

C2BF Community Cookbook



 **commit to be fit**

Healthy Breakfast Banana Split



1 serving



15 minutes

INGREDIENTS

- 1 banana
- 1/2 cup cottage cheese
- A handful of your favorite berries
- 1 tbsp granola
- 1 tbsp sliced almonds

Note: Greek yogurt can be substituted for cottage cheese

DIRECTIONS

1. Slice banana lengthwise and arrange it on a plate
2. Top with 1/2 cottage cheese (or greek yogurt)
3. Sprinkle on berries, granola and almonds
4. Serve and enjoy!

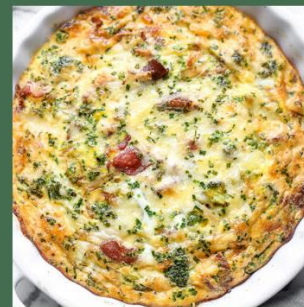
Crustless Quiche

Ingredients

- 1/2 cup flour
- 1/2 tsp salt
- 2 tbsp fresh herbs
- 1 cup evaporated milk or light cream
- 5 eggs
- 1 cup cooked vegetables of your choice
- 1 cup shredded cheese
- butter to grease pan

Directions

1. Preheat oven to 350F
2. Stir together flour, salt and fresh herbs
3. Mix in evaporated milk or light cream using wire whisk
4. Beat in the eggs
5. Stir in your cooked vegetables and cheese
6. Butter a 9 inch pie plate and pour mixture into dish
7. Bake for 35-45 minutes or until pie sets
8. Cool 5-10 minutes before serving



BERRY, CHIA AND MINT

smoothie

Ingredients

- 1 cup sliced strawberries
- 1/2 cup raspberries
- 1/2 cup grated beets
- 1/3 cup mint leaves
- 1 tbsp chia seeds
- 1 cup unsweetened almondmilk

Method

1. Place berries, beets, mint and chia seeds in resealable plastic bag or freezer safe jar. Freeze overnight or longer
2. When ready to prepare, add almondmilk to blender, then frozen ingredients. Blend until smooth
3. Pour in 2 tall glasses. Serve and enjoy!



Egg Salad Bell Pepper Boat

INGREDIENTS

- 1 colored bell pepper
- 3 hard boiled eggs
- 2 tbsp mustard
- 1 tbsp mayonnaise
- salt and pepper
- pinch of cayenne pepper
- 1 tbsp red onion
(optional)

DIRECTIONS

1. Cut pepper in half and deseed the inside
2. In a bowl, mash eggs and add mayo, mustard and red onion
3. Season with salt, pepper and cayenne pepper
4. Place egg mixture in each pepper half and enjoy



Recipe

Dish: Thai Chicken Meal Prep

Servings: 6

Time to cook: 30 min

Ingredients:

Peanut Sauce:

1/3 cup creamy peanut butter

2 Tbsp honey

1 Tbsp lime juice

1 Tbsp soy sauce or coconut aminos

1 clove garlic, grated

1-2 Tbsp hot water

Thai Chicken:

2 Tbsp oil

2 Tbsp Soy Sauce

1 Tbsp Sriracha sauce

1.5 lbs chicken breast

1.5 cup Jasmine rice

16 oz bag shredded cabbage

2 medium carrots shredded

1/4 cup chopped cilantro

2 Tbsp chopped peanuts (optional)

Instructions:

1. Preheat oven to 425 F. Line a baking sheet with parchment paper.
2. In a large bowl, whisk oil with soy and sriracha sauces. Add chicken breast and toss to combine. Cover with plastic and refrigerate for 30 minutes.
3. Bake the chicken for 20 min or until 165F inside. Remove from oven and allow 5 mins to cool before slicing.
4. Meanwhile, prepare the Jasmine rice according to the package directions.
5. Make the peanut sauce next. In a medium bowl, combine peanut butter, honey, lime juice, soy sauce, garlic and sriracha. Add one Tbsp hot water and whisk to combine until peanut sauce reaches the desired consistency.
6. Serve chicken over a bed of rice topped with cabbage, carrots, cilantro and peanuts. Drizzle with peanut sauce.

BROCCOLI SALAD

SERVES

TIME

DIFFICULTY

— 4 to 6 — — 25 min — — Easy —

INGREDIENTS

1 LB BROCCOLI FLORETS
3 TBSP OLIVE OIL
3 TBSP MAYO
1 1/2 TBSP APPLE CIDER VINEGAR
2 TSP DIJON MUSTARD
1 TSP MAPLE SYRUP OR HONEY
1 MINCED GARLIC CLOVE
PINCH OF SALT
1/3 CUP DICED RED ONION
1/3 CUP DRIED CRANBERRIES
1/2 CUP ALMONDS
1/2 CUP PEPITAS
1/2 TBSP TAMARI
1/2 TSP MAPLE SYRUP (FOR ALMOND MIX)
1/4 TSP SMOKED PAPRIKA



METHOD

1. PREHEAT OVEN TO 350F AND LINE PAN WITH PARCHMENT PAPER
2. CHOP THE BROCCOLI FLORETS INTO 1/2-INCH PIECES
3. IN THE BOTTOM OF A LARGE BOWL, WHISK TOGETHER OLIVE OIL, MAYO, APPLE CIDER VINEGAR, MUSTARD, GARLIC, MAPLE SYRUP/HONEY AND SALT
4. ADD BROCCOLI, ONIONS, AND CRANBERRIES AND TOSS TO COAT
5. PLACE ALMONDS AND PEPITA ON THE BAKING SHEET. TOSS WITH TAMARI, MAPLE SYRUP AND SMOKED PAPRIKA. SPREAD INTO THIN LAYER
6. BAKE 10-14 MINUTES OR UNTIL GOLDEN BROWN. REMOVE AND LET COOL FOR 5 MINUTES
7. TOSS ALMONDS AND PEPITAS INTO SALAD. SEASON TO DESIRED TASTE AND SERVE

homemade hummus

Ingredients

1 1/2 cup chickpeas, rinsed and drained	1 1/2 tbsp tahini
2 tbsp water	1 clove minced garlic
1 1/2 tbsp lemon juice	1/2 tsp salt

Preparation

1. Dump all your ingredients in food processor and mix until smooth and super creamy. Add extra water if too thick
2. Serve with veggies, pita chips, crackers, etc. and enjoy!





Prep Time : 20 min

Total Time : 60 min

Servings : 4

INGREDIENTS

- 2 medium spaghetti squash (2-2 1/2 lb each)
- 1 tbsp vegetable oil, plus more to rub on squash
- 1 cup diced onion
- 2 cloves minced garlic
- 1 tbsp taco seasoning mix
- 2 tbsp tomato paste
- 1-14 oz can enchilada sauce red
- 1 1/2 cup shredded chicken
- 1-4 oz can pickled jalapenos
- 1/2 cup diced red bell pepper
- 1/2 cup drained and rinsed black beans
- 3/4 cup shredded cheese of choice

PROCEDURE

1. Preheat oven to 400F. Cut spaghetti squash in half and scoop out seeds. Rub oil on each half and place face down on foil-lined baking sheet
2. Bake in oven for 30 minutes or until fork tender
3. Using a fork, separate the strands of squash from skin, leaving border around the top. Sprinkle salt on strands and place back in squash shell
4. In a medium saucepan, sauté onions and garlic with 1 tbsp vegetable oil. When translucent, add taco seasoning and stir in tomato paste. Stir in enchilada sauce and let thicken for about 5 minutes
5. Mix 1 1/2 cups of the sauce with shredded chicken, chopped jalapenos, bell pepper and black beans. Spoon filling into spaghetti squash halves. Pour more of the sauce on each half and top with cheese
6. Broil for 3-4 minutes until cheese is bubbling and golden. Cool and enjoy!

Sheet Pan Sausage & Veggies

Servings: 4

Prepping Time: 15 min

Cooking Time: 45 min

INGREDIENTS



<i>1 red pepper (strips)</i>	<i>14 oz kielbasa sausage</i>
<i>1 yellow pepper (strips)</i>	<i>6 medium red potatoes</i>
<i>2 zucchinis</i>	<i>0.5 lb green beans</i>
<i>olive oil</i>	<i>(trimmed)</i>
<i>salt and pepper</i>	<i>1 broccoli crown (cut</i>
<i>garlic powder</i>	<i>into pieces)</i>

DIRECTIONS

- *Preheat oven to 400F*
- *Cut vegetables to desired size and place evenly on parchment paper lined baking sheet*
- *Sprinkle olive oil over veggies and season with your heart with salt, pepper and garlic powder*
- *Place in oven and bake for about 15 minutes. Remove from oven, toss/stir veggies and sausage for them to evenly cook*
- *Place back in oven and bake for another 20-30 minutes until potatoes and vegetables are tender and soft*
- *Serve on a bed of rice or just by itself!*



Creamy Lemon-Herb Pork Chops

with Balsamic Glazed Brussels Sprouts & Carrots



INGREDIENTS

- 8 oz brussels sprouts
- 9 oz carrots
- 1 glove garlic
- 1 lemon
- 1 tablespoon italian seasoning
- 12 oz pork chops
- 1 cup chicken broth concentrate
- 2 tbsp cream cheese
- 2 tbsp sour cream
- 5 tsp balsamic glaze
- salt and pepper
- 5 tsp olive oil
- 1 tbsp butter

DIRECTIONS

- Preheat oven to 450F. Trim and half brussels sprouts. Trim, peel and cut carrots into half in pieces. Mince garlic and zest and quarter lemon
- Toss brussels sprouts and carrots in olive oil, half of italian seasoning, salt, pepper and place on baking sheet. Roast for 20-25 minutes
- Pat pork dry and sprinkle remaining italian seasoning, salt and pepper. Heat olive oil in large pan on medium-high. Add pork and cook 6-8 minutes each side. Turn off heat and transfer to a plate and cut pork into strips
- Wipe out pan and drizzle more olive oil over medium heat. Add garlic and cook till fragrant. Whisk 1/3 cup of water, stock concentrate, cream cheese and squeeze of lemon juice. Simmer and whisk until thick, 2-3 minutes
- Remove pan from heat and whisk in sour cream, butter and a pinch of lemon zest. Season with salt and pepper
- Once vegetables are done, drizzle balsamic glaze and toss to coat. Place veggies and sliced pork on plate together. Spoon sauce mixture over pork and drizzle remaining glaze over veggies.



Crock Pot Chicken Fajitas

Ingredients

- | | |
|--------------------------------------|----------------------------------|
| 4 skinless, boneless chicken breasts | 1 yellow pepper, cut into strips |
| 1 green pepper, cut into strips | 1 white onion, cut into strips |
| 1 red pepper, cut into strips | 2 taco seasoning packets |

Directions

- Place chicken in bottom of crock pot. Sprinkle taco packet seasonings on both sides of chicken to coat
- Top chicken with strips of peppers and onions
- Cook on high for 4 hours or low for 8 hours
- Cut chicken into strips and add to tortilla of choice or on top of a bed of lettuce



Chicken Gardner's Style



INGREDIENTS

- 1 chicken (2 1/2-3 lbs), cut into serving pieces, skinned
- 8 small potatoes (whatever you have)
- 8 small white onions (or whatever you have)
- 1 1/2 low sodium chicken broth
- 1/2 cup dry white wine
- 1 tbsp lemon juice
- 3 cloves minced garlic
- 1 tsp dried thyme
- 1/4 tsp black pepper
- 2 tbsp minced parsley

DIRECTIONS

1. Preheat oven to 500F. Coat a 13" x 9" x 2" baking pan with cooking spray. Arrange chicken, carrots, onions and potatoes in the pan
2. Blend chicken broth, wine and lemon juice and pour over the chicken and vegetable mixture; then sprinkle garlic, thyme and pepper
3. Bake uncovered for 40-45 minutes, turning chicken and vegetables occasionally and basting with pan juices until chicken is fork tender. If juice evaporates too quickly, add more broth
4. Transfer chicken to warm platter, arrange vegetables around it, sprinkle with parsley

Pineapple Salsa Grilled Chicken

Ingredients

- Juice of 4 limes, divided
- 1/4 cup plus 1 tbsp cilantro
- 1/4 cup olive, plus more for grill
- 2 tsp honey
- Kosher Salt
- 1 lb boneless, skinless chicken breast
- 2 cups chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- fresh ground black pepper

Tip:

Serve over greens or on a whole wheat tortilla!



Directions

1. To make marinade, mix juice of 3 limes, 1/4 cup of cilantro, oil and honey in a mixing bowl. Season with salt
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate for at least 2 hours or overnight
3. When ready, heat grill on high. Oil grates and grill chicken until charred and grilled thru, 8 mins per side
4. Meanwhile, stir pineapple, red onion, avocado, remaining lime juice and 1/4 cup of cilantro in bowl. Season with salt and pepper
5. Spoon salsa over chicken before serving



TUSCAN WHITE BEAN SOUP

INGREDIENTS

- 4 ounces of pancetta or bacon, diced
- 1 small diced onion
- 5 cloves minced garlic
- 8 cups chicken broth
- 4-15 ounce cans cannellini beans (drained and rinsed)
- 1 bay leaf
- 1 spring rosemary
- salt and pepper

DIRECTIONS

1. Heat pancetta or bacon in large pot over medium-high heat. Cook until crispy, remove from pan and place on separate plate. Reserve about 3 tbsp of grease and discard the remaining
2. Add onion and cook for 5 minutes, then add garlic and cook for an additional 1-2 minutes
3. Add chicken stock, beans, bay leaf, rosemary and half of the cooked meat. Stir to combine and heat soup till it begins to simmer, then place on medium-low heat and cook for 10-20 minutes
4. Add salt and pepper to taste. Top with extra pancetta/bacon and serve!

Baked Tilapia with Tomato-Pineapple Relish

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

4 6-ounce Tilapia fillets
1/4 tsp salt
1/2 cup crushed pineapple, drained
1 plum tomato, diced
1 tsp chili powder or hot chili paste, such as sriracha

Directions

1. Preheat oven to 375F
2. Line a baking sheet with aluminum foil and coat with cooking spray
3. Place Tilapia on the prepared baking sheet and season with salt
4. In a small bowl, combine pineapple, tomato and chili seasoning/paste. Evenly coat fillets with mixture
5. Bake for 12 to 15 minutes or until fish flakes easily with fork





Curry Lentil Sweet Potato Soup

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

2 tbsp olive oil
1 yellow onion, diced
4 cloves minced garlic
1 1/2 tbsp grated ginger
2 tbsp tomato paste
2 tbsp curry powder
1/4 tsp cinnamon
1 1/2 tsp salt
2 medium sweet potatoes
(diced and peeled)
1 1/2 cup dry French green
lentils
4 cups vegetable broth
13 oz can full fat coconut milk
14.5 oz crushed tomatoes
1 bunch fresh Kale, chopped
and stems removed
Fresh chopped cilantro (for
garnish)

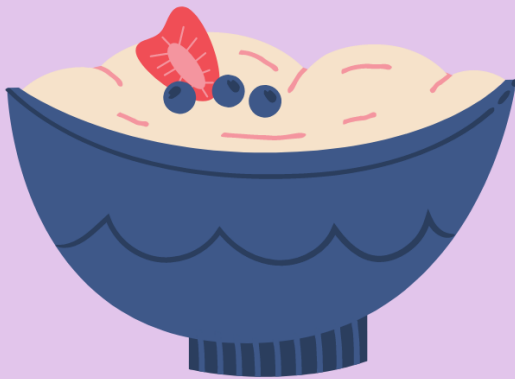
Directions

1. Heat a Dutch oven over medium heat and add olive oil
2. Add onion and sauté for 5-7 minutes, stirring occasionally until translucent. Add garlic and ginger and sauté for a few more minutes. Add tomato paste and stir well
3. Add curry powder, cinnamon, salt, and stir to coat. Add remaining ingredients except for Kale and stir well
4. Increase heat, bring soup to boil, then reduce to low and allow to simmer for 30 minutes. Stir occasionally until lentils and sweet potatoes are tender
5. Add kale, stir occasionally until softened
6. Serve with freshly chopped cilantro

Pineapple Yogurt Dessert

Prepping Time: 15 min

Freeze Time: 1 hour



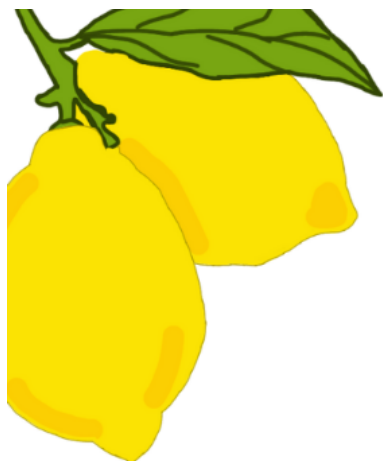
Ingredients

- 16 oz container plain or vanilla yogurt
- 1 large packet sugar free instant vanilla pudding
- 1 20 oz can of crush pineapple, undrained

Directions

- Mix all ingredients together
- Refrigerate for 1 -2 hours
- Serve and enjoy!





LEMON BARS

24
SERVINGS

45 MIN

TEMP 350F

Ingredients

FOR CRUST:

8 OZ (2 STICKS) UNSALTED
BUTTER, ROOM TEMP
2 CUPS FLOUR
1/2 CUP CONFECTIONERS'
SUGAR

FOR FILLING:

4 EGGS, BEATEN
2 CUPS SUGAR
1/2 CUP LEMON JUICE
1/4 CUP FLOUR
1 TSP BAKING POWDER
PINCH OF SALT

Procedure

1. PREHEAT OVEN TO 350F
2. FOR CRUST: BEAT BUTTER, FLOUR AND SUGAR UNTIL COMBINED. MIXTURE WILL BE CRUMBLY. PRESS CRUMBS IN UNGREASED 9 X 13 BAKING DISH AND BAKE FOR 20 MIN. TRANSFER TO WIRE RACK TO COOL
3. FOR FILLING: BEAT EGGS, SUGAR AND LEMON JUICE UNTIL COMBINED IN LARGE BOWL. ADD FLOUR, BAKING POWDER AND SALT UNTIL MIXED.
4. POUR LEMON MIXTURE OVER WARM CRUST, RETURN TO OVEN AND BAKE FOR 25 MINUTES, UNTIL LIGHTLY BROWN. TRANSFER PAN TO WIRE RACK
5. COOL COMPLETELY, SPRINKLE WITH CONFECTIONARY SUGAR AND CUT INTO SQUARES



Filled Dates



Ingredients

- dates
- cashew, almond or peanut butter
- manchego cheese
- honey drizzle
- pinenuts
- chocolate hazelnut spread

Directions

- Open dates and remove the pit from middle
- Choose from your favorite ingredients on the list or a filling of your own
- Fill dates and enjoy!



Yogurt Bark

Ingredients

1-32 oz container
greek vanilla yogurt
1 cup fresh
strawberries
1 cup fresh
blueberries

Directions

1. Spread yogurt evenly on parchment paper lined baking sheet
2. Top with fresh strawberries and blueberries (or your favorite fruit)
3. Place sheet in freezer for few hours
4. Remove from freezer, break apart and enjoy :)