



Namaste & Nutrition BONUS Recipes

Carmen Ohling
carmen@carmenohling.com



Roasted Chicken with Olives & Tomatoes

4 servings

45 minutes

Ingredients

- 1 lb Chicken Breast
- 1 cup Black Olives
- 2 cups Cherry Tomatoes
- 1 tbsp Avocado Oil
- 3/4 tsp Sea Salt
- 3 tbsps Oregano

Nutrition

Amount per serving	
Calories	262
Fat	11g
Carbs	6g
Fiber	2g
Protein	36g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the chicken, olives and tomatoes to a baking dish. Coat in avocado oil and season with salt and oregano.
- 3 Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.
- 4 Divide onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to 3-5 days.
More Flavor, Use additional herbs such as basil, garlic or parsley.



Slow Cooker Bolognese with Spaghetti Squash

4 servings

8 hours

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (diced)
- 2 1/4 Garlic (cloves, minced)
- 3 cups Diced Tomatoes (drained)
- 3 cups Crushed Tomatoes
- 1 3/4 Bay Leaf
- 1 tsp Oregano
- 1 1/8 Spaghetti Squash (large)

Nutrition

Amount per serving	
Calories	332
Fat	11g
Carbs	35g
Fiber	8g
Protein	27g

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables, Add diced green pepper and mushrooms.

Vegetarian, Use lentils instead of ground turkey.

More Carbs, Use brown rice pasta instead of spaghetti squash.

No Slow Cooker, Make it on the stovetop and let simmer for at least an hour.



Grilled Halibut with Arugula Salad

4 servings

30 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Lemon (juiced and the other cut into wedges)
- 1 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 4 cups Arugula
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely diced)
- 1 1/4 lbs Halibut Fillet
- 1/4 tsp Black Pepper
- 1/4 cup Nutritional Yeast (shaved)

Nutrition

Amount per serving	
Calories	286
Fat	13g
Carbs	6g
Fiber	2g
Protein	35g

Directions

- 1 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 2 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 3 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 4 Toss arugula salad with desired amount of dressing and top with the nutritional yeast. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!

Notes

No Grill, Pan sear the halibut in a cast iron skillet over medium heat for 4 minutes per side or until cooked through.

Dairy-Free, Use goat cheese instead of parmigiano reggiano.



10 Minute Cabbage Bowl

1 serving

10 minutes

Ingredients

- 1 tsp Coconut Oil (divided)
- 3 cups Coleslaw Mix
- 2 Egg

Nutrition

Amount per serving	
Calories	259
Fat	14g
Carbs	19g
Fiber	6g
Protein	16g

Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

Notes

On-the-Go, Add a hard boiled egg onto the cabbage bowl instead of fried.



Lentil, Sweet Potato & Arugula Salad

4 servings

35 minutes

Ingredients

2 Sweet Potato (medium, diced)
 1 1/2 tsps Extra Virgin Olive Oil
 1/4 cup Tahini
 1/4 cup Water
 1 tbsp Maple Syrup
 Sea Salt & Black Pepper (to taste)
 4 cups Arugula
 2 cups Lentils (cooked)

Nutrition

Amount per serving	
Calories	292
Fat	10g
Carbs	40g
Fiber	12g
Protein	13g

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils, Use chickpeas or ground meat instead.

No Tahini, Use sunflower seed butter instead.

No Arugula, Use baby spinach, kale or mixed greens instead.

Likes it Spicy, Add cajun spice or hot sauce into the tahini dressing.



Spring Salad

6 servings

15 minutes

Ingredients

3 cups Green Lentils (cooked, drained and rinsed)
4 1/2 cups Snap Peas (washed)
1 1/2 cups Frozen Peas (thawed)
3 cups Baby Spinach (chopped)
3 cans Tuna (drained and flaked)
1/4 cup Red Wine Vinegar
1 1/2 tbsps Extra Virgin Olive Oil
3 tbsps Dijon Mustard
1/3 tsp Sea Salt
1/3 tsp Black Pepper

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

Storage, Store in the fridge in an airtight container up to 3 days.

No Tuna, Use diced chicken breast instead.

Vegetarian and Vegan, Skip the tuna and add extra lentils.

Nutrition

Amount per serving	
Calories	284
Fat	5g
Carbs	32g
Fiber	12g
Protein	29g



Spiced Salmon Kabobs

4 servings

20 minutes

Ingredients

2 tbsps Parsley (chopped)
 1 tbsp Sesame Seeds
 1/2 tsp Black Pepper
 1/2 tsp Sea Salt
 1/2 tsp Red Pepper Flakes
 2 tbsps Maple Syrup
 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
 2 Lemon (sliced into thin rounds)
 8 Barbecue Skewers
 6 cups Asparagus (woody ends trimmed off)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	350
Fat	17g
Carbs	17g
Fiber	5g
Protein	33g

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs, Serve with quinoa, brown rice or sweet potato.

Time Saver, Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Virgin Raspberry Mojito

1 serving

15 minutes

Ingredients

- 2 tbsps Raspberries
- 1/3 cup Water
- 1 tbsp Maple Syrup
- 2 tbsps Mint Leaves
- 1/2 Lime (sliced into wedges)
- 2 Ice Cubes
- 1 1/2 cups Sparkling Water

Nutrition

Amount per serving	
Calories	68
Fat	0g
Carbs	18g
Fiber	1g
Protein	0g

Directions

- 1 In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 2 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

Notes

It's 5 O'Clock Somewhere, Add 2 oz of white rum to each serving.

No Maple Syrup, Use honey instead.

Make it Smooth, Strain your raspberry puree and use the juices only.



Golden Turmeric Hot Chocolate

1 serving

5 minutes

Ingredients

- 1 tbsp Cacao Powder
- 1/4 tsp Turmeric (dried, ground)
- 1/4 tsp Cinnamon
- 1/2 tsp Coconut Butter
- 1/2 tsp Honey
- 1 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	81
Fat	5g
Carbs	8g
Fiber	3g
Protein	2g

Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder, Use cocoa powder instead.

No Honey, Use maple syrup or stevia instead.

Nut-Free, Use oat milk or coconut milk instead.

No Coconut Butter, Use almond, cashew or sunflower seed butter instead.



Peach Cobbler Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Cashew Milk
1 Peach (pitted)
2 tbsps Oats (quick or rolled)
1 tbsp Pitted Dates
1/4 cup Vanilla Protein Powder (1 scoop)
1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	238
Fat	4g
Carbs	31g
Fiber	5g
Protein	22g

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

Dairy-Free, Use coconut yogurt instead of cottage cheese.

No Cashew Milk, Use almond, rice, coconut or your choice of alternative milk instead.

No Dates, Sweeten with maple syrup, honey or banana instead.

Storage, Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein, Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber, Add ground flax seed.



Chocolate Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (ripe)
- 8 Egg
- 1 cup Protein Powder (chocolate)

Nutrition

Amount per serving	
Calories	335
Fat	10g
Carbs	29g
Fiber	4g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Spray a large skillet with cooking spray and heat to medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Makes 2 servings. Store any extra cooked pancakes or batter in the fridge. Enjoy!

Notes

Toppings, Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Blueberry Muffin Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder (1 Scoop Plant Based Protein Powder (try Tone it Up @ Target!))
1 tbsp Almond Butter
1 tbsp Ground Flax Seed
1 1/2 cups Unsweetened Almond Milk
1/2 cup Baby Spinach (1 large handful)
1/4 cup Frozen Blueberries
1/8 tsp Cinnamon (dash, to taste)

Nutrition

Amount per serving	
Calories	286
Fat	16g
Carbs	14g
Fiber	7g
Protein	26g

Directions

- 1 Dump all of the ingredients, starting with the milk, into the high speed blender and blend well.

Notes

Unsweetened Almond Milk, Feel free to sub unsweetened cashew milk or flaxseed milk instead!

Almond Butter, Use any natural nut butter that you enjoy: peanut, sunflower, cashew, etc.

Serving Size, This makes 1 serving.



Zucchini Bread Cookies

20 servings

20 minutes

Ingredients

4 cups Oats (organic, gluten free)
1 tsp Cinnamon
1 Zucchini (large, shredded)
1 cup Raisins
1 cup Sunflower Seeds
1 cup Organic Dark Chocolate Chips
2 cups Unsweetened Applesauce
2 Egg (sub flax egg for vegan option, beaten)

Nutrition

Amount per serving	
Calories	215
Fat	9g
Carbs	29g
Fiber	3g
Protein	5g

Directions

- 1 Preheat oven to 350 degrees.
- 2 Combine all ingredients in a large bowl, mixing well and scraping the sides of the bowl each time.
- 3 Spray cooking spray on a cooking sheet and spoon batter equally into 20 cookies.
- 4 Bake for about 15 minutes, or until cookies are done. A serving is 1 cookie, recipe makes 20 total cookies.
- 5 Enjoy!

Notes

Storage, Store in the fridge for up to a week or the freezer for up to two months.



One Pan Lemon Chicken

4 servings

35 minutes

Ingredients

1 lb Chicken Breast (skinless and boneless)
 4 cups Mini Potatoes (halved)
 4 cups Brussels Sprouts (halved)
 2 tbsps Extra Virgin Olive Oil
 2 Lemon (juiced and zested)
 2 tbsps Rosemary (fresh, chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	392
Fat	11g
Carbs	36g
Fiber	7g
Protein	41g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts, Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts, Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor, Add additional spices such as oregano, thyme or chili flakes.

No Mini Potatoes, Use diced regular potatoes.



Easy Shrimp Ceviche

8 servings

6 hours 45 minutes

Ingredients

3 Limes (juice, and zest from 1)
3 Lemon (juice, and zest from 1)
2 Red Grapefruit (juice, and zest from 1)
2 lbs Shrimp (scallops, or white fish, cleaned and chopped into small pieces)
2 Avocado (pitted and diced)
2 Mangos (small, pitted and diced)
1 cup Cherry Tomatoes (diced)
1/2 cup Red Onion (small, finely chopped)
1 tbsp Chili Powder
1 tsp Ground Chipotle
1/2 cup Cilantro (chopped)
Sea Salt (to taste)

Directions

- 1 Combine the citrus zest and juice with the seafood in a very large glass bowl.
- 2 Cover and place in the fridge for at least 4 hours...6 hours is best. Stir a few times to ensure even "cooking."
- 3 After 4-6 hours when the seafood is no longer transparent, add the avocado, mango, tomatoes, onion, chili powder, ground chipotle, and cilantro. Stir until well combined, then add salt to taste.
- 4 For best results, refrigerate another 30 to 60 minutes to allow all the flavors to meld.

Nutrition

Amount per serving	
Calories	278
Fat	8g
Carbs	26g
Fiber	6g
Protein	30g