



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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Chocolate orange smoothie

70g ripe banana
100g satsuma or navel orange,
peel and pith removed
30g fresh spinach leaves
25g vanilla or chocolate flavour
whey or rice protein powder
10g cocoa nibs
½ tsp xanthan gum (optional)
6 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
283 Calories
31g Carbs
24g Protein
7g Fat

Zesty grapefruit & strawberry crush

100g fresh pink grapefruit segments
80g strawberries
40g Greek yoghurt (use dairy free if preferred)
7 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:

74 Calories

10g Carbs

4g Protein

2g Fat

Mango, turmeric & almond smoothie

80g ripe mango
180ml unsweetened almond milk
30g vanilla flavour whey or rice
protein powder (optional)
10g blanched almonds
½ tsp ground turmeric
5 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
261 Calories
17g Carbs
28g Protein
9g Fat

Ginger nut cookies

60g coconut oil, melted
70g maple syrup, honey or agave nectar
1 tsp vanilla extract
50g crunchy peanut butter (or use nut butter of your choice)
1 egg
200g plain flour (use gluten-free flour if preferred)
2 tsps ground ginger
1 tsp ground cinnamon
a pinch of ground nutmeg
a small pinch of baking soda
a pinch of sea salt

MAKES 8 COOKIES



PER COOKIE:
232 Calories
27g Carbs
4g Protein
12g Fat

Preheat oven to 180°C / 370°F. Line two large baking trays with greaseproof paper.

Place the oil and maple syrup in a large bowl and whisk briefly using an electric hand blender.

Add the remaining ingredients and mix well to form a thick paste. If the mixture is too crumbly, add a splash of cold water. Taste the mixture and add more sweetener if required.

Place 4 spoonfuls of the mixture onto each tray. Shape into discs and flatten to around 1cm thickness.

Bake in the oven for 20-25 minutes or until golden. Transfer to a wire rack to cool.

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



Peanut caramel energy bites

120g oats (use gluten free if preferred)
a small pinch of sea salt
65g soft pitted dates
30g vanilla or chocolate flavour whey or rice protein powder (optional)
95g crunchy peanut butter
stevia (or use natural sweetener of your choice), to taste
for the chocolate coating:
60g coconut oil, melted
35g cocoa powder
stevia, to taste (or use sweetener of your choice)

MAKES 10 ENERGY BITES



PER BITE:

192 Calories

14g Carbs

7g Protein

12g Fat

Line a large baking tray with baking paper.

Place the oats and salt in a blender or food processor and blend until fine. Add the dates and blend well.

Transfer to a bowl. Add the protein powder (if using) and peanut butter and stir well to combine. Taste the mixture and add sweetener to taste. Add cold water, a bit at a time, and stir until the mixture combines into a thick paste.

Shape into 10 circles around 1cm thickness, and place onto the baking tray. Refrigerate for 1 hour or until firm.

Whisk the chocolate coating ingredients in a bowl, until smooth. Pour the chocolate into a small bowl. Dip each energy bite halfway into the chocolate. Allow the excess chocolate to drip off, then place back onto the baking tray.

Freeze the energy bites for 10 minutes or until the chocolate has set, then dip each one into the chocolate again. Freeze for 10 minutes or until ready to serve.

Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 2 weeks.



No bake vanilla energy balls

60g soft pitted dates
60g walnuts
110g ground almonds
30g vanilla flavour whey or rice protein powder (optional)
a small pinch of sea salt
2 tsps vanilla extract
20g desiccated coconut (optional)

MAKES 10 BALLS



Line a baking tray with baking paper.

Place the dates and walnuts in a food processor or blender and blend into a thick paste.

Transfer to a large bowl. Add the ground almonds, protein powder (if using), salt and vanilla extract and stir well to combine. Add a small splash of cold water and mix with your hands to combine into a thick paste. Refrigerate for 10 minutes.

Roll the mixture into 10 balls and place onto the baking paper.

Roll each ball in the coconut (if using). Refrigerate for 1 hour or until firm. Serve.

Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 2 weeks.



PER BALL:
147 Calories
6g Carbs
6g Protein
11g Fat

Kale & banana pancakes

1 small ripe banana
2 eggs
30g kale, rinsed and patted dry
50g oats (use gluten free if preferred)
100ml unsweetened almond milk (or use milk of your choice)
30g vanilla flavoured whey or rice protein powder
1 tsp ground cinnamon
2 tsps coconut oil
to serve:
10g maple syrup

MAKES 5 PANCAKES

Place all of the ingredients in a blender, except for the coconut oil. Blend well until smooth.

Heat a small amount of coconut oil in a frying pan over a medium heat. Tilt the pan to cover the base in the oil. Pour one fifth of the pancake batter into the pan. Tilt the pan to form the batter into a circle.

Cook for 2-3 minutes or until small holes appear on the surface of the pancake. Flip the pancake or turn it over using a fish slice.

Cook for 2 minutes. Remove the pancake from the pan and place on a plate lined with kitchen paper.

Repeat steps with the remaining oil and batter.

Serve drizzled lightly with maple syrup.

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



PER PANCAKE
(with maple
syrup):
133 Calories
13g Carbs
9g Protein
5g Fat



Avocado, Feta & egg breakfast bowl

1 egg
40g spinach leaves
30g (uncooked weight) tri-colour or plain quinoa, cooked according to packet instructions and drained well
5 cherry tomatoes, halved
15g Feta cheese, diced
30g ripe avocado
a pinch of sea salt and ground black pepper
2 tsps lemon or lime juice
1 tsp olive oil
1 tsp red wine vinegar
a small handful of fresh coriander (optional), finely chopped

Place the egg in a saucepan of boiling water. Reduce heat and simmer for 7 minutes. Remove the egg from the saucepan and immerse in cold water for 2 minutes, or until cooled. Peel the egg and slice in half.

Assemble the spinach leaves in a serving bowl. Add the cooked quinoa, egg, tomatoes and Feta.

Mash the avocado in a bowl with the salt, pepper, and lemon/lime juice.

Mix the olive oil and red wine vinegar in a jug and drizzle over the salad.

Garnish with coriander (if using) and serve.

Consume immediately.

SERVES 1



PER SERVING:
422 Calories
31g Carbs
16g Protein
26g Fat



Cheesy squash frittata

1 tsp coconut oil or olive oil, plus extra for greasing dish
250g butternut squash flesh, cut into small cubes or spirals into thin noodles
1 small white onion, finely chopped
6 large eggs
a pinch of sea salt and ground black pepper
1 tsp dried thyme
30g Parmesan cheese, grated

SERVES 4



Preheat oven to 180°C/350°F. Lightly grease the base and sides of an ovenproof dish (approximately 18 x 18 cm).

Heat the oil in a frying pan over a medium heat. Add the squash and onion. If using squash noodles, use a fork to gently separate the squash strands.

Cook for 5-6 minutes, stirring occasionally, until the squash is tender. Transfer the squash and onion to the ovenproof dish.

Beat the eggs in a jug. Season with salt, pepper and thyme and stir well. Pour the egg mixture over the vegetables, ensuring they are covered well. Sprinkle on the Parmesan cheese.

Bake for 18-20 minutes, or until just set. Cut into four pieces and remove using a fish slice. Serve hot or cold.

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



PER SERVING:
212 Calories
12g Carbs
14g Protein
12g Fat



Fiery vegan buddha bowl

50g quinoa (uncooked weight),
rinsed well

130g (drained weight) tinned
chickpeas, drained

1½ tbsps olive oil

a large pinch of sea salt

270g broccoli florets

270g cauliflower florets

a pinch of ground black pepper

for the dressing:

40g tahini, stirred well

juice of 1 lemon

2 tsps nutritional yeast

a pinch of cayenne pepper

½ tsp apple cider vinegar

a pinch of sea salt

for the topping:

10g pumpkin seeds

SERVES 2

Bring a small saucepan of water to the boil. Cook the quinoa according to packet instructions. Drain well.

Preheat oven to 200°C / 400°F. Line 2 large baking trays with baking paper.

Place the chickpeas onto one of the baking trays. Drizzle with ½ tablespoon of olive oil. Tilt the tray to roll the chickpeas in the oil. Add half of the sea salt and bake for 20 minutes or until golden. Gently shake the tray halfway through cooking time.

Meanwhile, place the broccoli and cauliflower florets onto the other baking tray. Drizzle with the remaining oil and season with salt and pepper. Bake for 20-25 minutes or until tender.

Mix the dressing ingredients in a jug. Add 1-2 tbsps cold water to give the dressing a thick but pourable consistency.

Transfer the cooked quinoa to a serving bowl. Top with the broccoli, cauliflower, and chickpeas. Drizzle the dressing over the top and add the pumpkin seeds. Serve.

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



PER SERVING:
468 Calories
31g Carbs
23g Protein
28g Fat



Mediterranean cauliflower pizza

for the pizza base:

550g cauliflower florets
80g ground almonds
2 tsps dried oregano
a pinch of sea salt and ground black pepper
3 eggs, beaten

for the topping:

250g tinned chopped tomatoes
2 tbsps tomato purée
2 garlic cloves, chopped
1 heaped tsp Italian seasoning
a pinch of sea salt and ground black pepper
75g Mozzarella, cut or torn into bite-sized pieces
½ a small red onion, finely sliced
a few fresh basil leaves, to garnish

SERVES 4



PER SERVING:
316 Calories
12g Carbs
22g Protein
20g Fat

Preheat oven to 200°C/400°F and line two baking trays with baking paper.

Place the cauliflower in a food processor or blender and blend until finely ground. Transfer to a large bowl. Add the ground almonds, oregano, salt and pepper and mix well until thoroughly combined.

Divide the mixture into two and transfer to the two baking trays. Shape each piece into a circular or square pizza base, gently flattening the mixture with your hands. Bake for 20-25 minutes or until golden. Remove from oven and set aside.

Reduce oven temperature to 170°C/350°F. Place the tinned tomatoes, tomato purée, garlic, Italian seasoning, salt and pepper in a blender or food processor and blend into a purée. Transfer to a saucepan and cook for 5 minutes. Allow to cool for 10 minutes.

Spread the sauce over each pizza base. Pat the Mozzarella with kitchen paper, to remove excess moisture. Add to the pizza with the red onion, distributing evenly. Bake for 15 minutes, or until the toppings are cooked. Serve garnished with basil.

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



Sweet & herby chicken

600g skinless chicken thighs,
visible fat removed
a pinch of sea salt and ground
black pepper
1 tsp paprika
1 tsp Italian seasoning
1½ tsps onion granules
1 tsp ghee or coconut oil
6 cloves garlic, peeled and
crushed
1½ tbsps honey or maple syrup
100ml chicken stock (made with
one organic stock cube)
2 tbsps apple cider vinegar or
white wine vinegar
1 tbsp soy sauce or tamari

SERVES 3

Season the chicken with salt, pepper,
paprika, Italian seasoning and onion
granules.

Melt the ghee/oil in a large frying pan or
skillet over a medium / high heat. Add the
chicken and cook for 3-4 minutes, to seal
on both sides.

Reduce heat to medium and cook for 6-8
minutes, or until the chicken is thoroughly
cooked.

Add the garlic and fry for 1 minute.

Add the honey, stock, vinegar and soy
sauce. Increase the heat to medium / high
and cook for 5 minutes. 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 rice or with a
leafy salad.



PER SERVING:
409 Calories
13g Carbs
51g Protein
17g Fat



Coconut, kale & tofu stir fry

300g silken or firm tofu
2 tps coconut oil or olive oil
1 medium sized white onion, sliced
1 red bell-pepper, sliced
a pinch of sea salt
50g kale
15g coconut flakes
100g beansprouts
a small handful of fresh coriander

for the sauce:

1 tbsp soy sauce or tamari
juice of 1 lime
2 tps sesame or olive oil
35g crunchy peanut butter
2 tps honey or agave nectar
1 tsp grated ginger
1 clove garlic, finely chopped
½ tsp red chilli flakes

SERVES 2



PER SERVING:
484 Calories
37g Carbs
21g Protein
28g Fat



Wrap several sheets of kitchen roll around the tofu block. Press gently to remove excess moisture and leave for 10 minutes. Cut into bite-sized cubes.

Melt the oil in a large frying pan or skillet over a medium / high heat. Add the tofu and fry for 2 minutes on each side or until golden brown. Use a fish slice or spoon to carefully turn the tofu. Transfer to a plate lined with several sheets of kitchen roll.

Mix the sauce ingredients in a bowl. Add a splash of cold water if the sauce is too thick. Add the tofu to the sauce, stir gently and leave for 10 minutes.

Place the frying pan back over a medium / high heat. Add the onion and stir fry for 2 minutes. Add the red pepper, salt and kale. Stir fry for 2 minutes. Add the coconut flakes and stir fry for 1 minute. Add the beansprouts and stir fry for 2 minutes.

Add the tofu and peanut sauce. Cover with a lid and cook for 2 minutes to heat through. Remove pan from heat. Serve garnished with fresh coriander.

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



Miso salmon & sesame salad

2 x 130g salmon fillets

for the marinade:

½ tbsp miso paste

1 tbsp fresh lemon juice

1 tbsp sesame oil

a small pinch of sea salt and ground black pepper

1 tsp fresh ginger, grated

½ tsp honey

for the salad:

1 bunch fresh watercress

a small handful of fresh coriander

70g cucumber, chopped

90g courgette, cut into strips or spiralised

1 tsp sesame seeds

for the salad dressing:

2 tps sesame oil

1 tsp soy sauce

a squeeze of lemon juice

Line a small baking tray with foil and add the salmon fillets.

Mix the marinade ingredients together in a jug. Brush the marinade generously over the salmon fillets. Refrigerate for 1 hour.

Preheat oven to 200°C/400°F.

Bake the salmon for 20-25 minutes or until thoroughly cooked. The salmon will be a pale pink colour throughout when cooked.

Meanwhile, mix the salad dressing ingredients in a jug.

Assemble the watercress and coriander on two serving plates. Add the cucumber and courgette and sprinkle on the sesame seeds. Drizzle the dressing over the salad.

Add the cooked salmon fillets and serve.

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

SERVES 2



PER SERVING:
508 Calories
7g Carbs
39g Protein
36g Fat

Fragrant cauliflower pilaf

300g cauliflower florets
2 tps olive oil
½ tsp garlic granules
½ tsp sea salt
½ tsp ground black pepper
2 tps curry powder
30g green pitted olives, sliced
100g (drained weight) tinned chickpeas, drained
8 cherry tomatoes, halved
a small handful of fresh coriander, finely chopped
juice of ½ a lemon
20g sultanas
a small pinch of ground red chilli flakes

SERVES 2

Preheat oven to 200°C/400°F. Line a large baking tray with baking paper.

Place the cauliflower florets in a food processor or blender and blend into a rice consistency.

Place the cauliflower rice in a large bowl. Add the olive oil, garlic granules, salt, pepper and curry powder. Stir well.

Place the mixture onto the baking tray and spread out evenly. Bake for five minutes.

Stir the mixture gently and bake for another five minutes. Allow to cool on the tray.

Place the olives, chickpeas, tomatoes and coriander in a bowl. Add the cauliflower rice and stir well. Add the lemon juice, sultanas and chilli flakes. Stir well and serve.

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



PER SERVING:
238 Calories
27g Carbs
10g Protein
10g Fat

