



Carmen Ohling
Eat. Move. Live.

Busy Women's Nourishing Recipes

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I've put together 7 simple, healthy and delicious recipes that you can make even when you are busy!

One of the reasons that your "diet" has failed time and time again is that it is too restrictive. It focuses on restricting calories and what you can't have- which as humans leads to wanting the opposite!

My plans focus on eating real food, cooking at home and putting together your meals in a way that keep you full, give you energy, make you feel amazing AND allow you to lose weight (if, of course that's your goal!)

Give these real food recipes a try and make note of how you feel! If you like it, check out the [Clean Eating Transformation Program](#) for more like this!

Questions?

Email me: carmen@carmenohling.com

Sending you a ton of light, love & health,
Carmen



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.



Chocolate Chip Cookie Dough Overnight Oats

1 serving

3 hours

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Quick Oats
1 1/2 tsps Maple Syrup
1 tbsp Chia Seeds
1 1/2 tsps Organic Dark Chocolate Chips
1/2 tsp Vanilla Extract
1/4 tsp Cinnamon
1/16 tsp Nutmeg
1/4 cup Vanilla Protein Powder (1 scoop)

Directions

- 1 Combine all the ingredients into a small mixing bowl.
- 2 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Dairy-Free: Use dairy-free chocolate chips.

Additional Toppings: Top with chopped nuts or additional chocolate chips or cinnamon.

Nutrition

Amount per serving	
Calories	329
Fat	11g
Carbs	33g
Fiber	7g
Protein	25g



Tahini Honey Chicken Salad

4 servings

25 minutes

Ingredients

- 2 tbsps Tahini
- 1 tbsp Raw Honey (divided)
- 1 lb Chicken Breast (boneless, skinless)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 2 tbsps Sesame Oil
- 2 tbsps Coconut Aminos
- 1 tsp Lime Juice
- 4 cups Green Cabbage (chopped)
- 1 Red Bell Pepper (thinly sliced)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	323
Fat	17g
Carbs	14g
Fiber	4g
Protein	28g

Directions

- 1 Mix the tahini with half of the honey in a small bowl.
- 2 Rub the chicken with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 3 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 4 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and cilantro, if using. Divide evenly between bowls and enjoy!

Notes

Leftovers: For best results, refrigerate the salad, chicken and dressing in separate containers. Refrigerate for up to four days.

Additional Toppings: Sesame seeds, slivered onions, peanuts, cashews, sunflower seeds, hemp seeds and/or pumpkin seeds.

No Coconut Aminos: Use liquid aminos instead.



Turkey, Spinach & Pineapple Bowl

4 servings

25 minutes

Ingredients

1 1/4 lbs Extra Lean Ground Turkey
4 cups Baby Spinach
2 cups Pineapple (diced)
1 Avocado (diced)
1 1/2 tbsps Fresh Dill (optional,
chopped)

Nutrition

Amount per serving	
Calories	341
Fat	19g
Carbs	16g
Fiber	5g
Protein	29g

Directions

- 1 Heat a large skillet over medium-high heat. Add the turkey and break it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 Divide the spinach evenly between bowls. Top with the turkey, pineapple and avocado. Garnish with fresh dill, if using, and enjoy!

Notes

Leftovers: Refrigerate everything in separate airtight containers for up to three days.

More Flavor: Add your favorite salad dressing, oil & vinegar or lemon, or feta cheese.

Make it Vegan: Use black beans or lentils instead of ground turkey.



Tomato & Basil Balsamic Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 3/4 cups Water
- 2 cups Cherry Tomatoes (halved)
- 1 tbsp Balsamic Vinegar
- 1 tsp Dried Basil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	174
Fat	3g
Carbs	31g
Fiber	4g
Protein	7g

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let it simmer for 12 to 15 minutes, or until all the water is absorbed. Remove the lid and fluff with a fork.
- 2 Add the cherry tomatoes, balsamic vinegar, basil and salt. Gently stir until well combined. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to one month.

Serving Size: One serving equals approximately one cup.

More Flavor: Add a splash of olive oil, use fresh basil instead of dried basil, and/or cook the quinoa using broth.

Additional Toppings: Cucumber, feta, olives, chopped spinach or bell pepper.



Baked Blackened Salmon

4 servings

20 minutes

Ingredients

2 tsp Paprika
1 tsp Oregano
1/2 tsp Garlic Powder
1/2 tsp Dried Thyme
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1/4 tsp Cayenne Pepper
1 1/4 lbs Salmon Fillet
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (cut into wedges, optional for serving)

Nutrition

Amount per serving	
Calories	239
Fat	13g
Carbs	2g
Fiber	1g
Protein	28g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
- 3 Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
- 4 Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

Make it a Meal: Serve with roasted veggies and potatoes or on top of a salad.



Peanut Butter Chia Pudding

1 serving
10 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 1/2 tbsps Chia Seeds
1 tsp Stevia Powder (sub liquid stevia or monkfruit)
1 tbsp Peanut Butter
1/4 tsp Vanilla
1/4 cup Berries
1/4 cup Protein Powder (1 scoop - PB Flavor or Vanilla)

Directions

- 1 Whisk together almond milk, chia seeds, protein powder, stevia, peanut butter and vanilla. Let mixture sit for a few minutes and whisk again to remove any clumps of PB. Pop into the fridge to set for at least 30 minutes, but up to 12 hours.
- 2 When ready to enjoy, top with toppings of choice of berries. I like to add a dash of cinnamon too, but that's up to you!

Nutrition

Amount per serving	
Calories	320
Fat	17g
Carbs	23g
Fiber	8g
Protein	27g