



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 your 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 banana, date & peanut butter smoothie

180ml unsweetened almond milk  
(or use milk of your choice)  
80g frozen banana (or use fresh  
plus 3 ice cubes)  
40g tinned chickpeas, drained and  
rinsed  
20g peanut butter (or use nut butter  
of your choice)  
1 tsp ground cinnamon  
2 soft pitted dates  
30g vanilla flavour whey or rice  
protein powder (optional)

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

*Consume immediately.*

SERVES 1



PER SERVING:  
411 Calories  
37g Carbs  
32g Protein  
15g Fat



# Kiwi & banana smoothie

1 ripe kiwi, washed and ends removed

80g ripe banana

180ml unsweetened almond milk  
(or use milk of your choice)

a small handful of fresh spinach  
leaves

30g Greek yoghurt (use dairy free  
if preferred)

½ tsp fresh ginger, grated

2 ice cubes

1 tsp sunflower seeds

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

*Consume immediately.*

SERVES 1



PER SERVING:  
206 Calories  
**31g Carbs**  
**7g Protein**  
**6g Fat**

# Blueberry & vanilla delight

60g fresh or frozen blueberries  
40g Greek yoghurt (use dairy free if preferred)  
140ml unsweetened almond milk (or use milk of your choice)  
12g almonds  
25g vanilla flavour whey or rice protein powder (optional)  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
267 Calories  
15g Carbs  
27g Protein  
11g Fat

# Energy packed seed & nut bars

100g oats (use gluten free if preferred)

60g pitted dates

30g coconut oil, melted

160g nut butter of your choice

25g maple syrup (or use liquid sweetener of your choice)

50g pumpkin seeds or sunflower seeds

30g flaxseed

20g chia seed

30g almonds or pecans, finely chopped

1 tsp ground cinnamon

MAKES 16 BARS



PER BAR:

159 Calories

10g Carbs

5g Protein

11g Fat

Preheat oven to 150°C/300°F. Line the base of a 15x15 cm baking tin with baking paper.

Pour the oats onto a large baking tray and spread into a fine even layer. Oven bake for 10-15 minutes or until a light golden colour.

Place the dates, coconut oil and nut butter in a blender or food processor and blend into a paste. Transfer to a large bowl.

Add the oats and stir well. Add the seeds, almonds and cinnamon and stir well until thoroughly combined. Add a drop of cold water if the mixture is too crumbly.

Transfer the mixture to the baking tin. Press down firmly, ensuring no gaps remain.

Refrigerate for 1 hour or until firm. Cut into 16 bars.

*Store the bars in an airtight container and refrigerate for up to 3 days.*



# Blueberry protein muffins

1 large ripe banana, mashed  
2 eggs  
1 tsp vanilla extract  
2 tbsps coconut oil or olive oil  
90ml unsweetened almond milk  
150g buckwheat flour (or use flour of your choice)  
a pinch of baking powder  
a pinch of sea salt  
30g vanilla flavour whey or rice protein powder (optional) or 2 tps sweetener of your choice  
100g fresh blueberries

**MAKES 8 MUFFINS**

Preheat oven to 175°C/350°F.

Line 8 compartments of a muffin tin with paper cases or prepare a non stick silicon muffin tray.

Mash the banana thoroughly in a large bowl. Add the remaining wet ingredients and mix well with a hand mixer.

Mix the dry ingredients in a separate bowl, except for the blueberries.

Add the dry ingredients to the wet and mix well with the hand mixer until well combined. Stir in the blueberries.

Divide the mixture between the 8 compartments. Bake for 25-30 minutes or until a skewer inserted into the muffins comes out clean. Allow to cool in the tin.

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



PER MUFFIN:  
162 Calories  
20g Carbs  
7g Protein  
6g Fat



# Orange & almond oat bars

150g oats (use gluten free if preferred)  
40g almonds, roughly chopped  
40g sunflower seeds  
110g nut butter of your choice  
the juice and grated zest of 1 large navel orange  
30g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste  
¼ tsp sea salt  
30g raisins

**MAKES 9 BARS**

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

Mix the ingredients in a large bowl. Combine with your hands until crumbly.

Add around 60-80ml milk or cold water and mix well to combine. The mixture should bind together easily without being too wet.

Transfer mixture to the baking tin. Press the mixture down firmly into the tin to compact it, and level the surface with a spatula.

Refrigerate until firm. Cut into 9 bars.

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



PER BAR:  
240 Calories  
**14g Carbs**  
**10g Protein**  
**12g Fat**



# Maple & pecan overnight protein oats

## for the topping:

1 small apple, peeled and cut into chunks

15g pecan halves

a pinch of ground cinnamon

## for the oats:

60g oats (use gluten free if preferred)

250ml unsweetened almond milk (or use milk of your choice)

1 tbsp flaxseed

2 tps maple syrup or use sweetener of your choice

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

a small pinch of sea salt

2 tps chia seeds

Bring a small saucepan of water to the boil. Reduce heat to simmer. Add the apple and cook for 3-4 minutes, or until soft. Drain well and allow to cool. Transfer to a bowl and mash until smooth.

Meanwhile, place the pecans in a frying pan over a medium heat and add the ground cinnamon. Toast gently, stirring frequently for 2-3 minutes. Remove from pan and set aside to cool. Transfer the toasted pecans to an airtight container and store at room temperature until ready to serve.

Place all of the ingredients in an airtight container, except for the pecans. Stir well, cover and refrigerate for 4 hours or overnight.

Stir again, adding more milk if required. Transfer the mixture to a serving dish and top with the toasted pecans.

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

SERVES 1



PER SERVING:  
616 Calories  
70g Carbs  
30g Protein  
24g Fat



# Blueberry & vanilla protein pancakes

110g oats (use gluten free if preferred)  
1 egg  
2 egg whites  
100ml unsweetened almond milk (or use milk of your choice)  
25g vanilla flavour whey or rice protein powder  
70g ripe banana  
¼ tsp xanthan gum (optional – makes a thicker batter)  
2½ tps coconut oil  
**to serve:**  
50g fresh blueberries  
15ml maple syrup (or use liquid sweetener of your choice)  
60g fresh strawberries

SERVES 2

Put all of the ingredients except for the coconut oil, maple syrup, strawberries and blueberries into a blender and blend well.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn or flip the pancake over and cook for 2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

Serve the pancakes with maple syrup and blueberries.

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



PER SERVING:  
451 Calories  
54g Carbs  
25g Protein  
15g Fat



# Mexican avocado eggs

2 eggs  
1 egg white  
½ tsp chilli powder  
½ tsp ground cumin  
½ tsp garlic granules  
1 tsp olive oil or coconut oil  
½ a small red onion, finely chopped  
½ a medium sized ripe avocado  
a small handful of fresh coriander, finely chopped

SERVES 1

Whisk the eggs and egg whites in a jug. Add the chilli powder, ground cumin and garlic granules. Stir well.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally until soft.

Pour the egg mixture into the frying pan and reduce heat to low. Stir for 1-2 minutes until cooked.

Remove the peel and stone from the avocado and slice the flesh.

Serve the eggs topped with the avocado slices. Garnish with fresh coriander.

*Consume immediately.*



PER SERVING:  
372 Calories  
**10g Carbs**  
**20g Protein**  
**28g Fat**

# Asian chicken quiche

1 tsp ghee or coconut oil plus extra to grease dish  
60g white onion, finely chopped  
100g red bell pepper, diced  
½ a stalk of fresh lemongrass, minced  
100ml coconut milk  
5 eggs plus 2 egg whites  
100g cooked chicken, chopped  
½ tsp chilli powder  
½ tsp ground cumin  
½ tsp garlic granules  
50g plum or cherry tomatoes, halved  
**to garnish:**  
a small handful of fresh coriander, finely chopped

SERVES 3



PER SERVING:  
285 Calories  
8g Carbs  
25g Protein  
17g Fat

Preheat oven to 170°C/350°F. Grease a 15x15cm oven dish.

Melt the ghee / oil in a frying pan over a medium heat and add the onion and red pepper. Sauté for 3-4 minutes, stirring occasionally, until soft.

Add the lemongrass and a splash of coconut milk. Cook for 1 minute, stirring continuously. Remove pan from the heat and allow to cool for 5 minutes.

Beat the eggs in a jug with a fork. Add the remaining ingredients and stir well.

Pour the mixture into the oven dish and bake for 35-40 minutes or until the centre of the quiche is firm.

Serve garnished with chopped fresh coriander.

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



# Broccoli, cashew & poached egg

120g broccoli florets with stems  
2 tps olive oil plus a little extra to  
grease tray  
a pinch of ground black pepper  
2 tps rice vinegar  
2 eggs  
15g cashews, chopped

SERVES 1

Preheat oven to 200°C/400°F.

Drizzle a small amount of olive oil onto a baking tray. Tilt the tray to distribute the oil around the surface.

Cut each floret in half lengthways. Place the broccoli florets onto the baking tray, distributing evenly.

Drizzle the remaining oil over the broccoli and season with black pepper.

Roast the broccoli for 15–20 minutes, or until browned around the edges.

Add the vinegar and toss to coat.

Meanwhile, poach the eggs in a saucepan of simmering water for 3–4 minutes until soft. Remove from the saucepan with a slotted spoon.

Top with the chopped cashews and serve.

*Consume immediately.*



PER SERVING:  
366 Calories  
14g Carbs  
19g Protein  
26g Fat

# Fragrant chickpea burgers

400g tinned chickpeas, rinsed and drained

5 tsps ghee or olive oil

½ tsp ground dried red chillies

1 tsp cumin seeds

2 whole cloves

½ tsp ground turmeric

½ tsp ground cinnamon

½ tsp ground coriander

a good pinch of sea salt

10g fresh ginger, peeled and minced

100g white onion, finely chopped

a small handful of fresh coriander, finely chopped

**MAKES 3 BURGERS**

Mash the chickpeas in a large bowl.

Heat 3 tsps ghee/oil in a medium sized saucepan over a medium heat. Add the dried red chillies, cumin seeds and cloves and fry gently for 45-60 seconds until they begin to darken in colour.

Reduce the heat to low and add the turmeric, ground cinnamon, ground coriander, salt, ginger and onion. Mix well and cook for 5 minutes, stirring occasionally, until the onions are soft.

Transfer the onion mixture to a plate and allow to cool for 5 minutes. Remove the two cloves and discard, then add the onions to the mashed chickpeas. Add the fresh coriander and stir well to combine. Shape the mixture into three patties.

Heat the remaining oil in a frying pan over a medium heat. Place the patties in the frying pan. Cook for around 6-8 minutes on one side, then carefully turn over using a slice. Cook until golden. Serve with a salad.

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



PER BURGER:  
195 Calories  
17g Carbs  
7g Protein  
11g Fat



# Slow cook trout stew

a good pinch of salt and pepper  
1 tsp paprika  
1 tsp ground coriander  
1 tsp dried thyme  
1 tsp dried parsley  
8 trout fillets  
2 tps ghee or olive oil  
1 red or green bell pepper, sliced  
2 ripe tomatoes, chopped  
5 spring onions, chopped  
2 green chilli peppers, chopped  
400ml fish stock (made with 1 organic stock cube)

SERVES 4

Mix the salt, pepper, herbs and spices in a bowl and sprinkle half of the mixture over the trout.

Melt half of the ghee/oil in a large frying pan over a medium heat. Add the trout and cook for 2 minutes on each side.

Transfer the trout to the slow cooker or a large saucepan.

Add the remaining ghee/oil to the frying pan and add the bell pepper, tomatoes, spring onions, chilli peppers and remaining spice mixture. Stir well and fry for 2 minutes.

Transfer the vegetables to the slow cooker/saucepan. Add the stock and bring to a simmer. Cover and cook for 1½ hours. Serve.

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



PER SERVING:  
364 Calories  
**5g Carbs**  
**50g Protein**  
**16g Fat**



# Fragrant lamb tagine



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800g lean diced lamb  
1 tsp ground cumin  
1 tsp ground ginger  
½ tsp ground cinnamon  
1 tsp ground turmeric  
1 tsp coconut oil or ghee  
1 large red onion, finely chopped  
500ml lamb or chicken stock  
(made with 1 organic stock cube)  
400g tinned chopped tomatoes  
300g carrots, peeled and chopped  
a large handful of fresh coriander,  
finely chopped  
juice of 1 lemon

## to serve:

a small handful of fresh mint,  
finely chopped  
50g pomegranate seeds (optional)

SERVES 4

## Serving suggestion:

Serve on a bed of couscous (use gluten free if preferred).

Place the lamb in a bowl and mix with the ground spices. Cover and refrigerate for 1 hour.

Heat the oil/ghee in a large saucepan or tagine pot over a medium heat. Add the onion and fry gently for 10 minutes. Add the lamb and fry for 5 minutes, stirring occasionally to brown the lamb on all sides.

Add the stock and tinned tomatoes. Bring to a gentle simmer. Cover and cook for 2 hours, stirring occasionally, or transfer to a slow cooker, and cook on low for 3 hours.

Add the carrots and half of the fresh coriander and stir well. Cover and cook for 2-3 hours or until the lamb is tender. Remove the lid towards the end of cooking time to help reduce the sauce.

Stir in the lemon juice. Serve topped with the fresh mint, remaining coriander and pomegranate seeds.

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

## PER SERVING:

464 Calories  
20g Carbs  
42g Protein  
24g Fat



# Chicken & bacon tray bake

3 tbsps tomato purée  
2 tps olive oil  
3 garlic cloves, peeled  
1 tsp chilli powder  
½ tsp ground coriander  
8 skinless chicken thighs  
300g sweet potato, diced  
a good pinch of ground black pepper and sea salt  
1 tsp dried thyme  
3 unsmoked bacon rashers, cut into small pieces  
1 green bell pepper, cut into strips  
300g cherry tomatoes

**SERVES 4**

Preheat oven to 180°C/350°F.

Place the tomato purée, olive oil, garlic, chilli powder and ground coriander in a blender or food processor. Blend well to combine into a paste.

Spread the paste over the chicken. Place the chicken and potatoes in a shallow oven dish. Sprinkle over the black pepper, salt and thyme and mix everything together.

Roast in the oven for 25 minutes. Stir in the bacon and roast for 15 minutes.

Add the bell pepper and tomatoes, stir well and roast for 10 minutes, or until everything is cooked thoroughly.

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

## Serving suggestion:

Serve with steamed vegetables of your choice.



PER SERVING:  
391 Calories  
**21g Carbs**  
**34g Protein**  
**19g Fat**

