



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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Banana chocolate smoothie

100g frozen banana
180ml unsweetened almond milk
25g chocolate or banana flavour whey
or rice protein powder (optional)
1½ tps cocoa powder
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
265 Calories
31g Carbs
24g Protein
5g Fat

Coconut dream smoothie

40g tinned sweetcorn, rinsed and drained

140ml dairy free alternative coconut milk (or use milk of your choice)

40ml tinned coconut milk

1 tsp vanilla extract

25g vanilla flavour whey or rice protein powder

4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
234 Calories
14g Carbs
22g Protein
10g Fat

Melon, raspberry & tofu smoothie

50g silken tofu
80g watermelon (or use melon of your choice)
30g fresh raspberries
juice of ½ a lime
180ml dairy free alternative coconut milk (or use milk of your choice)
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
133 Calories
17g Carbs
5g Protein
5g Fat

Coconut, lime & apricot flapjacks

40g coconut oil, melted
1 tsp ground cinnamon
1 tsp vanilla extract
30g vanilla flavour whey or rice protein powder (optional)
juice of 1 lime
125g ripe banana
25g desiccated coconut
2 tsp chia seeds
100g oats (use gluten free if preferred)
40g dried apricots, chopped

MAKES 6 BARS



PER BAR:
207 Calories
20g Carbs
7g Protein
11g Fat

Line the base of a 15x15cm baking tin with baking paper.

Preheat oven to 170°C/350°F.

Place all of the ingredients into a bowl. Mix well with a spatula until thoroughly combined.

Transfer the mixture to the baking tin. Use a spatula to even out the surface of the mixture.

Bake for 20-25 minutes or until golden.

Allow to cool in the tin, then cut into 6 bars.

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

Strawberry energy balls

15g freeze-dried strawberries
15g flaxseed
60g almond or peanut butter
25g pitted dates
30g strawberry or vanilla flavour
whey or rice protein powder
(optional)
40g oats (use gluten free if
preferred)
15g unsweetened shredded
coconut
30g coconut oil, melted

Place all of the ingredients in a blender or food processor, except for the strawberries. Blend well until smooth.

Transfer to a bowl and add the strawberries. Stir well.

Add a splash of cold water if the mixture is too crumbly.

Roll the mixture into 5 balls. Refrigerate for one hour or until firm.

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

MAKES 5 ENERGY BALLS



PER BALL:
253 Calories
15g Carbs
10g Protein
17g Fat



Vegan coffee pecan brownies

30g flaxseed
90ml cold water
240g (drained weight) tinned
black beans, rinsed
35g coconut oil, melted
30g cocoa powder
a pinch of sea salt
2 tps granulated coffee (use
decaffeinated if preferred),
dissolved in 10ml recently boiled
water
30g vanilla or chocolate flavour
whey or rice protein powder
natural sweetener of your choice,
to taste
a small pinch of baking powder
for the topping:
20g pecans, roughly chopped

MAKES 9 BROWNIES



PER BROWNIE:
120 Calories
6g Carbs
6g Protein
8g Fat

Mix the flaxseed and water in a jug and leave to stand for 10 minutes. Meanwhile, preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Pat the black beans with kitchen paper to remove excess water. Place the beans in a large bowl and mash well until smooth. Add the remaining ingredients, except for the pecans. Mix well with a spatula, until thoroughly combined. Taste the mixture and add more sweetener if required.

Transfer the mixture to the baking tin and gently even out the surface using a spatula. Sprinkle the pecans evenly over the surface and press in gently with a spoon.

Bake for 20-25 minutes or until the brownies spring back lightly to the touch. Allow to cool in the tin then cut into 9 pieces.

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



Italian omelette



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- 1 large beef tomato, finely sliced
- 1 tbsp balsamic vinegar
- 1 tsp olive oil
- a pinch of ground black pepper and sea salt
- a small handful of fresh basil leaves, finely chopped
- 20g cream cheese (use dairy free if preferred)
- 2 eggs
- 1 egg white
- 1 tsp ghee or olive oil
- to garnish:**
- a few fresh basil leaves

SERVES 1

Arrange the tomato slices on a plate. Mix the balsamic vinegar and olive oil in a jug and drizzle over the tomatoes. Season with sea salt and ground black pepper.

Mix the chopped basil and cream cheese in a bowl.

Beat the eggs and egg white in a jug. Melt the ghee/oil in a frying pan over a medium heat. Add the eggs and cook for 2-3 minutes or until the edges of the omelette begin to firm up.

Spoon the cream cheese and basil mixture over one half of the omelette. Cook for 3-4 minutes, until the centre of the omelette is cooked.

Fold the 'empty' half of the omelette up and over the cream cheese filling. Remove the omelette from the pan with a fish slice and place over the tomatoes.

Garnish the omelette and tomatoes with extra basil leaves. Serve.

Consume immediately.



PER SERVING:
358 Calories
12g Carbs
19g Protein
26g Fat



Egg, kale & avocado breakfast bowl

125g fresh salmon fillet
1 egg
1 tsp ghee or coconut oil
1 red bell-pepper, sliced
a handful of kale
8 cherry tomatoes, halved
a pinch of sea salt and ground black pepper

SERVES 1

Pour 3 inches of boiling water into a medium-sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes. Remove from the water using a large slotted spoon or fish slice and set aside.

Meanwhile bring a small saucepan of water to the boil. Add the egg and cook for 6-8 minutes, until cooked to your liking. Remove the egg from the water using a slotted spoon and immerse in cold water for 2 minutes. Peel and cut in half.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and kale and cook for 3 minutes, stirring occasionally.

Add the cherry tomatoes and cook for 2-3 minutes, stirring occasionally until the vegetables are soft. Season with salt and pepper.

Transfer the cooked vegetables to a plate and top with the poached salmon and boiled egg. Serve.

Consume immediately.



PER SERVING:
456 Calories
12g Carbs
39g Protein
28g Fat



Vegetable & black bean stir-fry

2 tps ghee or coconut oil
1 small red onion, sliced
1 red bell-pepper, diced
80g closed cup mushrooms, sliced
2 garlic cloves, finely chopped
a pinch of sea salt
1 tsp paprika
100g (drained weight) tinned black beans, rinsed and drained
60g (drained weight) tinned sweetcorn, drained
juice of 1 lime
a pinch of ground black pepper
2 eggs
1 medium-sized avocado, sliced
to garnish:
a small handful of fresh coriander, finely chopped

SERVES 2



PER SERVING:
388 Calories
37g Carbs
15g Protein
20g Fat

Heat half of the ghee / oil in a frying pan over a medium heat. Add the red onion and bell-pepper and fry gently for 3-4 minutes, stirring occasionally. Add the mushrooms and fry for 2 minutes, stirring occasionally.

Add the garlic, sea salt, paprika, black beans and sweetcorn. Cook for 4-5 minutes, stirring occasionally. Add the lime juice, stir well and remove the pan from the heat. Add the ground black pepper.

Heat the remaining ghee/oil in a separate frying pan over a medium heat. Crack the eggs gently into the pan and fry. Using a spoon, carefully baste the yolks with hot oil from the pan. Cook for 2-3 minutes or until the yolks are cooked to your liking.

Plate up the cooked vegetables and beans. Top with the fried eggs and serve with avocado slices. Garnish with fresh coriander. Serve.

Consume immediately.



Edamame & garlic chicken salad with mustard dressing

1 garlic clove, skin on
a pinch of sea salt and ground
black pepper
200g chicken breasts, cut into
strips
1 tsp olive oil or coconut oil
100g cooked edamame beans
1 large carrot, spiralised or
coarsely grated
a large handful of mixed lettuce
leaves

2 eggs

for the dressing:

1 tbsp olive oil
1 tsp wholegrain mustard
2 tsps rice vinegar
1 tsp honey

SERVES 2



PER SERVING:
400 Calories
16g Carbs
39g Protein
20g Fat

Crush the garlic clove with a wooden spoon. Season the chicken with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the chicken and garlic and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Bring a small saucepan of water to the boil. Add the eggs, ensuring they are covered with water. Simmer for 6-8 minutes, depending on how well cooked you like them. Remove from the pan with a slotted spoon and immerse in cold water for 2 minutes. Peel the eggs then slice in half lengthways.

Mix the dressing ingredients in a jug. Divide the lettuce leaves between two serving bowls. Top with the edamame beans, carrot and chicken. Drizzle the dressing over the salad. Serve.

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



Mediterranean quinoa bake

80g uncooked quinoa, rinsed and drained well

1 tsp ghee or coconut oil

1 large white onion, finely chopped

1 medium-sized courgette, diced

4 garlic cloves, finely chopped

60g closed cup mushrooms, chopped

1 green bell-pepper, diced

3 sprigs fresh basil leaves and stalks, chopped

400g tinned chopped tomatoes

300g fresh ripe tomatoes, finely chopped

1 tsp dried oregano

a pinch of sea salt and ground black pepper

30g pitted black olives, sliced

25g Cheddar cheese, grated (use dairy free if preferred)

SERVES 4



PER SERVING:
210 Calories
30g Carbs
9g Protein
6g Fat



Preheat oven to 170°C/350°F.

Place the quinoa in a small saucepan of boiling water and cook according to packet instructions. Drain well and pat gently with kitchen paper to remove excess water.

Heat the ghee/ oil in a large saucepan over a medium heat. Add the onion and courgette and fry gently for 3 minutes, stirring frequently.

Add the garlic, mushrooms, bell-pepper and basil fry for 2 minutes, stirring frequently. Add the tinned tomatoes, fresh tomatoes, oregano, salt and pepper. Stir well and bring to a gentle simmer. Cook for 2 minutes.

Add the cooked quinoa and olives. Stir well and transfer to an ovenproof dish. Bake for 15 minutes. Add the cheese and bake for 5 minutes or until the cheese has melted. Serve.

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

Mushroom, rocket & Feta frittata

1 tsp ghee or olive oil
100g mushrooms of your choice,
roughly chopped or torn
4 eggs
1 egg white
a pinch of sea salt and ground black
pepper
40g Feta cheese (use dairy free if
preferred)
a handful of rocket leaves
2 tsp balsamic vinegar

SERVES 2

Preheat oven to 200°C/400°F.

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

Break the eggs and egg white into a jug and add the salt and pepper. Beat with a fork.

Add the eggs to the pan. Crumble the Feta cheese over the top, distributing evenly over the eggs.

Bake for 10 minutes or until firm.

Transfer the frittata to a plate and top with the rocket leaves. Drizzle the balsamic over the leaves and serve.

Consume immediately.



PER SERVING:
269 Calories
9g Carbs
20g Protein
17g Fat

Basil chicken with almonds

1 tsp ghee or coconut oil
1 medium-sized white onion, finely chopped
2 cloves of garlic, finely chopped
1 red or green bell-pepper, finely sliced
4 fresh basil stalks and leaves, roughly chopped, plus a few extra whole leaves, to garnish
1 tsp paprika
1 tsp cayenne pepper
1 tsp Italian seasoning
250g fresh chicken breast, cut into strips
a pinch of sea salt and ground black pepper
200g tinned chopped tomatoes
30g blanched almonds
the juice of 1 lemon

SERVES 2



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

Melt the ghee / oil in large saucepan over a medium heat. Add the onion, garlic and bell-pepper and fry gently for 3 minutes, stirring frequently.

Add the fresh basil and fry for 1 minute, stirring frequently. Add the paprika, cayenne pepper and Italian seasoning. Stir well and cook for 1 minute.

Add the chicken, salt and pepper. Cook for 3 minutes, stirring occasionally to seal the chicken on all sides. Add the tinned tomatoes, stir well, cover and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Add the almonds and cook for 3-4 minutes, stirring occasionally. Add the lemon juice and stir. Serve garnished with the extra basil leaves.

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

Serving suggestion:

Serve on a bed of noodles or rice or with steamed leafy greens.



Cajun spiced chicken

½ tsp sea salt
½ tsp ground black pepper
1 heaped tsp hot paprika
1 tsp dried basil
1 tsp dried oregano
½ tsp ground cumin
½ tsp chilli powder
450g skinless chicken thighs, diced
1 tsp ghee or olive oil
1 small white onion, finely chopped
1 bell-pepper (any colour), diced
3 garlic cloves, finely chopped
400g tinned chopped tomatoes
200ml chicken stock (made with one organic stock cube)

SERVES 3

Place the salt, pepper, dried herbs and spices in a bowl and mix well. Add the chicken and stir well to coat.

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

Add the bell-pepper and fry for 4 minutes, stirring occasionally. Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the chicken and cook for 5 minutes, stirring occasionally to seal on all sides. Add the tinned tomatoes and stock. Stir well and bring to a simmer. Cover and cook for 15 minutes, stirring occasionally. 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 basmati rice.



PER SERVING:
337 Calories
15g Carbs
31g Protein
17g Fat



Spicy satay curry

1 tsp coconut oil
2 tbsps Thai red curry paste
200ml coconut milk
1 small red onion, sliced
1 red bell-pepper, sliced
1 yellow bell-pepper, sliced
3 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
2 red or green chilli peppers, finely chopped
500g chicken breast, diced
150g (drained weight) tinned chickpeas, rinsed and drained
40g crunchy peanut butter
100g green beans, ends trimmed
juice of 1 lemon

SERVES 4

Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.

Add the onion and bell-peppers and fry gently for 4 minutes, stirring occasionally. Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.

Add the chicken and cook for 8 minutes, stirring occasionally.

Add the remaining coconut milk, chickpeas and peanut butter. Stir well and bring to a gentle simmer.

Add the green beans. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

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



PER SERVING:
410 Calories
24g Carbs
38g Protein
18g Fat

