

FITNESS  
EXPERIENCE

# HEALTHY RECIPE BOOK



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### **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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# Creamy coconut orange smoothie

juice of 1 large navel orange  
180ml unsweetened coconut milk  
(long-life drink)  
50g frozen banana  
60g Greek yoghurt (use dairy free  
if preferred)  
25g vanilla flavour whey or rice  
protein powder (optional)  
10g unsweetened coconut flakes  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
309 Calories  
29g Carbs  
28g Protein  
9g Fat

# Mexican raspberry & chocolate smoothie

40g fresh or frozen raspberries  
½ tsp ground cinnamon  
½ tsp ground ginger  
a small pinch of cayenne pepper,  
to taste  
1 tsp cocoa powder  
30g chocolate flavour whey or rice  
protein powder (optional)  
180ml unsweetened almond milk  
a small pinch of ground black  
pepper  
½ tsp cocoa nibs plus a  
sprinkle for the topping  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
219 Calories  
**12g Carbs**  
**27g Protein**  
**7g Fat**



# Cocoa chia smoothie

60g frozen banana  
30g baby spinach leaves  
1 tsp chia seeds  
2 tps cocoa nibs  
120ml unsweetened almond milk  
(or use milk of your choice)  
30g vanilla flavour whey or rice  
protein powder (optional)  
1 tsp vanilla extract  
a pinch of sea salt  
3 ice cubes

SERVES 1

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

*Consume immediately.*



PER SERVING:  
257 Calories  
24g Carbs  
29g Protein  
5g Fat

# Creamy cashew & blueberry bars

60g cashews  
50g ground almonds  
50g Medjool or Deglet Nour dates,  
pitted  
1 tbsp coconut oil, melted  
1 tbsp unsweetened almond milk  
40g vanilla flavour whey or rice  
protein powder  
1 tsp vanilla extract  
a small pinch of sea salt  
35g dried blueberries

MAKES 9 BARS

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

Place all of the ingredients, except for the dried blueberries, in a high speed blender or food processor and blend until a dough forms.

Add a splash more milk if the dough is too dry or more ground almonds if the dough is too sticky.

Stir in the blueberries.

Transfer the dough to the tin and spread evenly to cover the base. Refrigerate for one hour or until firm.

Cut into 9 bars.

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



PER BAR:  
136 Calories  
**10g Carbs**  
**6g Protein**  
**8g Fat**

# Mountain bars



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100g oats (use gluten free if preferred)  
40g ripe banana, mashed  
30g almonds or cashews, roughly chopped  
25g dark chocolate, cut into small chunks  
40g dried figs, roughly chopped  
25g sunflower seeds  
25g maple syrup or honey  
50g nut butter of your choice  
15g flaxseed  
¼ tsp ground cinnamon  
¼ tsp sea salt  
1 tbsp coconut oil, melted

Line the base of a loaf tin with baking paper.

Place the ingredients in a large bowl and mix well.

Transfer to the loaf tin. Level the surface with a spoon.

Refrigerate for 30 minutes or until firm. Cut into 6 bars.

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

MAKES 6 BARS



PER BAR:  
255 Calories  
23g Carbs  
7g Protein  
15g Fat

# Creamy coconut protein counters

50g unsweetened coconut flakes  
30g cashews  
25g vanilla flavour whey or rice protein powder  
½ tsp vanilla extract  
a sprinkle of desiccated coconut, to coat (optional)

MAKES 7 COUNTERS



PER COUNTER:  
82 Calories  
3g Carbs  
4g Protein  
6g Fat

Line a baking tray with baking paper.

Place the coconut flakes in a high speed blender or food processor and blend for 5 minutes.

Add the cashews and blend for 2 minutes.

Add the protein powder, vanilla extract and a splash of cold water.

Pulse gently until a dough forms. If the dough is crumbly, add a few more drops of cold water.

Roll the mixture into 7 balls. Place each ball onto the baking tray and press down gently into a disc.

Sprinkle the desiccated coconut over the counters (if using) and gently press into the surface.

Refrigerate for one hour or until firm.

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



# Creamy orange smoothie bowl

2 tangerine or satsuma oranges,  
peel and pith removed  
35g frozen banana  
5g flaked almonds  
50g frozen peach or mango slices  
20ml unsweetened coconut milk  
(long-life drink) or unsweetened  
almond milk  
10g cashews  
25g vanilla flavour whey or rice  
protein powder (optional)  
70g Greek yoghurt (use dairy free  
if preferred)

## for the topping:

a sprinkle of flaked almonds  
a sprinkle of sunflower seeds

SERVES 1



PER SERVING:  
375 Calories  
37g Carbs  
32g Protein  
11g Fat

Put all of the ingredients in a blender or food processor, reserving a few orange segments for the topping.

Blend well until creamy.

Transfer to a serving bowl. Add the toppings and serve.

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



# Salted caramel porridge

50g oats (use gluten free if preferred)  
140ml unsweetened almond milk (or use milk of your choice)  
1 tsp ground flaxseed  
1 egg white  
1 tsp cocoa nibs  
**for the sauce:**  
60g Medjool or Deglet Nour dates, pitted  
a pinch of sea salt  
70ml unsweetened almond milk

**SERVES 1**

Place the sauce ingredients in a blender and blend well for around 5-6 minutes, pausing occasionally to scrape down the sides.

Place the oats and milk in a saucepan over a medium heat. Cook for 3-4 minutes, stirring until the porridge has thickened. Add a splash of milk if the porridge is too thick.

Remove from the heat and stir in the flaxseed. Add the egg white and stir briskly, until blended thoroughly. Taste and add sweetener, if required.

Transfer to a bowl. Drizzle one third of the sauce over the porridge. Sprinkle the cocoa nibs over the porridge. Serve.

*Consume the porridge immediately. Store any leftover caramel sauce in an airtight container and refrigerate for up to 3 days.*



PER SERVING  
WITH 1/3 OF  
THE SAUCE:  
264 Calories  
36g Carbs  
12g Protein  
8g Fat

# Egg breakfast bowl

2 tps coconut oil  
130g cauliflower, roughly chopped  
½ tsp ground turmeric  
½ tsp medium curry powder  
a pinch of sea salt and ground black pepper  
40g red onion, sliced  
50g fresh spinach  
2 eggs  
40g ripe avocado, sliced

SERVES 1



Melt half of the oil in a frying pan over a medium heat. Add the cauliflower, turmeric, curry powder, salt and pepper. Fry gently for 3-4 minutes, stirring frequently.

Add the onion and sauté for 3-4 minutes, stirring frequently.

Add the spinach and cook, stirring frequently, until the spinach has wilted.

Transfer the contents of the pan to a serving bowl.

Add the remaining oil to the frying pan. Crack the eggs carefully into the pan. Fry until the yolks are cooked to your liking.

Transfer the cooked eggs to the serving bowl. Top with sliced avocado. Serve.

*Consume immediately.*



PER SERVING:  
365 Calories  
17g Carbs  
18g Protein  
25g Fat

# Wasabi salmon grain bowl

35g uncooked brown rice  
1 tsp coconut oil  
4 cloves garlic, minced  
2 spring onions, sliced  
a small handful of spinach leaves  
¼ tsp sea salt

## for the dressing:

1 tsp sesame oil  
1 heaped tsp tahini  
2 tbsps Shaosing rice wine  
2-3 tps wasabi paste, to taste  
1-2 tps nutritional yeast (optional),  
to taste  
1 tsp maple syrup

## to serve:

60g smoked salmon  
60g red or yellow bell-pepper,  
diced  
25g cucumber, sliced  
a sprinkle of sesame seeds  
a squeeze of fresh lime or  
lemon juice

SERVES 1

PER SERVING:  
509 Calories  
51g Carbs  
29g Protein  
21g Fat



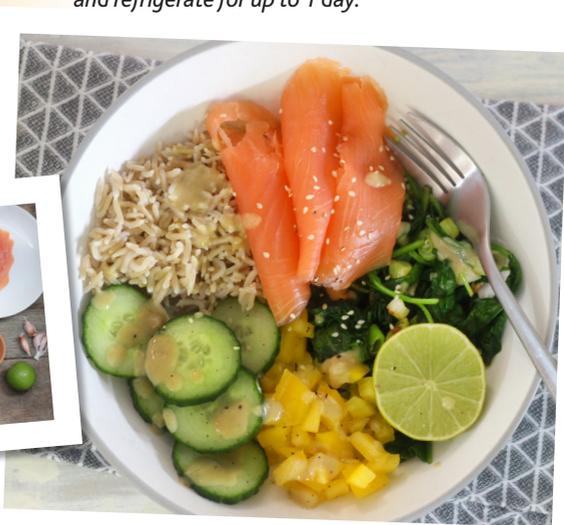
Place the rice in a small saucepan of boiling water. Reduce heat to medium / low and simmer for 20-25 minutes, or until cooked. Drain and rinse well in recently boiled water.

While the rice is cooking, heat the oil in a frying pan over a medium heat / low heat. Add the garlic and spring onions and fry gently for 2-3 minutes, stirring frequently. Add the spinach and cook until wilted. Stir in the sea salt. Transfer to a serving bowl.

Mix the dressing ingredients in a bowl.

Add the cooked rice to the serving bowl. Top with salmon, bell-pepper, cucumber and sesame seeds. Squeeze the lime/lemon juice over the salmon. Add the dressing. Serve.

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



# Stuffed peppers

1 red bell-pepper, diced  
2 garlic cloves, skin on  
1 medium-sized red onion, diced  
1½ tbsps olive oil  
a large pinch of ground black pepper  
a large pinch of sea salt  
45g sun-dried tomatoes in oil, drained and chopped  
30g nutritional yeast  
a small bunch of fresh coriander, finely chopped  
20g black pitted olives, chopped or left whole  
2 green bell-peppers

MAKES 2 STUFFED PEPPERS



PER STUFFED PEPPER:  
345 Calories  
35g Carbs  
13g Protein  
17g Fat

Preheat oven to 200°C/400°F.

Place the red bell-pepper, garlic and red onion onto a baking tray lined with tin foil. Spread in an even layer. Drizzle with olive oil and season with salt and pepper.

Roast for 15-20 minutes or until soft. Stir halfway through cooking time.

Peel and discard the skins from the garlic and chop the garlic finely.

Transfer the roasted vegetables to a large bowl. Add the sun-dried tomatoes, nutritional yeast, coriander and olives and stir well.

Slice the tops off the green bell-peppers and discard. Remove the core, pith and seeds and discard. Place the peppers in a baking dish.

Spoon the vegetable mixture into each pepper. Cover loosely with foil and bake for 35-45 minutes. Serve.

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



# Chicken & edamame spaghetti salad

100g roast chicken breast, skin removed and sliced  
70g cucumber, spiralised or cut into long strips with a potato peeler  
80g shelled edamame beans  
50g red or yellow bell-pepper, finely sliced  
1 tsp jalapeño pepper, chopped  
40g ripe avocado, sliced

## for the dressing:

10ml avocado or extra virgin olive oil  
10ml Shaosing rice wine  
1 tsp toasted sesame oil  
juice of ½ a lime  
½ tsp wholegrain mustard  
1 tbsp soy sauce or tamari

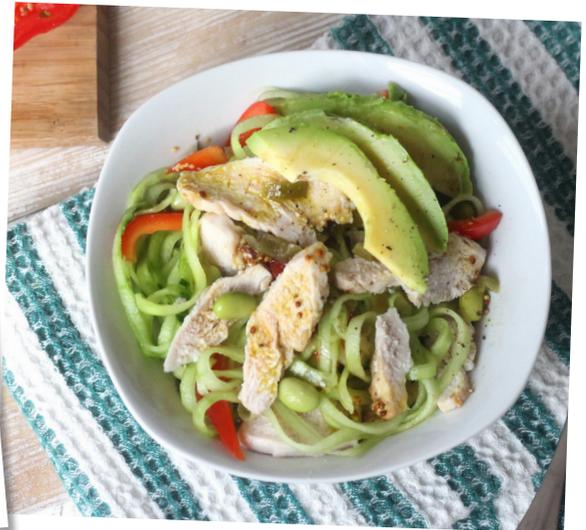
SERVES 1

Mix the dressing ingredients in a bowl.

Assemble the remaining ingredients in a serving bowl.

Drizzle one third of the dressing (approximately 1 tbsp) over the salad. Toss lightly and serve.

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



PER SERVING  
(WITH 1 TBSP  
DRESSING):  
362 Calories  
16g Carbs  
34g Protein  
18g Fat

# Oriental tofu stir fry

30g vermicelli rice noodles  
2 tps coconut oil  
180g firm tofu, cut into cubes  
150g broccoli, cut into small florets  
2 garlic cloves, finely chopped  
1 red chilli pepper, finely sliced  
3 spring onions, sliced  
50g edamame beans  
40g mange tout  
10g cashews or salted peanuts

## for the sauce:

1 tsp tamari  
1 tsp mirin  
½ tsp maple syrup  
½ tsp ground ginger  
¼ tsp garlic granules

SERVES 1



PER SERVING:  
555 Calories  
58g Carbs  
29g Protein  
23g Fat

Mix the sauce ingredients in a jug and set aside.

Cook the rice noodles according to packet instructions. Drain well.

Heat the oil in a wok or frying pan over a medium heat. Add the tofu and fry gently for 2-3 minutes or until golden on the underside. Turn and repeat, until golden on all sides. Transfer to a plate lined with kitchen roll.

Remove wok from the heat for 2 minutes. Add the broccoli and a splash of cold water and place back over a medium/high heat. Fry for 4-5 minutes or until just tender.

Add the garlic and chilli and fry for 1 minute. Add the spring onions, edamame beans and mange tout. Cook for 2-3 minutes.

Add the sauce and cooked noodles. Stir well and cook for 1-2 minutes. Serve topped with the nuts.

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



# Spicy Spanish stew

2 tps coconut oil  
500g chicken breast, diced  
150g white or red onion, finely chopped  
2 garlic cloves, finely chopped  
1-2 red chilli peppers, finely chopped  
1 green bell-pepper, diced  
1 organic vegetable stock cube  
30g black olives, sliced or left whole  
400g tinned chopped tomatoes  
1 tbsp tomato purée  
1 tbsp jalapeños  
½ tsp dried parsley  
3 tps Worcester sauce  
1 tsp paprika  
100ml cold water  
juice of ½ a lemon  
1 bay leaf

SERVES 3

Heat the coconut oil in a large pan over a medium heat and add the chicken. Fry for 5 minutes, stirring occasionally.

Add the onion, garlic, chilli peppers and bell-pepper and fry for 3-4 minutes, stirring occasionally.

Crumble in the stock cube. Add the remaining ingredients and stir well.

Reduce the heat to low and simmer for 15 minutes, stirring occasionally. Serve.

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



PER SERVING:  
408 Calories  
**18g Carbs**  
**57g Protein**  
**12g Fat**

# Chicken dippers with BBQ sauce

400g all-purpose potatoes, scrubbed  
150g carrot or beetroot, chopped  
sea salt and ground black pepper, to season

½ tsp paprika

1 tsp coconut oil, to grease trays

370g chicken breast, sliced

1 egg

## for the chicken coating:

60g ground almonds

½ tsp Chinese five spice

½ tsp paprika

½ tsp garlic granules

½ tsp cayenne pepper

¼ tsp ground black pepper

## for the dipping sauce:

5ml apple cider vinegar

2 tsps fresh lime juice

1 tsp honey or maple syrup

45g tomato ketchup (reduced salt and sugar variety)

2 tsps Worcestershire sauce

1 tsp soy sauce or tamari

SERVES 2

PER SERVING:  
760 Calories  
52g Carbs  
75g Protein  
28g Fat



Preheat the oven to 200°C/400°F. Grease two large baking trays with coconut oil.

Cut the potatoes into wedges and place on one of the trays. Season with half of the salt, pepper and paprika. Turn over and season again. Bake for 20 minutes then turn over.

Place the chicken coating ingredients in a large shallow bowl and mix well. Crack the egg into a separate bowl and beat lightly with a fork. Dip a piece of chicken in the egg and allow the excess to drip off. Dip the chicken in the coating mixture and roll over until completely covered.

Transfer to the baking tray. Repeat with the remaining chicken. Bake for 15 minutes, or until thoroughly cooked, turning halfway through cooking time.

Add the carrot / beetroot to the tray of wedges and bake for 15-20 minutes, or until thoroughly cooked.

Mix the dipping sauce ingredients in a bowl. Taste and add more seasoning if required. Transfer to a dipping bowl and serve.

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

