



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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Contents



Introduction

Drinks

- Mint chocolate chip smoothie **1**
- Thick & creamy avocado smoothie **2**
- Tropical mango, raspberry & coconut smoothie **3**

Snacks & treats

- Chocolate coconut energy bars **4**
- Indulgent chocolate muffins **5**
- Apple crumble bars **6**

Breakfast

- Veggie basil omelette **7**
- Mexican bean muffins **8**
- Matcha chocolate mint smoothie bowl **9**

Lunch

- Veggie wrap with beetroot hummus **10**
- Easy tuna steak salad **11**
- Parmesan pesto salmon **12**

Dinner

- Speedy noodles **13**
- Fragrant chickpea curry **14**
- Easy chicken & vegetable bake **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

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Mint chocolate chip smoothie

1 small ripe banana
120ml unsweetened almond milk
a handful of fresh spinach leaves
25g vanilla or chocolate flavour whey
or rice protein powder (optional)
10g cocoa nibs
10g cocoa nibs
1½ tsps cocoa powder
4 ice cubes
½ tsp xanthan gum (optional)
a few drops of peppermint extract

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

Consume immediately.

SERVES 1



PER SERVING:
309 Calories
31g Carbs
26g Protein
9g Fat

Thick & creamy avocado smoothie

80g ripe banana
80g ripe avocado
60g cucumber
40g vanilla flavour whey or protein powder (optional)
60g spinach or kale
a few fresh basil leaves
300ml unsweetened almond milk
10g sunflower seeds
4 ice cubes

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

Consume immediately.

SERVES 2



PER SERVING:
282 Calories
19g Carbs
20g Protein
14g Fat

Tropical mango, raspberry & coconut smoothie

for the bottom layer:

50g Greek yoghurt (use dairy free if preferred)

30ml coconut milk

30g vanilla flavour whey or rice protein powder (optional) or use sweetener of your choice, to taste

1 tbsp unsweetened coconut flakes

6 ice cubes

for the top layer:

80g fresh or frozen mango

60g frozen raspberries

60ml unsweetened almond milk

juice of ½ a lime

2 ice cubes

Place the bottom layer ingredients into a blender and blend until creamy. Add a splash of almond milk if required. It should be a thick but pourable consistency. Pour into a glass, until filled halfway.

Rinse the blender jug. Place the top layer ingredients into the blender and blend until creamy.

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

Consume immediately.

SERVES 1



PER SERVING:
295 Calories
27g Carbs
31g Protein
7g Fat



Chocolate coconut energy bars

80g ripe banana
30g soft pitted dates
80g ground almonds
20g unsweetened coconut flakes
2 tbsps ground flaxseed
1 tbsp chia seeds
40g vanilla or chocolate flavour
whey or rice protein powder
120g tahini, stirred well
30g coconut oil
35g cocoa nibs
a pinch of sea salt

MAKES 12 BARS

Line a 15x15cm baking tin with baking paper.

Mash the banana in a bowl.

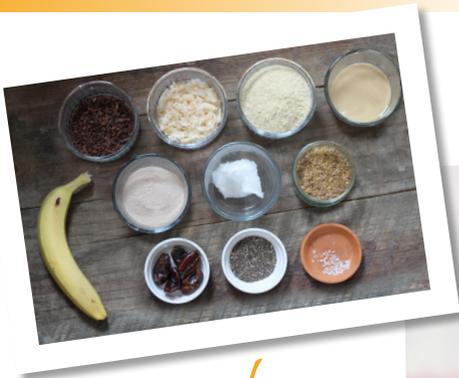
Place the dates and ground almonds in a blender and blend until smooth. Transfer to the bowl with the banana.

Add the remaining ingredients and mix well to combine. Add a splash of cold water if the mixture is too crumbly,

Transfer the mixture to the tin and spread evenly with a spatula. Press down to compact the mixture.

Refrigerate until firm. Cut into 12 bars. Serve.

Store any leftovers in an airtight container and freeze for up to 2 weeks. Remove from freezer 10-15 minutes before serving.



PER BAR:
200 Calories
6g Carbs
8g Protein
16g Fat



Indulgent chocolate muffins

275g plain flour (use gluten free if preferred)

40g cocoa powder

a pinch of baking powder

a pinch of baking soda

50g chocolate flavour whey or rice protein powder (optional)

½ tsp sea salt

1 large ripe banana, mashed

3 eggs

170ml coconut milk

15ml maple syrup (or use natural sweetener of your choice, to taste)

60ml olive oil

50g dark chocolate (minimum 70% cocoa), roughly chopped

MAKES 12 MUFFINS



PER MUFFIN:
222 Calories
26g Carbs
7g Protein
10g Fat

Preheat oven to 200°C / 400°F. Line 12 compartments of a muffin tin with paper muffin cases, or prepare a silicon muffin tray.

Sift the flour into a large bowl. Add the cocoa powder, baking powder, baking soda, protein powder (if using) and sea salt. Stir gently with a spatula.

Mash the banana in a separate bowl and add the remaining ingredients, except for the dark chocolate. Stir well until combined.

Add the dry mixture to the wet mixture and stir well. Add the dark chocolate. Use a spatula to gently fold the mixture until well combined. Divide the mixture between the muffin compartments.

Bake for 15-20 minutes or until the muffins spring back lightly to the touch. Transfer to a wire rack and allow to cool.

Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 1 week.



Apple crumble bars

150g apple, peeled, core removed and sliced
50g pitted Medjool dates
20ml unsweetened almond milk (or use milk of your choice)
2 tsps maple syrup (or use liquid sweetener of your choice)
1 tbsp coconut oil or butter, melted
1 egg
1 tsp vanilla or almond extract
50g plain white flour (use gluten free if preferred)
30g oats (use gluten free if preferred)
¾ tsp ground cinnamon
a small pinch of baking powder
1 small pinch of sea salt
40g vanilla flavour whey or rice protein powder (optional)

MAKES 6 BARS



PER BAR:
139 Calories
21g Carbs
7g Protein
3g Fat

Bring a small saucepan of water to the boil. Add the apple and reduce heat to simmer. Cook for 3 minutes or until the apple is soft. Drain well.

Preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

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

Mash the apple in a large bowl. Add the date paste, maple syrup, coconut oil, egg and vanilla extract. Mix well using an electric hand mixer.

Sieve the flour into a large bowl. Add the oats, cinnamon, baking powder, salt and protein powder (if using). Stir gently with a spatula.

Add the dry mixture to the wet mixture and mix well until thoroughly combined. Transfer the mixture to the baking tin. Spread evenly to cover the base of the tin.

Bake for 15 minutes or until the centre is firm to the touch. Allow to cool then cut into 6 bars.

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



Veggie basil omelette

3 eggs
1 egg white
a pinch of sea salt and ground black pepper
1 tsp ghee or coconut oil
1 red or yellow bell-pepper, diced
1 small ripe tomato, finely chopped
30g tinned sweetcorn, drained
40g fresh spinach leaves
a small handful of fresh basil leaves
20g Cheddar cheese, grated (use dairy free if preferred)

SERVES 1



PER SERVING:
439 Calories
18g Carbs
31g Protein
27g Fat

Crack the eggs and egg white into a jug. Add the salt and pepper and beat gently with a fork.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and tomato and fry gently for 3-4 minutes, stirring frequently.

Add the sweetcorn and spinach and cook for 2-3 minutes, or until the spinach has wilted. Transfer the vegetables to a plate.

Pour the eggs into the frying pan and cook. When the centre of the omelette begins to firm up, spoon the vegetables back over one half of the omelette. Sprinkle the cheese and half of the basil leaves over the vegetables.

Cook for 2 minutes or until the omelette is almost cooked. Using a fish slice, fold the 'empty' half of the omelette over the vegetables. Using a fish slice, transfer the omelette to a plate. Scatter the remaining basil leaves over the omelette and serve.

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



Mexican bean muffins

30g quinoa (uncooked weight),
rinsed
1 tbsp coconut oil to grease tin
3 eggs
2 egg whites
60g carrot, grated
½ tsp paprika
a small pinch of cayenne pepper
½ tsp ground cumin
1 tsp garlic granules
a pinch of sea salt and ground black
pepper
120g ripe tomato, finely chopped
a small handful of fresh coriander,
finely chopped
1 ripe avocado, chopped
160g tinned kidney beans, rinsed
and drained

MAKES 10 MUFFINS

Bring a small saucepan of water to the boil. Add the quinoa, stir and cook according to packet instructions. Drain well.

Preheat oven to 180°C/350°F. Grease 10 compartments of a muffin tin with coconut oil or prepare a silicon muffin tin.

Break the eggs and whites into a large jug and beat with a fork. Add the carrot and dried spices and stir well. Add the tomato and coriander and stir gently.

Place the avocado pieces and kidney beans in the muffin compartments. Pour the egg mixture over the top, ensuring that the kidney beans are covered. This will prevent them from drying out during baking.

Bake for 15-20 minutes or until firm to the touch. Allow to cool for 10 minutes then remove from the tin. Serve.

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



PER MUFFIN:
89 Calories
6g Carbs
5g Protein
5g Fat



Matcha chocolate mint smoothie bowl

120g frozen ripe banana
60ml coconut milk (chilled for 2
hours minimum)
1½ tps matcha green tea powder
40g spinach or kale
30g chocolate flavour whey or rice
protein powder (optional)
a few drops of peppermint extract
10g chia seeds
10g cocoa nibs
for the topping:
5g dark chocolate (minimum 70%
cocoa), grated

SERVES 1

Place all of the ingredients in a bowl and
mix well until thoroughly combined.

Refrigerate for one hour or until chilled.
Top with the grated chocolate. Serve.

*Cover and refrigerate any leftovers and
refrigerate for up to 2 days.*



PER SERVING:
464 Calories
41g Carbs
30g Protein
20g Fat

Veggie wrap with beetroot hummus

for the hummus:

75g tinned chickpeas, drained well
100g cooked beetroot
1-2 garlic cloves, peeled
30g tahini
a good pinch of sea salt and
ground black pepper
juice of ½ a lemon

1 tsp olive oil

for the wrap:

60g chickpea flour (or use plain
flour plus one egg)

140ml cold water

¼ tsp sea salt

1 tsp olive oil or coconut oil

for the filling:

1 ripe avocado
a large handful of lettuce leaves
60g cucumber
6 cherry tomatoes

MAKES 3 SERVINGS HUMMUS
AND 2 WRAPS

PER WRAP
(with filling
and hummus):
409 Calories
35g Carbs
11g Protein
25g Fat

Place all of the hummus ingredients in a blender or food processor and blend well until combined. Set aside.

Combine the chickpea flour in a bowl with the water and salt. Whisk well to remove any lumps.

Heat the oil in a large frying pan over a medium/high heat. When the pan is hot, add half of the chickpea batter. Tilt the pan to allow the batter to spread to the edges. When bubbles appear on the surface, flip or turn with a fish slice. Remove from pan and place on a plate lined with kitchen paper. Repeat with the remaining batter.

Place the filling ingredients in a line over the centre of each wrap. Add one third of the hummus. Roll up the wraps and serve.

Store any leftover hummus and wraps in separate airtight containers and refrigerate for up to 2 days.



Easy tuna steak salad

90g asparagus spears
5ml olive oil

2 x 140g tuna steaks
100g mixed salad leaves
8 cherry tomatoes, halved
25g green pitted olives

10g sunflower seeds

for the dressing:

juice of ½ a lemon
2 garlic cloves, minced
a pinch of sea salt
a pinch of ground black pepper
10ml extra virgin olive oil
5ml balsamic vinegar

Steam the asparagus for 3-4 minutes or until fork tender.

Prepare a medium grill. Place a sheet of tin foil onto the grill tray and place the two tuna steaks onto the foil. Drizzle the olive oil over each tuna steak.

Grill for 2-3 minutes each side or until the tuna is flaky on the outside but slightly pink in the centre.

Assemble the mixed leaves, asparagus, cherry tomatoes and olives in a serving bowl. Add the tuna.

Mix the dressing ingredients in a jug and drizzle over the salad. Sprinkle over the sunflower seeds. Serve.

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

SERVES 2



PER SERVING:
349 Calories
11g Carbs
38g Protein
17g Fat

Parmesan pesto salmon

2 x 120g fresh salmon fillets
10 cherry or plum tomatoes

for the pesto:

150g broccoli, cut into florets
3 sprigs of fresh basil leaves and stalks
40g Parmesan, coarsely grated
1 garlic clove, finely grated
2½ tbsps olive oil
1 tbsp lemon juice
a small pinch of dried red chilli flakes
a small pinch of sea salt and ground black pepper

**MAKES 6 SERVINGS PESTO
AND 2 SERVINGS SALMON
WITH TOMATOES**

Steam the broccoli for 3-4 minutes, or until just tender.

Preheat oven to 170°C/350°F. Line a large baking tray with foil. Place the salmon on the foil, skin side down.

Place the pesto ingredients in a blender or food processor and blend well. Spoon the pesto generously onto the salmon fillets – around 2 tbsps per fillet – and spread in an even layer. Bake the salmon for 15 minutes.

Place the tomatoes onto the tray next to the salmon and bake for 7-10 minutes, or until the tomatoes are soft. Ensure that the salmon is cooked throughout. The flesh will be a pale pink colour when cooked.

Store any leftover pesto in an airtight container and refrigerate for up to 1 week. Consume the salmon immediately.

Serving suggestion:

Steam extra vegetables with the broccoli to serve with the salmon and tomatoes.



PER SERVING
(salmon and tomatoes):
252 Calories
2g Carbs
25g Protein
16g Fat

PER SERVING
(pesto):
92 Calories
2g Carbs
3g Protein
8g Fat



Speedy noodles

800ml vegetable stock (made with 1 organic stock cube)

3 small shallots, peeled and quartered

1 inch piece fresh ginger, finely chopped

1 garlic clove, finely chopped

60g green beans, ends removed

70g soba noodles (or use noodles of your choice)

80g beansprouts

juice of 1 lime

2 tsps soy sauce or tamari

½-1 tsp ground red chilli flakes

a pinch of sea salt and ground black pepper

for the topping:

10g salted peanuts

Place the stock, shallots, ginger and garlic in a large saucepan over a medium/high heat. Bring to a boil then reduce to a gentle simmer.

Add the green beans and cook for 2 minutes.

Add the noodles and beansprouts. When the noodles are cooked, add the lime juice, soy sauce/tamari, chilli flakes, salt and pepper.

Stir well and cook for 30 seconds. Remove saucepan from the heat.

Serve topped with peanuts.

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

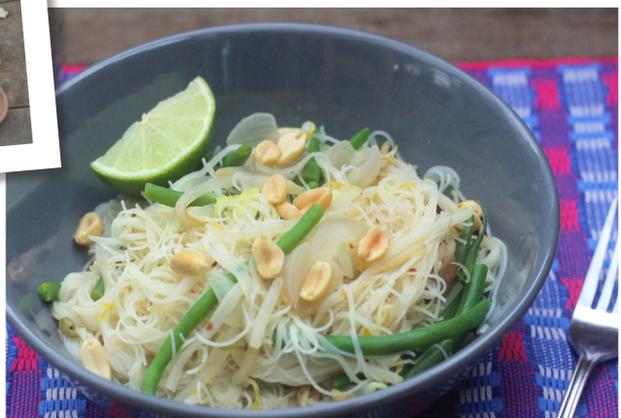
Serving suggestion:

Add any type of meat or fish to increase the protein levels in this dish. Or crack 1-2 eggs into the saucepan towards the end of the cooking time, stirring for several minutes to cook through.

SERVES 1



PER SERVING:
344 Calories
57g Carbs
11g Protein
8g Fat



Fragrant chickpea curry

1 tbsp coconut oil
½ a medium-sized red or white onion, finely sliced
4 cloves garlic, finely chopped
1 thumb-sized piece fresh ginger, finely chopped
1 green chilli pepper, chopped
50g Thai red or yellow curry paste
150ml coconut milk
100ml recently boiled water
1 tsp ground turmeric
1 tsp curry powder
½ tsp ground coriander
½ tsp ground cinnamon
200g cauliflower, cut into florets
100g tinned chickpeas, rinsed and drained

for the salad:

100g mixed lettuce leaves
a large handful of fresh coriander
½ a ripe avocado, finely sliced

to serve:

lime wedges

Heat the coconut oil in a large saucepan over a medium heat. Add the onion and sauté for 2 minutes, stirring occasionally.

Add the garlic, ginger and chilli pepper. Sauté for 2-3 minutes, stirring frequently.

Add the Thai curry paste, coconut milk, boiled water and dried spices. Simmer over a medium heat for 5 minutes.

Add the cauliflower and reduce heat to medium / low. Cover and cook for 10 minutes, stirring occasionally.

Add the chickpeas, stir and cook for 2 minutes to heat through.

Meanwhile, assemble the salad ingredients. Spoon the curry over the centre of the salad and serve with lime wedges.

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

SERVES 2

PER SERVING:
419 Calories
34g Carbs
10g Protein
27g Fat



Easy chicken & vegetable bake

450g fresh chicken breast, cut into large chunks

1 medium-sized red onion, sliced

200g parsnips, sliced

200g sweet potato, diced

2 celery sticks, chopped

150g carrots, sliced

2 vine-ripened tomatoes, chopped

3 garlic cloves, left whole and unpeeled

2 tps butter or olive oil

1 tsp ground cumin

½ tsp ground coriander

1 tsp dried parsley

a good pinch of sea salt and ground black pepper

150ml chicken stock (made with one organic stock cube)

juice of ½ a lemon

Preheat oven to 175°C/350°F.

Place the chicken in a large bowl. Add the chopped vegetables, garlic, butter/oil, dried herbs and spices. Stir well.

Transfer the mixture to a large ovenproof dish and add the stock.

Cover and bake for 25-30 or until the chicken is thoroughly cooked and the vegetables are tender.

Squeeze the lemon juice over the dish. Serve.

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

Serving suggestion:

Serve with couscous or steamed rice or enjoy on its own.

SERVES 3



PER SERVING:
458 Calories
39g Carbs
53g Protein
10g Fat

