



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 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.



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Creamy bounty smoothie

80g frozen banana
180ml unsweetened dairy
alternative coconut milk
60g Greek yoghurt (use dairy free
yoghurt if preferred)
15g shelled hemp or ground flaxseed
5g unsweetened shredded coconut
10g cocoa nibs (or use 2 tsps cocoa
powder)
25g chocolate 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:
461 Calories
35g Carbs
33g Protein
21g Fat

Thick layered fruit smoothie

for the bottom layer:

60g blueberries

40g blackberries

60g Greek yoghurt (use dairy free if preferred)

8 ice cubes

for the top layer:

80g fresh strawberries or raspberries

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

60g Greek yogurt (use dairy free if preferred)

8 ice cubes

Place the bottom layer ingredients into a blender jug and blend until creamy.

Pour the mixture into a glass, filling halfway.

Rinse and dry the blender jug.

Place the bottom layer ingredients into the blender jug and blend well.

Pour the mixture into the glass, filling it to the top. Serve.

Consume immediately.

SERVES 1



PER SERVING:
296 Calories
24g Carbs
32g Protein
8g Fat

Strawberry salad smoothie

50g frozen banana
70g frozen strawberries
25g mixed lettuce leaves
10g mixed seeds
180ml coconut water
25g vanilla or strawberry flavour
whey or rice protein powder
(optional)

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

Consume immediately.

SERVES 1



PER SERVING:
278 Calories
32g Carbs
24g Protein
6g Fat

Chocolate tofu mousse

30g soft pitted dates
30g oats (use gluten free if preferred)
20g unsweetened coconut flakes
stevia to taste, or use natural sweetener of your choice
300g silken tofu
25g dark chocolate (minimum 70% cocoa)
10g cocoa powder
30g chocolate or vanilla flavour whey or rice protein powder (optional)
for the topping:
5g dark chocolate, finely grated

SERVES 3

Place all of the ingredients into a blender or food processor and blend until creamy.

Transfer to 3 small serving bowls and refrigerate for up to 3 days or freeze on same day.

Top with grated dark chocolate before serving.

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



PER SERVING:
277 Calories
22g Carbs
18g Protein
13g Fat

Chocolate amaranth squares

50g amaranth (or use quinoa)
50g dried chopped dates
35g coconut oil, melted
20g cocoa nibs
40ml unsweetened dairy
alternative coconut milk
40g hazelnuts, finely chopped
30g dark chocolate (minimum 70%
cocoa), finely chopped
60g oats (use gluten free if preferred)
30g raisins
2 tps apple cider vinegar (optional)

MAKES 9 SQUARES

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

Place the amaranth in a saucepan of boiling water. Cook according to packet instructions. Drain well and allow to cool. Pat dry with kitchen paper to remove excess water.

Place the dates, melted coconut oil, cocoa nibs and milk in a blender or food processor and blend well until smooth. Transfer to a bowl.

Add the hazelnuts, dark chocolate, oats, raisins, apple cider vinegar (if using) and amaranth.

Mix well until combined. The consistency should be thick. If the mixture is too wet, add some more oats to the mixture.

Transfer the mixture to the baking tin. Refrigerate until firm. Cut into 9 squares. Serve.

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



PER SQUARE:
166 Calories
16g Carbs
3g Protein
10g Fat



Creamy strawberry cheesecake

for the base:

50g coconut oil
80g ground almonds
50g ground flaxseed
20g honey or maple syrup
30g crunchy peanut butter (or use
nut butter of your choice)
a pinch of sea salt
60g oats (use gluten free oats if
preferred)

for the topping:

120g cream cheese (use dairy free
if preferred)
100g Greek yoghurt (use dairy
free if preferred)
1 egg
30g vanilla or strawberry flavour
whey or rice protein powder
200g fresh strawberries

to serve:

a few fresh strawberries

SERVES 8

Preheat oven to 175°C/350°F. Line the
base of a 15x15cm square or round baking
tin with baking paper.

Place the base ingredients in a blender or
food processor and blend until smooth.

Transfer to the baking tin and press down
firmly to compact. Bake for 10 minutes
then allow to cool.

Place the topping ingredients in a blender
or food processor and blend until smooth.

Pour the mixture over the base, and spread
out evenly with a spatula.

Bake for 20 minutes then allow to cool.
Refrigerate for one hour or more until
ready to serve.

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



Basil & Mozzarella skillet eggs

1 tsp coconut oil or olive oil
½ a small white onion, finely chopped
400g tinned chopped tomatoes
a small handful of fresh basil leaves and stalks, finely chopped
20ml cold water
100g (drained weight) tinned cannellini beans, drained and rinsed
½ tsp Italian seasoning
a pinch of sea salt and ground black pepper
4 eggs
40g Mozzarella cheese (use dairy free if preferred)

SERVES 2

Preheat oven to 170°C/350°F.

Heat the oil in a skillet over a medium heat. Add the onion and fry gently for 3-4 minutes, stirring occasionally.

Add the chopped tomatoes, fresh basil and water and cook for 2 minutes, stirring occasionally.

Add the cannellini beans, salt, pepper and Italian seasoning. Stir well and cook for 1 minute.

Make 4 wells in the sauce and crack the eggs into each well. Transfer the skillet to the oven and bake for 8-10 minutes, or until the whites are cooked and the yolks are still slightly runny.

Add the cheese and bake for 1 minute or until the cheese has melted. Serve.

Consume immediately.



PER SERVING:
325 Calories
18g Carbs
25g Protein
17g Fat



Raspberry & lemon overnight oats

50g fresh raspberries, mashed plus a few extra raspberries to garnish
60g oats (use gluten free if preferred)

150ml unsweetened almond milk (or use milk of your choice)

60g Greek yoghurt (use dairy free if preferred)

juice of ½ a lemon

1 heaped tsp chia seeds

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

a small amount of natural sweetener, to taste (only required if you're omitting protein powder)

½ tsp vanilla extract

Place all of the ingredients in a sealable container and stir well. Refrigerate for 4 hours or overnight.

Stir well and add a drop of chilled milk if required, to achieve desired consistency.

Transfer mixture to two serving bowls. Serve topped with the additional raspberries. Serve.

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



SERVES 2



PER SERVING:

263 Calories

27g Carbs

23g Protein

7g Fat

Thick & fluffy protein pancakes

8 egg whites
75g oats (use gluten free if preferred)
40g vanilla flavour whey or rice protein powder (optional)
1 tsp stevia (or natural sweetener of your choice)
100ml unsweetened almond milk
¼ tsp xanthan gum (optional)
2 tps coconut oil

MAKES 4 PANCAKES



Place the egg whites, oats, protein powder (if using), stevia, milk and xanthan gum (if using) in a blender, and blend well until creamy.

Melt ½ tsp oil in a frying pan over a medium heat. Pour ¼ of the batter into the pan. Tilt the base of the pan gently to shape the batter into a circle.

Cook for 2-3 minutes. When small holes appear on the surface of the pancake, flip or turn using a fish slice. Cook on the other side for 2-3 minutes or until the underside of the pancake is golden. Transfer to a plate.

Repeat steps with the remaining oil and batter.

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

Serving suggestion:

Serve with mixed berries and a drizzle of agave syrup, maple syrup or honey.



PER PANCAKE:
168 Calories
15g Carbs
18g Protein
4g Fat

Cauliflower cheese omelette

100g cauliflower florets
4 eggs
1 egg white
a pinch of sea salt and ground
black pepper
1 tsp curry powder
½ tsp ground coriander
½ tsp chilli powder
1 tsp ghee or coconut oil
40g button mushrooms, chopped
30g Cheddar cheese (use dairy
free if preferred), grated

SERVES 2

Serving suggestion:

Serve with a leafy green salad and a drizzle of balsamic vinegar.



PER SERVING:
253 Calories
5g Carbs
20g Protein
17g Fat



Blitz the cauliflower in a blender or food processor. Beat the eggs and egg white in a jug. Add the salt, pepper, curry powder, ground coriander and chilli powder and stir well.

Melt half of the ghee/oil in a frying pan over a medium heat. Add the cauliflower and mushrooms. Fry gently for 3 minutes, stirring occasionally, until the cauliflower is soft and a light golden colour. Remove the vegetables from the pan and transfer to a plate.

Melt the remaining ghee/oil in the pan and add the eggs. Cook for 3-4 minutes or until the omelette starts to firm up in the centre. Place a lid over the pan to speed up the cooking process.

Add the cooked vegetables and cheese over one half of the omelette and cook for 2-3 minutes. Use a fish slice to fold the 'empty' half of the omelette over the vegetables and cheese. Cut the omelette in half and transfer to two serving plates.

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



Mexican chicken taco bowl

70g wholegrain or basmati rice

for the chicken:

1 tsp ghee or coconut oil

300g chicken mini fillet strips

1 heaped tsp chilli powder

1 tsp garlic powder

½ tsp ground cumin

½ tsp paprika

a pinch of sea salt

for the bowl:

1 large beef tomato, diced

juice of 1 lime

a pinch of ground black pepper

a small handful of fresh coriander,
finely chopped

60g (drained weight) tinned
sweetcorn, drained

1 ripe avocado

to serve:

2-3 lime wedges, to garnish

30g Cheddar cheese (optional)
grated

Bring a saucepan of water to the boil and add the rice. Stir briefly and cook according to pack instructions. Drain well.

Heat the ghee/oil in a frying pan over a medium heat. Add the chicken and ground spices and stir well. Cook for 5-6 minutes, stirring occasionally, until the chicken is thoroughly cooked. Remove pan from heat.

Mix the diced tomato, lime juice, pepper, and coriander in a bowl to make a salsa.

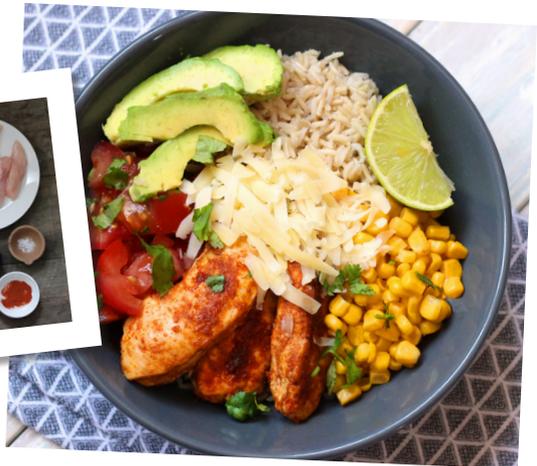
Divide the rice between two serving bowls. Add the salsa, tinned sweetcorn and chicken.

Peel and slice or mash the avocado and add to the serving bowls. Serve with the lime wedges and grated cheese (if using).

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

SERVES 2

PER SERVING:
608 Calories
47g Carbs
60g Protein
20g Fat



Oriental fish salad

300g cod fillets (or use haddock or similar white fish)

10g cashews

for the salad:

2 carrots, peeled and grated

1 red bell-pepper, finely diced

40g cucumber, chopped

1 celery stalk, finely chopped

5 radishes, finely sliced

2 spring onions, sliced

a small handful of fresh coriander, finely chopped

a handful of mixed lettuce leaves

for the dressing:

1½ tbsps olive oil

juice of ½ a lemon

a small amount of stevia or maple syrup, to taste

2 tps soy sauce or tamari

1 tsp grated ginger

1 garlic clove, finely chopped

SERVES 2

Preheat oven to 180°C/350°F. Place the fish on a sheet of tin foil and wrap to seal in a loose parcel. Place on a baking tray.

Bake for 20 minutes or until the fish is thoroughly cooked.

Meanwhile, mix the salad ingredients together in a large bowl. Transfer to two serving bowls.

Mix the dressing ingredients in a jug.

Flake the fish over the salad. Drizzle some of the dressing over the salad and top with the cashews.

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



PER SERVING:

370 Calories

23g Carbs

38g Protein

14g Fat

Crunchy fried chicken

1 tsp coconut oil or olive oil
2 cloves garlic, finely chopped
1 inch piece fresh ginger, finely chopped
400g chicken mini fillets, cut into strips
1 medium sized carrot, cut into batons
1 bell-pepper, any colour, finely sliced
100g baby sweetcorn, roughly chopped
a large handful of bamboo shoots
2 tbsps light soy sauce or tamari
juice of 1 lime
2 tsps sesame oil
1 red chilli pepper, finely chopped (optional)
a small handful of fresh coriander, finely chopped
25g cashews or peanuts

Melt the oil in a wok or large frying pan over a medium/high heat. Add the garlic and ginger and stir fry for 1 minute, stirring occasionally.

Add the chicken and stir fry for 3-4 minutes, stirring occasionally.

Add the carrot, bell-pepper and sweetcorn and stir-fry for 6 minutes, or until the chicken is cooked.

Add the bamboo shoots, stir well and cook for 2 minutes.

Remove the pan from the heat. Add the soy sauce, lime juice and sesame oil and stir well. Top with the red chilli (if using), fresh coriander and nuts. Serve.

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

Serving suggestion:

Serve on a bed of steamed basmati rice or noodles.

SERVES 3

PER SERVING:
366 Calories
21g Carbs
48g Protein
10g Fat



Sticky citrus salmon with roasted onion

the grated zest and juice of 2
navel oranges

1 tbsp honey, maple or agave
syrup

2 cloves garlic, finely chopped

1 tbsp soy sauce or tamari

1 red chilli pepper, finely chopped

a pinch of sea salt and ground
black pepper

2 x 150g fresh salmon fillets

1 large white onion, peeled and
cut into quarters

1 navel orange, cut into slices

1 tbsp olive oil

SERVES 2

Preheat oven to 175°C/350°F.

Mix the orange zest and juice, honey,
garlic, soy sauce, chilli pepper, salt and
pepper in a large bowl. Add the salmon
fillets and cover well with the sauce.
Cover and refrigerate for 30 minutes.

Meanwhile, place the onion in a roasting
dish and drizzle over the oil. Roast for 20
minutes.

Place the salmon in the roasting dish with
the onion. Pour the marinade over the
salmon.

Place the orange slices over the salmon
fillets. Bake for 20 minutes or until the
salmon is cooked. The flesh will be a pale
pink colour when cooked.

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

Serving suggestion:

Serve with salad or steamed vegetables of
your choice.



PER SERVING:
547 Calories
42g Carbs
34g Protein
27g Fat



Turkey cashew coconut curry

1 tsp ghee or coconut oil
1 large white onion, finely chopped
3 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
3 green chilli peppers, finely chopped
 $\frac{3}{4}$ tsp sea salt
 $\frac{1}{2}$ tsp ground cinnamon
1 tsp black mustard seeds
1 tsp ground turmeric
1 tsp ground cumin
 $\frac{1}{2}$ tsp ground coriander
600g turkey breast mince
200ml coconut milk
30g cashews, finely chopped
a small handful fresh coriander,
finely chopped

SERVES 4

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring frequently.

Add the ginger, garlic, and chilli peppers and fry gently for 2 minutes, stirring occasionally.

Add the salt, cinnamon, mustard seeds, turmeric, cumin and ground coriander. Stir well and cook for 1 minute.

Add the turkey mince and stir well. Cook for 5 minutes, breaking up the mince with a spoon as it cooks.

Add the coconut milk and cashews. Bring to a simmer and cook for 5 minutes. Add the fresh coriander, stir well and serve.

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

Serving suggestion:

Serve on a bed of steamed basmati rice.



PER SERVING:
363 Calories
15g Carbs
42g Protein
15g Fat

