



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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Creamy kiwi & apple smoothie

a handful of lettuce leaves
1 ripe kiwi, peeled
180ml unsweetened almond milk
1 apple, core removed
50g green grapes
25g 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:
268 Calories
36g Carbs
22g Protein
4g Fat

Chocolate nutty fig smoothie

180ml unsweetened almond milk
50g frozen banana
2 fresh figs
25g chocolate flavour whey or rice protein powder (optional)
1 tsp crunchy nut butter of your choice
10 hazelnuts
1 tsp cocoa nibs
1 tsp flax seed
1 tsp cocoa powder
5 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
381 Calories
40g Carbs
26g Protein
13g Fat

Pomegranate & peach smoothie

180ml unsweetened almond milk
70g pomegranate seeds
1 peach, stone removed
25g vanilla flavour whey or rice
protein powder (optional)
1 tsp chia seeds
50g frozen banana
3 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
298 Calories
37g Carbs
24g Protein
6g Fat

Pecan & maple shooters

for the pecan & maple brittle:

2 tbsps maple syrup

12 pecan halves, chopped

a sprinkle of sea salt

for the cream:

150g Greek yoghurt (use dairy free if preferred)

150g cream cheese, softened (use dairy free if preferred)

30g vanilla flavour whey or rice protein powder

1 tsp vanilla extract

MAKES 4 SHOOTERS

Preheat oven to 180°C/350°F. Line a baking tray with baking paper. Drizzle a small amount of the maple syrup into the base of 4 shot glasses.

Place the pecans on the tray. Drizzle the remaining maple syrup over the pecans. Season with sea salt. Bake for 8-10 minutes, or until the pecans are golden brown and the syrup has caramelised. Allow to cool then break into small pieces.

Place the cream ingredients in a large bowl and blend well with an electric mixer.

Transfer the mixture into a piping bag or large ziplock bag with the end cut off. Pipe the mixture into the shot glasses, until around three quarters full.

Refrigerate until ready to serve. Top with the brittle just before serving.

Refrigerate any leftover cream mixture for up to 2 days. Store any leftover brittle in an airtight container for up to 1 week.



PER SHOOTER:
245 Calories
11g Carbs
12g Protein
17g Fat



Coconut chocolate cups

for the filling:

60g unsweetened coconut flakes
30g vanilla flavour whey or rice protein powder
a small pinch of sea salt
1½ tbsps coconut cream (use the fat part from a tin of coconut milk)

for the chocolate:

180g dark chocolate (minimum 70% cocoa)
1 tbsp coconut oil
1 tbsp maple syrup
10g cocoa powder
a sprinkle of desiccated coconut

MAKES 8 CUPS

Place the coconut flakes in a food processor and blend well for 10 minutes, or until it achieves a buttery consistency. Add the remaining filling ingredients and blend well to form a paste.

Melt the chocolate and coconut oil in a saucepan over a low heat. Remove from heat. Add the maple syrup and cocoa powder. Stir well until smooth.

Line a tray with 8 small paper cake cases (approximately 5cm diameter base). Pour 5mm chocolate into the base of each case. Refrigerate for 20 minutes, or until set.

Meanwhile, place the filling on a board and roll out to around 5mm thickness. Using a small cutter, cut the mixture into 8 circles. Place each circle over the set chocolate bases.

Cover the filling with a layer of chocolate. Top with a sprinkle of desiccated coconut. Refrigerate for 20 minutes, or until set. Serve.

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



PER CUP:
222 Calories
19g Carbs
5g Protein
14g Fat



Raspberry & white chocolate marbled bark

80g dark chocolate (minimum 70% cocoa)
40g good quality white chocolate (e.g. Swiss)
a sprinkle of freeze-dried raspberries
a pinch of sea salt (optional)

SERVES 12

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 set aside to allow the mixture to cool for 10 minutes.

Repeat the above step with the white chocolate, using a separate saucepan.

Line the base of an oven tray with baking paper. Pour the dark chocolate onto the tray, covering the base evenly.

Dot spoonfuls of the white chocolate over the dark chocolate. Using a toothpick, swirl the layers together to create a marbled effect.

Sprinkle the raspberries and sea salt (if using) over the top. Refrigerate until the chocolate is set. Cut into 12 squares.

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



PER SERVING:
55 Calories
6g Carbs
1g Protein
3g Fat

Roasted sweet potato bake

2 tps butter or coconut oil, to grease dish
2 medium-sized sweet potatoes, peeled and cut into cubes
3 tbsps olive oil
1 tsp sea salt
2 small shallots, diced
2 garlic cloves, finely chopped
50g kale, roughly chopped
1 tsp ground cumin
½ tsp ground cinnamon
½ tsp paprika
a good pinch of ground black pepper
4 eggs
2 egg whites
40g soured cream
15g Parmesan cheese, finely grated (use dairy free cheese if preferred)

SERVES 4



PER SERVING:
307 Calories
23g Carbs
11g Protein
19g Fat

Preheat oven to 180°C/350°F. Grease a medium-sized baking dish with butter/oil.

Place the sweet potatoes on a baking tray lined with foil. Drizzle 2 tablespoons of the olive oil and half of the salt over the top. Toss lightly with your hands. Roast for 15 minutes, or until fork tender. Remove from oven and set aside.

Reduce oven temperature to 160°F/325°F. Heat the remaining olive oil in a large frying pan or skillet over a medium heat. Add the shallots and fry gently, for 4 minutes, stirring occasionally. Add the garlic, kale, cumin, cinnamon, paprika, salt and pepper. Cook for 2 minutes, stirring occasionally. Stir in the roasted sweet potatoes. Remove pan from the heat and set aside.

Crack the eggs and whites into a jug. Add the soured cream and whisk well with a fork.

Transfer the sweet potato mixture to the baking dish and spread out evenly. Pour the egg mixture over the top. Sprinkle with the cheese. Bake for 20 minutes, or until the eggs are set. Serve.

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



Cranberry, orange & almond breakfast bars

30g plain flour (use gluten free if preferred)
100g oats (use gluten free if preferred)
10g flaxseed
30g vanilla flavour whey or rice protein powder
zest of one navel orange, grated
a small pinch of sea salt
30g ground almonds
½ tsp ground nutmeg
50g coconut oil
30g maple syrup or honey
1 tbsp freshly squeezed orange juice
75g banana, mashed
30g dried cranberries
1 tbsp flaked almonds

MAKES 8 BARS



PER BAR:
199 Calories
19g Carbs
6g Protein
11g Fat

Preheat oven to 160°C/325°F. Line the base of a 15x15cm baking tin with baking paper.

In a large bowl, mix the flour, oats, flaxseed, protein powder, orange zest, salt, ground almonds and nutmeg in a bowl.

Place the coconut oil and maple syrup / honey in a saucepan over a low heat. Heat gently for 30 seconds, stirring continuously. Remove from heat. Stir in the orange juice.

Add the wet mixture to the dry ingredients. Add the mashed banana and mix well. Add the cranberries and flaked almonds and stir.

Spoon the mixture into the baking tin, covering the base completely. Flatten the surface with a spoon, pressing down firmly to compact the mixture.

Bake for 20-25 minutes, or until golden. Cut into 8 bars and allow to cool.

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



Festive smoothie bowl

for the base:

50g green apple, peeled and cored
a handful of spinach leaves
50g frozen avocado
40g frozen banana
a handful of curly kale (optional)
½ tsp ground cinnamon
2 tsps flaxseed
30g vanilla flavour whey or rice
protein powder
70g Greek yoghurt (use dairy free
if preferred)

for the toppings:

½ a kiwi, sliced
2 tbsps pomegranate seeds
a few fresh strawberries,
sliced
a sprinkle of unsweetened
coconut flakes (optional)
a few fresh cranberries
(optional)
a sprinkle of chia seeds

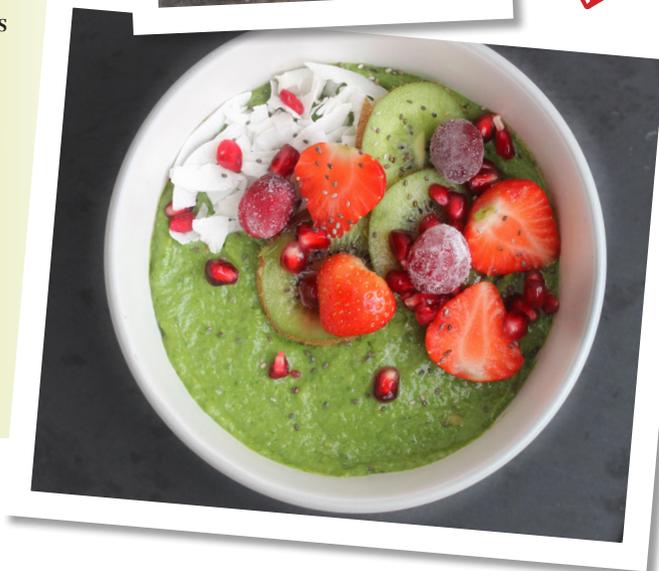
SERVES 1

PER SERVING:
444 Calories
39g Carbs
36g Protein
16g Fat

Place the base ingredients in a high speed blender or food processor. Blend well until smooth.

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

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



Fragrant chickpea burgers

1 tbsp coconut oil
1 brioche bun per person, (optional)
for the toppings (optional):
a handful of lettuce leaves, washed
1 large ripe tomato, sliced
2 tsps (per person) mayonnaise
½ a small red onion, finely sliced
for the burgers:
250g sweet potato, peeled and diced
400g tinned chickpeas, drained
150g tinned sweetcorn, drained
1 tbsp fresh coriander
1 tsp English mustard (optional)
1 garlic clove, peeled
½ tsp paprika
½ tsp ground coriander
½ tsp ground cumin
juice of ½ a lemon
2½ tbsps plain flour (use gluten free if preferred), plus a little extra to flour surface
a pinch of sea salt and ground black pepper

MAKES 5 BURGERS

PER BURGER
(with bun and
toppings):
376 Calories
57g Carbs
10g Protein
12g Fat



Bring a small saucepan of water to the boil. Add the sweet potato and cook for 10 minutes, or until soft. Drain well and allow to cool for 15 minutes.

Place the potato and remaining burger ingredients in a food processor. Blend until well combined.

Lightly flour a surface. Shape the mixture into 5 patties on the floured surface. Dust the tops of the patties lightly with flour.

Heat half of the oil in a large frying pan over a medium/high heat. Add 2-3 patties to the pan. Reduce heat to medium and fry gently for 3-4 minutes, or until the underside is golden. Turn over and cook for 3-4 minutes. Transfer to a plate.

Repeat above step with remaining oil and patties. Serve in buns (if using) and with desired toppings.

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



Roasted squash & sticky cranberry salad

600g butternut squash, peeled and diced

10 small shallots, peeled and halved
3 rosemary sprigs

1 tbsp olive oil plus 1 tsp for frying
a pinch of sea salt and ground black pepper

for the date and cranberry sauce:

1 medium-sized red onion, sliced

1 bay leaf

1 tsp ground cinnamon

50g dates, roughly chopped

100g fresh cranberries (or use frozen, fully defrosted)

a drizzle of honey

juice of ½ lemon

zest of ½ lemon,
finely grated

Preheat oven to 180°C/350°F. Line a large oven tray with foil.

Place the butternut squash, shallots and rosemary onto the tray. Drizzle with 1 tbsp oil, and sprinkle over the salt and pepper. Roast for 30 minutes, or until golden brown.

Meanwhile, heat the remaining oil in a frying pan. Add the onion with and fry for 3-4 minutes, stirring occasionally. Add the bay leaf, cinnamon, dates, cranberries, 30ml cold water, honey, lemon zest and juice.

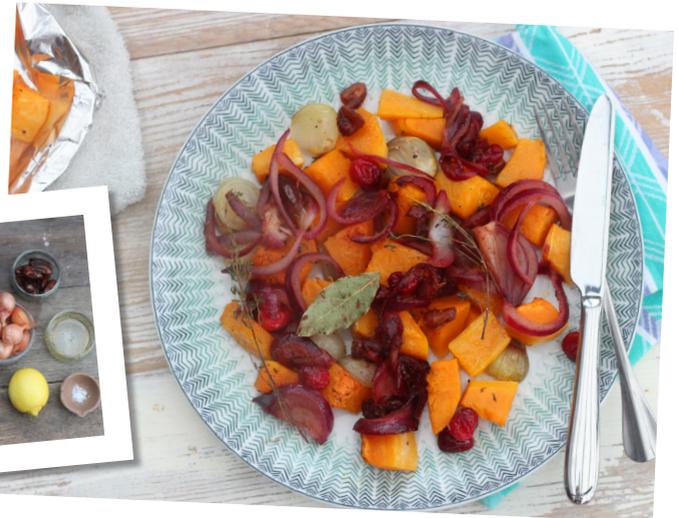
Simmer for 6-8 minutes, stirring occasionally, until rich and sticky. Serve.

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

SERVES 3



PER SERVING:
333 Calories
68g Carbs
4g Protein
5g Fat



Roasted carrot & squash soup

2 tps coconut oil
300g butternut squash, peeled, seeds removed and diced
1 medium sized carrot, peeled and chopped
1 piece of cinnamon bark
1 small white onion, chopped
1 small apple, peeled, cored and chopped
1 red bell-pepper, diced
2 garlic cloves, finely chopped
a small pinch of fresh grated or ground nutmeg
a pinch of sea salt and ground black pepper
500ml vegetable stock (made with one organic stock cube)
200ml coconut milk

SERVES 3



PER SERVING:
274 Calories
33g Carbs
4g Protein
14g Fat



Preheat oven to 180°C/350°F. Lightly grease an oven tray with half of the coconut oil. Place the squash and carrot on the tray and spread out evenly. Bake for 30 minutes.

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the cinnamon bark and fry gently for 1 minute, stirring continuously.

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

Add the nutmeg, salt, pepper and stock and bring to a boil. Reduce heat to simmer and cook for 10 minutes. Add the coconut milk and cook for 5 minutes. Taste and add more seasoning, if required.

Remove saucepan from heat and allow to cool for 20 minutes. Remove the cinnamon bark and discard. Blend the soup in batches using an immersion blender or food processor.

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



Fragrant beef curry

2 tps coconut oil
3 medium-sized white onions, finely chopped
6 garlic cloves, finely chopped
a thumb-sized piece of ginger, finely chopped
3-5 green chillis (depending on desired level of heat)
600g diced beef, visible fat removed
½ tsp sea salt
¼ tsp ground black pepper
1 heaped tsp madras powder
½ tsp ground turmeric
1 heaped tsp garam masala
400g tinned chopped tomatoes
2 large tomatoes, cut into segments

Heat the oil in a large saucepan over a medium heat. Add the onions and fry for 4-5 minutes, stirring frequently.

Add the garlic, ginger and chillis and fry for 3 minutes, stirring frequently.

Add the beef and spices. Stir well.

Add the tinned and fresh tomatoes and stir well. Cover and cook for 40 minutes, or until the beef is tender. Stir occasionally during cooking time.

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

SERVES 4



PER SERVING:
395 Calories
18g Carbs
56g Protein
11g Fat



Vietnamese broth



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1 piece of cinnamon bark
1 star anise
1 small white onion, sliced
2 tsps fresh ginger or galangal, finely chopped
1 garlic clove, finely chopped
500ml beef or vegetable broth or stock
1 tbsp fish sauce (nam pla)
a pinch of sea salt and ground black pepper
½ tsp ground coriander
¼ tsp allspice
300g sirloin steak, finely sliced (or substitute with chicken breast, sliced)
a handful of beansprouts
juice of 1 lime
60g ribbon or rice noodles
a small handful of fresh coriander, finely chopped

SERVES 2

Place the cinnamon and star anise in a saucepan and toast over a medium/low heat for 1 minute, until fragrant.

Add the onion, ginger and garlic and fry gently for 4 minutes, stirring frequently until soft.

Add the stock, fish sauce, salt, pepper, ground coriander and allspice. Cover and simmer for 15 minutes, stirring occasionally.

Add the steak and simmer for 5 minutes, or until tender. Add the beansprouts and simmer for 1 minute. Squeeze in the lime juice. Taste and add more seasoning if required.

Cook the noodles according to packet instructions. Drain well and add to the broth.

Remove the cinnamon bark and star anise and discard. Serve garnished with fresh coriander.

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



PER SERVING:
374 Calories
34g Carbs
46g Protein
6g Fat



Turkey tray bake



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1kg turkey thigh joint, bone in
800g white potatoes, peeled and cut into large chunks
2 tbsps olive oil
250g Brussels sprouts, ends trimmed
1 medium-sized red onion, cut into wedges
250g parsnips, cut into batons
300g carrots, peeled and sliced or cut into batons
a few sprigs of roasting herbs (e.g. thyme, rosemary, sage)
a good pinch of sea salt and ground black pepper
10 cocktail sausages wrapped in bacon (optional)

SERVES 5

Preheat oven to 200°C/400°F. Place the turkey in a large roasting tin. Cover with foil and cook for 1 hour 20 minutes.

Place the potatoes in a large saucepan of boiling water. Simmer gently for 8-10 minutes, until par-boiled. Drain well.

Pour the olive oil into the base of the roasting tin. Place the tin in the oven to heat up the oil. Tip the potatoes and the other vegetables into the hot oil. Stir gently to coat in the oil. Add the herbs, salt, pepper and sausages (if using).

Bake for 30 minutes. Remove the turkey from the tin and transfer to a plate. Cover loosely with foil and allow to rest for 15 minutes. Return the roasting tin to the oven and bake until the vegetables are golden.

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

Serving suggestion:

Serve with cranberry sauce and gravy



PER SERVING:
764 Calories
41g Carbs
69g Protein
36g Fat

