



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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Cherry chocolate smoothie

40g pitted sweet cherries
40g frozen banana
180ml unsweetened almond milk
50g plain yoghurt (use dairy free if preferred)
1 heaped tsp cocoa powder
1½ tsps cocoa nibs
30g chocolate flavour whey or rice protein powder
5g flaxseed
a pinch of ground cinnamon
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
303 Calories
22g Carbs
29g Protein
11g Fat

Vanilla, tofu & sea salt smoothie

40g silken tofu
40g frozen banana
180ml unsweetened almond or
oat milk
a small pinch of sea salt
10g cashews
35g vanilla flavour whey or rice
protein powder
1 tsp flaxseed
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:
300 Calories
18g Carbs
30g Protein
12g Fat

Fruity cashew smoothie

60g ripe pear, core removed
40g frozen strawberries (or use fresh plus 3 ice cubes)
30g fresh kale
10g cashews
a pinch of ground cinnamon
30g vanilla flavour whey or rice protein powder (optional) or add sweetener of your choice, to taste
200ml unsweetened almond milk

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

Consume immediately.

SERVES 1



PER SERVING:
264 Calories
20g Carbs
28g Protein
8g Fat

Zesty grapefruit muffins

120g fresh grapefruit (or use tinned and drained)

200g self-raising flour (use gluten free if preferred)

60g vanilla flavour whey or rice protein powder

50g ground almonds

2 eggs

200g Greek yoghurt (use dairy free if preferred)

finely grated zest of 1 lemon

60g honey or maple syrup (or use liquid sweetener of your choice)

50g coconut oil, melted, plus extra to grease tin

3 tsps stevia (or use granulated sweetener of your choice)

30ml fresh lemon juice

MAKES 12 MUFFINS



PER MUFFIN:
202 Calories
20g Carbs
8g Protein
10g Fat

Preheat oven to 180°C/350°F. Lightly grease 12 compartments of a muffin tin with coconut oil.

Place the grapefruit in a blender and blend until smooth. Place the flour, protein powder and ground almonds in a large bowl. Make a small well in the centre of the mixture.

Beat the eggs in a separate bowl. Stir in the yoghurt. Pour the mixture into the well. Add the lemon zest, honey, melted coconut oil and blended grapefruit. Fold gently so everything is just combined, without over-mixing.

Spoon the mixture into the muffin compartments. Bake for 20-25 minutes or until golden.

Meanwhile, place the stevia and lemon juice in a saucepan over a medium heat. Stir well until dissolved. Increase the heat and cook for 2 minutes, stirring. Allow to cool. Use a skewer to make a few small holes in the top of each muffin and spoon the syrup over the top.

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



Sticky pecan bars

for the base:

150g almond flour or oat flour
(oats finely ground in a blender)
3 tbsps coconut oil or butter, melted
2 tbsps maple syrup
1 tsp vanilla extract
15ml cold water

for the filling:

100g Medjool dates, pitted
1 tsp vanilla extract
a splash of cold water
60g pecan halves
¼ tsp sea salt

MAKES 9 BARS



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

Place all of the base ingredients into a bowl and stir well until combined. Place into the baking tin and spread evenly across the base of the tin. Press down firmly to compact. Bake for 10-15 minutes or until the crust is lightly browned. Allow to cool for 10 minutes.

Place the dates and vanilla extract into a blender or food processor. Blend until smooth. Add some cold water, a little bit at a time, until the mixture turns into a paste and is spreadable.

Add 40g pecans to the blender and pulse to break up the pecans.

Pour the date filling over the chilled base layer. Spread evenly to cover. Sprinkle the sea salt and remaining pecans over the top. Bake for 15 minutes. Allow to cool then 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:
187 Calories
19g Carbs
3g Protein
11g Fat



Creamy lime bars



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for the base:

150g almond flour or oat flour
(oats finely ground in a blender)
2½ tbsps coconut oil, melted
3 tbsps honey or agave nectar
1 tsp vanilla extract
a small pinch of sea salt

for the filling:

2 egg yolks
90g cream cheese, softened to
room temperature
200ml coconut milk
1½ tbsps honey or agave nectar
juice of 2 fresh limes
a small pinch of sea salt
15g unsweetened shredded
coconut

for the topping:

grated zest of 2 limes

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

Place the base ingredients in a bowl. Using your hands, mix well to form a dough. Add a small amount of cold water if the mixture is too crumbly. Transfer to the tin and flatten with a spatula to an even thickness, ensuring the base is covered.

Bake for 10 minutes then allow to cool.

Meanwhile, place the egg yolks in a bowl and beat with a fork for 30 seconds. Add the remaining filling ingredients, except for the shredded coconut. Mix with a balloon whisk until smooth. Stir in the shredded coconut. Pour the filling over the base.

Bake for 20 minutes or until firm to the touch. Allow to cool for 10 minutes then refrigerate for 2 hours. Top with the grated zest. Cut into 8 slices and serve.

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

MAKES 8 SLICES



PER SLICE:
215 Calories
16g Carbs
4g Protein
15g Fat



Tahini choc chip porridge



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60g oats (use gluten free if preferred)
150ml unsweetened almond milk
15g tahini
10g dark chocolate (minimum 75% cocoa solids), cut into chunks
5g pecans or walnuts
40g banana, sliced
a sprinkle of chia seeds
5g shelled hempseed

SERVES 1

Place the oats and milk in a saucepan over a medium heat and stir.

Cook for 4-5 minutes, stirring frequently until thick. Add more milk during cooking time, if required.

Remove the saucepan from the heat and stir in the tahini.

Transfer to a serving bowl.

Top with the dark chocolate, nuts, banana, chia seeds and hempseed. Serve.

Consume immediately.



PER SERVING:
494 Calories
50g Carbs
15g Protein
26g Fat

Low carb BLT breakfast sandwich

for the 'bread' slices:

2 eggs

1 egg white

a pinch of sea salt and ground black pepper

½ tsp ground flaxseed

1 tsp cream cheese, at room temperature

½ tsp coconut oil

for the filling:

2 rashers unsmoked back bacon

½ a ripe salad tomato, thinly sliced

a few iceberg lettuce leaves, torn

1 tsp mayonnaise (optional)

SERVES 1

Beat the eggs and egg white in a jug. Add the salt, pepper, flaxseed and cream cheese and mix well.

Melt half of the oil in a frying pan over a medium heat. Add half of the egg mixture and tilt the pan gently to form a circular shape.

Cook for 2-3 minutes or until firm on the underside. Turn using a fish slice and cook for 2 minutes on the other side or until golden. Remove from the pan and transfer to a plate lined with kitchen roll.

Repeat the above step with the remaining oil and egg mixture.

Place the pan back over a medium heat. Add the bacon and fry until crispy.

Place one of the fried egg slices on a serving plate. Top with the bacon, tomato, lettuce and mayonnaise. Place the other egg slice on the top. Cut in half and serve.

Consume immediately.



PER SERVING:
412 Calories
3g Carbs
37g Protein
28g Fat



Spiced scrambled eggs

½ tsp coconut oil
1 garlic clove, finely chopped
¼ tsp ground cumin
¼ tsp garam masala
½ tsp ground turmeric
a small pinch of sea salt and
ground black pepper
½ a ripe salad tomato, chopped
a small handful of fresh spinach,
roughly chopped
3 eggs
a small handful of fresh coriander,
roughly chopped

SERVES 1

Heat a frying pan over a medium heat and add the oil.

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

Add the spices and cook for 30 seconds, stirring frequently.

Add the tomato and spinach and fry for 2 minutes, stirring frequently until the spinach has wilted.

Add the eggs and reduce the heat. Stir the eggs to scramble them as they cook.

Transfer to a plate. Serve garnished with coriander.

Consume immediately.



PER SERVING:
253 Calories
5g Carbs
20g Protein
17g Fat

Italian omelette



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1½ tsps coconut oil

for the omelette:

60g chickpea flour

180ml unsweetened almond milk
or cold water

2 heaped tsps nutritional yeast

¼ tsp ground turmeric

¼ tsp garlic granules

¼ tsp baking soda

a pinch of sea salt and ground
black pepper

for the filling:

¼ small red onion, finely chopped

60g ripe tomato, chopped

a small handful of fresh spinach,
finely chopped

a few fresh basil leaves and stalks,
chopped

a small handful of fresh coriander,
finely chopped

1 lemon wedge, to serve

SERVES 1

Place all of the omelette ingredients in a large bowl. Whisk well with a balloon whisk, to remove any lumps.

Heat half of the oil in a large frying pan over a medium heat. Add the red onion and sauté gently for 3-4 minutes, stirring occasionally. Add the tomato, spinach and fresh basil and fry gently for 1 minute, or until the spinach has wilted. Transfer the contents of the pan to a plate.

Heat the remaining oil in an ovenproof frying pan or skillet over a medium/high heat. Once the pan is hot, reduce the heat to medium. Pour in the omelette batter and allow to cook for 3-4 minutes, or until the underside is golden and firm and bubbles appear on the surface.

Place the pan under a medium grill and cook until the surface turns golden and firm.

Spoon the cooked tomato mixture over one half of the omelette and add the coriander. Using a fish slice, fold the 'empty' half of the omelette up and over the filling. Transfer to a plate. Serve with a wedge of lemon.

Consume immediately.



PER SERVING:
348 Calories
47g Carbs
13g Protein
12g Fat



Thick tomato & lentil soup

1 tsp coconut oil
1 medium-sized white onion, finely chopped
200g red lentils (uncooked), rinsed thoroughly
650ml vegetable stock (made with 1 organic stock cube)
800g tinned chopped tomatoes
a pinch of sea salt
a pinch of ground black pepper
a small bunch of fresh coriander

to serve:

1 tbsp (per person) Greek yoghurt
(use dairy free if preferred)

SERVES 3



PER SERVING:
233 Calories
30g Carbs
17g Protein
5g 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 lentils and stock, and bring to a gentle simmer. Cook uncovered for 10 minutes, then cover and cook for 10-15 minutes or until the lentils are tender. Add a splash of water during cooking time, if required.

Remove the saucepan from heat and allow to cool for 15 minutes.

Add the remaining ingredients and stir. Transfer to a blender or food processor and blend until smooth.

Return to the saucepan and heat well before serving. Serve topped with yoghurt.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



Salmon & quinoa bowl

for the quinoa bowl:

50g quinoa (uncooked weight)

1 egg

60g smoked salmon, chopped

¼ small ripe avocado, sliced
a small handful of fresh spinach,
chopped

5 cherry tomatoes, halved

1 tsp sunflower seeds

for the dressing:

2½ tbsps Greek yoghurt (use dairy
free if preferred)

juice of ½ lemon

¼ tsp Dijon mustard

1 sprig of fresh dill, finely chopped
(or use ½ tsp dried dill)

a small pinch of sea salt and ground
black pepper

Place the quinoa in a pan of boiling water and cook according to the packet instructions. Drain well and transfer to a serving bowl.

Meanwhile, place the egg in a small saucepan of boiling water and cook for 7 minutes. Remove from the pan with a slotted spoon. Immerse in cold water for 1-2 minutes, then peel and slice.

Add the spinach, tomatoes, egg, salmon and avocado to the serving bowl.

Mix the dressing ingredients in a bowl and spoon half onto the salmon.

Sprinkle the sunflower seeds over the top and serve.

Store any remaining salad and dressing in separate airtight containers and refrigerate for up to 2 days.

SERVES 1



PER SERVING:
462 Calories
33g Carbs
33g Protein
22g Fat



Guacamole stuffed chicken

2 x 200g fresh chicken breasts
½ tsp dried oregano
½ tsp chilli powder
½ tsp garlic powder
¼ tsp ground cumin
a pinch of sea salt
70g ripe avocado, diced
20g sun-dried tomatoes in oil,
drained and chopped
2 tbsps fresh coriander, finely
chopped

SERVES 2

Preheat oven to 180°C/350°F.

Use a sharp knife to slice a pocket into the thick side of each chicken breast. Take care not to cut all of the way through the chicken.

Mix the dried spices in a bowl. Sprinkle the seasoning over the chicken.

Place the chicken on an oven tray lined with tin foil.

Place the avocado, sun-dried tomatoes and coriander in a bowl and stir gently.

Stuff the mixture into the chicken breasts and close the pockets as much as possible. Secure with toothpicks if desired.

Bake for 25-30 minutes, or until the chicken is cooked thoroughly. Serve.

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



PER SERVING:
379 Calories
3g Carbs
58g Protein
15g Fat

Fragrant lamb keema

½ tsp ghee or coconut oil
1 medium-sized white onion,
chopped
a thumb-sized piece of fresh ginger,
peeled and finely chopped
2 cloves garlic, finely chopped
½ -1 green chilli, finely chopped
500g lean lamb mince
a pinch of sea salt and ground black
pepper
2 tsps garam masala
1 tsp ground turmeric
200g tinned chopped tomatoes
1 organic lamb stock cube
1 heaped tbsp plain yoghurt (use
dairy free if preferred)
70g frozen peas
a small handful of fresh coriander,
finely chopped

SERVES 3



PER SERVING:
436 Calories
14g Carbs
50g Protein
20g Fat



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

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

Add the lamb mince. Using a wooden spoon, break the mince up finely. Stir as the mince cooks, until browned.

Add the spices and stir well. Cook for 1 minute.

Add the tinned tomatoes and crumble in the stock cube. Stir and cook for 1 minute.

Add the yoghurt and peas and cook for 2-3 minutes, stirring occasionally.

Serve garnished with coriander.

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.



Indian chickpea stew

2 tps coconut oil
1 medium-sized white onion, finely chopped
1½ tps ground turmeric
20g fresh ginger, finely chopped
2 garlic cloves, finely chopped
400g tinned chopped tomatoes
800g tinned chickpeas, rinsed and drained
2 tbsps garam masala
1 tsp coriander powder
2 tps ground cumin
1 tsp sea salt
½ tsp ground cinnamon
2 tps shelled hempseed (optional)
a small bunch of fresh coriander, roughly chopped

Heat the oil in a large saucepan over a medium heat. Add the onion and turmeric and stir well. Cook for 3-4 minutes, stirring occasionally.

Add the ginger and garlic. Cook for 2 minutes, stirring frequently.

Add the tinned tomatoes and chickpeas and bring to a simmer. Cook for 5 minutes. Reduce heat to medium/low.

Add the remaining ingredients, except for the shelled hempseed and fresh coriander. Stir well, cover and cook for 10 minutes.

Serve topped with the shelled hempseed (if using) and garnish with coriander.

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

SERVES 2



PER SERVING:
452 Calories
53g Carbs
24g Protein
15g Fat

