



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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# Chai protein smoothie

160ml unsweetened almond milk  
1 tsp flaxseed  
15g almond butter (or use nut butter of your choice)  
60g natural yoghurt (use dairy free if preferred)  
20g vanilla flavour whey or rice protein powder  
a pinch of ground cinnamon  
a pinch of ground black pepper  
a pinch of ground ginger  
a pinch of ground nutmeg  
1 tsp cocoa nibs  
50g frozen banana

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

*Consume immediately.*

SERVES 1



PER SERVING:  
315 Calories  
**20g Carbs**  
**25g Protein**  
**15g Fat**

# Tiramisu smoothie

40ml strong coffee (use decaffeinated if preferred)  
50g Greek yoghurt (use dairy free if preferred)  
1 tsp almond extract  
150ml unsweetened almond milk  
50g frozen banana  
25g vanilla flavour whey or rice protein powder (optional)  
1 tsp cocoa powder  
20g cream cheese - optional (use dairy free if preferred)  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
288 Calories  
**18g Carbs**  
**27g Protein**  
**12g Fat**

# Peanut butter & jam smoothie

50g frozen banana  
25g vanilla flavour whey or rice  
protein powder (optional)  
120ml unsweetened almond milk  
(or use milk of your choice)  
20g peanut butter  
60g frozen strawberries  
4 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
226 Calories  
**20g Carbs**  
**23g Protein**  
**6g Fat**

# Creamy coconut cheesecake

## for the base:

90g ground almonds  
35g unsweetened coconut flakes,  
finely ground  
3 tbsps melted coconut oil  
2 tps maple syrup  
1 tsp vanilla extract  
¼ tsp sea salt

## for the cheesecake layer:

25g unsweetened coconut flakes,  
finely ground  
200g cream cheese at room  
temperature (use dairy free if  
preferred)  
180g Greek yoghurt (use dairy free  
if preferred)  
40g vanilla or coconut flavour whey  
or rice protein powder  
1 tsp vanilla extract  
a small pinch of sea salt  
60ml unsweetened coconut milk  
(long life drink)

## for the topping:

10g dark chocolate, grated

Preheat oven to 170°C/ 350°F. Line the base of a medium-sized loaf tin with baking paper.

Place all of the base ingredients in a large bowl. Stir until thoroughly combined. Transfer to the tin and press down firmly. Bake for 10-15 minutes, or until golden brown. Allow to cool completely.

Meanwhile, place the cheesecake layer ingredients in a bowl. Stir until thoroughly combined. Pour the mixture over the cooled base and spread evenly.

Freeze for 1 hour or until firm enough to remove from tin. Transfer to a chopping board and cut into 8 pieces. Serve topped with grated dark chocolate.

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



SERVES 8

PER SERVING:  
279 Calories  
7g Carbs  
11g Protein  
23g Fat

# Tri-colour energy balls

115g almonds  
75g cashews  
75g pitted Medjool dates  
30g vanilla flavour whey or rice protein powder  
2 tbsps coconut oil, melted  
½ tsp ground cinnamon  
¼ tsp sea salt  
½ tsp almond or vanilla extract  
**for the coating:**  
5g unsweetened coconut flakes  
10g ground shelled pistachios  
2 tps cocoa powder

MAKES 10 BALLS

Place the almonds and cashews in a food processor and process until coarsely ground.

Add the pitted dates. Process again until the dates are finely chopped.

Add the protein powder, coconut oil, cinnamon, salt, almond extract and 1 tbsp cold water. Process until the mixture forms a dough. Add more water, 1 tsp at a time, if the mixture is too dry.

Roll the mixture into 10 balls. Roll each ball in any of the 3 coatings.

Freeze for one hour.

*Store any leftovers in an airtight container and refrigerate for up to 7 days or freeze on same day.*



PER BALL:

171 Calories

11g Carbs

7g Protein

11g Fat

# Creamy banana split

130g Greek yoghurt (use dairy free if preferred)  
30g vanilla flavour whey or rice protein powder  
1 small banana, cut lengthways  
50g blueberries  
70g strawberries  
½ tsp flaked almonds  
5g dark chocolate (minimum 70% cocoa), cut into small chunks

SERVES 2

Spoon the yoghurt and protein powder into a bowl. Stir well until thoroughly combined. Transfer onto the centre of a serving plate.

Place each banana half on either side of the yoghurt.

Scatter the berries over the yoghurt.

Top with the flaked almonds and dark chocolate. Serve with two spoons!

*Refrigerate for up to 3 hours.*



PER SERVING:  
240 Calories  
**26g Carbs**  
**16g Protein**  
**8g Fat**

# Savoury breakfast bars



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50g uncooked quinoa  
50g oats (use gluten free if preferred), finely ground  
60g peanut butter (or use nut butter of your choice)  
40g unflavoured protein powder (optional)  
15g sunflower or chia seeds  
25g roasted pistachios, finely chopped  
30g almonds, finely chopped  
80ml unsweetened almond milk (or milk of your choice)  
a pinch of ground black pepper  
a pinch of sea salt (optional)  
10g nutritional yeast or Parmesan cheese, finely grated

MAKES 9 BARS

Bring a small saucepan of water to the boil. Add the quinoa, reduce heat to simmer and cook according to packet instructions. Drain and rinse in cold water until thoroughly cooled. Pat with kitchen roll, to remove excess moisture.

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

Place the oats in a large bowl. Add the peanut butter, protein powder (if using), cooked quinoa, seeds, pistachios, almonds, milk, pepper and nutritional yeast / cheese. Stir well.

Transfer the mixture to the tin and spread evenly. Bake for 25 minutes, or until firm in the centre.

Allow to cool for 10 minutes in the tin. Cut into 9 bars. Transfer to a wire rack to cool completely.

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



PER BAR:  
137 Calories  
9g Carbs  
5g Protein  
9g Fat



# Creamy haddock breakfast bake

1 tsp butter or coconut oil, to grease dish

300g smoked haddock, skin removed and chopped into bite-sized pieces

3 eggs

2 egg whites

50g crème fraîche, at room temperature

a good pinch of sea salt and ground black pepper

½-1 tsp mustard (English or wholegrain)

1 tbsp fresh chives, finely chopped

**SERVES 2**

Preheat oven to 180°C/350°F. Lightly grease a small ovenproof dish with butter/coconut oil. Line the base of the dish with baking paper.

Place the chopped haddock in the dish.

Crack the eggs and whites into a jug and beat gently with a fork. Add the crème fraîche, salt, pepper, mustard and half of the chives. Stir well until thoroughly combined. Pour the mixture over the haddock.

Bake for 25 minutes or until the centre is firm.

Serve warm or cold, garnished with the remaining chives.

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



PER SERVING:  
334 Calories  
**2g Carbs**  
**41g Protein**  
**18g Fat**

# Fruity baked oats

2 tps coconut oil, to grease tin  
120g oats (use gluten free if preferred)  
1 tsp ground cinnamon  
½ tsp sea salt  
30g vanilla flavour whey or rice protein powder (optional)  
1 tsp chia seeds  
1 tsp flaked almonds  
¼ tsp baking powder  
90ml unsweetened almond milk  
20g pure maple syrup  
1 egg  
2 tps vanilla extract  
90g ripe banana, mashed  
100g fresh strawberries, cut into quarters  
10g dark chocolate (minimum 70% cocoa), cut into small chunks  
40g strawberries or blueberries, to serve

SERVES 3

PER SERVING:  
344 Calories  
42g Carbs  
17g Protein  
12g Fat



Preheat oven to 180°C/350°F. Grease the base and sides of a medium-sized baking tin with coconut oil. Line the base with baking paper.

In a large bowl, mix together the dry ingredients. Add the milk, maple syrup, egg, vanilla extract and mashed banana. Stir well.

Add the strawberries and chocolate. Stir well. Transfer the mixture to the baking tin.

Bake for 20-25 minutes or until the centre is cooked.

Allow to cool slightly then cut into 3 pieces. Serve with berries.

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



# Spicy green salad

2 green chilli peppers, finely chopped  
1 garlic clove, finely chopped  
50g green beans, ends removed  
2 tsps honey  
2 tsps fish sauce  
2 tsps lime juice  
2 tsps Shaosing rice wine vinegar  
150g green papaya or cucumber, cut into matchsticks  
50g carrot, grated  
15g roasted peanuts  
6 cherry tomatoes, halved

SERVES 1

Place the chillis and garlic in a blender and blend well.

Transfer to a large bowl. Add the green beans and pound with a wooden spoon, until they have split.

Add the honey, fish sauce, lime juice and rice wine vinegar. Pound until well combined.

Add the papaya / cucumber, carrot, peanuts and tomatoes and pound gently until the peanuts have broken into small pieces. Serve.

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



PER SERVING:  
375 Calories  
**55g Carbs**  
**14g Protein**  
**11g Fat**

# Carrot, cauliflower & kale soup

2 tps ghee or coconut oil  
½ a medium-sized white onion,  
chopped  
1 large carrot, coarsely grated  
250g cauliflower, cut into small  
florets  
2 garlic cloves, finely chopped  
40g curly kale  
½ tsp ground nutmeg  
½ tsp allspice  
1 tsp dried oregano  
½ tsp sea salt  
a pinch of ground black pepper  
900ml chicken or vegetable stock  
(made with one organic stock cube)

SERVES 3

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4-5 minutes, stirring occasionally until soft.

Add the carrot and cauliflower and fry for 4 minutes, stirring occasionally.

Add the garlic and fry for 2 minutes, stirring occasionally.

Add the kale, dried spices and stock. Bring to a gentle simmer then reduce heat to medium/low. Cover and cook for 5 minutes.

Remove the saucepan from the heat and allow to cool. Transfer to a blender and pulse until smooth. Serve.

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



PER SERVING:  
109 Calories  
**13g Carbs**  
**3g Protein**  
**5g Fat**



# Thai red curry



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- 3 tsps coconut oil
- 1 medium-sized white onion, chopped
- 1 inch piece of fresh ginger, finely chopped or grated
- 2 garlic cloves, minced
- 1 red or yellow bell-pepper, sliced finely
- 180g carrot, sliced diagonally or cut into matchsticks
- 1-2 red chilli peppers, finely chopped
- 2 tbsps Thai red curry paste
- 300ml coconut milk
- 120ml cold water
- 100g curly kale, chopped
- a pinch of sea salt
- 2 tsps tamari
- 2 tsps rice vinegar or fresh lime juice
- 1 tbsp fresh coriander, to garnish

SERVES 2



PER SERVING:  
457 Calories  
**32g Carbs**  
**8g Protein**  
**33g 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 ginger and garlic and fry for 1 minute, stirring continuously. Add the bell-pepper and carrot. Cook for 3 minutes, stirring frequently.

Add the chilli peppers and fry for 1 minute, stirring occasionally. Add the curry paste and a small amount of coconut milk. Stir well and cook for 1 minute.

Add the remaining coconut milk, water, kale and sea salt. Stir well. Bring to a simmer and cook for 6-8 minutes, or until the carrots and kale are cooked to your liking.

Remove the saucepan from the heat and add the tamari and rice vinegar/lime juice. Taste the sauce and add more seasoning if required. Serve garnished with coriander.

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



# Brie & bacon quiche

## for the crust:

200g plain flour (use gluten free if preferred)

1 egg, beaten

½ tsp sea salt

1½ tbsps olive oil or butter

1 tbsp nutritional yeast

15ml cold water

## for the filling:

5 eggs

80ml semi-skimmed milk or unsweetened almond milk

½ tsp sea salt

½ tsp ground black pepper

150g unsmoked bacon rashers, visible fat removed and cut into small pieces

50g brie, chopped

Preheat oven to 160°C/325°F. Lightly grease a 20cm round quiche dish or an ovenproof dish.

Place the flour, egg, salt, water, olive oil/butter and nutritional yeast in a large bowl. Stir well to combine, adding more cold water, if required, to form a dough.

Transfer the dough into the base of the dish, pressing it evenly into the base and around the sides of the dish. Prick the dough lightly with a fork, to allow any air to escape.

Bake for 15-20 minutes, or until the crust is firm and slightly golden. Allow to cool for 10 minutes.

Crack the eggs into a large bowl. Add the milk, salt and pepper and beat gently with a fork. Stir in the bacon and brie. Pour the mixture into the quiche dish, ensuring it covers the base evenly. Bake for 20 minutes, or until cooked in the centre. Serve warm or cold.

SERVES 4



PER SERVING:  
454 Calories  
38g Carbs  
26g Protein  
22g Fat

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



# Quick chicken & vegetable scramble

130g basmati rice  
1 tsp coconut oil or ghee  
1 small red onion, sliced  
250g cherry tomatoes, chopped or left whole  
1 garlic clove, finely chopped  
a pinch of sea salt  
a pinch of ground black pepper  
10ml balsamic vinegar  
1 tsp paprika  
400g fresh chicken breast, diced  
a large handful of fresh spinach leaves

SERVES 2

Bring a small saucepan of water to the boil. Add the rice, stir briefly and simmer for 20 minutes, or until the rice is cooked. Drain well.

Meanwhile, heat the oil/ghee in a frying pan over a medium/low heat. Add the onion and sauté gently for 5 minutes, stirring occasionally.

Add the tomatoes, garlic, salt, pepper, balsamic vinegar and paprika. Increase the heat to medium and cook for 4 minutes.

Transfer to a plate and set aside.

Add the chicken to the pan and cook for 5 minutes, stirring occasionally until cooked.

Add the tomato mixture back into the pan.

Add the spinach and rice and stir well. Cook for 2 minutes, stirring frequently, until the spinach has wilted. Serve.

*Consume immediately.*



PER SERVING:  
575 Calories  
**71g Carbs**  
**48g Protein**  
**11g Fat**



# Pork & apple meatballs

2 tps coconut oil

## for the meatballs:

500g lean pork mince

1 small apple, grated

1 tsp dried sage or rosemary

1 egg

a pinch of sea salt

a pinch of ground black pepper

2 spring onions, finely chopped

MAKES 11 MEATBALLS

Place the ingredients in a large bowl and mix well with your hands, until thoroughly combined. Use your hands to mash the mixture together.

Roll the mixture into 11 compact balls.

Heat half of the coconut oil in a frying pan over a medium/low heat. Add 5-6 of the balls and fry gently for 5 minutes, turning occasionally, until cooked in the centre.

Remove from the pan and transfer to a plate.

Repeat steps with the remaining oil and meatballs. Serve.

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

## Serving suggestion:

Serve with rice (optional) and salad, or enjoy as a snack.



### PER MEATBALL:

75 Calories

2g Carbs

10g Protein

3g Fat

