



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 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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# Berry nutmeg smoothie

80g frozen blueberries or blackberries (or use fresh berries plus 3 ice cubes)  
40g Greek yoghurt (use dairy free if preferred)  
60g ripe banana  
40g vanilla flavour whey or rice protein powder (optional)  
120ml unsweetened almond milk  
a pinch of ground nutmeg

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

*Consume immediately.*

SERVES 1



PER SERVING:  
346 Calories  
**35g Carbs**  
**38g Protein**  
**6g Fat**

# Anti-inflammatory golden smoothie

50g frozen banana  
130ml unsweetened almond milk  
80g carrot, peeled and diced  
1 tbsp tahini  
25g vanilla flavour whey or rice protein powder (optional)  
½ tsp ground turmeric  
½ tsp ground ginger  
½ tsp ground cinnamon  
a small pinch of ground black pepper  
1 tsp chia seeds

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

*Consume immediately.*

SERVES 1



PER SERVING:  
329 Calories  
26g Carbs  
27g Protein  
13g Fat

# Courgette, spinach & maca smoothie

100ml cold water or unsweetened almond milk

50g frozen banana

50g fresh blueberries

80g courgette, sliced

25g fresh spinach leaves

1 tbsp shelled hempseed or flaxseed

¼ tsp maca powder

10g brazil nuts or cashews

25g 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:

348 Calories

**31g Carbs**

**29g Protein**

**12g Fat**

# Blueberry & lime bars

100g ripe banana  
2 eggs  
45g maple syrup or honey  
grated zest and juice of 2 small limes  
75g peanut butter (or use nut butter of your choice)  
40g Greek yoghurt (use dairy free if preferred)  
30g vanilla flavour protein powder (optional)  
200g oats (use gluten free if preferred)  
¼ tsp baking powder  
¼ tsp sea salt  
150g fresh blueberries

MAKES 9 BARS

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

Mash the banana in a bowl.

Add the eggs, maple syrup, lime zest and juice, peanut butter and yoghurt. Mix well until thoroughly combined.

Add the remaining ingredients and stir well. Pour the mixture into the tin and spread evenly to cover the base.

Bake for 30 minutes or until the centre is firm to the touch. Allow to cool in the tin, then cut into 9 bars.

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



PER BAR:  
187 Calories  
22g Carbs  
9g Protein  
7g Fat



# Strawberry & vanilla muffins

100g self raising flour (use gluten free if preferred)  
80g oats (use gluten free if preferred)  
plus 2 tablespoons oats for sprinkling on top  
10g chia seeds  
½ tsp sea salt  
30ml olive oil  
40g maple syrup or honey  
2 eggs  
170g Greek yoghurt (use dairy free if preferred)  
2 tsp vanilla extract  
200g strawberries, hulled and diced into small pieces around 1cm thickness

**MAKES 8 MUFFINS**



PER MUFFIN:  
187 Calories  
**25g Carbs**  
**6g Protein**  
**7g Fat**

Preheat oven to 170°C/350°F. Line 8 compartments of a muffin tin with paper cases or prepare a silicon muffin tin.

In a large bowl, combine the flour, 80g oats, chia seeds and salt.

In a separate large bowl, combine the oil, maple syrup and eggs. Beat together with an electric hand mixer. Add the yoghurt and vanilla extract and stir well.

Pour the wet mixture into the dry mixture and mix gently with a spatula.

Gently fold the strawberries into the batter. Taste the mixture and add more maple syrup if required.

Divide the batter evenly between the 8 muffin compartments. Sprinkle the extra oats over the muffins.

Bake for 20-25 minutes, or until golden and a toothpick inserted into a muffin comes out clean. Allow to cool in the tin.

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



# Pecan cinnamon energy balls

200g oats (use gluten free if preferred)  
70g pecan halves  
1 tsp ground cinnamon  
½ tsp sea salt  
100g almond butter or peanut butter  
20g maple syrup or honey  
1 tsp vanilla extract

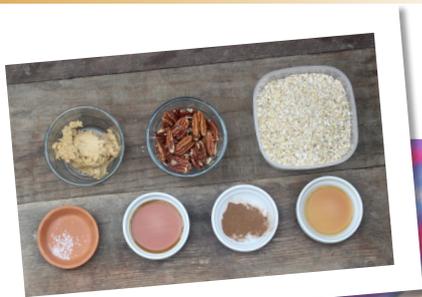
**MAKES 10 BALLS**

Place the oats in a blender or food processor and blend until finely ground. Add the remaining ingredients and blend well until crumbly.

Transfer the mixture to a large bowl. Add a splash of cold water and mix well using your hands to combine.

Roll the mixture into 10 balls. Refrigerate for 30 minutes or until firm.

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



PER BALL:  
228 Calories  
15g Carbs  
6g Protein  
12g Fat

# Overnight ginger & apple oats

## for the overnight oats:

85g jumbo oats (use gluten free oats if preferred)

1½ tbsps shelled hempseed or flaxseed

1 tsp ground ginger

1 tsp ground cinnamon

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

65g apple, peeled and grated

1 tsp crunchy peanut butter

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

## for the topping:

30g fresh berries of your choice

2 tps honey or maple syrup

Place the overnight oats ingredients in a sealable container and mix well.

Refrigerate for 4 hours or overnight.

Add a drop of chilled almond milk if required and stir well.

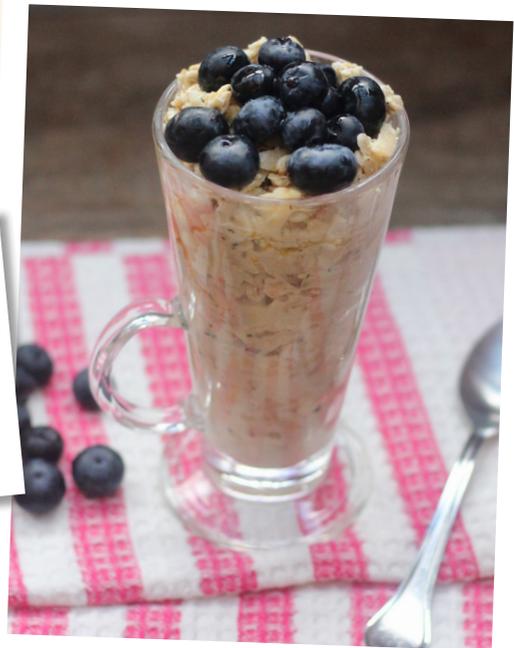
Transfer to a serving bowl and top with the berries and honey. Serve.

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

SERVES 2



PER SERVING:  
337 Calories  
43g Carbs  
21g Protein  
9g Fat



# Salmon breakfast hash

350g all-rounder potatoes, scrubbed and cut into small bite-sized pieces

2 tps butter or coconut oil

1 small white onion, finely chopped

150g cooked skinless salmon fillet, flaked

2 tbsps fresh chives, chopped

40g fresh spinach leaves, chopped  
a pinch of sea salt and ground black pepper

4 eggs

**SERVES 2**



Place the potatoes in a saucepan of boiling water and simmer gently for 20-25 minutes, or until tender. Remove from the pan and drain well. You can do this the night before if you want to save time in the morning.

Melt the butter/oil in a skillet or heavy-based frying pan over a medium/low heat. Add the onion and sauté for 3-4 minutes, stirring occasionally. Add the potatoes and cook for 3-4 minutes, stirring frequently.

Add the flaked salmon, chives, spinach, salt and pepper. Cook for 2 minutes, or until the salmon is heated throughout.

Make 4 small wells in the mixture and crack one egg into each well. Cover and cook for 3-4 minutes, or until the whites are set but the yolks are still slightly runny. Serve.

*Consume immediately.*



PER SERVING:  
427 Calories  
**41g Carbs**  
**32g Protein**  
**15g Fat**

# Buckwheat pancakes with strawberry sauce

3 tps coconut oil

## for the pancakes:

100g buckwheat flour

2 tps flaxseed

1 egg

50g ripe banana

25g vanilla flavour whey or rice

protein powder (optional)

280ml unsweetened almond milk

a small pinch of sea salt

a small pinch of baking soda

a small pinch of ground nutmeg

1 tbsp maple syrup or honey

## for the sauce:

100g strawberries, mashed well plus a few left whole, to serve

1 tsp chia seeds

1 tsp fresh lemon juice

a pinch of stevia, to sweeten

MAKES 6 PANCAKES

Place the sauce ingredients in a saucepan over a medium/low heat, and cook gently for 5 minutes, stirring occasionally. Turn off heat.

Place the pancake ingredients in a blender and blend well until smooth.

Heat ½ tsp coconut oil in a frying pan over a medium heat. Pour around one sixth of the batter into the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn or flip it over and cook on the other side for 1-2 minutes.

Transfer the pancake to a plate. Add more oil to the pan and repeat the process 5 times with the remaining batter.

Serve each pancake with a few spoonfuls of strawberry sauce and extra strawberries.

*Store any leftover pancakes and sauce in separate airtight containers and refrigerate for up to 2 days. The pancakes can also be frozen on the same day for up to 2 weeks.*



PER PANCAKE  
(with sauce):  
145 Calories  
18g Carbs  
7g Protein  
5g Fat



# Fragrant chickpea & vegetable soup

2 tps ghee or coconut oil  
1 small white onion, chopped  
2 medium-sized carrots, peeled and coarsely grated  
1 medium-sized parsnip, sliced  
3 cloves garlic, finely chopped  
200ml coconut milk  
400ml vegetable stock (made with 1 organic stock cube)  
1 tsp ground cumin  
½ tsp ground coriander  
1 tsp chilli powder  
a pinch of sea salt and black pepper  
200g (drained weight) tinned chickpeas, rinsed and drained  
a small handful of fresh coriander, finely chopped

**for the topping (optional):**  
80g (drained weight) tinned chickpeas, rinsed and drained  
½ tsp ground cumin  
½ tsp paprika  
½ tsp cayenne pepper  
a pinch of sea salt and black pepper  
1 tsp olive oil

SERVES 3

PER SERVING:  
338 Calories  
34g Carbs  
10g Protein  
18g Fat



To make the topping (optional), preheat oven to 200°C/400°F. Place the chickpeas in a bowl with the remaining topping ingredients and mix well. Pour onto a baking tray and spread out into a fine, even layer. Bake for 15 minutes. Allow to cool on the tray.

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion, carrot and parsnip and fry gently for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2-3 minutes, stirring.

Add the coconut milk, stock and dried spices. Stir well and increase heat to bring to a simmer. Reduce heat back to medium, cover and simmer for 10 minutes.

Add the tinned chickpeas and cook for 5 minutes. Remove soup from heat and allow to stand for 5 minutes. Transfer the soup to a blender and blend until creamy. Serve garnished with coriander and half of the chickpea topping.

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



# Minty lamb & chickpea koftas

## for the koftas:

- 500g lean lamb mince
- 1 small white onion, very finely chopped
- 400g tinned chickpeas, rinsed, drained and mashed well
- 1 tsp chilli flakes (optional)
- 1 egg
- 1 small sprig fresh mint, finely chopped
- 1 tsp dried basil
- 1 tsp garam masala
- 1 garlic clove, finely chopped
- ½ tsp sea salt

## for the dip:

- 100g Greek yoghurt (use dairy free if preferred)
- 1 tsp mint sauce
- 1 tsp fresh lemon juice

## to serve:

- a handful of mixed salad leaves
- lemon wedges

Place all of the kofta ingredients into a bowl and mix well using your hands. Allow to stand for 20 minutes.

Meanwhile, mix the Greek yoghurt, mint sauce and lemon juice in a bowl. Cover and refrigerate.

Prepare a medium / high grill. Line the grill tray with a sheet of foil and turn the edges upwards, to prevent the juices spilling into the tray.

Roll the lamb mixture into 8 oval-shaped koftas and place on the grill tray, leaving a small gap between each one. Grill for 6-8 minutes or until the tops are brown. Turn each kofta carefully using tongs. Grill for around 6-8 minutes, or until the koftas are brown.

Insert a skewer into one of the koftas. If the juice runs clear, the koftas are cooked. If the juice is pink, grill for several more minutes, then test again. Serve the cooked koftas with lettuce leaves, mint dip and lemon wedges.

*Store any leftover koftas and sauce in separate airtight containers and refrigerate for up to 3 days.*

MAKES 10 KOFTAS



PER KOFTA  
(with dip):  
165 Calories  
8g Carbs  
13g Protein  
9g Fat



# Veggie & bean chilli



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- 2 tsps ghee or coconut oil
- 1 medium-sized white onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 small red chilli pepper, finely chopped
- 1 red bell-pepper, deseeded and chopped
- ¼ tsp hot chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp sea salt
- 1 tbsp tomato purée
- 400g tinned chopped tomatoes
- 80g Tenderstem broccoli
- 170g tinned red kidney beans, rinsed and drained
- 1 medium-sized avocado, sliced
- 2 lime wedges, to serve
- a handful of fresh coriander, chopped

Heat the ghee/oil in a saucepan over a medium heat and add the onion. Sauté for 3-4 minutes or until soft.

Add the garlic, chilli pepper and bell-pepper and fry for 1 minute.

Add the chilli powder, cumin, ground coriander and salt. Stir well and cook for 1 minute.

Add the tomato purée and chopped tomatoes. Stir well, cover and cook for 15 minutes.

Add the broccoli and kidney beans and cook for 5 minutes or until the broccoli is tender. Serve with avocado slices and lime wedges and garnish with fresh coriander.

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

## Serving suggestion:

Serve on a bed of steamed rice.

**SERVES 2**



PER SERVING:  
389 Calories  
**45g Carbs**  
**14g Protein**  
**17g Fat**



# Mexican tofu

225g firm or silken tofu  
2 tsps coconut oil  
1 tsp ground cumin  
¾ tsp ground coriander  
1 tsp chilli powder  
a pinch of sea salt  
1 small red onion, finely sliced  
1 red bell-pepper, sliced  
120g closed cup mushrooms, sliced  
100g beansprouts  
15g pumpkin seeds  
a small handful of fresh coriander,  
finely chopped

SERVES 2

Place the tofu block between several sheets of kitchen roll and place some weight over the tofu e.g. a book. Leave for 10 minutes, then cut into cubes.

Heat the oil in a large frying pan or wok over a medium / high heat. Add the tofu. Fry until golden on each side. Transfer to a plate lined with kitchen roll. Allow to cool.

Mix the dried spices together in a bowl and sprinkle over the tofu. Roll the tofu to cover in the spices.

Meanwhile, add the onion and bell-pepper to the pan. Fry gently for 3 minutes, stirring. Add the mushrooms and beansprouts and fry for 3 minutes, stirring. Add the tofu, cover with a lid and heat through for 1-2 minutes.

Transfer to a plate and sprinkle over the seeds and fresh coriander. Serve.

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



PER SERVING:  
268 Calories  
**16g Carbs**  
**15g Protein**  
**12g Fat**



# Chicken, mushroom & bean stroganoff

1 tsp ghee or coconut oil  
1 large red onion, finely chopped  
500g chicken mini fillet strips  
600g button or chestnut mushrooms, quartered  
400g tinned pinto beans, rinsed and drained well  
400g tinned chopped tomatoes  
2 tbsps tomato purée  
500ml vegetable stock (made with 1 organic stock cube)  
a small pinch of sea salt  
a pinch of ground black pepper  
1 tsp dried oregano  
1 tsp dried basil  
2 garlic cloves, finely chopped  
100g Greek yoghurt (use dairy free if preferred), optional

SERVES 4



PER SERVING:  
324 Calories  
23g Carbs  
49g Protein  
4g Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4-5 minutes, stirring occasionally.

Add the chicken and cook for 4-5 minutes, stirring frequently.

Add the mushrooms and stir. Cover and cook for 5 minutes, stirring occasionally.

Add all of the remaining ingredients except the Greek yoghurt. Cover and bring to a gentle simmer. Cook for 15 minutes, stirring occasionally.

Remove the saucepan from the heat and allow to stand for 15 minutes, uncovered.

Stir in the Greek yoghurt (if using). Taste and add more seasoning if required. Serve.

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

## Serving suggestion:

Serve with rice, quinoa or bulgar wheat and a leafy green salad.



# Quick & easy primavera sauce

1 tsp ghee or coconut oil  
1 small red onion, finely chopped  
1 small courgette, chopped  
2 garlic cloves, finely chopped  
40g black pitted olives, sliced  
400g tinned chopped tomatoes  
2 tbsps tomato purée  
1 tsp paprika  
1 tsp dried oregano  
½ tsp chilli powder  
a good pinch of sea salt and ground black pepper

## to serve:

a small handful fresh basil leaves  
30g fresh Parmesan, coarsely grated  
(use a potato peeler for bigger flakes)

SERVES 3



## PER SERVING:

147 Calories  
14g Carbs  
7g Protein  
7g Fat

Heat the ghee/oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally.

Add the courgette and fry for 3 minutes, stirring occasionally. Add the garlic and fry for 1 minute, stirring frequently.

Add the olives, tinned tomatoes and tomato purée. Stir well.

Add the paprika, oregano, chilli powder, salt and pepper. Stir well and bring to a gentle simmer.

Cook for 10 minutes, stirring occasionally, until the vegetables are tender. Taste and add more salt and pepper if required. Remove the saucepan from the heat and serve topped with fresh basil leaves and Parmesan.

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

## Serving suggestion:

Serve over a bed of pasta of your choice. For gluten free pastas, try chickpea, rice or quinoa pasta.

