



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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# Berry & celery smoothie

180ml unsweetened almond milk  
(or use fresh milk of your choice)  
80g frozen blueberries or raspberries  
1 ripe kiwi, ends removed  
30g vanilla flavour whey or rice  
protein powder (optional)  
1 large stick of celery

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

*Consume immediately.*

SERVES 1



PER SERVING:  
216 Calories  
19g Carbs  
26g Protein  
4g Fat

# Hidden veg smoothie

150ml unsweetened almond milk  
50g silken tofu  
40g tinned sweetcorn, drained  
30g chocolate or vanilla flavour  
whey or rice protein powder  
50g frozen banana (or use fresh  
plus 2 ice cubes)  
10g cocoa powder  
30g fresh spinach leaves

SERVES 1

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

*Consume immediately.*



PER SERVING:  
291 Calories  
**25g Carbs**  
**32g Protein**  
**7g Fat**

# Tropical fruit smoothie

70g honeydew melon, diced  
70g fresh pineapple, cut into chunks

1 ripe kiwi, ends removed  
220ml milk of your choice  
30g vanilla flavour whey or rice protein powder (optional)  
3 ice cubes

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

*Consume immediately.*

SERVES 2



PER SERVING:  
126 Calories  
**14g Carbs**  
**13g Protein**  
**2g Fat**

# Indulgent chocolate orange bars

2 ripe medium sized bananas  
1 egg  
the grated zest of ½ a navel orange  
plus 1 tbsp fresh orange juice  
30g chocolate or vanilla flavour whey  
or rice protein powder (optional)  
20g cocoa powder  
20g dark chocolate (minimum 70%  
cocoa), cut into small pieces

MAKES 8 BARS



Preheat oven to 170°C/350°F.

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

Mash the bananas in a large bowl. Add the egg, orange zest, orange juice and protein powder (if using) and whisk using an electric hand blender.

Add the cocoa powder gradually, and whisk until smooth.

Pour the mixture into the tin and sprinkle the dark chocolate pieces over the top.

Bake for 15-20 minutes or until the surface springs back when lightly touched.

Allow to cool in the tin then remove. Cut into 8 bars.

*Store any leftovers in an airtight container for up to 3 days.*

PER BAR:

75 Calories

7g Carbs

5g Protein

3g Fat



# Puffed rice cocoa cluster cakes

65g puffed rice cereal  
100g oats (use gluten free if preferred)  
30ml maple syrup (or use liquid sweetener of your choice)  
30g tahini  
120g peanut butter (or use nut butter of your choice)  
65g coconut oil  
40g dark chocolate (minimum 70% cocoa), cut into small chunks  
1 tsp ground cinnamon  
30g vanilla flavour whey or rice protein powder (optional)

MAKES 20 CAKES

Place 20 paper cake cases onto two baking trays.

Place the puffed rice and oats in a large bowl and stir well.

Place a saucepan over a medium / low heat. Add the maple syrup, tahini, peanut butter and coconut oil. Stir continuously until thoroughly combined.

Add the dark chocolate and stir until melted.

Remove the saucepan from the heat and add the cinnamon and protein powder (if using) and stir well.

Leave the mixture to cool for 5 minutes, then add to the oats and puffed rice and stir well. Divide the mixture between the cake cases. Freeze for 20 minutes or until firm. Serve.

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



PER CAKE:  
85 Calories  
8g Carbs  
2g Protein  
5g Fat



# Strawberry nut freezer cakes

70g dark chocolate (minimum  
70% cocoa)  
50g peanut butter (or use nut  
butter of your choice)  
30g vanilla or chocolate flavour  
whey or rice protein powder  
80g fresh strawberries, mashed

MAKES 9 CAKES

Place the dark chocolate in a saucepan.  
Place the saucepan in a shallow basin of  
boiling water. Stir well until melted.

Add the peanut butter and stir well until  
thoroughly combined.

Remove the saucepan from the heat, add  
the protein powder and stir well.

Add the strawberries and stir well.

Transfer the mixture to 9 mini cupcake  
cases and place on a baking tray. Freeze for  
one hour or until set. Remove from freezer  
5 minutes before serving.

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



PER CAKE:  
99 Calories  
4g Carbs  
5g Protein  
7g Fat

# Avocado & pepper breakfast muffins

2 tps ghee or coconut oil  
4 large eggs  
a good pinch of sea salt and ground  
black pepper  
½ tsp ground red chilli flakes  
80g red bell-pepper, diced  
1 medium sized ripe avocado, diced  
70g cherry tomatoes, halved  
30g Cheddar cheese, grated (use  
dairy free cheese if preferred)

MAKES 6 MUFFINS

Preheat oven to 170°C/350°F.

Grease 6 compartments of a muffin tin  
with ghee or coconut oil.

Crack the eggs into a jug. Add the salt,  
pepper and chilli flakes and beat well with  
a fork. Add the red bell-pepper, avocado,  
tomatoes and cheese and stir well.

Divide the mixture between the muffin  
compartments.

Bake for 20-25 minutes or until the  
muffins are firm to the touch.

*Store any leftovers in an airtight container  
and refrigerate for up to 3 days.*



PER MUFFIN:  
122 Calories  
2g Carbs  
6g Protein  
10g Fat

# Nectarine smoothie bowl with a maple oat cluster topping

1 fresh nectarine, stone removed and cut into slices  
50g frozen banana  
70ml milk of your choice  
140g Greek yoghurt (use dairy free if preferred)  
25g vanilla flavour whey or rice protein powder (optional)  
20g nut butter of your choice  
½ tsp ground cinnamon  
1 tsp chia seeds  
**for the topping:**  
20g oats (use gluten free if preferred)  
5g maple syrup or honey

To make the topping, place the oats in a frying pan over a medium heat. Toast gently for 5 minutes, stirring frequently. Remove pan from the heat and add the maple syrup. Stir well and transfer to a plate to cool.

Place the nectarine in a blender or food processor, reserving a few slices for the topping. Add the banana, milk, yoghurt, protein powder (if using), nut butter, cinnamon and half of the chia seeds. Blend well until creamy.

Transfer to a bowl and top with the oat topping, remaining chia seeds and nectarine slices.

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

SERVES 1



PER SERVING:  
597 Calories  
62g Carbs  
40g Protein  
21g Fat



# Creamy bacon & mustard quiche

1 tsp ghee or coconut oil plus a little extra to grease tin  
80g button mushrooms, finely sliced  
3 unsmoked back bacon rashers, cut into small pieces  
5 eggs  
2 tps wholegrain mustard  
2 tps cream cheese (use dairy free if preferred)  
100g cherry tomatoes, halved  
a good pinch of sea salt and ground black pepper  
80g asparagus spears

SERVES 2



PER SERVING:  
347 Calories  
**7g Carbs**  
**28g Protein**  
**23g Fat**

Preheat oven to 170°C/350°F.

Grease the base and sides of a 15x15cm baking tin with ghee/oil and line the base with baking paper.

Melt the ghee / oil in a frying pan over a medium heat. Add the mushrooms and bacon and fry for 3-4 minutes, or until the bacon starts to turn crispy. Transfer the mushrooms and bacon to the baking tin.

Steam the asparagus for 1 minute.

Crack the eggs into a jug and add the mustard and cream cheese. Beat with a fork until well combined. Add the tomatoes and salt and pepper and stir well. Pour the mixture into the baking tin. Place the asparagus spears on top, distributing evenly around the quiche.

Bake for 20 minutes or until the centre of the quiche is firm. Allow to cool for 5 minutes in the tin then remove from the tin using a fish slice.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*



# Avocado & ham fritters

250g courgette, ends trimmed,  
coarsely grated

1 egg plus 1 egg white

80g chickpea flour or plain flour  
(use gluten free plain flour if  
preferred)

a pinch of sea salt and ground  
black pepper

60g ham, chopped

100g ripe avocado, finely chopped  
a small handful of fresh coriander,  
finely chopped

2 tsps coconut oil

**MAKES 6 FRITTERS**



Gently pat dry the courgette with kitchen paper to remove excess water.

Place the egg, egg white, flour, salt, pepper and courgette in a large bowl and mix well using an electric hand blender. Add the ham, half of the avocado and most of the coriander, reserving a small amount to garnish. Stir gently until combined.

Melt 1 tsp coconut oil in a frying pan over a medium heat. Tilt the pan to cover the base in the oil.

Spoon three heaped tbsps of the mixture into the frying pan, leaving a gap of around 2cm between each one. Fry gently for 2 minutes or until golden brown on the underside. Turn over using a fish slice and fry for 2 minutes. Transfer the fritters to a plate lined with kitchen paper.

Repeat steps with the remaining oil and batter.

Top each fritter with the remaining avocado and coriander. Serve.

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

PER FRITTER:  
127 Calories  
**10g Carbs**  
**6g Protein**  
**7g Fat**



# Chicken, quinoa & vegetable soup

1 tsp ghee or olive oil  
1 medium sized white onion, finely chopped  
3 stalks celery, finely chopped  
2 garlic cloves, finely chopped  
1 carrot, peeled and grated  
15g jalapeño peppers, finely chopped  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp paprika  
a good pinch of sea salt and ground black pepper  
1 litre chicken stock (made with one organic stock cube)  
400g cooked chicken breast, shredded  
300g all-rounder potato, peeled and diced  
80g quinoa, rinsed and drained  
50g kale, rinsed

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

Add the celery, garlic and carrot, stir well and fry for 2 minutes, stirring occasionally.

Add the jalapeño peppers, ground spices, salt and pepper and stock. Stir well and bring to a gentle simmer.

Add the chicken, potato and quinoa. Stir, cover and cook for 25 minutes.

Add the kale and cook for 3 minutes. Serve.

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



**SERVES 4**

PER SERVING:  
300 Calories  
**32g Carbs**  
**25g Protein**  
**8g Fat**



# Zesty roast chicken

1 large whole chicken (approximately 1.75kg)  
a good pinch of sea salt and ground black pepper  
grated zest and juice of one navel orange  
grated zest and juice of 1 lemon  
1 tbsp wholegrain mustard  
1 tbsp fresh oregano leaves, roughly chopped (or use 2 tsps dried oregano)  
6 cloves garlic, crushed

SERVES 4

Preheat oven to 200°C/400°F. Place the chicken in a large roasting dish and season with salt and pepper.

Mix the orange juice, orange zest, lemon juice, lemon zest, mustard, oregano and garlic in a bowl. Pour over the chicken.

Oven roast, referring to the chicken packet instructions for times. Baste after around one hour with the juice which has collected in the base of the roasting dish.

*Remove any leftover chicken from the carcass, store in an airtight container and refrigerate for up to 3 days.*

## Serving suggestion:

Serve with steamed greens of your choice.



PER SERVING:  
580 Calories  
**6g Carbs**  
**67g Protein**  
**32g Fat**

# Beef one pot

2 tps ghee or olive oil  
900g extra lean diced beef  
1 large white onion, chopped  
2 celery stalks, finely chopped  
250g swede, peeled and diced  
2 carrots, peeled and sliced  
3 garlic cloves, finely chopped  
1 litre beef or chicken stock (made with one organic stock cube)  
200g chestnut mushrooms, quartered  
a good pinch of sea salt and ground black pepper  
2 tbsps tomato purée  
200g all-rounder potato, peeled and diced

SERVES 4

Heat the ghee/oil in a large saucepan over a medium heat. Add the beef and brown on all sides, cooking for around 4 minutes. Cook in batches if short of space.

Transfer the beef to a plate.

Add the onion, celery, swede and carrots to the saucepan. Fry gently for 10 minutes, stirring occasionally.

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

Add the beef back into the saucepan and stir well.

Add the stock, mushrooms, salt, pepper, tomato purée and potato. Bring to a boil then reduce heat to medium / low. Cover and simmer gently for 1 hour or until the beef is tender.

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



PER SERVING:  
405 Calories  
**21g Carbs**  
**51g Protein**  
**13g Fat**



# Teriyaki salmon stir fry

- 2 tbsps soy sauce or tamari
- 1 tbsp mirin
- 2 tps stevia (or use sweetener of your choice)
- 3 spring onions, finely sliced, plus a little extra to garnish
- 10g ginger, finely chopped
- 1 garlic clove, finely chopped
- 2 x 140g fresh salmon fillets
- 1 tsp coconut oil
- 1 medium sized carrot, peeled and cut into matchsticks
- 1 red bell-pepper, sliced finely
- 2 large courgettes, spiralised or cut into long ribbons using a potato peeler

SERVES 2



PER SERVING:  
470 Calories  
23g Carbs  
45g Protein  
22g Fat

Line a baking tray with tin foil.

Place the soy sauce, mirin and stevia in a bowl and mix well. Add the spring onions, garlic and ginger and stir well.

Add the salmon fillets and spoon over the marinade to cover. Refrigerate for 20 minutes.

Preheat oven to 180°C/ 350°F.

Remove the salmon from the marinade and place on the baking tray. Spoon the marinade over the salmon. Bake for 20 minutes or until the fish is cooked through.

When the salmon is almost cooked, melt the coconut oil in a frying pan over a medium heat. Add the carrot and stir fry for 2 minutes. Add the pepper and stir fry for 1 minute. Add the courgette and stir fry for 1 minute.

Plate up the vegetables and top with the salmon. Serve garnished with the remaining spring onions.

*Store any leftover salmon in an airtight container and refrigerate for up to 3 days.*



# Speedy Mexican chicken

1 tbsp olive oil  
1 small white onion, chopped  
1 red bell-pepper, diced  
400g fresh chicken breast, diced  
a pinch of sea salt  
½ tsp chilli powder  
½ tsp coriander powder  
½ tsp cumin powder  
2 ripe salad tomatoes, chopped  
a sprinkle of fresh coriander, finely chopped (optional)

SERVES 2

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 6 minutes, stirring occasionally.

Add the red pepper and fry for 3 minutes, stirring occasionally.

Add the chicken, salt and dried spices and stir well. Cook for 5 minutes, stirring occasionally, until the chicken is thoroughly cooked.

Add the tomatoes and cook for 2-3 minutes, stirring occasionally, until the tomatoes are soft.

Serve garnished with fresh coriander (if using).

*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:  
372 Calories  
**10g Carbs**  
**47g Protein**  
**12g Fat**

