

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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Green detox smoothie

40g cucumber
juice of ½ a lemon
15g dried chopped dates
50g pineapple
20g kale or spinach
100ml green tea, brewed for 5-10
minutes and allowed to cool
2-3 ice cubes (optional)

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

Consume immediately.

SERVES 1



PER SERVING:
100 Calories
23g Carbs
2g Protein
0g Fat



Rejuvenating smoothie

60g frozen banana
60g Greek yoghurt (use dairy free if preferred)
130ml unsweetened almond milk (or use milk of your choice)
15g oats (use gluten free if preferred)
1 tsp flaxseed
½ tsp ground cinnamon
¼ tsp ground nutmeg
1 tsp vanilla extract
20g vanilla flavour whey or rice protein powder (optional)
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
307 Calories
30g Carbs
22g Protein
11g Fat



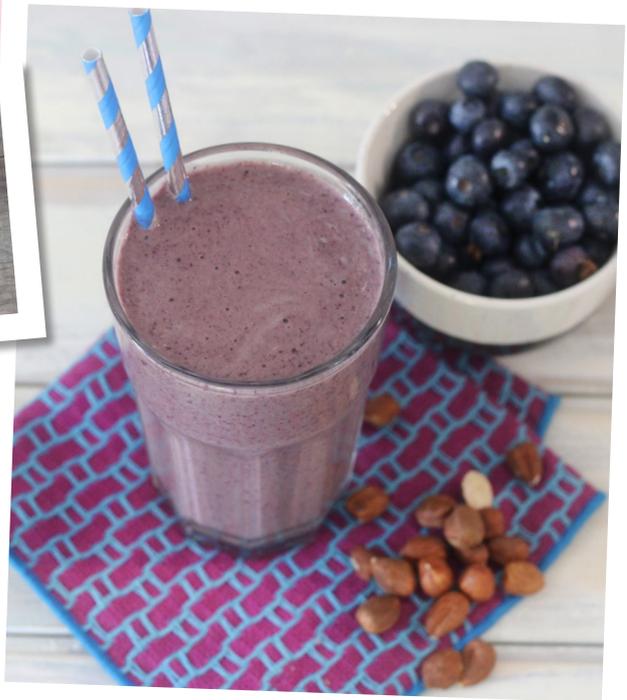
Hazelnut & berry smoothie

80g frozen banana
30g ripe avocado
15g hazelnuts
1 tsp cocoa powder
25g vanilla flavour whey or rice protein powder (optional)
140ml unsweetened almond milk (or use milk of your choice)
40g fresh or frozen blueberries
a small pinch of sea salt
3 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
377 Calories
31g Carbs
25g Protein
17g Fat

Flourless coconut, lemon & apple cake

100g oats (use gluten free if preferred)

1 tsp coconut oil, to grease tin

80g bramley apple, peeled and chopped

¼ tsp baking powder

10g stevia (or use natural sweetener of your choice)

¼ tsp sea salt

3 tps lemon zest, finely grated

2 tps poppy or chia seeds

50ml unsweetened almond milk (or use milk of your choice)

2 tbsps lemon juice

1 egg

1 tsp vanilla extract

for the topping:

60g coconut cream (use the fat part from a tin of coconut milk)

40g cream cheese (use dairy free if preferred)

sweeten to taste with natural sweetener of your choice

Place the topping ingredients in a bowl. Blend well until creamy, using an electric hand blender. Cover and refrigerate.

Place the oats in a blender and blend until finely ground. Preheat oven to 180°C/350°F. Grease a 15x15cm square baking tin with coconut oil.

Bring a small saucepan of water to the boil. Add the apple and simmer over a medium heat for 4 minutes or until the apple is soft. Drain and allow to cool in the sieve. When the apple is cool, mash well in a bowl, removing all lumps.

Place the oats, baking powder, stevia and sea salt in a bowl and mix well. Stir in the lemon zest and seeds (reserve a few seeds for the topping). Place the remaining ingredients in a bowl and blend well using an electric hand blender.

Transfer the mixture to the baking tin. Bake for 25-35 minutes, or until a toothpick inserted comes out clean. Allow to cool completely. Add the topping and sprinkle with the remaining seeds. Refrigerate until ready to serve.

MAKES 9 SLICES

PER SLICE:

93 Calories

9g Carbs

3g Protein

5g Fat



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



Dreamy chocolate protein mousse

for the mousse:

60g ripe banana, mashed well
200g Greek yoghurt (use dairy free if preferred)
40ml tinned unsweetened coconut milk
30g chocolate or vanilla flavour whey or rice protein powder
2 heaped tps cocoa powder

for the topping:

½ tsp dark chocolate (minimum 70% cocoa), finely grated
30g fresh blueberries, raspberries or strawberries

Place the mousse ingredients in a large bowl. Mix well using an electric hand blender, until smooth and creamy.

Refrigerate for 1 hour or more.

Serve topped with dark chocolate and fresh berries.

Cover any leftovers and refrigerate for up to 2 days.

SERVES 2



PER SERVING:
246 Calories
18g Carbs
21g Protein
10g Fat

Chocolate orange bars

100g oats (use gluten free if preferred)
40g vanilla or chocolate flavour whey or rice protein powder
20g cocoa powder
25g almonds, finely chopped
the juice of 1 navel orange
20ml unsweetened almond milk (or use milk of your choice)
50g dark chocolate (minimum 70% cocoa)
2 tsps orange zest, finely grated

MAKES 6 BARS



PER BAR:
172 Calories
15g Carbs
10g Protein
8g Fat

Line a baking tray with baking paper.

Place the oats in a blender and blend until finely ground.

Combine the oats, protein powder, cocoa powder, almonds and orange juice in a bowl.

Add half of the milk and mix well. Add more milk if required, until the mixture resembles a bread dough.

Shape the mixture into 6 bars on the tray. Covering the bars with clingfilm before shaping, makes this step easier.

Place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water. Stir well until melted. Carefully remove the saucepan from the water and allow the mixture to cool for 10 minutes.

Coat the protein bars with the melted chocolate. Sprinkle the orange zest over the top. Freeze until firm.

Store any leftovers in an airtight container and freeze for up to 3 weeks.



Quick crunchy muesli

50g oats (use gluten free if preferred)
25g vanilla or strawberry flavour whey or rice protein powder (optional)
130ml unsweetened almond milk (or use milk of your choice)
10g brazil nuts or cashews, roughly chopped
10g almonds or hazelnuts, roughly chopped
10g raisins or sultanas

Mix the oats, protein powder (if using) and milk in a bowl.

Allow to stand for 10 minutes. Leave to stand for longer if a thicker consistency is desired. Add a splash more milk if the mixture becomes too thick.

Stir in the remaining ingredients and serve.

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

SERVES 1



PER SERVING:
451 Calories
39g Carbs
31g Protein
19g Fat

Oatless nut porridge

10g flaxseed
15g walnuts and / or pecans
5g unsweetened coconut flakes or desiccated coconut
½ tsp ground cinnamon
1 egg
2 egg whites
60ml unsweetened almond milk (or use milk of your choice)
10g cashew or almond butter
60g ripe banana, mashed
½ tsp chia seeds
for the topping:
25g fresh berries of your choice

SERVES 1

Place the flaxseed, nuts, coconut flakes and cinnamon in a blender or food processor. Blend well until coarsely ground.

Place the egg, egg whites, milk, nut butter and banana in a bowl and blend well using an electric hand blender.

Add the ground nut mixture and chia seeds and stir well until combined.

Transfer the mixture to a saucepan and cook over a medium/low heat, stirring continuously until thick and creamy. Add more milk during cooking time, if the mixture becomes too thick.

Serve topped with fresh berries.

Consume immediately.



PER SERVING:
460 Calories
31g Carbs
21g Protein
28g Fat



Creamy baked eggs

1 tsp coconut oil or butter
a small handful kale or spinach
leaves, chopped
60g mushrooms (any variety),
roughly chopped
1 spring onion, roughly chopped
a pinch of sea salt and ground
black pepper
1 garlic clove, finely chopped
a small pinch of dried thyme or
mixed herbs
2 tps crème fraîche
15g Cheddar or Swiss cheese,
grated (use dairy free if preferred)
2 eggs

SERVES 1

Melt the oil/ butter in a large frying pan over a medium heat.

Add the kale, mushrooms, spring onion, salt and pepper, and stir well. Cook for 4-5 minutes, stirring frequently until softened.

Add the garlic and dried herbs. Cook for 2-3 minutes, stirring continuously.

Add the crème fraîche, stir and remove the pan from the heat. Top with the grated cheese.

Using a spoon, make two wells in the mixture. Carefully crack an egg into each well.

Cover with a lid and cook over a low heat for 4-5 minutes, or until the eggs are cooked to your liking. Serve.

Consume immediately.



PER SERVING:
311 Calories
6g Carbs
20g Protein
23g Fat



Chicken pizza

½ tsp coconut oil
2 garlic cloves, finely chopped
200ml passata (or use tinned tomatoes, blended)
2 tbsps tomato purée
a pinch of sea salt and ground black pepper
6 large eggs
2 tps Italian seasoning
1 tsp coconut oil
50g cooked chicken breast, shredded
60g Mozzarella balls, torn into small chunks
a small handful of fresh basil leaves

SERVES 3



PER SERVING:
247 Calories
6g Carbs
22g Protein
15g Fat

Heat ½ tsp coconut oil in an ovenproof frying pan or skillet over a medium heat. Add the garlic and fry gently for 1 minute, stirring frequently.

Add the passata and tomato purée. Simmer gently for around 5 minutes, or until the sauce has thickened. Remove the pan from the heat and season with salt and pepper. Stir and set aside to cool.

Preheat oven to 200°C/400°F. Place the eggs and Italian seasoning in a bowl and beat well with a fork.

Melt the remaining coconut oil in a large frying pan over a medium heat. Add the eggs, ensuring they cover the base. Cook for 4-5 minutes, or until the eggs are just cooked in the centre.

Cover the egg base with the tomato sauce. Top with the cooked chicken and Mozzarella chunks. Bake for 5-10 minutes, or until the cheese has melted. Serve topped with fresh basil leaves.

Cover and refrigerate any leftovers for up to 1 day.



Curried frittata with avocado salsa

½ tsp coconut oil, to grease dish
1 tsp coconut oil
½ a small red onion, finely chopped
200g turkey breast mince
1 tsp medium curry powder
a small pinch of sea salt and ground black pepper
4 eggs
2 egg whites
50ml unsweetened tinned coconut milk

for the salsa:

2 ripe salad tomatoes, diced
½ a small red chilli, finely chopped
1-2 tbsps fresh coriander, finely chopped
juice of 1 lime
70g ripe avocado, diced
a small pinch of sea salt

SERVES 3



PER SERVING:
308 Calories
10g Carbs
31g Protein
16g Fat

Preheat oven to 200°C/400°F. Grease a medium-sized baking dish or skillet with coconut oil. Melt the remaining coconut oil in a large frying pan. Add the onion and fry gently for 3-5 minutes, stirring occasionally until soft. Transfer to a plate and set aside.

Add the mince and cook for 3-4 minutes. Use a wooden spoon to break up the mince into small pieces as it cooks. Stir in the curry powder, salt and pepper. Remove pan from heat and stir in the cooked onion. Transfer the mixture to the baking dish and spread evenly to cover the base.

Crack the eggs and egg whites into a large bowl. Add the coconut milk. Using an electric hand blender, mix well until light and frothy.

Pour the egg mixture over the mince. Bake for 30-35 minutes, or until cooked.

Mix the salsa ingredients in a bowl and cover until ready to serve.

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



Lentil salad

150g cauliflower, cut into small florets

½ a small red onion, sliced

a drizzle of olive oil

a pinch of ground black pepper

¼ tsp ground cumin

¼ tsp ground coriander

¼ tsp garam masala

¼ tsp chilli powder

¼ tsp ground turmeric

50g red split lentils

¼ tsp sea salt

½ a red bell-pepper, chopped

1 tsp sunflower seeds

for the dressing:

1 tbsp white wine vinegar

¼ tsp sea salt

¼ tsp ground cumin

¼ tsp ground coriander

½ tsp garam masala

¼ tsp red chilli powder

¼ tsp turmeric

1 clove garlic, minced

2 tsps olive oil

Preheat oven to 150°C/300°F. Place the cauliflower florets and red onion onto a large baking tray lined with foil. Drizzle with olive oil and season with pepper. Roast for 25-30 minutes.

Meanwhile, pour 270ml cold water into a saucepan. Add the cumin, coriander, garam masala, chilli powder and turmeric. Bring to a gentle simmer. Add the lentils and stir. Cover and simmer for 15 minutes or until the lentils are cooked and most of the liquid has evaporated. Remove pan from heat and add the salt. Allow to stand for 1 minute then fluff with a fork.

Mix together the dressing ingredients in a jug. Place the roasted cauliflower and onion in a large bowl. Add the bell-pepper and dressing. Stir and allow to marinate for 10 minutes.

Transfer the mixture to a serving bowl. Top with the cooked lentils and sunflower seeds. Serve.

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

SERVES 1

PER SERVING:
296 Calories
38g Carbs
18g Protein
8g Fat



Quick Chinese stir fry

1 tsp sesame oil
320g fresh chicken or turkey breast, diced
60g mushrooms (any variety), sliced
15ml Shaosing rice wine vinegar
½ tsp Chinese 5 spice
1 tbsp soy sauce or tamari
½ tsp garlic granules
a good pinch of sea salt and ground black pepper
½ -1 tsp ground red chilli flakes
200g vegetable stir fry mix
3 spring onions, finely chopped
100g (drained weight) tinned water chestnuts, drained well

SERVES 2

Heat the oil in a wok or frying pan over a medium heat. Add the meat and cook for 4-5 minutes, stirring occasionally.

Add the mushrooms and fry for 3 minutes, stirring occasionally.

Add the rice wine vinegar, Chinese 5 spice, soy sauce, garlic granules, salt, pepper and chilli flakes. Stir well.

Add the stir fry vegetables, spring onions and water chestnuts. Stir-fry for 4-5 minutes, or until the vegetables are tender. Serve.

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

Serving suggestion:

Enjoy on its own or serve with steamed rice or noodles of your choice.



PER SERVING:
380 Calories
13g Carbs
55g Protein
12g Fat



Easy cashew chicken



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25g cashews

1½ tsps coconut oil

100g white onion, roughly chopped

300g mini chicken fillets, cut into bite-sized pieces

100g green bell-pepper, roughly chopped

3 spring onions, chopped

½ tsp ground ginger

½-1 tsp ground red chilli flakes

1 tsp garlic granules

a large pinch of sea salt and ground black pepper

1 tbsp Shaosing rice wine vinegar

2 tsps soy sauce or tamari

2 tsps sesame oil

a sprinkle of sesame seeds

SERVES 2



PER SERVING:
432 Calories
18g Carbs
54g Protein
16g Fat

Place a frying pan over a low heat. Add the cashews and toast gently for 2-3 minutes, stirring occasionally. Remove pan from heat and allow to cool.

Place the pan back over the heat. Add half of the oil and heat until melted. Add the onion and fry gently for 4-5 minutes, stirring frequently until softened.

Add the remaining oil and increase heat to medium/high. Add the chicken and cook for 6-8 minutes, stirring frequently until cooked thoroughly.

Add the bell-pepper, spring onions, ginger, chilli flakes, garlic granules, salt and pepper. Stir well and cook for 1 minute.

Add the rice wine vinegar, soy sauce and sesame oil. Cook for 3 minutes, stirring frequently. Add the cashews, and cook for 2 minutes, stirring frequently. Serve topped with sesame seeds.

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



Italian hasselback chicken

2 x 170g chicken breasts
2 small ripe tomatoes, thinly sliced
and cut into halves
70g Mozzarella cheese, cut into
thin discs
2 tps olive oil
1 tsp dried mixed herbs
a pinch of sea salt and ground
black pepper
a few fresh basil leaves, to serve

SERVES 2



Preheat oven to 200°C/400°F. Line an ovenproof dish with foil.

Place the chicken breasts onto a chopping board. Make 3-4 deep incisions along the top of each chicken breast, approximately 1½ cms apart, taking care not to cut all the way through the chicken.

Place a slice of tomato and Mozzarella disc into each incision. Transfer the chicken to the ovenproof dish.

Mix the oil, mixed herbs, salt and pepper in a jug. Drizzle over the chicken. Bake for around 25 minutes, or until the chicken is thoroughly cooked. Serve garnished with basil leaves.

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

Serving suggestion:

Serve with a big leafy salad or vegetables of your choice.



PER SERVING:
343 Calories
6g Carbs
46g Protein
15g Fat