



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

Chickpea nut smoothie	1
Chocolate, fruit & nut smoothie	2
Raspberry jam smoothie	3

### Snacks & treats

Oven roasted spiced chickpeas	4
Jammy shortbread crumble bars	5
Walnut, date & chia energy balls	6

### Breakfast

Scrambled eggs with a twist	7
Peanut butter & raspberry overnight oats	8
Quinoa veggie bake	9

### Lunch

Cabbage & bacon spring rolls	10
Turkey club wrap	11
Cheese & vegetable soup	12

### Dinner

Vegetable & chickpea paella	13
Chicken with black beans	14
Cheesy risotto	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)

# Chickpea nut smoothie

30g frozen banana  
35g tinned chickpeas, rinsed and drained well  
180ml unsweetened almond or oat milk  
20g vanilla flavour whey or rice protein powder (optional)  
10g tahini  
10g peanut or almond butter  
1 tsp vanilla extract  
20g fresh spinach leaves  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
255 Calories  
17g Carbs  
22g Protein  
11g Fat

# Chocolate, fruit & nut smoothie

230ml unsweetened almond milk  
60g frozen blueberries  
50g frozen banana  
40g Greek yoghurt (use dairy free if preferred)  
10g walnuts  
1 tsp cocoa powder  
2 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
258 Calories  
27g Carbs  
6g Protein  
14g Fat

# Raspberry jam smoothie

50g fresh or frozen raspberries  
150ml unsweetened almond milk  
15g almond butter  
60g frozen banana  
3g chia seeds

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

*Consume immediately.*

SERVES 1



PER SERVING:  
203 Calories  
**20g Carbs**  
**6g Protein**  
**11g Fat**

# Oven roasted spiced chickpeas

400g tinned chickpeas, rinsed and drained well

1½ tbsps olive oil

1 tsp hot paprika

½ tsp ground turmeric

1 heaped tsp cayenne pepper

½ tsp sea salt

½ tsp garlic granules

½ tsp dried thyme

1 tbsp nutritional yeast

SERVES 3

Preheat oven to 200°C / 400°F.

Pat the chickpeas dry using kitchen roll.

Pour the olive oil into a bowl and add the dried spices and nutritional yeast. Stir well. Add the chickpeas and stir to combine. Pour onto a baking tray lined with baking paper.

Shake gently to distribute the chickpeas in an even layer.

Bake for 30 minutes or until the chickpeas are golden-brown. Gently shake the tray halfway through baking time.

Allow to cool on the tray.

*Once cooled, store in an airtight container for up to 1 week.*



PER SERVING:

251 Calories

27g Carbs

11g Protein

11g Fat

# Jammy shortbread crumble bars

## for the shortbread:

60g unsweetened shredded coconut  
50g ground almonds  
50g cashews  
2½ tbsps maple syrup or honey  
¼ tsp sea salt

## for the jam:

150g raspberries  
2 tps chia seeds  
70g pitted Medjool dates

MAKES 9 BARS



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

Place the shortbread ingredients in a blender or food processor, and blend until crumbly.

Transfer ¾ of the mixture to the tin and press it down firmly to cover the base. Refrigerate for 30 minutes or until firm.

Place the jam ingredients in a blender or food processor. Blend well until smooth.

Spoon the raspberry mixture over the chilled base. Sprinkle the remaining shortbread mixture over the jam.

Freeze for 30 minutes. Cut into 9 bars. Serve.

*Store any leftovers in an airtight container and freeze for up to 3 weeks. Remove from freezer 10 minutes before serving.*

### PER BAR:

166 Calories  
15g Carbs  
4g Protein  
10g Fat



# Walnut, date & chia energy balls

60g walnut halves  
40g oats (use gluten free if preferred)  
120g pitted Medjool dates  
1 tbsp coconut oil, melted  
40g vanilla flavour whey or rice protein powder  
¼ tsp sea salt  
10g chia seeds  
10g shelled hempseed  
1 tsp vanilla extract

**MAKES 8 BALLS**

Place the walnuts and oats in a blender and blend well until crumbly. Transfer to a large bowl.

Place the dates and coconut oil in the blender. Blend into a paste. Transfer to the bowl.

Add the remaining ingredients to the bowl and mix well until thoroughly combined. Roll into 8 balls.

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



PER BALL:  
151 Calories  
**16g Carbs**  
**6g Protein**  
**7g Fat**

# Scrambled eggs with a twist

2 eggs  
3 egg whites  
½ tsp chilli flakes  
¾ tsp mustard (any variety)  
a pinch of sea salt and ground  
black pepper  
1 tsp coconut oil or butter

SERVES 1

Crack the eggs and egg whites into a jug. Add the chilli flakes, mustard, salt and pepper.

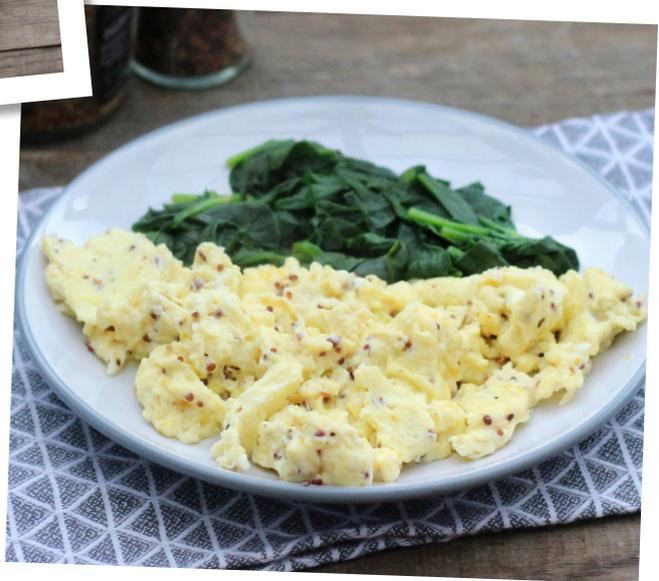
Melt the oil / butter in a frying pan over a medium heat.

Add the egg mixture and cook gently, stirring continuously until the eggs are cooked through. Serve.

*Consume immediately.*

**Serving suggestion:**

Serve with steamed greens.



PER SERVING:  
235 Calories  
**2g Carbs**  
**23g Protein**  
**15g Fat**

# Peanut butter & raspberry overnight oats

90g fresh raspberries  
15g crunchy peanut butter  
50g oats (use gluten free if preferred)  
175ml unsweetened almond milk (or use milk of your choice)  
2 tps chia seeds  
35g vanilla or raspberry flavour whey or rice protein powder  
7g shelled hempseed  
1 tsp maple syrup (or use natural sweetener of your choice)

**SERVES 1**

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

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

## Serving suggestion:

Serve topped with fresh berries and a sprinkle of chia seeds.



PER SERVING:  
554 Calories  
**50g Carbs**  
**39g Protein**  
**22g Fat**



# Quinoa veggie bake

25g quinoa (uncooked weight)  
1 tsp coconut oil, to grease dish  
3 egg whites  
2 eggs  
a pinch of sea salt and ground  
black pepper  
½ a red bell-pepper, diced  
60g closed-cup or button  
mushrooms, chopped  
60g red onion, finely chopped  
½ a medium-sized ripe avocado,  
diced  
½ tsp paprika  
¼ tsp hot chilli powder  
¼ tsp garlic granules  
30g Cheddar cheese, grated  
(use dairy free if preferred)

MAKES 9 SLICES



PER SLICE:  
68 Calories  
4g Carbs  
4g Protein  
4g Fat

Rinse the quinoa in cold water. Bring a small saucepan of water to the boil. Add the quinoa and cook according to packet instructions. Transfer to a sieve, rinse in cold water to cool, then drain well. Pat dry with kitchen roll to remove excess moisture.

Preheat oven to 180°C/350°F.

Grease the base and sides of a 15x15cm ovenproof dish or baking tin with coconut oil.

Crack the eggs and whites into a jug. Add the salt and pepper and beat gently with a fork. Add the remaining ingredients and stir well. Transfer the mixture to the ovenproof dish. Bake for 25-30 minutes, or until firm.

Cut into 9 slices and remove from the tin using a fish slice. Serve warm or cold.

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



# Cabbage & bacon spring rolls

1 tsp coconut oil  
2 unsmoked bacon rashers, visible fat removed and finely chopped  
1-2 tsps tabasco sauce or sriracha sauce  
1 garlic clove, finely chopped  
1 small white onion, very finely sliced  
75g closed-cup mushrooms, very finely chopped  
1 green bell-pepper, finely chopped  
a handful of kale, finely chopped  
50g leek, very finely chopped  
75g carrot, peeled and grated or finely chopped  
a pinch of ground black pepper  
½ a green or red chilli pepper, finely chopped  
4 large cabbage leaves  
2 tsps olive oil, for brushing soy sauce or tamari, to serve

MAKES 4 SPRING ROLLS

Preheat oven to 180°C/350°F.

Melt the oil in a frying pan over a medium heat. Fry the bacon for 2-3 minutes, until cooked but not crispy.

Place the tabasco, garlic, vegetables, bacon, black pepper and chilli in a large bowl and mix well.

Place the cabbage leaves on a baking tray lined with tin foil. Using a ladle, spoon the filling into the centre of each leaf and roll them up like a spring roll. Use a cocktail stick to hold each rolled up leaf in place, or roll them over onto the other side, to keep everything sealed in place.

Brush each leaf with olive oil. Bake for 15-20 minutes or until the vegetables are soft. Serve warm with soy sauce or tamari in a dipping bowl.

*Consume immediately.*



PER ROLL:  
126 Calories  
**11g Carbs**  
**7g Protein**  
**6g Fat**



# Turkey club wrap

2 tps mayonnaise  
¼ - ½ tsp wholegrain mustard  
a small pinch of sea salt  
a small pinch of ground black pepper  
1 tortilla wrap (or use gluten free wrap of your choice)  
60g cooked turkey breast  
20g Parma ham (optional)  
40g ripe avocado, sliced  
70g ripe salad tomato, sliced finely  
2-3 gem or iceberg lettuce leaves, chopped  
10g Cheddar cheese, grated  
(use dairy free if preferred)

Mix the mayonnaise, mustard, salt and pepper in a bowl.

Lie the wrap flat on a chopping board. Spread the mayonnaise over the centre of the wrap.

Top with the remaining ingredients.

Roll tightly into a wrap and seal in tin foil.

Refrigerate until ready to serve.

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

SERVES 1



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



# Cheese & vegetable soup

1 tsp butter or coconut oil  
2 sticks celery, chopped  
½ medium-sized white onion,  
chopped  
1 large carrot, peeled and sliced  
1 clove garlic, minced  
250g broccoli, cut into florets  
200g white potato, peeled and diced  
800ml vegetable stock (made with  
one organic stock cube)  
30g Cheddar cheese, grated (use  
dairy free if preferred)  
60ml buttermilk (optional)  
a pinch of sea salt and ground black  
pepper

**SERVES 3**

Melt the butter / oil in a large saucepan over a medium heat. Add the celery, onion and carrot and fry gently for 5 minutes, stirring occasionally.

Add the garlic and fry for 2 minutes, stirring frequently. Add the broccoli, potato and vegetable stock. Increase heat to bring to a boil, then reduce heat to simmer gently. Cover and cook for 7-8 minutes.

Remove the soup from the heat and allow to stand for 10-15 minutes. Transfer to a blender, in batches if required, and blend until smooth.

Return the soup to the saucepan, add the cheese and buttermilk and stir well. Stir over a low heat until the cheese melts. Season with salt and pepper. Serve.

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

## Serving suggestion:

Stir a dessertspoon of yoghurt into the soup for extra creaminess.



PER SERVING:  
162 Calories  
**21g Carbs**  
**6g Protein**  
**6g Fat**



# Vegetable & chickpea paella

100g short grain or arborio rice  
a pinch of saffron threads  
2 tps coconut oil  
1 large white onion, diced  
1 red or yellow bell-pepper, sliced  
250g tomato passata (or blended tinned tomatoes)  
2 tbsps tomato purée  
1 tsp garlic granules  
½-1 tsp hot paprika  
a pinch of sea salt and ground black pepper  
300ml vegetable stock (made with one organic stock cube)  
120g green beans, ends trimmed  
200g (drained weight) tinned chickpeas, rinsed and drained well  
juice of 1 lemon  
a sprinkle of fresh parsley

SERVES 3



PER SERVING:  
306 Calories  
**53g Carbs**  
**10g Protein**  
**6g Fat**

Rinse the rice in cold water. Bring a saucepan of water to the boil. Add the rice, stir briefly, and reduce heat. Simmer gently for 15-20 minutes or until the rice just begins to soften. Drain well.

Combine the saffron threads with 40ml warm water in a small bowl.

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

Add the passata, tomato purée, garlic granules, hot paprika, salt, pepper and saffron in water. Stir well and cook for 2-3 minutes. Add the green beans, chickpeas and rice and stir gently.

Add the stock and simmer gently for 15 minutes or until most of the liquid has evaporated. Add more stock during cooking time if the paella becomes too dry. Remove the saucepan from the heat, and stir in the lemon juice. Serve garnished with parsley.

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



# Chicken with black beans

4 tbsps black beans (fermented)  
2 tps coconut oil  
360g fresh chicken breast, diced  
½ tsp garlic granules  
1 tbsp fresh coriander, chopped  
2cm piece of fresh ginger, minced  
a pinch of chilli flakes  
1 small white onion, finely sliced  
80g courgette, finely sliced  
½ a green bell-pepper, finely sliced  
a pinch of sea salt and ground black pepper  
1 tsp cornflour (or use a gluten free alternative such as rice flour)  
2 tbsps cold water

SERVES 2

## Serving suggestion:

Serve on a bed of steamed rice.



PER SERVING:  
441 Calories  
**18g Carbs**  
**63g Protein**  
**13g Fat**

Place the black beans in a small bowl and cover with 80ml cold water. Set aside for 30 minutes, or longer if you have time.

Heat half of the oil in a frying pan over a medium heat. Add the chicken, garlic granules, coriander, ginger and chilli. Fry for 8-10 minutes, or until the chicken is cooked, stirring frequently. Transfer the contents of the pan to a plate and set aside.

Heat the remaining oil in the pan over a medium heat. Add the onion, courgette and bell-pepper and fry gently for 5 minutes, stirring frequently.

Add the chicken back into the pan and season with salt and pepper. Add the black beans, and the water they've been soaking in. Stir well.

Mix the cornflour with 2 tbsps cold water, to form a paste. Add to the pan and stir well. Simmer for 5 minutes. Serve.

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



# Cheesy risotto

50ml recently boiled water  
120g broccoli, cut into small florets  
¼ tsp sea salt  
¼ tsp ground black pepper  
1 tsp coconut oil  
100g white onion, chopped  
1 stick celery, chopped  
150g arborio rice  
350ml vegetable stock (made with one organic stock cube)  
2 tbsps nutritional yeast  
a small bunch of fresh parsley, roughly chopped

SERVES 2



PER SERVING:  
445 Calories  
**77g Carbs**  
**23g Protein**  
**5g Fat**

Place a large saucepan over a medium heat. Add the water and broccoli and season with salt and pepper. Cover and cook for 3-4 minutes until the broccoli is just tender. Add more water to the pan during cooking time if required. Remove broccoli from pan and set aside.

Heat the coconut oil in the pan. Add the onion and celery and sauté for 3-4 minutes or until soft.

Add the arborio rice and cook for 1 minute, stirring occasionally. Add the stock and bring to a gentle simmer. Cover and cook for 15 minutes or until the rice is cooked and most of the liquid has absorbed. Add a splash of water during cooking time if the mixture becomes too dry.

Remove the saucepan from the heat. Stir in the nutritional yeast.

Taste and add more seasoning if required. Stir in the cooked broccoli. Serve garnished with parsley.

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

