



# Sample of Success

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**THESE RECIPES DO NOT HAVE THE NUTRITION FACTS OR MACROS!**



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# Broccoli Pesto Omelette

## Ingredients

- 3/4 ounce (22g) fresh basil leaves, plus two sprigs
- 1 tablespoon pine nuts
- 1 clove garlic, peeled
- 1 tablespoon olive oil, divided
- 2 tablespoons shredded Parmesan cheese, divided
- 2 cups (180g) broccoli, chopped
- 4 large egg whites
- 2 large eggs
- 2 cups (150g) mixed greens, washed and dried
- 1 tablespoon fresh lemon juice

## Directions

Finely mince the basil, pine nuts and garlic. Add half of the Parmesan and mince to form a paste. Place in a medium bowl and add 1 teaspoon of the olive oil, stir to mix.

Set up a steamer and steam the chopped broccoli for 2 minutes, then let cool slightly before adding to the bowl with the basil mixture. Toss to coat.

In a medium bowl, whisk the egg whites, eggs, and remaining Parmesan until well-mixed.

Drizzle a 6-inch nonstick pan with 1/2 teaspoon of olive oil, swirl to coat, and place the pan over medium-high heat. Let heat for about 30 seconds before pouring in half the egg mixture about 1 cup. Let cook for about 1 minute before reducing the heat to medium-low. Let cook for 2 more minutes, until the eggs are cooked around the edges and there is just a bit of runny egg on top. Use your spatula to flip the omelet and cook for a few seconds more, then flip again.

Place half of the broccoli mixture on one side of the omelet and use a spatula to carefully fold the omelet over the broccoli. Cover the pan and cook for 1 minute to warm the broccoli, transfer to a plate, and cover to keep warm until serving.

Repeat to make the second omelet in the same manner. Serve hot, garnished with basil sprigs and 1 cup mixed greens, which have been tossed with the remaining 1 teaspoon of olive oil and the lemon juice, on the side.



Serves: 2 | Serving Size: 1 omelet





## Honey Garlic Steak Bites



### Ingredients:

1.5 lbs sirloin steak, fat trimmed, diced into cubes just under 1-inch  
1/3 cup low-sodium soy sauce  
3 Tbsp honey  
3 garlic cloves, minced (1 Tbsp)  
2 Tbsp olive oil or vegetable oil  
Green onions or sesame seeds, for garnish (optional)

### Directions:

Place steak pieces in a gallon size resealable bag.

In a mixing bowl whisk together soy sauce, honey and garlic. Pour over steak, seal bag while pressing out excess air then rub marinade over steak.

Transfer to refrigerator and let marinate 1 - 2 hours.

Heat 1 Tbsp oil in a heavy non-stick skillet over medium-high heat.

Remove half the steak from marinade, transfer to skillet (spaced apart) and let sear until golden brown, about 1 minute then flip to opposite side.

Let continue to cook to desired doneness, about 1 minute longer (internal safe temperature is 145 degrees). Transfer to a plate and repeat with remaining steak.

Serve warm garnished with green onions or sesame seeds if desired.





# Rosemary Chicken, Bacon and Avocado Salad

## Ingredients:

4 slices thick-cut bacon  
1/2 pound boneless, skinless chicken breasts  
salt and pepper  
1 tablespoon olive oil  
2 tablespoons minced fresh rosemary  
6 cups spring greens and/or butter lettuce  
1 bunch watercress  
1 cup cherry tomatoes, halved  
1 large avocado, thinly sliced  
rosemary vinaigrette  
2 teaspoons dijon mustard  
1/4 cup olive oil  
1/4 cup red wine vinegar  
1 teaspoon minced fresh rosemary  
salt and pepper



## Directions:

Heat a large skillet over medium-low heat and add the bacon. Cook until it's crispy and the fat is rendered. Remove the bacon and place it on a paper towel to drain any excess grease.

Season the chicken with salt and pepper.

Cover with the rosemary. In the same skillet, over medium-high heat, add the chicken and cook until golden and crisp on both sides, about 5 to 6 minutes per side.

Remove the chicken and let sit for a moment while you assemble the salad, then slice it.

Toss the greens with the watercress and the tomatoes. Top with the sliced chicken, the bacon and the avocado. Drizzle with the rosemary vinaigrette!

Rosemary vinaigrette:

Whisk together the mustard, oil and vinegar. Whisk in the rosemary and a pinch of salt and pepper.

Serves 2



# PARMESAN ZUCCHINI TOTS

## INGREDIENTS:

1 1/2 cups shredded and lightly patted dry zucchini (about 1 1/2 medium zucchini)  
1 cup Italian seasoned panko bread crumbs (please use panko for best results; if using regular bread crumbs, you will need to adjust and use less; if you use non-seasoned panko bread crumbs, make sure to add Italian seasoning to your mix)  
1/2 cup shredded parmesan cheese  
1 large egg

## DIRECTIONS:

Shred zucchini with a vegetable grater. When done, pat zucchini dry with a few sheets of paper towels. While you don't need to completely dry the zucchini, you do want to absorb some of the moisture.

You want to keep drying the zucchini until the stage where when you pat the shredded zucchini with a paper towel, the paper towel is moist but no longer soaking with water.

Preheat oven to 400 F. Measure out 1 1/2 cups of patted dry zucchini and add to a large mixing bowl. Add egg, cheese and breadcrumbs. Stir until everything is thoroughly combined.

Take 1 tablespoon of zucchini batter and squeeze between palm of hand, compressing it. Some water should also release out. Using both hands now, shape to resemble a cylinder tater tot shape. Place onto a baking sheet lined with silicone baking mat or parchment paper. Repeat with remaining zucchini.

Bake for about 20 minutes until bottoms are golden brown and crispy. Flip over and bake for another 5 minutes. Serve warm with dipping sauce of your choice.







# PROTEIN OREO CHEESECAKE!!

## PROTEIN OREO CHEESECAKE INGREDIENTS

- 140g of oatmeal
- 100g biscuit sandwich cookies
- 40g of coconut oil

## THE INGREDIENTS FOR THE FILLING

- 500g of cream cheese, softened
- 250g ricotta
- 30g Whey protein concentrate powder
- 50g biscuit sandwich cookies
- 10g gelatin

## Direction:

Grind and chop the biscuit cookies into smaller pieces and mix them together with the oatmeal. Melt the coconut oil, add to the mixture and mix till it becomes a paste. Put baking paper in the baking tin (approximately 20 cm in diameter) and place the dough on the bottom, then refrigerate for 30 minutes.

While the substrate is cooling, we prepare the fine cream. Mix the cream cheese, ricotta and protein together and mix until it has a fine smooth texture, then add the gelatin according to the instructions on the package and continue to stir until the cream thickens slightly. Once the density and texture of the cream have been obtained, add the crumbled biscuits to the cream and stir gently.

Apply the cream evenly to the substrate and of course add more biscuits to the cake itself? . Then leave the cake in the refrigerator overnight, and bring it out in the morning!

## PROTEIN OREO CHEESECAKE NUTRITION FACTS (PER PIECE)

The whole cake should be cut into 8 pieces and every piece has approximately:  
carbohydrates ~ 23g  
fat ~ 13g  
protein ~ 20g

