



40 DAY CHALLENGE
GOING FOR GOLD

COOKBOOK



PRESENTED BY





ABOUT



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

This cookbook is a celebration of the incredible community behind the 40-Day Challenge. Throughout the challenge, participants didn't just show up for workouts, they also shared the meals, snacks, and recipes that helped keep them energized, focused, and motivated along the way.

The recipes in this book aim to support an active lifestyle while still being enjoyable and approachable. You'll find options that are rich in protein, balanced in nutrients, and easy to incorporate into everyday life, whether you're cooking for yourself, your family, or prepping meals for a busy week.

Most importantly, this cookbook is about connection. It represents the spirit of encouragement, support, and shared progress that makes the 40-Day Challenge special. Every recipe is a reminder that healthy habits are easier (and more enjoyable) when we build them together.

We hope these dishes inspire you to keep experimenting in the kitchen, nourishing your body, and continuing the healthy routines you've built during the challenge.

– Your 40-Day Fitness Challenge Team



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SIDE DISHES



HIGH-PROTEIN COTTAGE CHEESE HUMMUS

Submitted by Jill

Ingredients:

- 1 can (15 oz) of chickpeas (drained)
- 1 cup cottage cheese (2% or full fat recommended)
- 1/4 cup tahini
- 1/2 of a lemon
- 1-2 garlic cloves (or 1 tsp minced)
- 1/2 tsp cumin
- 1/2 tsp salt
- Bonus: ice cubes for extra fluffiness

Directions:

1. Add chickpeas, cottage cheese, tahini, lemon juice, garlic, cumin, and salt to a food processor or blender.
2. Process until smooth, usually 3-4 minutes, scraping down the sides as needed.
3. Add 1-2 ice cubes while blending for a lighter, creamier texture.
4. Add a tablespoon of water if it is too thick.
5. Garnish with olive oil, paprika, or fresh herbs.



MULTIGRAIN SEED CRACKERS

Submitted by Brenda

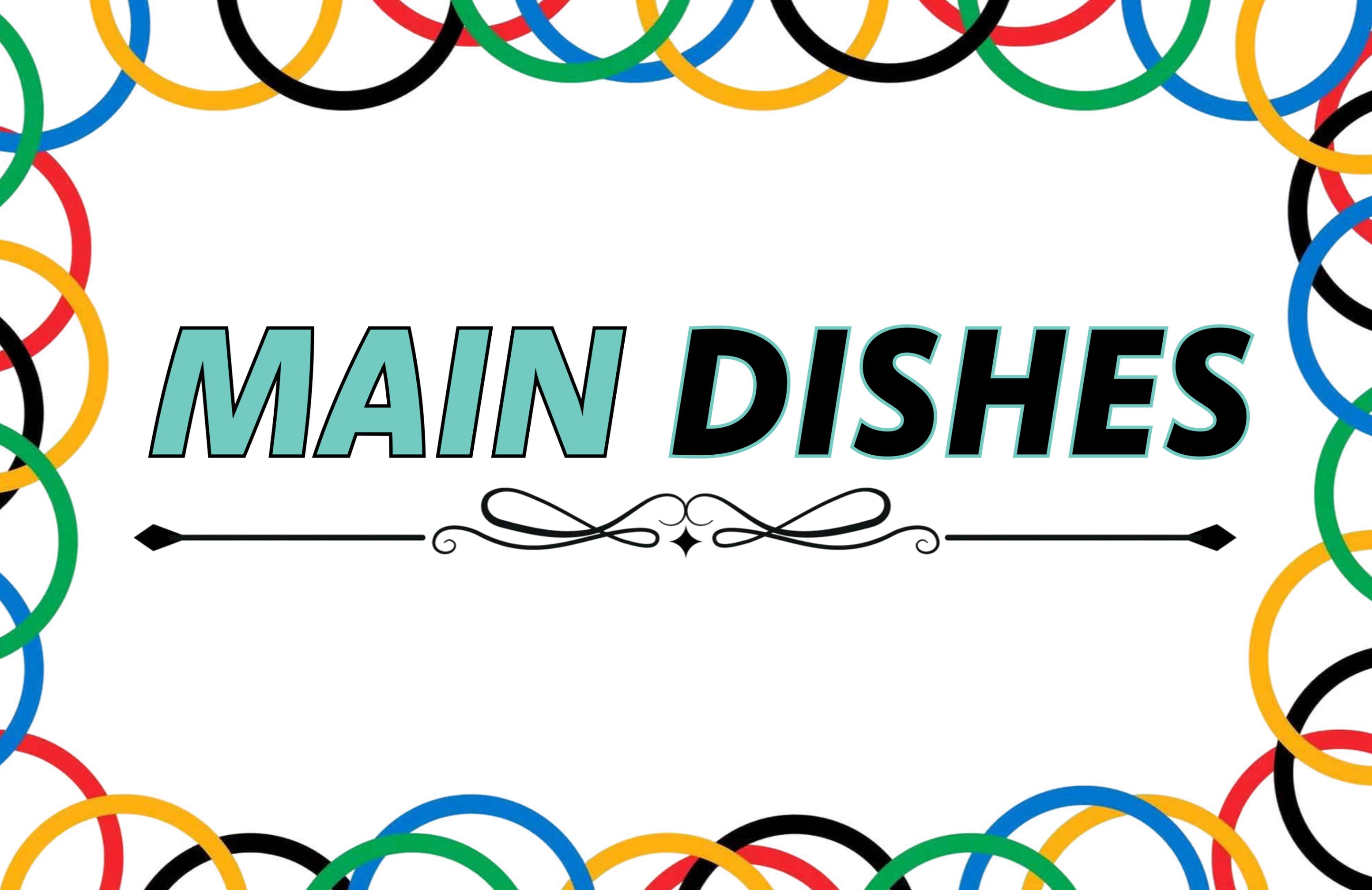
Ingredients:

- 70g sesame seeds
- 70g flax seeds
- 75g pumpkin seeds
- 75g sunflower seeds
- 60g corn flour or Meseca white corn flour
- 1 3/4 tsp salt
- 1 tsp sugar
- 50ml oil
- 200ml boiling water (225ml of using Meseca)

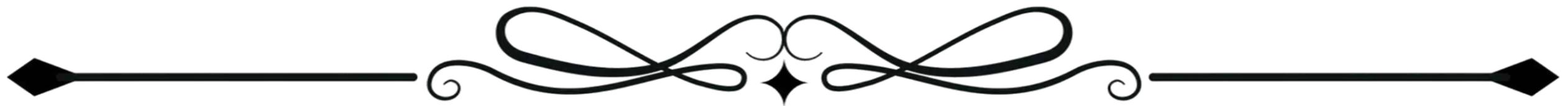
Directions:

1. Combine ingredients, stir well and let sit for 10 minutes.
2. Line a large baking sheet with parchment paper.
3. Spread onto the pan (I roll it between 2 pieces of parchment paper with a rolling pin) it will fill the whole pan.
4. Bake at 300 ° F for 1-1/2 hours. Until dry.
5. If making multiple batches do each recipe separately and make sure to rotate pans while cooking.





MAIN DISHES



AUNTY SANDY'S RAGU

Submitted by Anne

Ingredients:

- 1 carrot
- 1 large onion
- 1 large piece of celery
- 1/4 cup olive oil
- 1 cup whole milk
- 2 teaspoon salt
- 1 lb ground beef
- 2 bottles Italian "Passata di Pomodoro" or strained tomatoes
- Grated parmesan cheese

Directions:

1. Chop carrot, onion, and celery very finely (they should be as fine as grains of cracker crumbs).
2. Mix together the chopped carrot, onions, celery, milk, salt, ground beef, and olive oil.
3. Cook in a large saucepan on the lowest flame possible, stirring constantly for about 1 hour (do not turn up the heat, and keep stirring to break up the mixture).
4. Once the meat has cooked and begins to brown add the strained tomatoes and keep cooking for at least 1 more hour on the lowest flame.
5. When it is ready to serve, add 1/2 cup of Parmesan cheese.



CREAMY PROTEIN PASTA SKILLET

Submitted by Tory

Ingredients:

- Chicken sausage
- Protein pasta
- Low fat cottage cheese
- Salt and pepper
- Italian seasoning
- Low fat mozzarella
- Classico rose sauce

Directions:

1. Bring a large pot of water to a boil.
2. Slice your chicken sausage and sauté on medium high heat until golden.
3. Cook your protein pasta.
4. In a blender add 1 cup of low fat cottage cheese, salt, pepper, Italian seasoning and blend until smooth.
5. Add your favourite pasta sauce to the sausage and stir in your blended cottage cheese.
6. Mix in your pasta and top with mozzarella. Cover until cheese is melted.



CREAMY SPINACH AND MUSHROOM ORZO

Submitted by Tatjana

Ingredients:

- 1 tablespoon olive oil
- 8 oz baby bella mushrooms or crimini
- Salt and pepper
- 1 cup orzo uncooked
- 2 cups chicken broth or stock
- 5 cloves garlic minced
- ½ teaspoon Italian seasoning or Herbs from Provence
- ½ teaspoon paprika or more
- ¼ teaspoon salt or more, to taste
- 5 oz fresh spinach
- ½ cup heavy cream
- ¼ teaspoon red pepper flakes or more, to taste

Directions:

1. Heat 1 tablespoon olive oil in a large, high-sided, heavy-bottomed skillet. Cook sliced mushrooms, generously seasoned with salt and pepper, on medium-high heat for about 1 or 2 minutes until lightly browned and softened. Remove half of the cooked mushrooms from the skillet to a plate.
2. To the same skillet with the half of cooked mushrooms, add uncooked orzo, chicken broth, minced garlic, Italian seasoning, smoked paprika, and ¼ teaspoon salt.
3. Bring to a boil, then reduce to a simmer (medium-low) and cook for about 5 or 10 minutes, occasionally stirring to prevent the orzo from sticking to the bottom of the pan, until the orzo is cooked through.
4. Add fresh spinach during the last 5 minutes of cooking the orzo.
5. Add ½ cup of cream. Stir everything on low-medium - do not bring the sauce to a boil.
6. Season with salt and more smoked paprika, if desired. Stir in the remaining half of the cooked mushrooms.
7. When serving, sprinkle a small amount of red pepper flakes over the creamy orzo.



EASY LASAGNA

Submitted by Mary

Ingredients:

- 1/2 pound ground beef
- 1 jar (32oz) spaghetti sauce
- 1/2 cup water
- 1 1/2 cups ricotta or cottage cheese
- 1 egg
- 1/2 teaspoon pepper
- 8 lasagna noodles (uncooked)
- 1/2 pound mozzarella cheese, thinly sliced
- 1/2 cup (2oz) grated Parmesan cheese

Directions:

1. Set power HIGH.
2. In large glass bowl, crumble ground beef. Heat 2 to 3 min or until beef is browned, stirring once; drain.
3. Stir in Spaghetti sauce and water.
4. Meanwhile, combine ricotta cheese, egg and pepper.
5. In oblong baking dish, spoon 1/2 cup sauce; alternately layer of noodles, egg mixture, mozzarella cheese and sauce, forming two layers.
6. Cover completely with plastic wrap.
7. TO HEAT BY TIME set power select at HIGH for 8 min and MEDIUM-LOW for 30 to 32 min or until noodles are tender.



HAMBURGER, MACARONI, TOMATOES

Submitted by Joel

Ingredients:

- 1 lb lean ground beef
- 1 (19 ounce) can Italian stewed tomatoes (could use 28 oz. if you added more parmesan cheese)
- 1 medium onion (chopped)
- 1-2 minced garlic clove
- 1/4 - 1/2 cup parmesan cheese
- 3 cups macaroni

Directions:

1. Fry ground beef in large size frying pan until almost all red is gone.
2. Add chopped onion and garlic and continue frying until beef is completely cooked.
3. Add the tomatoes and parmesan cheese and stir completely.
4. Lower heat and simmer while you cook the macaroni (about 20 minutes).
5. When macaroni is done, just mix it all together and serve.



KUNG PAO CHICKEN

Submitted by Angela

Ingredients:

- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons minced ginger
- 1 tablespoon sherry
- 1 tablespoon sriracha
- 1 tablespoon cornstarch mixed with 3 tablespoons water
- 2 teaspoons rice wine vinegar
- 2 cloves garlic, minced
- 2 tablespoons peanut oil
- 8 dried Asian chile peppers, snipped into small pieces
- 6 boneless, skinless chicken thighs, diced small
- 2 stalks celery, very finely diced
- 1 large bell pepper, cut into large chunks
- 1/2 cup unsalted peanuts

Directions:

1. Begin by mixing the sauce ingredients together: combine the soy sauce, brown sugar, sherry, sriracha, cornstarch slurry, rice wine vinegar, and garlic in a bowl.
2. Heat the peanut oil over high heat in a large skillet. Drop the chiles and cook, stirring for 30 seconds to release the heat.
3. Add the chicken and fry until cooked through, 5 to 6 minutes.
4. Remove the chicken from the skillet. Add celery and red pepper and cook for 1 minute, then return the chicken to the skillet.
5. Pour in the sauce mixture and cook until the sauce has thickened, a couple of minutes.
6. Add peanuts and toss together.
7. Serve over noodle and garnish with sliced green onions.



ZESTY MEAT LOAF

Submitted by Donald

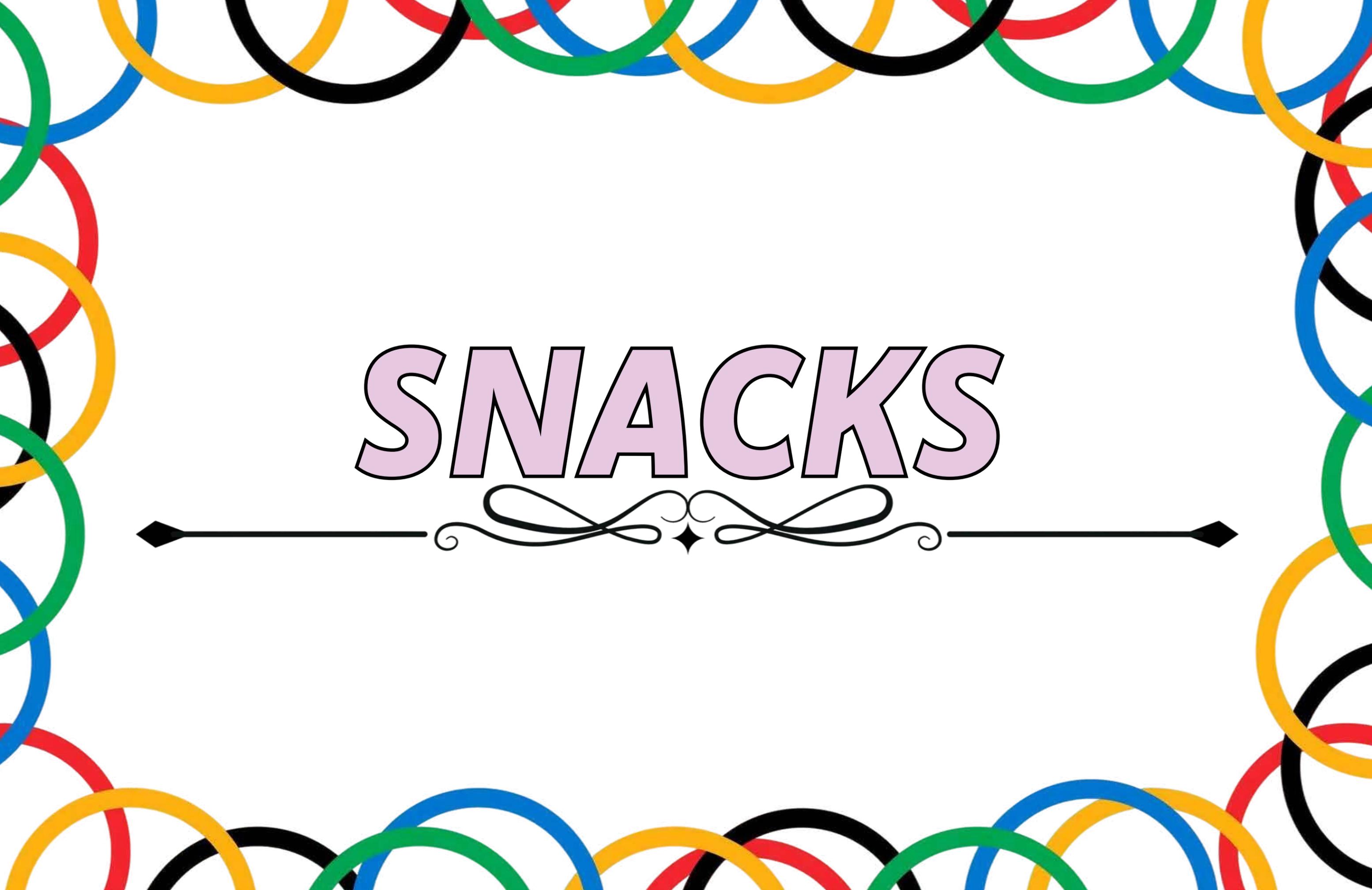
Ingredients:

- 750g lean ground beef
- 284 mL Campbell's Condensed Tomato Soup
- 2 eggs beaten
- 200 mL finely crushed saltine crackers
- 25 mL Worcestershire sauce
- 25 mL grated parmesan cheese

Directions:

1. In large bowl, thoroughly mix beef, 125 mL of the soup, eggs, crackers and Worcestershire sauce.
2. In 30cm by 20cm microwave-safe baking dish, firmly shape meat mixture.
3. Cover with waxed paper, microwave on HIGH 15 min or until loaf is firm in centre, rotating dish twice during cooking.
4. Spread remaining soup over meat.
5. Microwave uncovered on HIGH 2 min or until soup is hot.
6. Top with cheese. Let stand, uncovered, 5 min. Makes 6 servings.





SNACKS



FRUIT SMOOTHIE

Submitted by Kenzie

Ingredients:

- 2 cups of almond milk
- 1 scoop of vanilla protein powder
- 1 cup of frozen fruit of choice (mine is strawberries and bananas)
- 1/4 cup of yogurt of choice

Directions:

1. Blend everything
2. Serve!





GOING FOR GOLD 2026

**ON BEHALF OF THE
TRICO CENTRE TEAM**

THANK YOU!

