



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 2020 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

- Coconut dream smoothie **1**
- Turkish delight inspired smoothie **2**
- Mint choc chip smoothie **3**

### Snacks & treats

- Nutty marmalade bars **4**
- Praline pancakes **5**
- Passion fruit cheesecake **6**

### Breakfast

- Reduced carb chia 'oatmeal' **7**
- Vegan breakfast muffins **8**
- Sweetcorn fritters topped with a poached egg **9**

### Lunch

- Blackened salmon with roasted vegetables **10**
- Fragrant coconut stew **11**
- Chinese chicken & pickled veg **12**

### Dinner

- Chicken in a creamy leek sauce **13**
- Warming chilli chocolate beef stew **14**
- Pan fried coconut & chilli fish with a spinach salad **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)

# Coconut dream smoothie

80ml tinned coconut milk  
100ml unsweetened (long life)  
coconut drink or almond milk  
1 tbsp unsweetened coconut flakes  
30g vanilla or coconut flavour whey  
or rice protein powder (optional)  
60g frozen banana  
1 tsp flaxseed

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

*Consume immediately.*

SERVES 1



PER SERVING:  
412 Calories  
23g Carbs  
26g Protein  
24g Fat

# Turkish delight inspired smoothie

250ml unsweetened almond milk  
40g frozen avocado  
60g Greek yoghurt (use dairy free if preferred)  
40g frozen banana  
25g vanilla flavour whey or rice protein powder  
5g shelled pistachios  
2 tsps rose water

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

*Consume immediately.*

SERVES 1



PER SERVING:  
346 Calories  
**20g Carbs**  
**26g Protein**  
**18g Fat**

# Mint choc chip smoothie

## for the mint layer:

30g frozen avocado  
a large handful of spinach leaves  
½ tsp mint extract  
15g vanilla flavour whey or rice  
protein powder  
120ml unsweetened almond milk  
1 tsp cocoa nibs

## for the chocolate layer:

40g frozen banana  
15g chocolate flavour whey or rice  
protein powder  
2 tbsps cocoa powder  
120ml unsweetened almond milk

Place the mint layer ingredients into a blender jug and blend well until smooth. Pour into a glass.

Rinse the blender jug. Place the chocolate layer ingredients into the jug and blend well until smooth.

Pour the chocolate layer over the mint layer. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
302 Calories  
**15g Carbs**  
**29g Protein**  
**14g Fat**



# Nutty marmalade bars

1 tsp melted coconut oil  
100g almonds  
100g unsalted roasted peanuts  
20g pumpkin seeds  
25g sunflower seeds  
5g sesame seeds  
a pinch of sea salt

## for the syrup:

80g reduced sugar marmalade  
(or substitute with apricot jam)  
3 tbsps maple syrup

MAKES 8 BARS

Preheat oven to 170°C/350°F. Line an oven tray with baking paper. Lightly brush the paper with melted coconut oil.

Place the nuts, seeds and salt in a large bowl.

Place the syrup ingredients in a saucepan over a medium heat. Bring to a boil then reduce heat to simmer. Heat, stirring for 3-4 minutes, or until the mixture has thickened slightly.

Immediately pour the hot syrup over the nuts and stir until well combined.

Transfer to the tray and spread evenly. Place a sheet of baking paper over the top and press down firmly to compact the mixture. Neaten up the sides using a spatula.

Bake for 30 minutes. Allow to cool then cut into 8 bars. The bars should harden as they cool.

*Store in an airtight container for up to 1 week.*



PER BAR:  
223 Calories  
14g Carbs  
8g Protein  
15g Fat

# Praline pancakes

## for the praline topping:

2 tsps honey or maple syrup

50g almonds

50g hazelnuts

80ml unsweetened almond milk

20g dark chocolate (minimum

70% cocoa)

## for the pancakes:

175g self-raising flour (use gluten free flour if preferred)

a small pinch of sea salt

100ml buttermilk (or use dairy free milk of your choice)

200ml unsweetened almond milk (or use milk of your choice)

1 egg

1 tsp vanilla extract

35g vanilla flavour whey or rice protein powder (optional) or use

2 tsps sweetener of your choice

1 tbsp cocoa powder

2 tsps coconut oil

Place the topping ingredients (except for the dark chocolate) in a food processor and blend until smooth.

Place the pancake ingredients in a blender, except for the coconut oil, and blend until smooth.

Heat 1 tsp coconut oil in a pan over a medium/high heat. Pour around one eighth of the batter into the centre of the pan. Move the pan around gently to spread the mixture into a circular shape. When small holes appear in the pancake, turn it over and cook for 1-2 minutes, or until golden. Transfer to a plate. Repeat step with the remaining oil and batter.

Place the sauce in a saucepan and heat gently over a low heat. Add the dark chocolate and stir until melted. Serve the pancakes and praline topping.

*Store any leftover pancakes and topping in separate airtight containers and refrigerate for up to 2 days.*

MAKES 8 PANCAKES

PER PANCAKE  
WITH TOPPING:  
255 Calories  
23g Carbs  
7g Protein  
15g Fat



# Passion fruit cheesecake

## for the base:

70g soft pitted dates

170g walnuts

30g oats (use gluten free if preferred)

2 tbsps maple syrup

## for the filling:

250g cream cheese (use dairy free if preferred)

140g Greek yoghurt (use dairy free if preferred)

1 egg

40g vanilla flavour whey or rice protein powder

the seeds of 2 passion fruit

## for the topping (optional):

seeds of 1 passion fruit

60ml recently boiled water

1 tsp gelatine powder

Preheat oven to 180°C/350°F. Line the base of an 18cm diameter round cake tin with baking paper.

Place the base ingredients in a blender or food processor and blend until finely ground. Transfer to the tin and press down firmly to compact.

Place the cream cheese, yoghurt, protein powder and egg in a large bowl. Blend well using an electric hand mixer, until all lumps are removed. Stir in the passion fruit seeds.

Pour the mixture over the base layer. Gently shake the tin from side to side, to distribute the topping evenly over the base. Bake for 15-20 minutes, or until the centre is still slightly soft. Allow to cool in the tin.

Stir the water and gelatine in a jug, until dissolved. Stir in the passion fruit seeds. Spread evenly over the cheesecake and refrigerate for 30 minutes, or until set.

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

SERVES 8



PER SERVING:  
380 Calories  
19g Carbs  
13g Protein  
28g Fat



# Reduced carb chia 'oatmeal'

180ml unsweetened almond milk  
2 tps ground flaxseed  
1½ tbsps chia seeds  
1 tbsp unsweetened shredded  
coconut flakes  
1 tsp ground cinnamon  
a pinch of ground nutmeg  
25g vanilla flavour whey or rice  
protein powder  
1 tsp cocoa nibs

**SERVES 1**

Place the milk, flaxseed, chia seeds, coconut, cinnamon and nutmeg in a saucepan and stir well.

Place over a medium heat and bring to a gentle simmer. Cook for around 8 minutes, stirring frequently until thick and creamy. Add more milk if the mixture becomes too thick.

Remove the saucepan from the heat and stand for 1 minute.

Add the protein powder and stir well until smooth and creamy.

Transfer to a serving bowl and top with the cocoa nibs. Serve.

Consume immediately.



PER SERVING:  
267 Calories  
**7g Carbs**  
**26g Protein**  
**15g Fat**

# Vegan breakfast muffins

280g (drained weight) firm tofu,  
patted dry with kitchen roll  
60ml unsweetened almond milk  
½ tsp medium curry powder  
1 tsp ground turmeric  
1 tsp coconut oil  
150g courgette, finely chopped  
100g frozen sweetcorn  
8 cherry tomatoes, halved  
a large handful of fresh spinach  
leaves, chopped  
2 tbsps vegan green pesto  
a pinch of sea salt and ground  
black pepper

**MAKES 10 MUFFINS**



PER MUFFIN:  
60 Calories  
3g Carbs  
3g Protein  
4g Fat

Place the tofu, milk, curry powder and turmeric in a food processor and blend until smooth.

Heat the oil in a frying pan over a medium heat. Add the courgette and fry for 3-4 minutes, stirring occasionally until lightly browned.

Add the sweetcorn and tomatoes and fry for 2-3 minutes, stirring occasionally.

Stir in the spinach and cook until it starts to wilt. Remove pan from heat and allow to cool for 5 minutes.

Meanwhile, preheat oven to 170°C/350°F and line 10 compartments of a muffin tin with muffin cases (or use a silicon muffin tray).

Mix all of the ingredients in a large bowl. Spoon the mixture into the compartments. Bake for 25-30 minutes, or until cooked throughout.

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



# Sweetcorn fritters topped with a poached egg

2 tbsps coconut oil  
1 egg (per person)  
¼ of a medium-sized ripe avocado  
(per person), sliced  
1 tbsp fresh coriander, finely  
chopped

## for the fritters:

65g rice flour or chickpea flour  
80ml whole milk or unsweetened  
almond milk  
180g (drained weight) tinned  
sweetcorn  
3 spring onions, finely chopped  
50g Cheddar cheese, grated  
a pinch of sea salt and ground  
black pepper  
2 eggs  
¾ tsp curry powder

MAKES 9 FRITTERS

Mix the flour and milk in a large bowl with a balloon whisk, until thoroughly combined. Add the eggs and whisk lightly. Add the remaining fritter ingredients and mix well.

Melt half of the oil in a large frying pan over a medium heat. Place spoonfuls of the mixture into the pan, 1 tbsp at a time, leaving a gap around each one.

Fry gently for 2-4 minutes, or until the underside is golden. Turn and cook for 3 minutes on the other side, or until golden. Transfer the fritters to a plate. Repeat with the remaining oil and batter.

Bring a small saucepan of water to the boil. Reduce heat to simmer gently. Carefully crack one egg into a ladle. Pour the egg into the water. Repeat with remaining eggs. Allow to cook for around 3-4 minutes then remove with a slotted spoon, draining off any excess water. Serve with the avocado.

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

PER SERVING  
(3 fritters,  
¼ avocado  
& 1 egg):  
479 Calories  
29g Carbs  
21g Protein  
31g Fat



# Blackened salmon with roasted vegetables

1 heaped tsp coconut oil, melted  
2 x 150g fresh salmon fillets  
1 small red onion, sliced  
2 vine ripened tomatoes, cut into segments  
120g Tenderstem broccoli  
a large handful of kale  
a sprinkle of sunflower seeds

## for the seasoning:

1 heaped tsp ground cumin  
½ tsp smoked paprika  
½ tsp ground fennel seeds  
½ tsp cayenne pepper  
½ tsp garlic powder  
½ tsp sea salt  
½ tsp ground black pepper

Preheat oven to 180°C/350°F.

Mix the seasoning in a small bowl. Add the melted coconut oil and stir well.

Spoon the seasoning mixture over the salmon fillets, and spread evenly to cover the tops.

Place the salmon on a large foil lined oven tray. Add the tomatoes and onion, and spread to distribute evenly.

Bake for 25 minutes, or until the salmon is cooked and the onion is soft.

Steam the broccoli and kale for 3-4 minutes, or until tender. Serve topped with the sunflower seeds.

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

SERVES 2



PER SERVING:  
389 Calories  
15g Carbs  
35g Protein  
21g Fat



# Fragrant coconut stew

1 tsp coconut oil  
½ tsp mustard seeds  
1 green chilli pepper, sliced  
1 inch piece fresh ginger, chopped  
10-15 curry leaves (optional)  
1 small white onion, chopped  
200g white potatoes, peeled and diced  
200g carrots, peeled and diced  
70g fine green beans, ends trimmed  
80g frozen peas  
a pinch of sea salt and ground black pepper  
100ml cold water  
300ml coconut milk  
a sprinkle of fresh coriander, to garnish

**SERVES 3**

Heat the oil in a large saucepan over a medium heat. Add the mustard seeds and fry for 30 seconds.

Add the green chilli, ginger, curry leaves and onion. Sauté for 2 minutes, or until the onions are soft.

Add the potatoes, carrots, beans, peas, salt and pepper. Cook for 3-4 minutes, stirring frequently.

Add the water and stir well. Cover and cook for 5 minutes. Add the coconut milk, stir and simmer for 2 minutes.

Garnish with coriander and serve.

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

## Serving suggestion:

Serve on a bed of steamed rice or enjoy on its own



PER SERVING:  
309 Calories  
**32g Carbs**  
**7g Protein**  
**17g Fat**



# Chinese chicken & pickled veg

80g uncooked brown rice or quinoa  
80g garden or daikon radish, ends removed and sliced

140g carrot, chopped

100g cucumber, peeled, seeds removed and diced

1 tbsp fresh coriander, finely chopped, plus a little extra to garnish

1 small red chilli pepper, deseeded and finely sliced

2 tbsps shaosing rice wine vinegar  
a pinch of stevia or a drizzle of honey

a pinch of sea salt

400g skinless, boneless chicken thighs, visible fat removed

2 tps Chinese 5 spice powder

a pinch of sea salt and ground black pepper

1 tsp soy sauce or tamari

a drizzle of tabasco (optional)

Bring a saucepan of water to the boil. Add the rice, stir well and reduce heat to simmer. Cook according to packet instructions. Drain well.

While the rice is cooking, place the radish, carrot, cucumber, coriander, chilli, vinegar, sweetener and salt in a bowl and stir well. Set aside for 20 minutes.

Meanwhile, season the chicken with Chinese 5 spice, salt and pepper. Set aside for 20 minutes.

Prepare a medium grill and line a grill pan with foil. Cook the chicken for 8-10 minutes, or until cooked thoroughly. Cover with foil and set aside.

Divide the rice between two serving bowls. Top with the vegetables. Slice the chicken and add to the bowl.

Drizzle a small amount of soy sauce and tabasco (if using) over the top. Garnish with fresh chopped coriander. Serve.

*Store any leftover chicken and pickled veg in separate airtight containers and refrigerate for up to 2 days.*

SERVES 2



PER SERVING:  
430 Calories  
**39g Carbs**  
**37g Protein**  
**14g Fat**



# Chicken in a creamy leek sauce

1 heaped tsp ghee or coconut oil  
2 x 200g chicken breasts  
½ a medium-sized white onion,  
finely chopped  
1 garlic clove, crushed  
130g closed cup mushrooms, sliced  
1 medium-sized leek, finely sliced  
250ml chicken stock (made with one  
organic stock cube)  
a pinch of sea salt and ground black  
pepper  
a large handful of spinach leaves  
30ml crème fraîche  
1 tbsp fresh parsley, finely chopped

SERVES 2

Heat half of the ghee/oil in a frying pan over a medium heat. Add the chicken breasts and fry for 10 minutes, or until well browned on both sides. Transfer to a plate and set aside.

Add the remaining ghee/oil and fry the onion for 2–3 minutes, stirring occasionally until soft. Add the garlic and fry for 1–2 minutes, stirring occasionally. Add the mushrooms and leek and fry for 4–5 minutes, stirring occasionally.

Return the chicken to the pan and stir in the stock. Bring to the boil then reduce heat to simmer. Cover and cook for 10 minutes, or until the chicken is cooked.

Stir in the salt and pepper. Add the spinach and cook until wilted. Stir in the crème fraîche and parsley and serve.

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

## Serving suggestion:

Serve with steamed rice or over toasted sourdough



PER SERVING:  
399 Calories  
**17g Carbs**  
**49g Protein**  
**15g Fat**



# Warming chilli chocolate beef stew

1 tsp ghee or coconut oil  
1 large white onion, chopped  
2 cloves garlic, chopped  
2 green or red chilli peppers, chopped  
600g lean beef, diced  
1 tbsp plain flour (use gluten free if preferred)  
500ml beef stock (made with one organic stock cube)  
400g tinned chopped tomatoes  
1 tbsp tomato purée  
1 tsp chilli powder  
1 tsp paprika  
½ tsp ground coriander  
a pinch of sea salt and ground black pepper  
1 tsp ground cumin  
50g dark chocolate (minimum 70% cocoa)

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

Add the garlic and chilli peppers and fry for 2 minutes, stirring frequently.

Add the beef and cook for 4-5 minutes, stirring until browned all over.

Add the flour and stir well to coat the beef.

Stir in the stock, tinned tomatoes, tomato purée and spices. Simmer gently, then cover and cook for one hour.

Add the chocolate and stir well. Cook for 10 minutes, or until the beef is tender. Add more stock or water during cooking time if the mixture sticks to the base of the pan. Serve.

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

SERVES 4

PER SERVING:  
390 Calories  
**16g Carbs**  
**59g Protein**  
**10g Fat**



# Pan fried coconut & chilli fish with a spinach salad

300g halibut steaks or firm white fish  
1 heaped tbsp desiccated coconut  
1 tbsp plain flour (use gluten free if preferred)  
lemon slices, to serve

2 tbsps coconut oil

## for the salad:

a handful of spinach leaves  
160g cucumber, diced  
1 red bell-pepper, diced  
1 vine-ripened tomato, finely diced  
1 tbsp fresh coriander, finely chopped  
a pinch of sea salt  
2 tbsps fresh lemon juice

## for the marinade:

1 red chilli pepper  
1 tsp fresh ginger, peeled  
a small bunch of fresh parsley  
3 garlic cloves, peeled  
2 tps white wine vinegar  
1 tsp ground coriander  
a pinch of sea salt and black pepper

Mix the salad ingredients in a bowl. Using a wooden spoon, pound the spinach leaves gently. Cover and refrigerate.

Meanwhile, place the marinade ingredients in a blender and blend well until smooth.

Place the fish in a bowl and pour over the marinade. Stir to coat the fish. Cover and refrigerate for 30 minutes (or longer if you have time).

Mix the coconut and flour together in a shallow based bowl. Add the fish and cover both sides in the mixture.

Melt the oil in a frying pan over a low heat. Add the fish and cook for 3 minutes. Avoid touching the fish while it cooks. Turn with a slice and cook for 3 minutes, or until the fish is cooked. Serve the fish over a bed of spinach salad.

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

SERVES 2

PER SERVING:  
402 Calories  
21g Carbs  
39g Protein  
18g Fat

