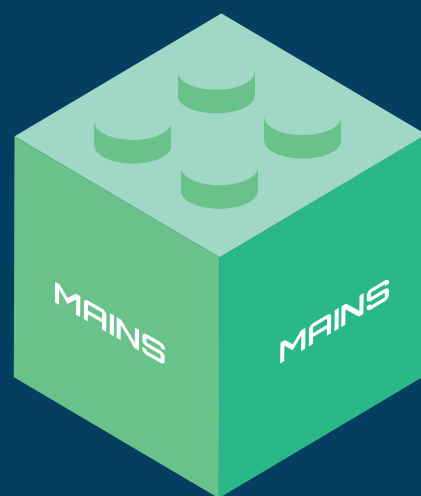
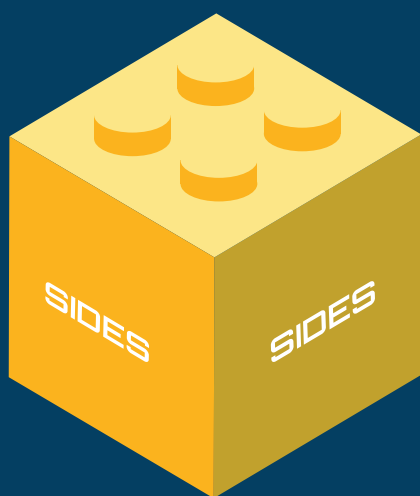


WINTER 2025



TRICO CENTRE'S 40-DAY CHALLENGE

COOKBOOK



ABOUT

Welcome to the official recipe book of our 40-Day Fitness Challenge!

Over the past weeks, we've pushed ourselves to move more, build community and consistency, and embrace a healthier lifestyle. This collection is filled with recipes from the heart—dishes passed down through generations, family favorites, and new creations inspired by our diverse traditions and cultures shared by our challenge participants. Each dish is designed to fuel your body, support your goals, and keep you feeling strong and satisfied.

From high-protein meals to energizing snacks, these recipes prove that healthy eating doesn't have to be boring. Whether you're meal prepping, refueling post-workout, or simply looking for inspiration to keep your nutrition on track, this book has something for you.

No matter your skill level in the kitchen, we hope you find inspiration, warmth, and delicious flavors within these pages. May this book serve not only as a guide to great meals but also as a reminder of the wonderful community that surrounds us. Keep Building Better—one delicious meal at a time!

Stay strong, stay committed, and enjoy every bite!

– Your 40-Day Fitness Challenge Team

TABLE OF CONTENTS

SIDE DISHES

Bacon & Balsamic Brussel Sprouts 1	05
Cuban Black Beans (Frijoles Negro)	07
Delicious Fattoush Salad	09
Gluten & Dairy Free Scalloped Potatoes	11
Healthy Bean Dip	13
Mac and Cheese, Cheese, & Cheese	15
Pasta Salad	17

MAIN DISHES

Baked Perishky	21
Beef & Noodle au Gratin	23
Chicken Stew with Dumplings	25
Soul-soothing African Peanut Stew	27
Spicy Tofu Vegetable Stir Fry	29
Steakhouse Dinner at Home	31
Tourtiere Pie (French Canadian Meat Pie)	33

SNACKS

4-Ingredient Protein Balls	37
Crustless Cottage Cheese Quiche	39
Monster Cookie Recipe	41
My Weekly Turkey Cupcakes	43
Peanut Butter Oatmeal Energy Bites	45
Power Chocolate Balls	47



SIDE DISHES

BACON & BALSAMIC BRUSSEL SPROUTS

Submitted by Andrew

Ingredients:

- Brussel sprouts
- 2 cups of water
- Bacon (as much as you want)
- Olive oil
- Salt to taste
- Balsamic vinegar to taste

Directions:

1. Preheat oven to 425°F
2. Throw Brussel Sprouts into the microwave in a glass bowl with water for 5 min to tenderize them
3. Chop Brussel Sprouts up- halved or shredded (your choice)
4. Cook bacon
5. Toss Brussel Sprouts in oil and sprinkle with salt to taste
6. Spread Brussel Sprouts across a lined cookie sheet, drizzle with desired amount of vinegar.
7. Chop bacon and sprinkle over Brussel Sprouts
8. Bake for 15-20 minutes



CUBAN BLACK BEANS (FRIJOLES NEGRO)

Submitted by Jane

Ingredients:

- 2 cans (15 oz) of black beans
- 14.5 ounce can of tomatoes
- Chopped onion and green pepper (how much you want)
- 1-2 cloves of garlic
- 1 tsp of salt
- 1 tsp of Cumin
- 1/2 tsp oregano
- 1 1/2 cups of water
- Bay leaf
- 2 tbsp of red wine vinegar

Directions:

1. Combine all ingredients in a slow cooker
2. Cook on high for 4-6 hours
3. Once cooked, add in red wine vinegar
4. Serve as a side or over rice. Do not mix rice beforehand, otherwise would be called Congris.



DELICIOUS FATTOUSH SALAD

Submitted by Marwa

Ingredients:

- Pita Bread (the star ingredient)
- Zaatar spice
- Cucumber
- Tomato
- Radishes
- Bell pepper
- Onion
- Lettuce
- Fresh herbs
- Extra-virgin olive oil,
- Sherry vinegar (or red wine vinegar)
- Zest of a lemon
- Salt & pepper to taste
- Pomegranate molasses (optional)

Directions:

1. Pita is brushed with olive oil and zaatar spice, baked until crispy, then broken into bite-sized pieces.
2. Place the chopped veggies and herbs in a large bowl
3. Toss with the olive oil, vinegar, lemon zest, salt and pepper, optional pomegranate molasses, and half of the sumac.
4. Add the toasted pita bread on top and it's ready to be served.

Note: For the best results, use thin pocket pita bread or split the pita pocket in half.



GLUTEN & DAIRY FREE SCALLOPED POTATOES

Submitted by Debbie c/o AllRecipes.com

Ingredients:

- 5 large potatoes
- 3/4 cup chopped onion
- 3 Tbsp olive oil or ghee
- 3 Tbsp cornstarch
- 1 3/4 cups gluten free chicken broth
- 2 Tbsp mayonnaise
- 3/4 tsp salt
- 1/8 tsp black pepper
- 1/4 tsp paprika or parsley (optional)

Directions:

1. Preheat oven to 350°F
2. In a greased 2 1/2 quart baking dish, layer thinly sliced potatoes and onion.
3. Repeat until you have used all the potatoes and onion, using potatoes as the last layer.
4. In a saucepan over medium heat, heat oil, stir in cornstarch until smooth.
5. Gradually add the chicken broth, mayonnaise, salt and pepper.
6. Cook and stir for 2 minutes until thick and bubbly.
7. Pour over the potatoes, sprinkle with paprika or parsley (optional)
8. Bake uncovered for 50 to 55 minutes or until knife easily slides through all the potatoes when poked.



HEALTHY BEAN DIP

Submitted by Angela

Ingredients:

- 540ml cans of black beans (well rinsed)
- 454g package of medium firm tofu
- 1/8 c. canola oil
- 2 roasted red peppers (I use jarred but fresh are good too; optional)
- 1/4 cup Tex Mex seasoning (or your fave blend of spices)
- 2 Tbsp your fave hot sauce (really to taste, I use Chipotle sauce)

Directions:

1. Blend all together in food processor until smooth. (Makes excellent veggie dip, spread for flour tortillas to wrap up and cut into snack bites or with tortilla chips!)
2. (Optional) I add a bit of non-fat sour cream and some grated smoked cheddar cheese when pairing with tortilla chips.



MAC AND CHEESE, CHEESE AND CHEESE

Submitted by Randy

Ingredients:

- 26 oz (680g) dry penne rigate pasta
- 4 oz Friulano or mozzarella cheese, grated
- 4-5 oz Asiago cheese or aged white cheddar, shredded
- ½ tsp or more of chili powder
- 1-2 Tbsp fine bread crumbs or panko

Cheese, Cheese, and Cheese Sauce:

- ½ cup of unsalted butter or margarine
- Just under ½ cup of flour
- 1 L homogenized milk
- 380 g package of Kraft 4 cheese Italiano shredded Cheese (4 ½ cups)
- 11-13 oz Asiago cheese or aged white cheddar, grated
- ½ tsp of chili powder
- 2-3 heaping tsp granulated garlic or garlic powder

Directions:

1. Preheat oven to 325°F
2. **Prepare the Cheese, cheese and cheese sauce first...**
3. Melt the butter in a heavy bottom sauce pan and whisk in the flour. Continue whisking and cooking for 2 min. slowly add the milk, whisking constantly. Cook until sauce thickens, about 10 minutes, stirring frequently.
4. Remove from heat. Add the cheeses, chili powder and garlic. Stir until cheese is melted and all ingredients are incorporated, about 3 min.
5. Sauce will keep refrigerated for up to 3 days, but best if used immediately while still warm.
6. **Make the pasta dish...**
7. Oil or butter a 9x13-inch pan.
8. Cook the penne 2 minutes less than the package directions. It will finish cooking in the oven. Rinse and drain quickly.
9. Combine pasta and cheese, cheese, and cheese sauce in a large bowl, mix carefully but thoroughly. Scrape the pasta in the prepared baking dish.
10. Sprinkle the top cheeses, then the chili powder and bread crumbs.
11. Bake (on top of a cookie sheet (in case Mac and Cheese bubbles over) uncovered for 35-40 min, until slightly browned (not crisp) on top, let sit for 10 min before serving



PASTA SALAD

Submitted by Connie

Ingredients:

- 454 gm package fusilli pasta
- Feta cheese
- 2 red or green peppers
- 2-3 tomatoes or equivalent amount cherry tomatoes
- 1/3 of a medium-sized red onion
- Fresh basil or 1-2 tsp dried basil
- Freshly grated parmesan cheese
- Pitted kalamata olives to taste

Salad Dressing:

- 1/3 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1 tsp dry mustard
- Pepper
- Garlic powder

Directions:

1. Cook pasta as directed on package, drain & run under cold water in colander.
2. Place pasta in large bowl & add salad dressing, about ¼ cup, or to taste.
3. Slice peppers, onion & tomatoes into bite-sized pieces and mix with pasta.
4. Add olives and about cup feta cheese.
5. Add shredded basil leaves or dried basil.
6. Grate parmesan cheese to taste into the salad.
7. Mix well.





MAIN DISHES

BAKED PERISHKY

Submitted by Carolyn

Ingredients:

- 1 Tbsp or pkg traditional dry yeast
- ½ cup warm water
- ½ tsp sugar
- ½ lb shortening (at room temperature)
- 3 Tbsp sugar
- ½ tsp salt
- 4 cups flour
- 1 cup sour cream
- 3 large eggs (beaten)
- 2 quarts cooked sauerkraut (2 cans 598ml or 1 lg Bicks jar)
- 1 lb chopped/cooked bacon
- 1 chopped onion

Directions:

1. Mix yeast, warm water and ½ tsp. of sugar then let stand for 10 minutes (bubbles up)
2. Combine flour, 3 Tbsp sugar and salt.
3. Rub shortening into dry ingredients.
4. Mix sour cream with beaten eggs and beat lightly.
5. Add yeast mixture to sour cream/egg mixture.
6. Add liquids to flour mixture and mix well, cover and refrigerate 3 hours or overnight...
7. The next day roll out pieces of dough to thickness of a pie crust (dough is rather elastic) and cut into circles (around 3").
8. Fill with favorite filling (see right side for Sauerkraut filling).
9. Place on cookie sheet and allow to rise in warm place.
10. Bake 15-20 minutes at 350°F
11. Makes 90-100. These freeze well.



Sauerkraut Filling:

1. Cook onion in microwave until tender.
2. Rinse sauerkraut in colander to remove liquid.
3. Put sauerkraut, bacon and onion into roasting pan and bake for 2-3 (even 4) hours covered at 325 degrees until done.



Photo from: curiouscuisiniere.com

BEEF AND NOODLE AU GRATIN

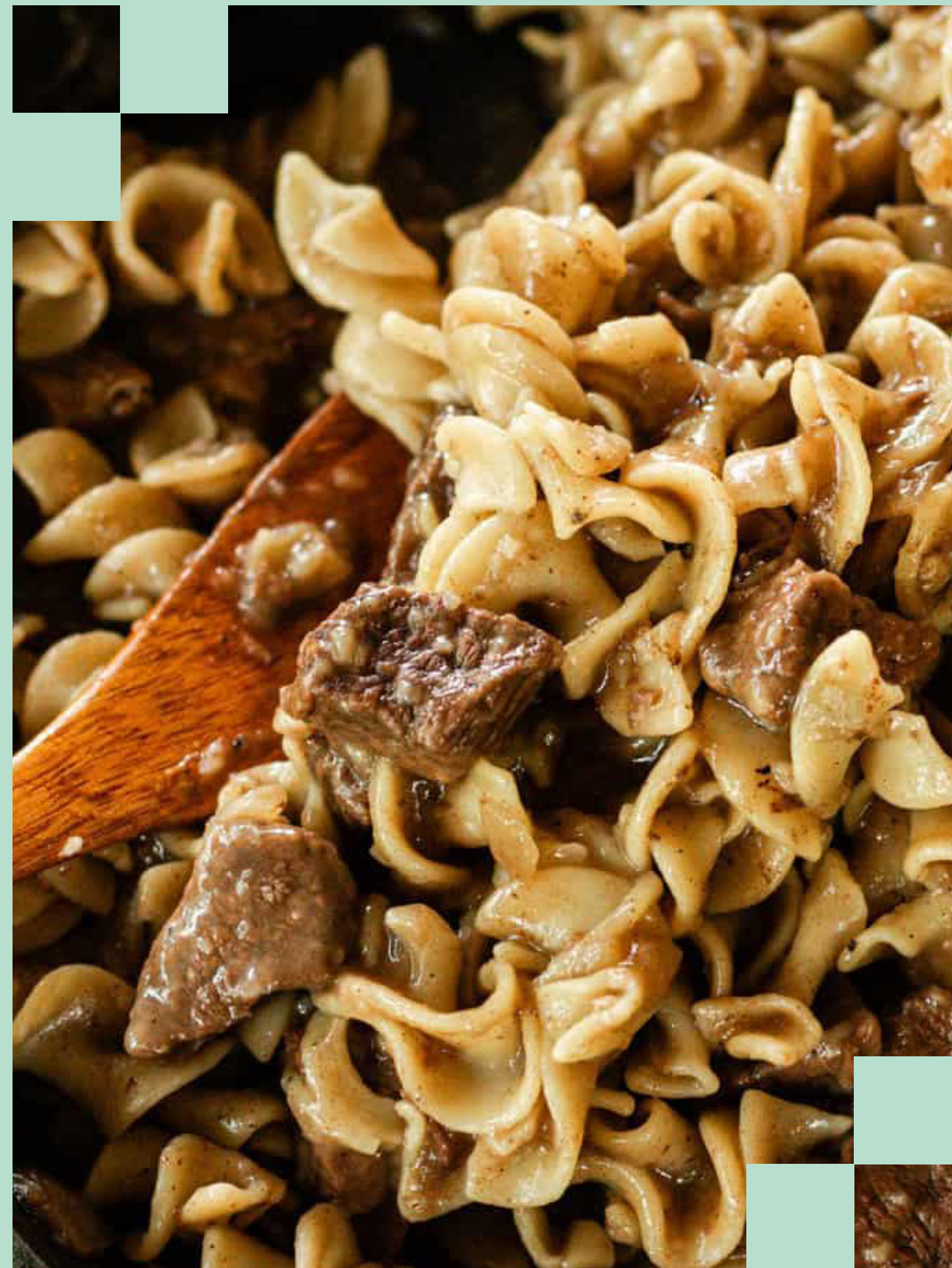
Submitted by Ian c/o Weight Watchers

Ingredients:

- 12 oz lean ground beef sirloin
- 1 large onion
- 2 garlic cloves
- 1 ½ cups of canned crushed tomatoes
- 3 oz uncooked broad noodles, cooked according to package instructions
- 1 tsp oregano leaves
- 1/4 tsp each salt and pepper
- ½ cup shredded low-fat cheddar cheese (I use regular cheese)

Directions:

1. Preheat oven to 350°F
2. In a 3-quart saucepan, cook beef, onion, and garlic over medium heat, stirring with a wooden spoon to break up meat, until cooked through (about 8-10 minutes) Remove from heat
3. Stir in tomatoes, noodles, oregano, salt, and pepper.
4. Spoon into 1 ½-quart casserole, sprinkle with cheese.
5. Baked covered until heated through and cheese is melted.



CHICKEN STEW WITH DUMPLINGS

Submitted by Nicole c/o Chef Chuck Hughes

Ingredients:

- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup sweet potato, chopped
- 2 yellow onions, diced
- 3 garlic cloves, minced
- 1 cup green peas
- 1 cup corn kernels
- 3 lbs fresh chicken, cubed
- ½ cup flour for dredging
- 1 ½ tbsp cornstarch
- 1 Tbsp water (to make slurry)
- 1 tsp salt
- ½ tsp cracked black pepper
- 1 tsp dried parsley
- 1 tsp sweet paprika
- ½ tsp dried dill
- ½ tsp dried thyme
- 1 ½ litre chicken stock
- 2 Tbsp vegetable oil

Dumplings:

- 2 cups flour
- 1 ½ tsp salt
- 3 tsp baking powder
- ¾ cup milk
- 4 tbsp butter
- 2 Tbsp vegetable oil

Directions:

1. In a Dutch oven, add 2 tablespoons of vegetable oil on medium-high heat.
2. Dredge chicken in flour. Add chicken to Dutch oven and sear until caramelized (in 2 batches).
3. Remove chicken and add onions, garlic, celery, and carrots. Sweat for 5 minutes, then add parsley, thyme, paprika, dill, salt & pepper.
4. Mix in corn, peas, and sweet potato.
5. Add chicken back to the Dutch oven.
6. Add stock and starch slurry (mixture of cornstarch and water) and bring to a boil. Let simmer for 10 minutes.
7. While simmering, make the dough: In a bowl, add flour, salt, and baking powder.
8. Cut in butter, add milk, and mix until combined (Do not overmix).
9. Cut the heat and scoop balls of dough on top of the stew—about 8.(Next page)



10. Cover and cook in the oven at 375°F for 30 minutes, leaving uncovered on broil for the last five minutes.
11. Oil the inside of the Dutch oven lid to avoid the dumplings from sticking to the top.
12. Serve with pickled beets and hot sauce.

SOUL-SOOTHING AFRICAN PEANUT STEW

Submitted by Jennell

Ingredients:

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper,
- Diced 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into ½-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Fine-grain sea salt and freshly ground black pepper
- 1/3 cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- 1½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls baby spinach or destemmed, torn kale leaves
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

Directions:

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
2. Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).
4. Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
5. Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
6. Top with cashews and/or green herbs and serve.



SPICY TOFU VEGETABLE STIR FRY

Submitted by Leslie c/o Minimalist Baker's
Everyday Cooking; Dana Shultz

Ingredients:

- 10 ounces (283g) extra-firm tofu
- 1 Tbsp (15ml) toasted sesame oil
- 3 cups (~350g) raw vegetables, chopped (broccoli, carrots, and/or cauliflower)
- Marinade
- 1-2 Tbsp (15-30g) chili garlic sauce (reduce for less heat)
- ¼ cup (60ml) maple syrup or agave nectar (or substitute coconut sugar)
- ¼ cup (60ml) tamari or soy sauce (if gluten-free, use tamari)
- 3 cloves garlic (1 ½ Tbsp or 9g), minced
- 1 lime, juiced (2 Tbsp or 30ml)
- 1 Tbsp (15ml) toasted sesame oil
- 1 Tbsp (8g) cornstarch or arrowroot starch, for thickening

Directions:

1. Wrap the tofu in a clean, absorbent towel and set something heavy on top, such as a cast-iron skillet, to aid in absorbing excess moisture. Let rest for 15 minutes. Prepare the marinade at this time.
2. Add all of the marinade ingredients (except the cornstarch) to a plastic bag and toss/shake to combine. Once the tofu is pressed, cube it and add it to the marinade. Toss to combine.
3. Place in the refrigerator for at least 2 hours, preferably overnight (up to 2 days). The longer it rests, the stronger and more pronounced the flavor will become.
4. When ready to cook, heat a large skillet over medium heat. Once hot, add 1 Tbsp (15ml) sesame oil. Use a slotted spoon to scoop the tofu into the skillet, leaving the majority of the marinade behind.
5. Cook for 4-5 minutes, stirring frequently and adding 1-2 Tbsp (15-30 ml) marinade to add extra flavor. Flip/toss the tofu around to get all of the sides evenly browned. Reduce the



heat if browning too quickly. Remove the pan from the heat and scoop out the tofu. Set aside (see note).

6. Add the cornstarch to the remaining marinade in the plastic bag. Toss the contents to thicken the sauce.
7. Place the pan back over medium heat. Add the vegetables and remaining marinade. Sauté the vegetables, stirring frequently, for 1-2 minutes or until just tender. Then add the tofu back in and cook for 1-2 minutes more.
8. Serve as is or with rice. Serve with extra chili garlic sauce for added heat.
9. Leftovers will keep stored in the refrigerator for up to 3 days. Reheat in the microwave or a skillet over medium heat until hot.

Note: To further increase the firmness of the tofu after sautéing, add it to a parchment-lined baking sheet and bake at 400 degrees F (204 degrees C) for 20-30 minutes. Pause cooking the vegetables at this time, then proceed through the recipe as instructed

STEAKHOUSE DINNER AT HOME

Submitted by Bob

Ingredients:

- AAA Ribeye steak (Can use striploin)
- 5-6 cloves of garlic
- Olive Oil (good quality)
- Salt
- 1-2 Tbsp butter
- Vegetables (your choice)

Directions:

1. First step you need to confit some garlic with good quality olive oil. Load some peeled garlic into an oven safe dish like a bigger ramekin and cover in oil.
2. If you don't have a lid cover in tinfoil and bake at 250°F for one hour. Remove and set aside.
3. I use AAA Ribeye but you could use striploin.
4. Take your confit garlic oil and slather on the steak.
5. Salt the steak on both sides and allow it to warm to room temperature.
6. Prepare your vegetables ahead of time. (I did garlic mashed potatoes and air fryer frites.) This is where you use the oil that you made and the garlic. I blanched broccolini and then finished in butter and garlic oil.
7. Grill the steak to medium and remove and rest it. (If you cook it to well done we can't be friends.)
8. Serve it up on a plate and open a big red wine. Enjoy!



TOURTIERE PIE (FRENCH CANADIAN MEAT PIE)

Submitted by Jackie

Ingredients for 2 Pies:

- 1 pound ground pork
- 1 pound ground beef
- 1 medium onion chopped
- ¼ tsp Savory
- ¼ tsp Clove
- 1 Bay Leaf
- Salt and Pepper to taste
- ¼ Boiling water
- Pastry Shell (2)
- Egg Yolk and water

Directions:

1. Preheat oven to 375°F
2. Mix all ingredients in a large pot and add boiling water.
3. Bring to a boil then simmer for approximately 20 minutes. Stirring occasionally.
4. Remove Bay leaf.
5. Cool meat and remove fat.
6. Fill pastry shell and add top crust.
7. Brush pastry with egg yolk and a bit of water.
8. Bake for 30 minutes

Note: This is a family favorite prepared by my wonderful Mom



Photo from: breznikar.com



SNACKS

4-INGREDIENT PROTEIN BALLS

Submitted by Colleen c/o The Big Man's World

Ingredients:

- 3 cups rolled oats gluten free, if needed
- 1/2 cup vanilla protein powder
- 1 cup peanut butter * See notes
- 1/2 cup maple syrup

Directions:

1. In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter and syrup and mix well. Fold through your mix ins of choice.
2. Lightly wet your hands (or spray them with cooking spray). Form 20-24 small balls of dough. Place on a plate and refrigerate until firm.

Notes: Any nut or seed butter can be used.

Place no bake balls in a seal-able container and keep in the fridge. They will keep fresh for up to 4 weeks. TO FREEZE: If you make a big batch of these balls, they can be placed in a ziplock bag and stored in the freezer for up to 6 months.



CRUSTLESS COTTAGE CHEESE QUICHE

Submitted by Sally c/o Blue Flame Kitchen

Ingredients:

- 4 large eggs
- 1/4 cup all-purpose flour
- 1/4 tsp freshly ground pepper
- 2 cups cottage cheese
- 1 cup shredded cheddar cheese
- 1 cup diced cooked ham
- 1/2 cup thinly sliced green onions

Directions:

1. Preheat oven to 325°F.
2. Whisk together eggs, flour and pepper in a bowl. Stir in cottage cheese, cheddar cheese, ham and green onions.
3. Pour mixture into a greased 8 inch square baking dish.
4. Bake, uncovered, until a knife inserted in center comes out clean, about 50 minutes.
5. Let stand for 15 minutes before serving.
6. Change the recipe up by using different types of cheeses and meat. I also bake in a muffin tin for about 20-25 minutes to make an easy grab and go breakfast



Photo from: thefastrecipe.com

MONSTER COOKIE RECIPE

Submitted by Erin

Ingredients:

- 3 eggs
- 1 cup brown sugar
- 1 cup white sugar
- 2 tsp baking soda
- ½ cup butter (soft)
- 1 1/3 cup peanut butter
- 4 ½ cup quick oats
- ¾ cup chocolate chips
- ¾ cup M&M's

Directions:

1. Preheat oven to 350°F
2. Mix ingredients in order
3. Scoop dough with ice cream scoop onto cookie sheet then flatten slightly
4. Bake 10-12 min
5. Do not over-bake!



MY WEEKLY TURKEY CUPCAKES

Submitted by Breanna c/o skinnytaste.com

Ingredients:

- 1.3 lb ground turkey
- 1 cup grated zucchini, all moisture squeezed dry with paper towel
- 2 Tbsp onion, minced
- 1/2 cup seasoned breadcrumbs
- 1/4 cup ketchup
- 1 egg
- 1 tsp kosher salt

Directions:

1. Preheat oven to 350°F
2. Grate and squeeze out as much liquid as possible from the zucchini (I usually grate two)
3. Mix everything together
4. Spray cupcake pan with non-stick spray
5. Load up the tins with the meatloaf mix. I flatten the tops
6. Cook for 20-22 minutes

Note: Once they are cooked, and thoroughly cooled, I vacuum seal them and toss them in the freezer. I take out a new pack at the beginning of the week. I heat up 2-3 cupcakes at work and add some cholula hot sauce as a nice high protein savory snack.



Photos from: skinnytaste.com

PEANUT BUTTER OATMEAL ENERGY BITES

Submitted by Erin

Ingredients:

- 2/3 cup toasted shredded coconut
- ½ cup peanut butter
- ½ cup mini chocolate chips
- 1/3 cup honey
- 1 Tbsp chia seeds
- 1 tsp vanilla

Directions:

1. Combine all ingredients in a bowl
2. Roll and compress mix into 1 inch rounds and place on parchment
3. Refrigerate a few minutes until firm and then transfer to an air tight container
4. Refrigerate and enjoy for up to 1 week.



POWER CHOCOLATE BALLS

Submitted by Janet c/o @healthyu_dietitian

Ingredients:

- 1 cup peanut butter powder (like Pbfitt)
- ½ cup unsweetened applesauce
- ½ cup melted chocolate chips (double boiler or microwave with 1/8 tsp coconut oil)

Directions:

1. Combine PB & applesauce to make the dough
2. Split into balls and dip in chocolate
3. Refrigerate for 10 min

Note: Once they are cooked, and thoroughly cooled, I vacuum seal them and toss them in the freezer. I take out a new pack at the beginning of the week. I heat up 2-3 cupcakes at work and add some cholula hot sauce as a nice high protein savory snack.



40-DAY CHALLENGE



**ON BEHALF OF THE
TRICO CENTRE TEAM**

THANK YOU