

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.

© Copyright 2018 Fitness Experience and it's licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

# Contents

## Introduction

### Drinks

Morning glow smoothie	1
Vanilla, coffee & coconut smoothie	2
Tropical pineapple & kiwi smoothie	3

### Snacks & treats

Sticky chocolate nut energy balls	4
Chickpea vanilla squares	5
Chocolate hazelnut bars	6

### Breakfast

Smoked salmon & avocado wrap	7
Fig, almond & vanilla smoothie bowl	8
Savoury breakfast bowl	9

### Lunch

Creamy cauliflower soup	10
Turkey meatloaf	11
Pumpkin chilli	12

### Dinner

Curried chicken tray bake	13
Thai red curry stew	14
Chermoula chicken	15

# 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

Josh Kennedy

E-mail [josh@fitness-experience.co.uk](mailto:josh@fitness-experience.co.uk)

[www.fitness-experience.co.uk](http://www.fitness-experience.co.uk)

 [www.facebook.com/FX.Personal.Training.Centre](https://www.facebook.com/FX.Personal.Training.Centre)

# Morning glow smoothie

70g strawberries (fresh or frozen)  
60g frozen banana slices  
120ml unsweetened almond milk  
(or use milk of your choice)  
1 tsp vanilla extract  
30g vanilla flavour whey or rice  
protein powder (optional)  
¼ ripe avocado  
5g sunflower or pumpkin seeds  
5g chia seeds  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
376 Calories  
29g Carbs  
29g Protein  
16g Fat

# Vanilla, coffee & coconut smoothie

150ml unsweetened almond milk  
70g ripe banana  
35ml coconut milk  
30g vanilla or chocolate flavour  
whey or rice protein powder  
15ml cold coffee (use decaffeinated  
if preferred)  
1 tsp chia seeds  
1 tsp vanilla extract  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
277 Calories  
22g Carbs  
27g Protein  
9g Fat

# Tropical pineapple & kiwi smoothie

50g fresh or tinned pineapple  
1 kiwi, peeled  
150ml coconut water  
25g vanilla flavour whey or rice  
protein powder (optional)  
1 tbsp Greek yoghurt (use dairy  
free if preferred)  
1 satsuma, peeled  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
266 Calories  
**38g Carbs**  
**24g Protein**  
**2g Fat**

# Sticky chocolate nut energy balls

120g pitted Medjool dates  
50g walnuts  
50g almonds  
30g cocoa powder  
a pinch of sea salt  
25g vanilla or chocolate flavour  
whey or rice protein powder  
**to coat:**  
2 tsps chia seeds  
2 tsps matcha powder  
5g chopped hazelnuts

Blitz the dates in a blender or food processor to form a sticky paste.

Add the remaining ingredients and blend well.

Roll into 9 balls. Refrigerate for 30 minutes or until firm.

Roll 3 of the balls in each of the coatings.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day.*

**MAKES 9 BALLS**



PER BALL:  
148 Calories  
13g Carbs  
6g Protein  
8g Fat

# Chickpea vanilla squares

a small amount of coconut oil, to  
grease tin  
400g tinned chickpeas (drained  
weight)  
1 egg  
60g crunchy peanut butter  
30g honey or maple syrup  
30g vanilla flavour whey or rice  
protein powder  
1 tsp vanilla extract  
30g oats (use gluten free if preferred)  
a pinch of baking soda  
a pinch of sea salt  
40g dark chocolate (minimum 70%),  
cut into chunks

MAKES 9 SQUARES



PER SQUARE:  
164 Calories  
**14g Carbs**  
**9g Protein**  
**8g Fat**

Preheat oven to 170°C/350°F.

Line the base of a 15x15cm baking tin with baking paper. Grease the sides lightly with coconut oil.

Place the chickpeas and egg in a food processor or blender. Blend well until smooth.

Add the remaining ingredients, except for the dark chocolate and blend well.

Transfer to the baking tin and spread the mixture roughly with a spatula.

Press the chocolate chunks lightly into the surface.

Bake for 20-25 minutes or until the edges are golden brown. Allow to cool for 10 minutes in the tin, then cut into 9 squares.

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



# Chocolate hazelnut bars

40g hazelnuts  
30g oats (use gluten free if preferred)  
75g soft pitted dates  
10g cocoa powder  
1 tbsp cocoa nibs  
50g peanut or almond butter  
a small pinch of sea salt  
30g raisins  
30g vanilla flavour whey or rice protein powder  
1 tbsp chia seeds  
1 tbsp coconut oil  
½ tsp vanilla extract

MAKES 9 BARS



PER BAR:

141 Calories

11g Carbs

4g Protein

9g Fat

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

Place the hazelnuts and oats in a blender or food processor and blend until finely ground.

Add the remaining ingredients and blend well. Scrape down the sides during blending if required, and continue to blend until the mixture is crumbly.

Transfer the mixture to a large bowl. Add a splash of cold water and mix well to combine into a thick paste.

Transfer the mixture to the baking tin. Use a spatula to flatten the surface of the mixture, compacting it firmly in the tin.

Refrigerate for 1 hour or until firm. Cut into 9 bars.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day.*



# Smoked salmon & avocado wrap

2 eggs  
2 egg whites  
a pinch of sea salt and ground  
black pepper  
a sprig of fresh dill  
½ tsp coconut oil  
½ a ripe avocado  
a squeeze of lemon juice  
a small handful fresh spinach  
leaves, finely chopped  
40g smoked salmon, torn into  
small pieces

**SERVES 1**

Beat the eggs and egg whites in a jug. Add the salt, pepper and dill and stir.

Melt the coconut oil in a frying pan or skillet over a medium heat. Pour the egg mixture into the pan, allowing it to spread evenly.

Cover with a lid and cook for 3 minutes or until firm. Transfer to a plate.

Mash the avocado in a bowl and add the lemon juice. Spread the avocado over the centre of the wrap.

Add the spinach and salmon. Roll up and serve.

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



PER SERVING:  
272 Calories  
**3g Carbs**  
**29g Protein**  
**16g Fat**

# Fig, almond & vanilla smoothie bowl

160g frozen banana, cut into slices  
3 fresh figs  
180g Greek yoghurt (use dairy free if preferred)  
1 tsp vanilla extract  
40g vanilla flavour whey or rice protein powder  
40ml unsweetened almond milk (or use milk of your choice)  
1 tbsp almond butter

## for the topping:

10g almonds, chopped  
1 tsp chia seeds  
1 fresh fig, cut into wedges

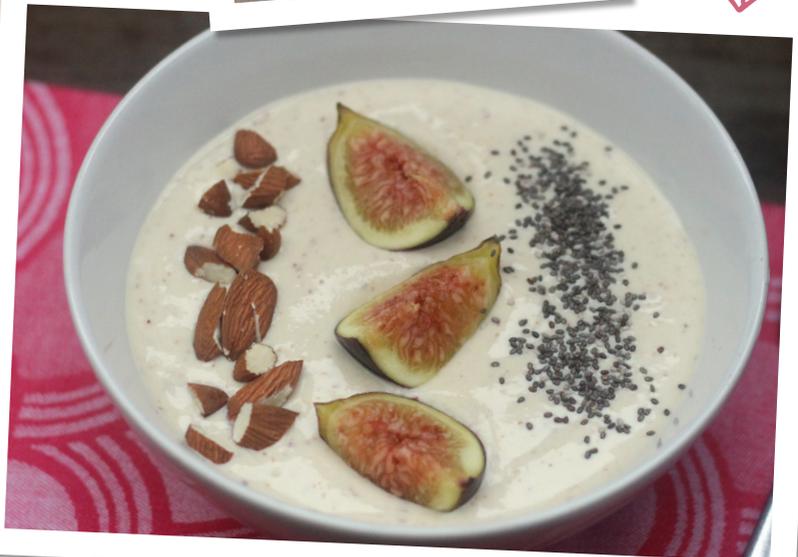
SERVES 2

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

Transfer to a serving bowl.

Top with the almonds, chia seeds and remaining fig.

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



PER SERVING:  
416 Calories  
46g Carbs  
31g Protein  
12g Fat

# Savoury breakfast bowl

30g quinoa, rinsed  
2 eggs  
a large handful of kale, roughly  
chopped  
30g fresh spinach leaves  
40g ripe avocado  
juice of ½ a lime  
50g cucumber, diced  
20g sun-dried tomatoes, drained  
of oil and roughly chopped

## for the miso sauce:

3 tsps toasted sesame oil or  
olive oil  
2 tsps rice wine vinegar  
a small pinch of sea salt  
¾ tsp white miso paste  
½ tsp honey, stevia or maple syrup  
¼ tsp cayenne pepper  
1 tsp fresh ginger, grated

SERVES 1



PER SERVING:  
435 Calories  
27g Carbs  
21g Protein  
27g Fat

Bring two small saucepans of water to the boil. Place the quinoa in one saucepan and cook according to packet instructions. Drain well.

While the quinoa is cooking, place the eggs in the other saucepan and cook for 7 minutes for soft boiled or 9 minutes for hard boiled. Immerse the eggs in cold water for 3-4 minutes, then peel and slice in half.

Mix the miso sauce ingredients in a jug and set aside.

Steam the kale for 4 minutes or until tender. Steam the spinach for 2-3 minutes, until wilted. Transfer the steamed vegetables to a serving bowl. Add the cooked quinoa and eggs.

Slice the avocado and add to the serving bowl. Drizzle the lime juice over the avocado. Add the cucumber and sun-dried tomatoes.

Drizzle around one third of the miso sauce over the top and serve.

*Store any remaining miso sauce in a jug and refrigerate for up to 2 days.*



# Creamy cauliflower soup

35g cashews  
2 tps coconut oil  
1 large leek, finely chopped  
3 cloves garlic, finely chopped  
400g all-rounder potatoes, peeled and cut into cubes  
800g cauliflower, cut into small florets  
600ml vegetable stock (made with one organic stock cube)  
a large pinch of sea salt  
1 tsp ground black pepper  
1 bay leaf  
**to garnish:**  
1 tbsp fresh chives, finely chopped

SERVES 4

ADVANCE PREPARATION REQUIRED



PER SERVING:  
244 Calories  
35g Carbs  
8g Protein  
8g Fat

Place the cashews in a bowl and cover with cold water. Soak for 3 hours or overnight.

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

Add the garlic and fry gently for 1 minute, stirring frequently. Add the potato and cook for 4 minutes, stirring occasionally.

Add the cauliflower, stock plus an additional 600ml boiled water, salt, pepper and bay leaf. Bring to the boil then reduce heat to simmer gently. Cover and cook for 10 minutes.

Drain the cashews and add to the saucepan. Stir well and cook for 5 minutes. Remove saucepan from heat and allow to cool for 15 minutes. Remove the bay leaf and discard.

Blend into a smooth soup using an immersion blender or food processor. Add more water or stock if required, to achieve desired consistency. Serve garnished with chives.

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



# Turkey meatloaf

2 tsps coconut oil  
150g white onion, finely chopped  
½ a red bell-pepper, diced  
2 garlic cloves, peeled and minced  
60g button mushrooms, finely chopped  
a pinch of sea salt and ground black pepper  
1 tbsp Worcestershire sauce  
4 tsps tomato ketchup (use a reduced sugar variety if preferred)  
2 eggs  
400g lean turkey mince

**MAKES 6 SLICES**



Preheat oven to 200°C/400°F. Lightly grease the base and sides of a loaf tin with coconut oil and line the base with baking paper.

Heat the oil in a large frying pan over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally.

Add the bell-pepper and fry for 3 minutes, stirring occasionally. Add the garlic and fry for 1 minute. Add the mushrooms, salt and pepper. Cook for 5 minutes, stirring occasionally.

Transfer the mixture to a large bowl. Add the Worcestershire sauce and half of the ketchup. Allow to stand for 10 minutes.

Add the eggs and turkey and mix well with your hands. Transfer the mixture to the loaf tin and press down firmly. Spread the remaining ketchup over the meatloaf.

Bake for 45 minutes or until cooked throughout. Allow to cool in the tin.

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

PER SLICE:  
136 Calories  
5g Carbs  
20g Protein  
4g Fat



# Pumpkin chilli



FITNESS  
EXPERIENCE

2 tsps coconut oil  
1 medium-sized white onion,  
chopped  
1 medium-sized carrot, chopped  
1 green bell-pepper, diced  
2 garlic cloves, finely chopped  
1 tbsp soy sauce or tamari  
2 tbsps tomato purée  
2 tsps hot chilli powder  
1 tsp paprika  
1 tsp ground cumin  
a pinch of sea salt and ground black  
pepper  
300g tinned or fresh tomatoes,  
chopped  
400g pumpkin or butternut squash,  
cooked and mashed  
300ml vegetable stock (made with  
one organic stock cube)  
200g tinned kidney beans, drained  
juice of 1 lime  
a small handful of fresh coriander,  
finely chopped

SERVES 3

PER SERVING:  
249 Calories  
41g Carbs  
10g Protein  
5g Fat



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

Add the bell-pepper and fry for 2 minutes, stirring occasionally.

Add the garlic, soy sauce, tomato purée and spices. Stir well and cook for 1 minute.

Add the tomatoes, pumpkin and stock. Stir well and reduce heat to medium/low. Cover and cook for 15 minutes, stirring occasionally.

Add the beans and cook for 5 minutes or until heated throughout.

Remove saucepan from heat and stir in the lime juice. Serve garnished with chopped coriander.

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

## Serving suggestion:

Serve topped with grated cheese, chopped jalapeños and / or sliced avocado.



# Curried chicken tray bake

800g chicken drumsticks, skin on  
200g cauliflower, cut into  
medium-sized florets

1 medium-sized red onion, peeled  
and quartered

300g white potatoes, quartered

1 tbsp olive oil

a large pinch of sea salt and ground  
black pepper

juice of 1 lemon

a small bunch of fresh coriander,  
roughly chopped

## for the marinade:

2 tps olive oil

1 tbsp Greek yoghurt (use dairy free  
if preferred)

1 clove garlic, finely chopped

2 tps fresh ginger, grated

2 tps ground cumin

1½ tps chilli flakes

2 tps garam masala

2 tps ground turmeric

Mix the marinade ingredients in a large  
bowl. Add the drumsticks and stir well to  
cover.

Refrigerate for 30 minutes, or overnight if  
you have time.

Preheat oven to 180°C/350°F.

Place the cauliflower, onion and potatoes  
in a large roasting dish. Drizzle the olive oil  
over the vegetables and season with salt  
and pepper.

Add the chicken drumsticks and stir. Bake  
for 45 minutes or until cooked.

Drizzle the lemon juice over the chicken.  
Garnish with coriander and serve.

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

## Serving suggestion:

Serve with salad or enjoy on its own.

SERVES 4

### PER SERVING:

312 Calories

22g Carbs

29g Protein

12g Fat



# Thai red curry stew

2 tps coconut oil  
3 small shallots, peeled and quartered  
1 inch piece fresh ginger, finely grated  
300g butternut squash, cut into small chunks  
1 tbsp Thai red curry paste  
180ml tinned coconut milk  
500ml vegetable stock (made with one organic stock cube)  
300g tinned pinto or mixed beans, rinsed and drained well  
a pinch of sea salt and ground black pepper  
2 tps soy sauce or tamari  
200g frozen peas  
juice of ½ a lime  
30g fresh coriander, roughly chopped

SERVES 3



PER SERVING:  
366 Calories  
46g Carbs  
14g Protein  
14g Fat

Melt the coconut oil in a saucepan over a medium heat. Add the shallots and sauté for 3-4 minutes, stirring occasionally.

Add the ginger and squash and cook for 3 minutes, stirring occasionally.

Add the Thai curry paste and a splash of coconut milk. Stir well and cook for 1 minute.

Add the stock, bring to a gentle simmer and cook for 5 minutes.

Add the tinned beans, salt and pepper and soy sauce. Stir well and simmer for 8-10 minutes.

Add the frozen peas and remaining coconut milk. Stir well and simmer for 3 minutes.

Remove from heat and add the lime juice. Serve garnished with fresh coriander.

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



# Chermoula chicken



- 20g fresh coriander
- 20g flat-leaf parsley
- 3 garlic cloves, peeled
- 2 tsps ground cumin
- 2 tsps ground coriander
- 2 tsps smoked paprika
- 1 tsp sea salt
- ½ tsp ground black pepper
- juice of ½ lemon
- 2 tbsps olive oil
- 650g fresh chicken breasts
- 500g white potatoes, scrubbed
- 500g large tomatoes
- 60g pitted Kalamata olives

## to serve:

- a small handful of rocket leaves (per person)
- a drizzle of balsamic vinegar (per person)

## SERVES 4



PER SERVING:  
460 Calories  
37g Carbs  
42g Protein  
16g Fat

Place the fresh herbs, garlic, dried spices, lemon juice and half of the olive oil into a blender and blend well.

Place the chicken breasts in a large bowl. Add the blended mixture and rub it into the chicken. Allow to marinate for 30 minutes.

Preheat oven to 180°C/350°F. Prepare a large wide-based ovenproof dish. Cut the potatoes and tomatoes into thick discs.

Pour a little oil into the bottom of the ovenproof dish and add the potatoes and tomatoes in several layers, seasoning with salt and freshly ground black pepper, and scattering with olives.

Lay the chicken breasts over the potatoes and tomatoes. Drizzle with the remaining oil. Cover loosely with foil and bake for 1-1½ hours. The chicken should be cooked throughout and the potatoes tender.

Serve with rocket leaves and a drizzle of balsamic vinegar.

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

