond milk  
30g Greek yoghurt (use dairy free  
if preferred)  
20g vanilla flavour whey or rice  
protein powder (optional)  
60g fresh or frozen banana  
½ tsp ground ginger  
1 tsp chia seeds  
2 tsps fresh lime juice  
2-3 ice cubes (optional)

SERVES 1

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

*Consume immediately.*



PER SERVING:  
240 Calories  
**30g Carbs**  
**21g Protein**  
**4g Fat**

# Ruby fruit smoothie

60g frozen strawberries  
120g ruby grapefruit  
40g frozen banana  
1 tsp chia seeds  
3g unsweetened coconut flakes  
40g Greek yoghurt (use dairy free if preferred)  
100ml coconut water

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

*Consume immediately.*

SERVES 1



PER SERVING:  
192 Calories  
32g Carbs  
7g Protein  
4g Fat

# White chocolate & raspberry blondies

40g honey or agave nectar  
100g tinned chickpeas (drained weight), rinsed and drained well  
50g unsalted butter or coconut oil, melted  
40g almond or peanut butter  
2 eggs  
2 tsps vanilla extract  
130g plain flour (use gluten free if preferred)  
¼ tsp baking powder  
30g vanilla flavour whey or rice protein powder (optional)  
2 tsps natural sweetener of your choice  
150g fresh raspberries  
60g good quality white chocolate, cut into chunks (use dairy free if preferred)

MAKES 9 BLONDIES



PER BLONDIE:  
201 Calories  
23g Carbs  
7g Protein  
9g Fat

Preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Place all of the ingredients into a blender or food processor, except for the chocolate chunks and raspberries, and blend until smooth. Taste and add more sweetener, if required.

Stir in the chocolate and raspberries.

Transfer the mixture into the tin and spread evenly, to cover the base.

Bake for 20 minutes, or until golden brown.

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

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



# Chocolate orange mug cake

a small amount of coconut oil,  
to grease mug / ramekin  
1 egg  
1 tbsp honey or maple syrup  
2 tbsps almond milk  
½ tsp coconut oil, melted  
½ tsp vanilla extract  
2 tbsps plain flour (or use gluten free  
flour of your choice)  
2 tpsps freshly squeezed orange juice  
25g chocolate protein powder (or use  
2 tpsps unsweetened cocoa powder)  
a small pinch of sea salt  
¼ tsp baking powder  
5g dark chocolate (minimum 70%  
cocoa), cut into small chunks

Grease a microwaveable mug or ramekin  
with coconut oil.

Whisk the egg, honey, almond milk,  
coconut oil and vanilla extract in a bowl.

Add the remaining ingredients and mix  
well until thoroughly combined.

Pour the mixture into the mug and  
microwave on high for 2 minutes, or  
until cooked.

Alternatively, pour the mixture into  
a greased ovenproof ramekin and bake for  
12-15 minutes at 180°C/350°F.

Serve warm.

*Consume immediately.*

SERVES 1



PER SERVING:  
386 Calories  
46g Carbs  
28g Protein  
10g Fat



# Zesty lemon mousse

125g Greek yoghurt (use dairy free if preferred)  
1 tsp finely grated lemon zest  
1 ½ tbsps fresh lemon juice  
1 tsp vanilla extract  
30ml recently boiled water  
1- 1½ tps gelatine powder  
2 egg whites  
a small pinch of sea salt  
1 tsp stevia (or use sweetener of your choice)

SERVES 1



PER SERVING:  
170 Calories  
**10g Carbs**  
**19g Protein**  
**6g Fat**

Place the yoghurt, lemon zest, lemon juice and vanilla extract in a small bowl. Whisk with a balloon whisk and set aside.

Pour the recently boiled water into a separate bowl and add the gelatine. Stir well until dissolved.

Half fill a heatproof shallow basin, such as a metal roasting tin, with water and place over a medium heat.

Place the egg whites, salt and stevia in a saucepan and stir gently. When the basin of water is boiling, reduce heat to low.

Place the saucepan in the basin and whisk gently with a balloon whisk until the stevia has dissolved and the mixture is light and frothy.

Remove the saucepan from the basin. Add the gelatine and whisk until combined. Allow to stand for 3 minutes.

Add the yoghurt mixture and stir until well combined. Transfer to a serving glass. Refrigerate for 45 minutes or until firm.

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



# Strawberry smoothie breakfast bowl

## for the smoothie bowl:

75g ripe frozen banana  
130g Greek yoghurt (use dairy free if preferred)  
20g vanilla or banana flavour whey or rice protein powder (optional)  
20g oats (use gluten free if preferred)  
a pinch of ground cinnamon  
½ tsp chia seeds  
8 almonds  
80g frozen strawberries

## for the topping:

1 tsp sunflower, pumpkin or mixed seeds  
5g unsweetened coconut flakes

Place the ingredients in a blender, and blend well until smooth. Transfer to a serving bowl.

Top with the remaining ingredients. Serve.

*Cover and refrigerate any leftovers for up to 2 days.*

SERVES 1



PER SERVING:  
459 Calories  
**37g Carbs**  
**35g Protein**  
**19g Fat**



# Oven baked berry pancake

1½ tbsps butter, melted plus a little extra to grease dish

3 eggs

1½ tbsps buttermilk (or use dairy free milk of your choice)

2 tpsps stevia (or use sweetener of your choice)

70g plain flour (use gluten free if preferred)

## for the topping:

25g fresh blueberries, strawberries or raspberries

a drizzle of lemon juice (optional)  
natural sweetener of your choice,  
to taste

Preheat oven to 200°C / 400°F. Lightly grease the base of a skillet or ovenproof dish with a small amount of butter.

Place the eggs, buttermilk, remaining melted butter and stevia in a medium sized bowl. Whisk gently using a balloon whisk.

Add the flour and gently whisk, until combined.

Pour the batter into the skillet and bake for 12-18 minutes, or until the edges just start to brown.

Serve topped with berries, lemon juice (if using) and sweetener to taste.

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

SERVES 2



PER SERVING:  
320 Calories  
32g Carbs  
12g Protein  
16g Fat



# Feta & spinach breakfast hash

2 eggs  
1 egg white  
a pinch of sea salt and ground black pepper  
¼ tsp paprika  
1 tsp coconut oil  
60g cherry tomatoes, halved  
50g button mushrooms, chopped  
50g red bell-pepper, chopped  
2 spring onions, chopped  
60g fresh spinach leaves  
20g Feta cheese, cut into small cubes

SERVES 1

Crack the eggs and egg white into a jug. Add the salt, pepper and paprika and beat with a fork.

Heat the oil in a frying pan over a medium heat. Add the tomatoes, mushrooms, bell-pepper and spring onions and cook for 3-4 minutes, stirring occasionally until soft.

Add the spinach and cook for 2 minutes, stirring occasionally until wilted.

Add the Feta and cook for 1-2 minutes, to heat through.

Pour in the eggs. Stir continuously until thoroughly cooked. Serve.

*Consume immediately.*



PER SERVING:  
380 Calories  
20g Carbs  
30g Protein  
20g Fat



# Rainbow salad

1 egg  
35g radish, sliced  
½ a yellow bell-pepper, sliced  
½ a red bell-pepper, sliced  
30g fresh spinach leaves  
40g cucumber, diced or sliced  
60g baby plum or cherry tomatoes, halved  
30g carrot, grated  
45g ripe avocado, sliced or diced  
5g sunflower or pumpkin seeds  
a sprinkle of dried seaweed (optional)

## for the dressing:

juice of 1 lemon  
1 garlic clove, finely chopped  
1 tsp tahini  
½ tsp honey or maple syrup  
1 tbsp apple cider vinegar or white wine vinegar

Mix the dressing ingredients in a jug.

Bring a small saucepan of water to the boil and reduce heat to simmer. Carefully add the egg using a large spoon. Simmer for 6-8 minutes, depending on how well cooked you like your egg.

Remove the egg from the water using a slotted spoon. Immerse in cold water for 2-3 minutes. Peel and slice in half.

Arrange the remaining ingredients in a bowl.

Top with the egg. Drizzle around one quarter of the dressing over the salad. Serve.

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

SERVES 1



PER SERVING:  
357 Calories  
**38g Carbs**  
**13g Protein**  
**17g Fat**



# Chicken taco wrap

250g chicken mini fillets, cut into bite-sized pieces  
¼ tsp chilli powder  
¼ tsp ground cumin  
¼ tsp ground coriander  
¼ tsp paprika or smoked paprika  
1 tsp coconut oil  
2 tbsps tomato purée  
1 garlic clove, finely chopped  
2 x 40g wholemeal tortilla wraps (use gluten free wraps if preferred)  
40g ripe avocado, diced  
a sprinkle of fresh coriander, finely chopped  
3 tps crème fraîche (optional)

SERVES 2



PER SERVING:  
370 Calories  
**26g Carbs**  
**44g Protein**  
**10g Fat**

Place the chicken in a bowl.

Mix the dried spices in a separate bowl and sprinkle over the chicken. Stir well to coat the chicken in the spices.

Melt the oil in a frying pan over a medium heat. Add the chicken and fry, stirring occasionally, for 4-5 minutes, or until cooked.

Add the tomato purée and garlic. Stir well and cook for 2 minutes, stirring occasionally. Remove the frying pan from the heat.

Meanwhile, warm the tortillas under a medium / low grill for 1-2 minutes.

Spoon the chicken in a line down the centre of each wrap. Top with the avocado, coriander and crème fraîche (if using).

Fold the wrap over the chicken and wrap tightly. Serve.

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



# Vegan buddha bowl

30g uncooked wholegrain or wild rice

1 tsp coconut oil

½ a small red onion, finely chopped

40g tinned black or mixed beans (drained weight), rinsed and drained

½ tsp ground cumin

½ tsp chilli powder

½ tsp garlic granules

a pinch of sea salt and black pepper

## for the dressing:

15g tahini

2 tsps lemon juice

1 garlic clove, minced

1 tbsp cold water

1 tsp extra virgin olive oil

a small pinch of sea salt

## for the salad:

5g walnuts

a small handful of fresh spinach, roughly chopped

30g carrot, grated

4 small radishes, sliced

40g avocado, sliced

SERVES 1

PER SERVING:  
452 Calories  
48g Carbs  
11g Protein  
24g Fat



Bring a small saucepan of water to the boil. Reduce to a simmer. Add the rice, stir and cook according to packet instructions. Drain well.

While the rice is cooking, melt the oil in a frying pan over a medium heat. Add the onion and sauté for 3 minutes, stirring occasionally.

Add the beans and spices. Sauté for 3-4 minutes, stirring occasionally. Remove frying pan from the heat.

Mix the dressing ingredients in a jug.

Transfer the cooked beans and rice to a serving bowl. Add the walnuts, spinach, carrot, radishes and avocado.

Drizzle around one sixth of the dressing over the top. Serve.

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



# Beef kofta meatballs

2 tps coconut oil  
1 small red onion, finely chopped  
1 red bell-pepper, diced  
1-2 garlic cloves, finely chopped  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp garam masala  
½ tsp cayenne pepper  
1 tsp ground turmeric  
a pinch of sea salt and ground black pepper  
10g fresh ginger, finely chopped  
1 red or green chilli pepper, finely chopped  
400g lean beef mince  
1 small bunch fresh coriander, finely chopped  
200g ripe tomatoes, chopped  
100g tinned chopped tomatoes  
200ml coconut milk  
**to serve:**  
40g natural yoghurt (use dairy free if preferred)

SERVES 3

PER SERVING:  
380 Calories  
18g Carbs  
32g Protein  
20g Fat



Melt the oil in a large saucepan over a medium heat. Add the onion, bell-pepper and garlic and fry gently for 3-4 minutes, until soft.

Add the dried spices, salt, pepper, fresh ginger and chilli pepper. Stir well and cook for 2 minutes, stirring occasionally.

Transfer half of the mixture to a bowl and allow to cool for 3 minutes. Add the beef and fresh coriander. Mix well with your hands and shape into 9 oval-shaped kofta balls.

Add the fresh and tinned tomatoes and coconut milk to the leftover mixture in the frying pan and place back over a medium heat. Cook for 3-4 minutes, stirring occasionally. Add the koftas. Cover and simmer for 20 minutes, or until cooked.

*Store any leftovers 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, with lemon wedges.



# Chinese pork stir fry

3 tbsps light soy sauce or tamari,  
plus extra to serve

2 tpsps sesame oil

2 star anise

2 tpsps Chinese five spice powder

1 garlic clove, crushed

5g fresh ginger, grated

1 heaped tsp orange zest, finely  
grated

2 tpsps honey

500g pork loin steaks, visible fat  
removed and diced

2 tpsps coconut oil

## for the vegetables:

200g broccoli, cut into florets

200g cauliflower, cut into florets

1 tbsp Shaosing rice wine

1 red bell-pepper, sliced

60g beansprouts

3 spring onions, sliced

a sprinkle of sesame seeds, to serve

Place the soy sauce, sesame oil, star anise,  
Chinese five spice, garlic, ginger, orange  
zest and honey in a bowl. Stir well.

Add the pork and stir well to coat in the  
sauce. Cover and refrigerate for 20 minutes,  
or longer if you have time.

Heat half of the oil in a wok or frying pan  
over a medium heat. Add the pork and  
stir-fry for 5 minutes, or until cooked.  
Transfer to a plate and set aside.

Heat the remaining oil in the wok and add  
the broccoli and cauliflower. Add a splash of  
cold water and the Shaosing rice wine, and  
stir-fry for 4-5 minutes.

Add the bell-pepper, beansprouts and  
spring onions and stir-fry for 2-3 minutes.

Add and pork. Stir well and cook until the  
pork is heated thoroughly. Serve garnished  
with sesame seeds.

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

SERVES 3



PER SERVING:  
464 Calories  
20g Carbs  
51g Protein  
20g Fat



# Veggie quinoa chilli

2 tsps coconut oil

1 large white onion, chopped

1 green bell-pepper, diced

1 medium-sized carrot, peeled and chopped

90g quinoa, rinsed and drained

600g tinned chopped tomatoes

200g tinned black beans, drained and rinsed

200g kidney beans, drained and rinsed

2 green chilli peppers, finely chopped

500ml vegetable stock (made with one organic stock cube)

2 tsps hot chilli powder (add more if you prefer extra spicy)

¾ tsp ground cumin

1 tsp sea salt

a large pinch of ground black pepper

## to serve:

juice of 1 lime

60g ripe avocado (per person), sliced

a handful of fresh coriander, finely chopped

SERVES 4

PER SERVING:  
397 Calories  
47g Carbs  
14g Protein  
17g Fat



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

Add the bell-pepper and carrot and cook for 3-4 minutes, stirring occasionally.

Add the quinoa, tomatoes, beans, green chillis, stock and dried spices. Cover and simmer for 20 minutes. Stir well and cook uncovered for 10 minutes.

Remove the saucepan from the heat and stir in the lime juice. Taste and add more salt and pepper if required.

Serve with sliced avocado and garnished with coriander.

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

