



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 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.



# Get in touch

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# Coffee hazelnut smoothie



- ½ a small frozen banana
- 1 tsp. instant coffee granules (use decaffeinated coffee if preferred)
- 1 tsp. cocoa powder
- 3.4 fl oz. unsweetened almond milk
- ¼ cup vanilla flavor whey or rice protein powder (optional)
- 1½ Tbsps. Greek yogurt (use dairy free if preferred)
- 1 Tbsp. hazelnuts, chopped
- 3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
311 Calories  
**19g Carbs**  
**25g Protein**  
**15g Fat**

# Creamy clementine & cocoa smoothie

2 clementine oranges, peeled  
1 heaping tsp. cocoa powder  
½ cup firm tofu  
6 fl oz. unsweetened almond milk  
natural sweetener of your choice,  
to taste  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
118 Calories  
**8g Carbs**  
**8g Protein**  
**6g Fat**

# Raspberry & apple refresher smoothie

½ cup fresh raspberries  
1 apple, core and stem removed  
juice of 1 lime  
½ a small frozen banana  
3.4 fl oz. cold water  
4 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
205 Calories  
47g Carbs  
2g Protein  
1g Fat

# Caramel protein bars



- 1/3 cup oats (use gluten free if preferred)
- 3 large pitted dates
- 1 Tbsp. melted coconut oil
- 2 Tbsps. tahini
- 1/3 cup vanilla flavor whey or rice protein powder (optional) or use natural sweetener of your choice, to taste
- 2 tsps. cocoa powder
- 1/2 tsp. vanilla extract
- a pinch of sea salt

## for the chocolate coating:

- 1 Tbsp. melted coconut oil
- 2 squares dark chocolate (minimum 70% cocoa powder)

MAKES 5 BARS



PER BAR:  
214 Calories  
12g Carbs  
10g Protein  
14g Fat

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

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



# Chocolate chip oaty cookies

1 scant cup oats (use gluten free if preferred)

1 cup buckwheat flour (or use flour of your choice)

a pinch of sea salt

a small pinch of baking powder

1 egg white

1.7 fl oz. cold water or unsweetened

almond milk

1 tsp. vanilla extract

1½ Tbsps. crunchy peanut butter (or use nut butter of your choice)

2 Tbsps. maple syrup

2 Tbsps. dark chocolate chips  
(minimum 70% cocoa)

MAKES 9 COOKIES

Place the oats, flour, salt and baking powder in a bowl and stir well.

In a separate bowl, mix the egg white, water, vanilla extract, peanut butter and maple syrup.

Add the dry mixture to the wet mixture and mix thoroughly. Fold in the chocolate chips. Refrigerate for 15 minutes.

Preheat oven to 160°C/325°F. Line a baking tray with baking paper.

Roll the mixture into 9 balls. Place each ball onto the tray, leaving a 2 inch gap between each one. Gently press each ball down into a disc to a thickness of around ½ inch.

Bake for 20-30 minutes or until golden. Transfer the cookies to a wire rack to cool.

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



PER COOKIE:  
129 Calories  
17g Carbs  
4g Protein  
5g Fat



# Lemon coconut bars

## for the crust:

- ½ cup pitted dates
- ½ cup cashew nuts
- 1 Tbsp. peanut butter (or use nut butter of your choice)
- 1 fl oz. cold water or unsweetened almond milk

## for the filling:

- ½ cup cashews
- 1½ Tbsps. coconut cream
- 1 Tbsp. coconut oil, melted
- ⅓ cup vanilla flavor whey or rice protein powder (optional sweetener of your choice, to taste the grated zest and juice of 1 lemon
- a pinch of sea salt
- 2 Tbsps. desiccated coconut

Line the base of a 6x6 inch square baking pan with baking paper.

Place the crust ingredients in a blender or food processor and blend into a thick paste. Transfer the mixture to the pan and spread evenly to cover the base. Freeze while you make the filling.

Place the filling ingredients in a blender or food processor and blend until smooth. Pour the mixture over the pan and spread evenly over the crust to cover.

Freeze the bars. Allow to thaw for 10 minutes before serving.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*

MAKES 9 BARS



PER BAR:  
227 Calories  
15g Carbs  
8g Protein  
15g Fat



# Curried cauliflower & cashew muffins



1 tsp. ghee or coconut oil plus extra to grease tin

1 small white onion, finely chopped

2/3 cup cauliflower, grated

1/4 cup cashews

5 eggs, beaten

1/2 tsp. garlic powder

2 tsp. curry powder

a pinch of cayenne pepper

a pinch of sea salt and ground black pepper

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin pan.

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and cauliflower and sauté for 4-5 minutes, stirring frequently. Remove pan from heat and transfer the cooked vegetables to a plate to cool.

Blitz the cashews in a blender or food processor until finely ground.

Break the eggs into a large jug. Add the spices and seasoning and mix well with a fork. Add the cauliflower, onions and cashews and stir well.

Divide the mixture between the muffin compartments. Bake for 20-25 minutes or until the muffins are firm. Allow to cool in the pan for 5 minutes then remove and transfer to a wire rack to cool.

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

MAKES 8 MUFFINS



PER MUFFIN:

99 Calories

4g Carbs

5g Protein

7g Fat

# Chicken scrambled eggs topped with crunchy seeds

3 eggs  
1 tsp. dried basil  
a pinch of sea salt and ground black pepper  
1 tsp. ghee or coconut oil  
½ a small red onion, finely chopped  
½ a red or green bell pepper, diced  
4 cherry or plum tomatoes, halved  
3.5 oz. cooked chicken, cut into bite sized pieces  
1 tsp. mixed seeds

SERVES 2



Beat the eggs in a jug. Add the dried basil, salt and pepper and stir well.

Melt the ghee or oil in a frying pan over a medium heat. Add the onion and pepper and sauté for 3-4 minutes, stirring occasionally until soft.

Add the tomatoes and cook for 2 minutes, stirring frequently.

Add the chicken and heat through for 3-4 minutes, stirring frequently. Transfer the mixture to a plate and set aside.

Pour the eggs into the pan and cook, stirring continuously until cooked. Return the cooked chicken and vegetables back into the pan and stir well. Heat through for 1 minute. Serve.

*Consume immediately.*



PER SERVING:  
261 Calories  
7g Carbs  
21g Protein  
11g Fat

# Protein oats with berries

$\frac{2}{3}$  cup oats (use gluten free if preferred)  
5.75 fl oz. unsweetened almond milk (or use milk of your choice)  
a small pinch of sea salt  
2 egg whites  
1 cup fresh blueberries and/or raspberries  
10 almonds  
1 tsp. mixed seeds

SERVES 1

Place the oats and almond milk in a saucepan over a medium heat. Cook for 3-4 minutes, stirring frequently until thickened. Add a splash more almond milk if required, to achieve desired consistency.

Add the salt and stir well.

Add the egg whites and whisk well for 2 minutes.

Remove pan from heat. Transfer porridge to a bowl and top with the berries, almonds and seeds.

*Consume immediately.*



PER SERVING:  
456 Calories  
57g Carbs  
21g Protein  
16g Fat

# Beef muffins

½ tsp. ghee or coconut oil plus  
extra for greasing

½ a small white onion, finely  
chopped

1 stick celery, finely chopped

5.7 oz lean ground beef

¼ cup passata (or use canned  
chopped tomatoes, blended)

5 eggs

1 tsp. Italian seasoning

a pinch of cayenne pepper

2 Tbsps. Cheddar cheese, grated  
(use dairy free if preferred)

**MAKES 8 MUFFINS**

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin pan with ghee/oil. Melt ½ tsp ghee/oil in a frying pan over a medium heat. Add the onion and celery and sauté for 3 minutes, stirring frequently.

Add the beef and break up into small pieces with a wooden spoon. Cook for 4 minutes, stirring frequently.

Add the passata, stir well and remove pan from heat. Transfer the contents of the pan to a shallow bowl and spread into a fine even layer. Leave to cool for 5 minutes.

Meanwhile, break the eggs into a jug. Add the Italian seasoning and cayenne pepper and mix well with a fork. Stir in the cheese.

Add the beef mixture and stir well. Divide the mixture between the muffin compartments. Bake for 20-25 minutes, or until the muffins are firm. Allow to cool in the pan for 5 minutes then remove and transfer to a wire rack to cool completely.

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



PER MUFFIN:  
121 Calories  
**1g Carbs**  
**9g Protein**  
**9g Fat**



# Low carb vegetable quiche

a small amount of ghee or coconut oil to grease dish

5 eggs

a small handful of kale, finely chopped

2 closed cup mushrooms, finely chopped

½ tsp. dried chilli flakes

6 plum or cherry tomatoes, halved

½ a small white onion

½ tsp. garlic powder

1 tsp. wholegrain or Dijon mustard

2 tsps. Parmesan cheese, grated (use dairy free if preferred)

Preheat oven to 170°C/350°F. Grease the base and sides of a 6x6 inch ovenproof dish with ghee/oil.

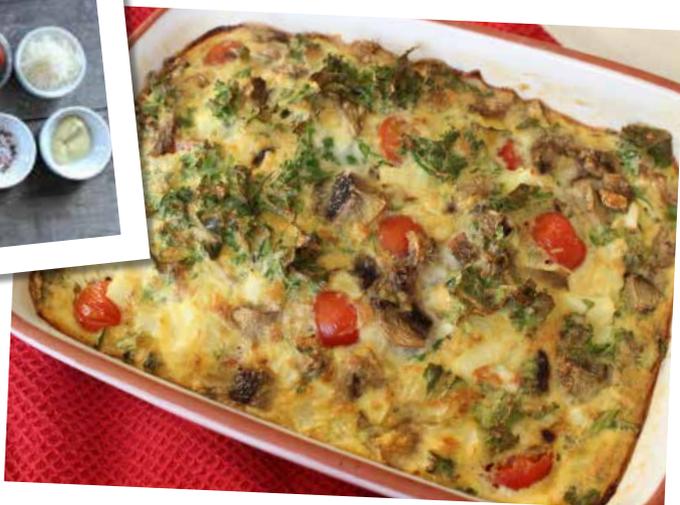
Beat the eggs in a large jug. Add the remaining ingredients and stir well.

Transfer the mixture to the dish. Bake for 25 minutes or until the center of the quiche is firm to the touch.

Enjoy warm or cold.

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

SERVES 2



PER SERVING:  
244 Calories  
**6g Carbs**  
**19g Protein**  
**16g Fat**

# Salmon & broccoli omelet



½ cup broccoli florets  
3 eggs plus 1 egg white  
a pinch of sea salt and ground black pepper  
1 tsp. dried dill or parsley  
1 tsp. ghee or coconut oil  
2 closed cup mushrooms, finely chopped  
3.5 oz. cooked salmon, flaked  
1 Tbsp. Cheddar cheese, grated (use dairy free cheese if preferred)

**SERVES 2**

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

Beat the eggs and egg white in a jug with the salt, pepper and dried herbs.

Melt the ghee/oil in a frying pan. Add the mushrooms and fry gently for 3-4 minutes, stirring occasionally until soft.

Remove the mushrooms from the pan and set aside.

Pour the eggs into the frying pan and cook for 3-4 minutes. When the center of the omelet begins to firm up, distribute the salmon around one half of the omelet. Add the broccoli and mushrooms and cook for 2 minutes.

Add the cheese and cook for 1 minute.

Fold the omelet in half and remove from the pan with a slice. Serve.

*Consume immediately.*



PER SERVING:  
296 Calories  
**3g Carbs**  
**26g Protein**  
**20g Fat**

# Slow cook chicken casserole



2 tsps. ghee or olive oil  
1 large onion, chopped  
4 medium sized carrots, peeled and chopped  
4 garlic cloves, finely chopped  
1 large potato, peeled and diced  
35oz. chicken thighs, skin removed  
20 fl oz. hot chicken stock (made with 1 organic stock cube)  
a small bunch of fresh parsley, finely chopped  
1 tsp. dried rosemary  
1 tsp. dried thyme  
1 bay leaf  
sea salt and black pepper, to taste  
½ cup pearl barley, pre-soaked in cold water for 10 minutes then drained

**SERVES 4**



PER SERVING:  
498 Calories  
40g Carbs  
53g Protein  
14g Fat

Heat half of the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 3 minutes, stirring frequently until soft.

Add the carrots and garlic and cook for 4 minutes, stirring occasionally. Add the potato, stir and cook for 4 minutes, stirring occasionally.

Heat the remaining ghee/oil in a separate frying pan over a medium heat. Add the chicken and cook for 4 minutes each side. Transfer the chicken to the other saucepan and add the stock.

Bring to a simmer then add the remaining ingredients. Cover and cook over a medium heat for 1½-2 hours. Alternatively, transfer the contents of the saucepan to a slow cooker and cook for 2-3 hours. Taste for seasoning and add more salt and pepper if required. Remove the bay leaf and discard. Serve.

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



# Spicy fish stew

1 tsp. ghee or coconut oil  
1 small white onion, finely chopped  
1 green bell pepper, diced  
2 garlic cloves, finely chopped  
1 tsp. paprika  
1 tsp. ground cumin  
1 tsp. ground cilantro  
21 oz. fish pie mix (haddock, salmon etc), cut into chunks  
6.75 fl oz. coconut milk  
½ tsp. sea salt  
½ tsp. ground black pepper  
14 oz. canned chopped tomatoes  
**to garnish:**  
a small handful of fresh cilantro, finely chopped

SERVES 4



PER SERVING:  
330 Calories  
15g Carbs  
27g Protein  
18g Fat

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

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

Add the paprika, cumin and ground cilantro and stir well. Cook for 2 minutes, stirring frequently.

Add the fish pie mix, coconut milk, salt, pepper and chopped tomatoes and stir well. Cover and cook for 20 minutes.

Serve garnished with fresh cilantro.

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

## Serving suggestion:

Enjoy on it's own or on a bed of steamed rice.



# Vegetarian bolognese



- 1 tsp. ghee or coconut oil
- 1 medium sized white onion, finely chopped
- 2 celery sticks, finely chopped
- 1 carrot, finely chopped
- 1 red or green bell pepper, diced
- 3 garlic cloves, finely chopped
- 2 cups chestnut mushrooms, sliced
- 14 oz. canned chopped tomatoes
- 2 Tbsps. tomato purée
- ¾ cup dried green or red lentils, rinsed
- 3 large zucchinis, spiralized
- 1 tsp. Italian seasoning
- ¾ tsp. ground black pepper
- ¾ tsp. sea salt
- 1½ Tbsps. Parmesan cheese, grated (optional)

SERVES 4



PER SERVING:  
240 Calories  
**36g Carbs**  
**15g Protein**  
**4g Fat**

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

Add the celery, carrot, and bell pepper and cook for 4 minutes, stirring occasionally until soft. Add the garlic cloves and mushrooms and cook for 2-3 minutes, stirring occasionally until soft.

Add the chopped tomatoes, tomato purée and 12 fl oz. recently boiled water. Add the lentils and stir well. Increase the heat to bring to a boil then reduce to simmer. Cook for 20-25 minutes or until the lentils are tender. Add more water during cooking time if the mixture becomes too dry.

Meanwhile, steam the zucchini for 1-2 minutes.

Add the Italian seasoning and ground black pepper to the bolognese. Cook for 3 minutes. Stir in the salt. Remove pan from heat and serve garnished with Parmesan cheese (if using).

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

