



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.

© Copyright 2019 Fitness Experience and it's licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

# Contents

## Introduction

### Drinks

Vanilla fudge smoothie	1
Neopolitan smoothie	2
Chocolate orange smoothie	3

### Snacks & treats

Date, pecan & banana flapjacks	4
Apple crumble energy balls	5
Chocolate swirl brownies	6

### Breakfast

Strawberry cream porridge	7
Autumn berry pancakes	8
Cheesy vegetable breakfast casserole	9

### Lunch

Quick Caribbean coconut prawns	10
Mexican chicken soup	11
Caprese chicken salad	12

### Dinner

Hearty chicken casserole	13
Peruvian chicken	14
Sweet & spicy duck	15

# 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

Josh Kennedy

E-mail [josh@fitness-experience.co.uk](mailto:josh@fitness-experience.co.uk)

[www.fitness-experience.co.uk](http://www.fitness-experience.co.uk)

 [www.facebook.com/FX.Personal.Training.Centre](https://www.facebook.com/FX.Personal.Training.Centre)

# Vanilla fudge smoothie

200ml unsweetened almond milk  
(or use milk of your choice)  
2 Medjool dates  
25g vanilla flavour whey or rice  
protein powder  
70g frozen banana  
a small pinch of sea salt  
¼ tsp vanilla extract  
20g nut butter of choice

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

*Consume immediately.*

SERVES 1



PER SERVING:  
295 Calories  
**35g Carbs**  
**23g Protein**  
**7g Fat**

# Neopolitan smoothie

## for the chocolate base layer:

- 2 tsps cocoa powder
- 2 tsps cocoa nibs
- 70g frozen banana
- 100g Greek yoghurt (use dairy free if preferred)
- 10g chocolate flavour whey or rice protein powder (optional) or replace with ½ tsp sweetener

## for the vanilla and strawberry layers:

- 150g strawberries, hulled and chopped
- 80g Greek yoghurt (use dairy free if preferred)
- 30g frozen banana
- 15g vanilla flavour whey or rice protein powder (optional) or replace with ½ tsp sweetener
- 1 tsp vanilla extract
- 3 ice cubes (optional)

Place the chocolate layer ingredients in a blender jug and blend for one minute, or until creamy. Transfer to a glass and refrigerate.

Rinse the blender jug with cold water. Add the vanilla and strawberry layer ingredients, except for the strawberries and blend until creamy. Pour half of the mixture over the chocolate base layer.

Add the strawberries to the blender jug and blend well until creamy. Pour the mixture over the vanilla layer. Serve.

*Consume immediately.*

## Serving suggestion:

This smoothie can also be enjoyed as a dessert

SERVES 1



PER SERVING:  
375 Calories  
46g Carbs  
41g Protein  
3g Fat



# Chocolate orange smoothie

150ml unsweetened almond milk  
80g ripe banana  
1 tsp cocoa powder  
4 tbsps freshly squeezed orange juice (add more if required, to taste)  
¼ tsp sea salt  
1 tsp cocoa nibs  
25g chocolate flavour whey or rice protein powder (optional)  
1 tsp flax seed  
4 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
253 Calories  
**29g Carbs**  
**23g Protein**  
**5g Fat**

# Date, pecan & banana flapjacks

50g coconut oil or butter, melted  
plus a little extra, to grease tin

100g Medjool dates

80g ripe banana

1 tsp vanilla extract

25g pecan nuts, roughly chopped

¼ tsp baking soda

30g vanilla flavour whey or rice  
protein powder (optional)

200g oats (use gluten free  
if preferred)

1 tsp ground cinnamon

10g sunflower seeds

**MAKES 9 FLAPJACKS**

Preheat oven to 180°C/350°F. Grease the base and sides of a 15x15cm baking tin with coconut oil or butter. Line the base with baking paper.

Place the dates and banana in a high speed blender or food processor and process until smooth.

Transfer to a large bowl. Add the remaining ingredients and stir well until combined.

Transfer mixture to the baking tin and spread evenly to cover the base. Press down firmly with a spatula to compact the mixture.

Bake for 20-35 minutes, or until the centre is firm. Run a knife around the edge of the tin to loosen the flapjacks. Allow to cool for 10 minutes, then cut into 9 pieces.

*Store any leftovers in an airtight container for up to 5 days or freeze on same day.*



PER FLAPJACK:  
210 Calories  
24g Carbs  
6g Protein  
10g Fat

# Apple crumble energy balls

90g crunchy peanut butter  
110g dried apple rings  
30g vanilla flavour whey or rice protein powder (optional)  
40g Medjool dates or dried dates  
100g oats (use gluten free if preferred)  
1 tsp ground cinnamon  
1 tsp chia seeds  
25g pecan nuts

MAKES 12 ENERGY BALLS



FITNESS  
EXPERIENCE

Put all of the ingredients into a food processor and process until crumbly. Transfer to a large bowl.

Using your hands, compact the mixture until firm. Add a splash of cold water if the mixture is too dry.

Roll into 12 balls. Refrigerate for 30 minutes. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day.*



PER BALL:

134 Calories

15g Carbs

5g Protein

6g Fat

# Chocolate swirl brownies

70g coconut oil or butter, melted  
plus a little extra, to grease tin  
100g dark chocolate (minimum  
70% cocoa)

2 eggs, whisked well until smooth  
20ml strong black coffee (use  
decaffeinated if preferred)

1 tbsp honey or agave nectar  
a small pinch of sea salt

¼ tsp baking soda

25g vanilla or chocolate flavour  
whey or rice protein powder

120g plain flour (use gluten free  
if preferred)

125g cream cheese, at room  
temperature

1 tsp vanilla extract

2 tsps honey or agave nectar

1 egg

**MAKES 9 BROWNIES**



PER BROWNIE:  
263 Calories  
15g Carbs  
8g Protein  
19g Fat

Preheat oven to 180°C/350°F. Grease the base and sides of a 15x15cm baking tin with coconut oil or butter. Line the base with baking paper.

Place the dark chocolate and coconut oil/butter 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 set aside to cool for 10 minutes. Add the whisked eggs, coffee, honey, sea salt, baking soda and protein powder and stir well. Sift the flour into the bowl and stir well until glossy.

Using an electric hand blender, beat the cream cheese in a large bowl until smooth. Add the vanilla extract, honey and egg and blend well.

Transfer half of the chocolate mixture into the tin. Gently spread with a spatula, to cover the base. Top with the cream cheese mixture and spread evenly. Add the remaining chocolate mixture and spread to cover. Using a toothpick, swirl through the layers, for a marbled effect.

Bake for 25 minutes, or until a toothpick inserted into the centre comes out clean. Allow to cool in the tin. Cut into 9 squares.

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



# Strawberry cream porridge

60g oats (use gluten free if preferred)  
140ml unsweetened almond milk (or use milk of your choice)  
90g strawberries  
25g strawberry or vanilla flavour whey or rice protein powder  
1 tsp chia seeds  
1 tsp flaked almonds

SERVES 1

Place the oats and milk in a saucepan over a medium heat. Cook for 2 minutes, stirring. Add more milk if the mixture is too thick.

Add the strawberries and cook for 3-4 minutes, stirring frequently. Add more milk if required.

When the oats are thick and creamy, remove the saucepan from the heat.

Add the protein powder and chia seeds and stir well.

Transfer to a serving bowl and top with the almonds.

*Consume immediately.*



PER SERVING:  
443 Calories  
**45g Carbs**  
**32g Protein**  
**15g Fat**

# Autumn berry pancakes

80g blackberries

1 tbsp coconut oil

## for the pancakes:

100g ripe banana

45g oats (use gluten free if preferred)

10g cocoa powder

2 eggs

1 egg white

175ml unsweetened almond milk

25g vanilla or chocolate flavour whey or rice protein powder (optional)

MAKES 5 PANCAKES

Place the pancake ingredients in a blender jug. Blend well until smooth.

Place the blackberries in a saucepan over a medium/low heat. Heat for around 5 minutes, stirring occasionally until warm.

Heat a small amount of the coconut oil in a frying pan over a medium/high heat. Pour around one fifth of the pancake mixture into the pan. Tilt the pan gently, to shape the mixture into a circle.

Cook for around 3 minutes, or until bubbles appear around the surface of the pancake. Turn or flip over and cook on the other side for 3 minutes. Transfer to a plate. Repeat with remaining oil and pancake mixture.

Place the blackberries back over a low heat and warm through. Serve the pancakes topped with blackberries.

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



PER PANCAKE  
(with berries):  
147 Calories  
12g Carbs  
9g Protein  
7g Fat



# Cheesy vegetable breakfast casserole

1 tsp coconut oil or ghee, plus a little extra to grease dish  
100g red onion, finely chopped  
1 red or green bell-pepper, finely chopped  
80g button mushrooms, sliced or chopped  
20g unsalted butter or coconut oil, melted  
225g plain cottage cheese (use dairy free if preferred)  
50g Mozzarella cheese (use dairy free if preferred)  
50g Cheddar cheese, grated (use dairy free if preferred)  
1 tbsp plain flour (use gluten free if preferred)  
¼ tsp baking powder  
1 tsp Italian seasoning  
½ tsp sea salt  
10 eggs, lightly beaten

SERVES 6

PER SERVING:  
261 Calories  
**6g Carbs**  
**21g Protein**  
**17g Fat**



Preheat oven to 180°C/360°F. Grease the base and sides of a medium-sized baking dish with a small amount of coconut oil or ghee.

Melt the remaining oil/ghee in a frying pan over a medium heat. Add the onion and pepper, and fry gently for 2-3 minutes, stirring occasionally. Add the mushrooms and fry for 2-3 minutes, stirring occasionally. Transfer to the baking dish.

In a large bowl, stir together the remaining ingredients. Pour over the vegetables. Bake for 30 minutes or until golden and firm in the centre. Allow to cool for 5 minutes before serving.

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



# Quick Caribbean coconut prawns

1 tsp coconut oil  
1 small red onion, thinly sliced  
¼-½ a small red chilli, thinly sliced  
300ml coconut milk  
1 tsp Jamaican jerk seasoning  
300g king prawns  
a small handful of fresh coriander,  
finely chopped

SERVES 2

Heat the coconut oil in frying pan or wok over a medium heat. Add the onion and chilli and fry for 3-4 minutes.

Stir in the coconut milk and jerk seasoning and bring to a simmer before adding the prawns. Cook for 4-5 minutes.

Serve garnished with fresh coriander.

*Consume immediately.*

**Serving suggestion:**

Serve on a bed of steamed rice



PER SERVING:  
331 Calories  
11g Carbs  
29g Protein  
19g Fat

# Mexican chicken soup

1 tsp butter, ghee or coconut oil  
180g white onion, chopped  
3 cloves garlic, finely chopped  
3 jalapeño peppers, chopped  
700ml chicken stock (made with one organic stock cube)  
600g ripe tomatoes, chopped  
a pinch of sea salt and ground black pepper  
½ tsp hot chilli powder  
¾ tsp ground cumin  
1 tsp paprika  
240g (drained weight) tinned kidney beans, rinsed  
250g cooked chicken breast, diced  
80g frozen sweetcorn (optional)  
1-2 tbsps fresh coriander, chopped  
juice of ½ a lime

## to serve:

a sprinkle of fresh coriander, finely chopped  
1 tsp (per person) crème fraîche (optional)

SERVES 3

PER SERVING:  
311 Calories  
33g Carbs  
29g Protein  
7g Fat



Heat the butter, ghee or oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally.

Add the garlic and jalapeños. Fry for 2 minutes.

Add the stock, tomatoes, salt, pepper and dried spices. Stir well and bring to a simmer. Cook for 5 minutes.

Add the kidney beans and chicken. Stir and cook for 5 minutes. Add the frozen sweetcorn, stir and cook for 2-3 minutes.

Add the fresh coriander and lime juice. Stir and cook for 1 minute. Taste and add more seasoning if required.

Serve topped with fresh coriander and crème fraîche.

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



# Caprese chicken salad

## for the dressing:

15ml balsamic vinegar

2 tsps olive oil

¼ tsp dried basil

a small pinch of sea salt

## for the salad:

100g cooked roast chicken, skin removed and shredded

1 romaine lettuce, washed and sliced

50g ripe avocado, sliced

3 vine-ripened tomatoes, halved

20g Mozzarella cheese, torn into small pieces

3-5 basil leaves

a small pinch of ground black pepper

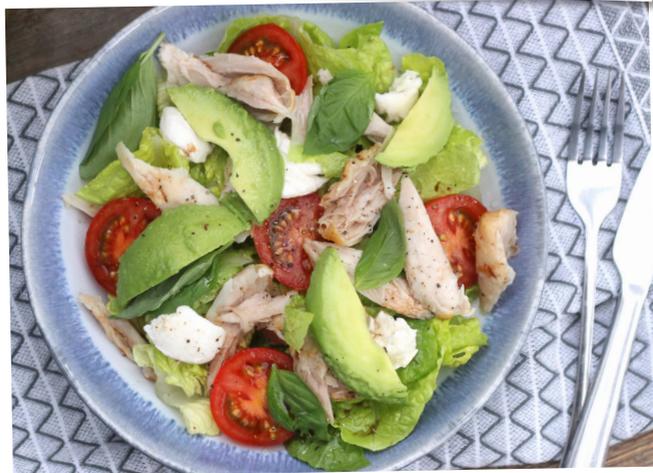
Mix the dressing ingredients in a jug.

Place the lettuce leaves in a serving bowl.

Assemble the remaining salad ingredients over the lettuce.

Drizzle the dressing over the salad. Serve.

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



SERVES 1

### PER SERVING:

453 Calories

10g Carbs

38g Protein

29g Fat

# Hearty chicken casserole



FITNESS  
EXPERIENCE

1 tbsp ghee or coconut oil  
1kg skinless boneless chicken thighs  
a good pinch of sea salt and ground  
black pepper

100g white onion, chopped  
2 garlic cloves, finely chopped  
2 celery sticks, sliced

300g carrots, peeled and sliced

1 large leek, sliced

500g white potatoes, peeled and  
diced

1 tbsp plain flour (use gluten free if  
preferred)

800ml hot chicken stock (made with  
one organic stock cube)

1 bouquet garni (available in  
major supermarkets)

50g uncooked quinoa (optional)

Heat the ghee/oil in a large saucepan over  
a medium heat. Season the chicken with  
salt and pepper. Place in the pan and fry  
gently for 5 minutes on each side. Transfer  
to a plate and set aside.

Drain most of the excess fat from the  
saucepan. Add the onion, garlic, celery,  
carrots, leek and potatoes and fry for 5  
minutes, stirring occasionally.

Stir in the flour and cook for 1 minute.  
Add the stock and bouquet garni.

Bring to a simmer and add the chicken.  
Stir gently, ensuring the chicken is covered  
in the liquid. Cover and simmer for 15  
minutes.

Rinse the quinoa (if using) and drain well.  
Add it to the saucepan. Stir well and  
simmer for 25 minutes. Taste and add more  
seasoning, if required. Remove the bouquet  
garni and discard. Serve.

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

SERVES 4



PER SERVING:  
633 Calories  
41g Carbs  
52g Protein  
29g Fat



# Peruvian chicken



FITNESS  
EXPERIENCE

2 tsps coconut oil  
550g chicken breast, finely chopped  
100g white onion, chopped  
150g carrot, peeled and chopped  
2 garlic cloves, chopped  
10g fresh ginger, finely chopped  
1-2 tsps chilli powder  
2 tsps ground cumin  
½ tsp ground red chilli flakes  
1 tsp soy sauce or tamari  
juice of 1 lime  
a pinch of sea salt and ground black pepper  
20g fresh coriander, finely chopped

SERVES 3

Heat the oil in a large saucepan. Add the chicken and fry gently for 6-8 minutes, or until cooked. Transfer to a plate and set aside.

Add the onion and carrot to the saucepan. Cook for 4-5 minutes, stirring occasionally.

Add the garlic and ginger and cook for around 3 minutes, stirring occasionally.

Add the chicken back into the pan, along with the chilli powder, cumin, chilli flakes, soy sauce, lime juice, salt and pepper.

Stir well and cook for 5 minutes, stirring occasionally. Serve garnished with fresh coriander.

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

## Serving suggestion:

Serve on a bed of steamed rice and / or leafy greens



PER SERVING:  
284 Calories  
**10g Carbs**  
**43g Protein**  
**8g Fat**



# Sweet & spicy duck

2x 200g duck breasts, skin on  
1 tsp duck fat, ghee or coconut oil  
a pinch of sea salt and ground  
black pepper

## for the sauce:

1 tbsp finely grated orange zest  
juice of 1½ navel oranges  
1 tsp honey  
1 tsp marmalade  
4 orange segments, skin removed  
¼-½ a medium/hot red chilli  
pepper, finely sliced

**SERVES 2**

Preheat oven to 180°C/350°F. Line an oven tray with foil. Place duck breasts on a plate, skin side up and score a cross-cross pattern in the skin using a sharp knife. Sprinkle the salt and pepper over the duck.



PER SERVING:  
438 Calories  
**16g Carbs**  
**44g Protein**  
**22g Fat**

Pat the skin side of the duck breast with kitchen roll, to remove any excess moisture. Melt the cooking fat in a frying pan over a medium heat. Place the duck breasts skin side down into the frying pan. Fry for 5 minutes, or until the skin is crispy and golden. Turn over and cook for 5 minutes.

Transfer to the oven and cook for 15-18 minutes, depending on how well you like your duck cooked. Place the duck breasts on a plate and allow to rest in a warm place for 5 minutes.

Meanwhile, place the sauce ingredients in a saucepan. Simmer over a medium heat for 5 minutes, stirring frequently, until the sauce reduces to a viscous consistency. Remove from heat.

Slice the duck breasts, arrange on a plate and pour over the sauce.

*Consume immediately.*

## Serving suggestion:

Serve with pak choi, mange tout and baby sweetcorn

