



FITNESS  
EXPERIENCE

# HEALTHY RECIPE BOOK



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### **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.



# Get in touch

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# Coconut & lime frosty

50g frozen banana  
120ml long life coconut drink or  
unsweetened almond milk  
50ml coconut milk (chilled or  
frozen)  
juice of ½ a lime (optional)  
1 tsp vanilla extract or vanilla  
bean paste  
25g vanilla or coconut flavour  
whey or rice protein powder  
1 tsp desiccated coconut  
8-10 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
263 Calories  
**21g Carbs**  
**20g Protein**  
**11g Fat**

# Cardamom & mint lassi

the seeds of 1 cardamom pod  
3-4 fresh mint leaves  
a handful of spinach leaves  
50g Greek yoghurt (use dairy free if preferred)  
a small pinch of sea salt  
150ml unsweetened almond milk  
25g 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 1



PER SERVING:  
195 Calories  
**6g Carbs**  
**27g Protein**  
**7g Fat**

# Green grapefruit smoothie

juice of 1 red grapefruit  
a handful of spinach leaves  
1 small apple, cored and roughly  
chopped  
75g cucumber  
100ml long life coconut drink or  
unsweetened almond milk  
30g frozen mango  
5 fresh mint leaves  
1 tsp ground flaxseed (optional)  
3 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
189 Calories  
**30g Carbs**  
**6g Protein**  
**5g Fat**

# Fruity frozen yoghurt

250g Greek yoghurt (use dairy free if preferred)  
30g vanilla flavour whey or rice protein powder  
a pinch of sea salt  
120g frozen mango, pineapple or peach (or a mixture of each)  
**for the topping:**  
a sprinkle of freeze-dried pineapple or raspberries (optional)

Place all of the ingredients in a food processor. Blend well until smooth. Pause the blender and scrape down the sides and blades during blending, if required.

Divide the mixture between two serving bowls. Top with the freeze-dried fruit (if using).

*Consume immediately or freeze on same day. If freezing, allow 20 minutes before serving, to thaw.*

SERVES 2



PER SERVING:  
219 Calories  
**16g Carbs**  
**23g Protein**  
**7g Fat**

# Sticky pear & chocolate squares

175g cooking apple, peeled, core removed and chopped  
80g dark chocolate (minimum 75% cocoa)  
40g coconut oil plus a little extra to grease tin  
1 small ripe banana, mashed  
30ml honey or maple syrup  
125ml unsweetened almond milk or long-life coconut milk  
150g plain flour (use gluten free if preferred)  
15g cocoa powder  
a small pinch of baking powder  
a small pinch of sea salt  
200g ripe pears, peeled, cored and finely chopped

SERVES 9



PER SERVING:  
197 Calories  
27g Carbs  
2g Protein  
9g Fat

Place the apple in a small saucepan of water over a medium/high heat. Bring to a boil, then reduce heat and simmer gently for 3 minutes. Drain well and set aside.

Preheat oven to 180°C/350°F. Line the base of a 15x15cm square baking tin with baking paper and lightly grease the sides with coconut oil.

Place the dark chocolate and coconut oil in a small saucepan over a low heat. Heat gently, stirring occasionally until melted. Set aside. Place the mashed banana in a large bowl. Add the honey, milk, cooked apple and melted chocolate, and stir well.

Place the dry ingredients in a separate bowl and stir. Add the wet mixture to the dry mixture and stir thoroughly. Stir in the chopped pears. Bake for 35-40 minutes, or until a skewer inserted comes out clean. Allow to cool thoroughly in the tin. Cut into 9 pieces.

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



# Pumpkin & vanilla muffins

## for the wet ingredients:

1 egg  
350g tinned pumpkin purée (found in the American section of major supermarkets)  
60g Greek yoghurt (use dairy free if preferred)  
60ml olive oil or melted coconut oil  
40g maple syrup  
25ml unsweetened almond milk (or milk of your choice)  
1 tsp vanilla extract or vanilla bean paste

## for the dry ingredients:

40g vanilla flavour whey or rice protein powder  
150g oats, blended finely (use gluten free if preferred)  
¼ tsp ground nutmeg  
½ tsp ground cinnamon  
¼ tsp baking powder  
a pinch of sea salt

MAKES 9 MUFFINS

PER MUFFIN:  
181 Calories  
18g Carbs  
7g Protein  
9g Fat



Line 9 muffin tin compartments with paper muffin cases or prepare a silicon muffin tray. Preheat oven to 180°C/350°F.

Place the wet ingredients in a large bowl and stir well. Place the dry ingredients in a separate bowl and stir well.

Add the wet ingredients to the dry mixture and stir well.

Spoon the batter into the muffin tin compartments. Bake for 20-25 minutes, or until a toothpick inserted into the centre of each muffin comes out clean.

Place the muffin tin onto a wire rack for 10 minutes. Carefully remove each muffin and place it directly onto the wire rack until cooled completely.

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



# Berry açai bowl

150g frozen berries (e.g. blackberries, blueberries, strawberries, raspberries)  
80g frozen banana  
2 tbsps açai berry powder  
100ml unsweetened almond milk (or use milk of your choice)  
25g vanilla flavour whey or rice protein powder (optional)

## for the topping:

½ tsp desiccated coconut or unsweetened coconut flakes  
a few fresh or frozen berries of your choice

Place the berries, banana, açai powder, protein powder (if using) and milk in a blender. Blend until smooth. Add more milk if required.

Transfer the mixture into a bowl. Top with coconut and berries.

*Consume immediately.*

SERVES 1



PER SERVING:  
301 Calories  
**30g Carbs**  
**25g Protein**  
**9g Fat**

# Oaty power bowl



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5g unsweetened coconut flakes  
50g ripe banana, mashed  
2 heaped tbsps chia seeds  
35g oats (use gluten free if preferred)  
a pinch of ground cinnamon  
160ml unsweetened almond milk  
90ml cold water

## for the topping:

1 tsp ground flaxseed  
5g almonds, chopped  
½ tsp sunflower seeds  
a sprinkle of ground cinnamon  
a sprinkle of ground allspice (optional)  
a sprinkle of dried cranberries

Place the coconut flakes in a frying pan over a medium heat. Toast gently for 2-3 minutes, until the edges of the flakes just start to colour. Remove pan from heat and set aside.

Place the mashed banana, chia seeds, oats, cinnamon, almond milk and water in a saucepan. Place the saucepan over a medium heat and cook, stirring frequently for 5 minutes, or until thickened. Add more water during cooking time, if the mixture becomes too thick.

Transfer to a bowl and add the toasted coconut and toppings. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
445 Calories  
**41g Carbs**  
**14g Protein**  
**25g Fat**



# Spinach wraps



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a small handful of spinach leaves  
a pinch of sea salt  
2 eggs  
1 tsp ghee or coconut oil  
1 heaped tsp green pesto  
15g feta cheese (use dairy free  
cheese if preferred)  
½ a red bell-pepper, finely diced  
a small handful of mixed lettuce  
leaves

SERVES 1

Place the spinach, salt and eggs in a blender and blend for 20 seconds.

Heat the ghee/oil in a large frying pan over a medium heat. Pour the egg mixture into the pan and tilt it gently from side to side, spreading the mixture evenly over the base.

Cook for 45 seconds, or until set. Slide it out of the pan onto a plate. Allow to cool slightly for 1-2 minutes.

Spread the pesto down the centre of the wrap. Crumble the feta cheese over the top of the pesto. Add the bell-pepper and salad leaves.

Roll the wrap tightly. Cut in half diagonally. Serve.

*Consume immediately.*



PER SERVING:  
299 Calories  
**6g Carbs**  
**17g Protein**  
**23g Fat**

# Spiced chickpea power bowl

## for the chickpeas:

250g tinned chickpeas, drained,  
rinsed, and patted dry  
1 tbsp olive oil  
a pinch of sea salt and black pepper  
1 tsp chilli powder

## for the dip:

80g Greek yoghurt (use dairy free if  
preferred)  
juice of ½ lemon

1 sprig fresh dill, finely chopped

## for the chicken:

2 tbsps olive oil  
1 tsp dried oregano  
a few sprigs fresh basil, chopped  
1 garlic clove, finely chopped  
a pinch of sea salt and black pepper  
2 x 180g chicken breasts

## for the salad:

180g cucumber, diced  
150g cherry tomatoes, halved  
a few sprigs of fresh basil, chopped

Preheat oven to 200°C/400°F.

Place the chickpeas, olive oil, salt, pepper  
and chilli powder in a bowl and stir well.  
Arrange in a single layer onto a baking  
tray and bake for 40 minutes. Shake the  
tray gently halfway through cooking time.  
Remove from oven and allow to cool.

Mix the dip ingredients in a bowl. Taste and  
season with salt and pepper, if required.  
Cover and refrigerate.

Mix the oil, oregano, basil, garlic, salt and  
pepper in a large bowl. Add the chicken and  
turn to coat both sides. Place on a foil lined  
tray. Bake for 25 minutes, or until cooked.  
Slice the cooked chicken.

Stir the salad ingredients in a bowl. Serve.

*Store any leftovers in separate airtight  
containers and refrigerate for up to 1 day.*

## Tip:

The chickpeas can be made in advance and  
stored in an airtight container until ready  
to use

SERVES 2

PER SERVING:  
466 Calories  
31g Carbs  
49g Protein  
16g Fat



# Crustless tomato & basil quiche

a small amount of coconut oil or butter, to grease dish  
2 vine-ripened tomatoes  
4 eggs  
2 egg whites  
¼ tsp Italian herbs  
½ tsp paprika  
a pinch of sea salt and ground black pepper  
4 spring onions, finely sliced  
100g plain cottage cheese  
35g Swiss cheese, finely grated  
20g Parmesan cheese, finely grated  
10 basil leaves, chopped

**SERVES 3**

Preheat oven to 180°C/350°F. Lightly grease a medium-sized oven dish with coconut oil or butter.

Finely slice one of the tomatoes and finely chop the other.

Crack the eggs and whites into a jug. Add the Italian herbs, paprika, salt and pepper and stir well.

Stir in the chopped tomato, spring onions, and cheese. Pour the mixture into the dish. Bake for 40 minutes.

Distribute the tomato slices evenly around the surface of the quiche. Add the chopped basil. Bake for 20 minutes, or until the centre of the quiche is cooked.

Cut into 3 pieces. Serve warm or cold.

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



PER SERVING:  
341 Calories  
8g Carbs  
30g Protein  
21g Fat



# Smokey chicken & mixed bean soup

1 tsp ghee or coconut oil  
1 medium-sized white onion,  
chopped  
1 red bell-pepper, diced  
1 yellow bell-pepper, diced  
2 garlic cloves, finely chopped  
400g tinned tomatoes  
250ml cold water  
250g fresh chicken breast, cut into  
strips  
400g tinned mixed beans, drained  
150ml tinned coconut milk

## for the spice mix:

a pinch of sea salt and black pepper  
1 tsp ground cumin  
1 tsp chipotle flakes  
2 tps smoked paprika  
1 tsp chilli flakes

## to serve:

¼ a medium-sized avocado  
(per person), sliced  
a small bunch of fresh  
coriander, finely chopped

SERVES 3

PER SERVING:  
402 Calories  
38g Carbs  
31g Protein  
14g Fat

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

Add the bell-peppers and garlic and fry for 3 minutes, stirring occasionally.

Add the spice mix, tinned tomatoes and cold water. Stir well, increase heat and bring to a boil. Reduce heat and simmer gently for 10 minutes. Taste and add more seasoning if required.

Add the chicken, stir well and cook for 10 minutes. Add the mixed beans, stir well and cook for 5 minutes. Add the coconut milk, stir well and cook for 1 minute.

Serve topped with avocado and coriander.

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



# Pan fried sea bass



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100g couscous (or use bulgur wheat or quinoa)

2 whole sea bass (gutted)

a pinch of sea salt and ground black pepper

a pinch of ground red chilli flakes

2 tsps ghee or coconut oil, for frying

## for the salsa:

a small handful of fresh coriander, finely chopped (plus a little extra to garnish)

2 ripe tomatoes, diced

juice of 1 lime

1 garlic clove, finely chopped

1 small red onion, finely chopped

a small pinch of sea salt and ground black pepper (optional)

## to garnish:

50g pomegranate seeds

Prepare the couscous according to packet instructions. Optional: Add the juice of half a lemon to the couscous, while it stands.

Mix the salsa ingredients in a bowl. Taste and add more seasoning, if required.

Score the skin of one side of each sea bass in a crisscross pattern. Season with salt, pepper and chilli flakes.

Heat the oil over a medium/high heat. When the oil is hot, add the sea bass (scored side down). Reduce heat to medium and fry for 4 minutes. Turn and fry for 3-4 minutes, or until cooked.

Serve the sea bass on a bed of couscous. Top with the salsa, pomegranate seeds and coriander.

*Consume immediately.*

SERVES 2



PER SERVING:  
639 Calories  
55g Carbs  
54g Protein  
24g Fat



# Teriyaki salmon noodle curry bowl

- 2 x 120g fresh salmon fillets
- 1 tsp coconut oil
- 1 pak choi, cut in half lengthways
- 1 red bell-pepper, diced
- 2 spring onions, sliced
- 100ml coconut milk
- 150g udon noodles (use gluten free noodles if preferred)
- 10g cashew nuts
- 15g fresh coriander, finely chopped
- 1 lime, cut into wedges

## for the glaze:

- 3 tbsps soy sauce or tamari
- 2 tbsps mirin
- 1 tsp fresh ginger, finely grated
- 1 garlic clove, grated

## for the stock:

- 180g white onion, finely chopped
- 1 fresh lemongrass stalk, minced
- 3 cloves garlic, grated
- 1 tbsp fresh ginger, grated
- 1 tbsp soy sauce or tamari
- 650ml vegetable stock (made with one organic stock cube)
- 1 tsp ground turmeric

## SERVES 2

PER SERVING:  
740 Calories  
81g Carbs  
41g Protein  
28g Fat



Preheat oven to 180°C/350°F. Line an oven tray with a sheet of foil, large enough to wrap loosely around the salmon.

Place the glaze ingredients in a wide-based bowl and stir well. Add the salmon fillets and turn to coat in the sauce. Place the salmon onto the foil-lined tray. Seal in a loose parcel. Bake for 25 minutes or until cooked throughout.

Meanwhile, melt the coconut oil in a large saucepan over a medium heat. Add the onion and fry gently for 3-4 minutes, stirring occasionally. Add the lemongrass, ginger and garlic, stir well and cook for 30 seconds. Add the remaining stock ingredients and stir. Bring to a boil then reduce heat to simmer. Cover and cook for 10 minutes.

Add the vegetables and coconut milk and cook for 3 minutes. Add the noodles and cook according to packet instructions. Serve garnished with cashews, coriander and lime wedges.

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



# Juicy lamb kebabs



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500g lamb leg steaks, diced  
1 red bell-pepper, diced  
1 small red onion, cut into wedges  
2 lemons, cut into small wedges  
**for the marinade:**  
a pinch of sea salt and ground black pepper  
15g fresh coriander, chopped  
40ml olive oil  
2 garlic cloves, peeled and crushed  
**for the salad:**  
100g radish, ends removed and roughly chopped  
120g cucumber, roughly chopped  
a few fresh mint leaves, roughly chopped  
2 tbsps white wine vinegar  
a pinch of sea salt and ground black pepper, to taste

SERVES 3



PER SERVING:  
423 Calories  
10g Carbs  
35g Protein  
27g Fat

Presoak 9 wooden skewers for 30 minutes, or prepare 9 metal skewers. Preheat oven to 200°C/400°F. Line a large oven tray with foil.

Mix the marinade ingredients in a large bowl. Add the lamb and stir well to coat.

Mix the salad ingredients in a bowl. Cover and set aside.

Thread the lamb, bell-pepper, onion and lemon wedges onto the skewers, alternating as you go.

Oven roast for 10-15 minutes, or until cooked throughout. Turn the skewers after 5 minutes, to ensure they cook evenly on all sides.

Serve the skewers with the salad.

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

**Serving suggestion:**

Serve with steamed rice and a dollop of yoghurt

