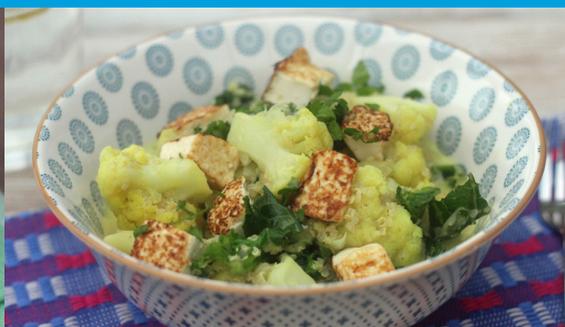




FITNESS
EXPERIENCE

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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Oaty peach smoothie

1 peach, stone removed
10g almonds
15g oats (use gluten free if preferred)
30g vanilla flavour whey or rice protein powder (optional)
180ml unsweetened almond milk (or use milk of your choice)
4 fresh mint leaves
1 tsp vanilla extract
1 tsp chia seeds
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
327 Calories
26g Carbs
31g Protein
11g Fat

Blueberry, almond & maca smoothie

170ml unsweetened almond milk
50g fresh or frozen blueberries
30g ripe banana
25g vanilla flavour whey or rice protein powder (optional)
10g almond butter
½ tsp maca powder
10g shelled hempseed
2 soft pitted dates
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
346 Calories
24g Carbs
31g Protein
14g Fat

Strawberry refresher smoothie

200ml unsweetened almond milk
50g fresh or frozen banana
70g fresh strawberries
30g blueberries and / or
blackberries.
1 heaped tsp sunflower, pumpkin,
sesame seed mix
1 heaped tsp shelled hemp seed
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
197 Calories
23g Carbs
6g Protein
9g Fat

Crunchy granola bars

25g oats (use gluten free if preferred)
70g soft pitted dates
60g peanut butter or almond butter
25g maple syrup or honey
30g roasted salted peanuts, roughly chopped
30g dried cranberries
40g almonds, roughly chopped

MAKES 9 BARS

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

Pour the oats onto a baking tray. Toast in the oven for 20 minutes. Allow to cool for 10 minutes on the tray.

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

Transfer to a large bowl. Add the remaining ingredients and stir well.

Transfer the mixture to the tray and press down firmly with your hands to compact the mixture. Shape the mixture into a square or rectangle.

Freeze for 20 minutes. Cut into 9 bars.

Freeze for up to 2 weeks. Remove from the freezer 10 minutes before serving.



PER BAR:
118 Calories
13g Carbs
3g Protein
6g Fat

Cocoa, maca & almond energy balls

75g oats (use gluten free if preferred)
50g soft pitted dates
30g dried figs
75g almonds
1 heaped tsp ground cinnamon
1 tsp maca powder
30g coconut oil, melted
15g cocoa powder
30g chocolate flavour whey or rice protein powder (optional)

MAKES 10 BALLS



PER BALL:
136 Calories
11g Carbs
5g Protein
8g Fat

Place the oats in a blender or food processor. Blend until finely ground.

Add the dates and figs and blend until crumbly.

Add the remaining ingredients and blend well.

Transfer to a bowl and combine into a ball using your hands. Add a splash of cold water or almond milk if the mixture is too dry. It should hold together well.

Divide the mixture into 10 pieces and roll into balls.

Place on a plate and dust lightly with cocoa powder.

Refrigerate for 10 minutes or until firm.

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



Chocolate orange bars

30g soft pitted dates
150g carrot, finely grated
2 eggs
5g finely grated orange zest plus
1 tbsp fresh orange juice
10g cocoa powder
30g plain flour (use gluten free if preferred)
70g oats (use gluten free if preferred)
1 tsp ground ginger
1 tsp stevia (or use sweetener of your choice)
a small pinch of baking powder
50g dark chocolate (minimum 75% cocoa) cut into small chunks
20g walnuts, roughly chopped

MAKES 6 BARS

Preheat oven to 200°C/400°F. Line the base of a small loaf tin with baking paper.

Place the dates in a blender or food processor and blend well. Transfer to a large bowl and add the carrot and eggs. Stir well until thoroughly combined.

Add the remaining ingredients and stir well. If the mixture is too dry add a splash of milk or cold water. The mixture should be quite sticky.

Transfer the mixture to the tin. Press the surface gently to flatten. Bake for 15-20 minutes or until firm.

Allow to cool in the tin for 5 minutes. Remove from the tin and transfer to a wire rack to cool completely. Cut into 6 bars.

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



PER BAR:
176 Calories
21g Carbs
5g Protein
8g Fat



Low carb pizza



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1 egg
3 egg whites
2 tsps ghee or coconut oil
30g button mushrooms, finely sliced
5 cherry tomatoes, chopped
a pinch of sea salt and ground black pepper
½ tsp dried oregano or fajita seasoning
1 tbsp tomato purée
20g cooked ham, finely chopped
15g Cheddar cheese, grated (use dairy free if preferred)
to garnish:
a few fresh basil leaves (optional)

SERVES 1



PER SERVING:
326 Calories
7g Carbs
25g Protein
22g Fat

Crack the eggs and egg whites into a large jug and beat with a fork.

Prepare a medium grill.

Melt half of the ghee / oil in an ovenproof frying pan or skillet over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally until soft.

Add the tomatoes and fry for 2 minutes, stirring occasionally. Add the salt, pepper and oregano and stir well. Transfer the contents of the pan to a plate.

Heat the remaining ghee/oil in the pan. Pour the egg mixture into the pan. Cook for 4-5 minutes or until the edges are firm.

Remove the pan from the heat. Using a teaspoon, dot the tomato purée around the 'pizza'. Top with the cooked vegetables, ham and cheese, distributing evenly.

Place the pan under the grill and cook for several minutes, until the cheese has melted. Serve garnished with fresh basil (if using).

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



Rhubarb & almond porridge

160g rhubarb, washed and cut into small chunks

1 tsp stevia (or use granulated sweetener of your choice)

100g oats (use gluten free if preferred)

a pinch of ground cinnamon

30g oat bran (use gluten free if preferred)

500ml unsweetened almond milk (or use milk of your choice)

1 tbsp maple syrup

15g almonds, roughly chopped

SERVES 2

Preheat oven to 170°C/350°F. Line a baking tray with foil.

Place the rhubarb on the tray and sprinkle over the stevia. Bake for 10-15 minutes, or until soft.

Meanwhile, place the oats, cinnamon and oat bran in a saucepan. Add the milk and stir well. Cook over a medium heat for 10-15 minutes, stirring frequently until thick and creamy. Add more milk or boiling water during cooking time if required.

Transfer to two serving bowls.

Top with the baked rhubarb, maple syrup and chopped almonds. Serve.

Consume immediately.



PER SERVING:
360 Calories
51g Carbs
12g Protein
12g Fat

Indian spiced omelette

2 tps ghee or coconut oil
½ a small white onion, finely chopped
1 medium-sized ripe tomato
1 small red or green chilli
2 eggs
2 egg whites
a pinch of sea salt and ground black pepper
a small handful of fresh coriander stalks and leaves, finely chopped, plus a little extra to garnish
½ tsp chilli powder
½ tsp garlic granules
½ tsp garam masala
½ tsp ground cumin
½ tsp ground turmeric
to serve:
lemon wedges (optional)

SERVES 1



PER SERVING:
306 Calories
13g Carbs
23g Protein
18g Fat

Heat half of the ghee/oil in a frying pan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally until soft.

Halve the tomatoes, scoop out the seeds with a spoon and discard. Finely chop the flesh.

Halve the chilli, deseed and finely slice.

Beat the eggs in a jug until well combined. Add the remaining ingredients, except for the remaining ghee/oil, and stir well.

Melt the remaining ghee/oil in a medium-sized frying pan over a medium heat. Pour in the egg mixture. Tilt the pan gently so that the mixture forms a circle.

Allow to cook for 2 minutes, or until the edges of the pan become firm. Cover and cook for 2-3 minutes or until the centre of the omelette is cooked.

Serve with lemon wedges (if using).

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



Courgette & pea tortilla

1 tbsp ghee or coconut oil
1 small white onion, chopped
50g courgette, grated
40g frozen garden peas
½ a red or yellow bell-pepper,
diced
30g button mushrooms, sliced
5 eggs
a small pinch of sea salt and
ground black pepper
a small handful of fresh coriander,
roughly chopped
½ tsp paprika

SERVES 2

Serving suggestion:

Serve with a leafy salad.



PER SERVING:
287 Calories
11g Carbs
18g Protein
19g Fat

Heat the ghee/oil in a frying pan over a medium heat. Add the onion, courgette, peas, bell-pepper and mushrooms and cook for 2 minutes, stirring occasionally. Remove pan from heat.

Crack the eggs into a jug. Add the salt and pepper and beat with a fork. Add the coriander and paprika and stir.

Add the cooked vegetables to the eggs and stir.

Prepare a medium grill.

Pour the egg mixture into the frying pan and place over a medium heat. Cook until the underside is firm.

Place the pan under the grill until firm. Use a fish slice to remove the tortilla from the pan. Divide between two plates and serve.

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



Warm Greek lentil salad

1 tsp ghee or coconut oil
½ a small red onion, finely sliced
2 garlic cloves, finely chopped
½ tsp ground cumin
½ tsp paprika
1 tsp Italian seasoning
300g tinned green or puy lentils,
rinsed and drained well
180ml vegetable stock (made with
one organic stock cube)
a large handful of mixed lettuce
leaves
5g fresh parsley, finely chopped
80g cucumber, sliced
8 cherry tomatoes, halved
40g Feta cheese, diced (use dairy
free if preferred)
for the Tzatziki dip:
40g cucumber, peeled and finely
chopped
60g Greek yoghurt (use dairy free
if preferred)
1 tbsp fresh dill, finely chopped
1 tbsp fresh lemon juice
1 pinch of ground black pepper

SERVES 2

PER SERVING:
292 Calories
30g Carbs
16g Protein
12g Fat



Heat the ghee / oil in a saucepan over a medium heat. Add the onion and garlic and fry for 3-4 minutes, stirring occasionally until soft. Add the cumin, paprika and Italian seasoning and fry for 30 seconds.

Add the lentils and stock. Stir and bring to a gentle simmer. Cover and cook for 3-4 minutes. Remove the saucepan from heat and allow to stand.

Meanwhile, mix the dip ingredients in a bowl.

Divide the lettuce, parsley, sliced cucumber, tomatoes and Feta between two plates. Top with spoonfuls of the cooked lentils, draining off any excess liquid with a slotted spoon if required.

Garnish with parsley and serve with the Tzatziki dip.

Store any leftover dip and cooked lentils in separate airtight containers and refrigerate for up to 3 days.



Creamy corn & bacon chowder

2 tps ghee or coconut oil
1 small white onion, finely chopped
1 green bell-pepper, deseeded and cubed
2 rashers unsmoked bacon, cut into small pieces
1 small garlic clove, finely chopped
350g all-rounder potatoes, peeled and cut into cubes
300ml semi-skimmed milk or unsweetened almond milk
300ml vegetable stock (made with one organic stock cube)
1 tsp smoked paprika
¼ tsp dried thyme
a pinch of sea salt and ground black pepper
270g tinned sweetcorn, drained and rinsed
a few drops of Tabasco / sriracha sauce
2 tbsps fresh chives, chopped

SERVES 4

PER SERVING:
231 Calories
32g Carbs
10g Protein
7g Fat



Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and green pepper and sauté for 3-4 minutes, stirring occasionally.

Add the bacon and fry gently for 2-3 minutes, stirring to seal on both sides. Add the garlic and fry gently for 2 minutes, stirring frequently. Add the potatoes and cook for 3-4 minutes, stirring occasionally.

Add the milk, stock, paprika, thyme, salt and pepper and stir well. Bring to a boil then reduce heat to simmer gently. Cover and cook for 10-15 minutes.

Add the sweetcorn and cook for 3 minutes. Add the tabasco / sriracha sauce. Taste the soup and add more seasoning if required.

Serve garnished with chives.

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



Spinach & leek stuffed chicken

1 tsp ghee or coconut oil
30g leek, washed and finely chopped
2 garlic cloves, finely chopped
20g fresh spinach leaves, roughly chopped
35g cream cheese (use dairy free if preferred)
¾ tsp paprika
a pinch of sea salt and ground black pepper
2 x 180g chicken breasts

SERVES 2

Serving suggestion:

Serve with vegetables or salad.



PER SERVING:
387 Calories
5g Carbs
58g Protein
15g Fat

Preheat oven to 180°C/350°F. Line a baking tray with two sheets of foil, large enough to wrap the chicken breasts in.

Melt the ghee/oil in a large frying pan over a medium heat. Add the leek and garlic and sauté gently for 3-4 minutes, stirring occasionally. Remove from heat and allow to cool for 5 minutes.

Place the spinach, cream cheese, paprika, salt and pepper in a bowl. Add the cooked leek and garlic and stir well to combine.

Cut an incision into the thick side of each chicken breast then carefully cut into the incision to make a pocket. Try not to cut all the way through the breast.

Stuff each breast with the mixture. Place each stuffed chicken breast onto a sheet of foil. Wrap the chicken in a parcel.

Bake for 15-20 minutes or until the chicken is cooked thoroughly.

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



Fragrant tofu & quinoa curry

70g uncooked quinoa, rinsed
2 tps coconut oil
250g firm tofu, cut into cubes
1 small white onion, finely chopped
300g cauliflower, cut into small florets
3 cloves garlic, finely chopped
1 green chilli pepper, finely chopped
2 inch piece fresh ginger, finely chopped
2 tps ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tsp sea salt
250ml vegetable stock (made with one organic vegetable stock cube)
150ml coconut milk
40g kale, washed
juice of ½ a lime
a small handful of fresh coriander, finely chopped

SERVES 2



PER SERVING:
492 Calories
48g Carbs
21g Protein
24g Fat

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

Melt half of the oil in a frying pan over a medium / high heat. Add the tofu and cook until golden on the underside. Use a fish slice to turn over. Repeat steps until golden on all sides. Transfer the tofu to a plate lined with kitchen roll.

Melt the remaining oil in a large saucepan over a medium heat. Add the onion and fry gently for 3 minutes, stirring occasionally. Add the cauliflower, stir well and fry for 3 minutes, stirring occasionally.

Add the garlic, chilli pepper and ginger and fry for 2 minutes, stirring occasionally. Add the dried spices and salt and stir well. Add the stock and bring to a simmer. Cover and cook for 5 minutes.

Add the coconut milk and kale and cook for 3-4 minutes. Add the cooked quinoa, bring to a simmer and cook for 2 minutes. Remove the saucepan from the heat and stir in the lime juice. Serve topped with tofu and garnished with fresh coriander.

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



Rich beef & squash stew

2 tsps ghee or coconut oil
1 small red onion, finely chopped
1 small white onion, finely chopped
600g diced beef
400g butternut squash, peeled and cut into small cubes
3 garlic cloves, finely chopped
2 tbsps tomato purée
1 tsp dried oregano
600g tinned chopped tomatoes
2 organic beef or vegetable stock cubes

SERVES 4

Serving suggestion:

Serve with steamed vegetables of your choice.



PER SERVING:
348 Calories
24g Carbs
36g Protein
12g Fat

Heat the ghee/oil in a large saucepan over a medium heat. Add the red and white onions and sauté for 4-5 minutes, stirring occasionally.

Add the beef and fry for 4-5 minutes, stirring to brown on all sides.

Add the squash and cook for 5 minutes, stirring occasionally.

Add the garlic and fry for 2 minutes, stirring occasionally.

Add the tomato purée, oregano, tinned tomatoes and 300ml cold water. Crumble in the stock cubes.

Stir well, cover and cook for 1 hour or until the beef is tender. Stir occasionally during cooking time.

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

