



# GET HEALTHY WITH MARI B

#MariLovesNutrition





# EAT CLEAN RESET WITH MARI B

## *Mariam Begg*

*Founder of Mari B Kitchen*

Hello there!

I am Mariam Begg, a certified health and nutrition coach from the Institute for Integrative Nutrition, New York.

- My expertise in health and nutrition has led to a lifetime of learning and researching a more holistic approach to balancing busy urban lifestyles.
- I focus on understanding and promoting primary health foods and holistic health.
- I have successfully conducted numerous talks and workshops on managing health through simple, daily practices and educating people about vibrant plant-focused diets.
- I personally believe that good health is the coming together of food, mental and emotional spheres, interpersonal relationships, and spirituality.
- As a health and wellness coach, I provide the following services to clients worldwide:

### HEALTH & WELLNESS WORKSHOPS



### CORPORATE WELLNESS PROGRAMS

### 1 ON 1 HEALTH COACHING





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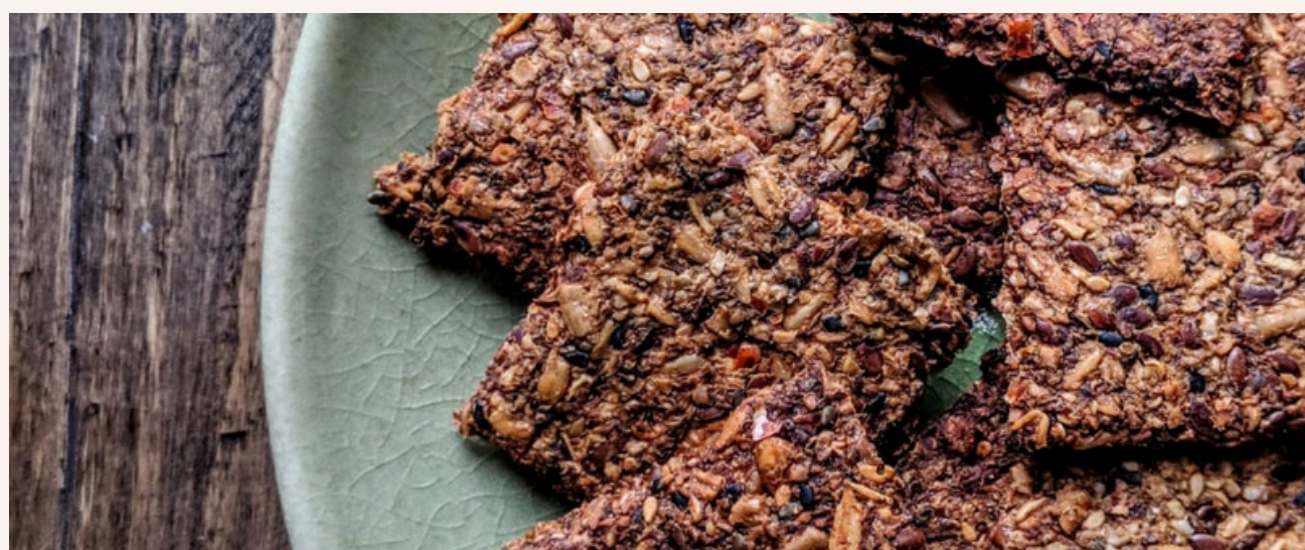
## *Mari B Kitchen*

Mari B Wellness + Kitchen is a fully plant-based culinary service that prioritizes clean, whole foods to nourish both the body and the taste buds. Our menu, carefully curated by Mariam Begg, Certified Health & Nutrition Coach (IIN, NY) and founder of the popular 3-Day Cleanse, features a variety of options including salads, bowls, smoothies, desserts, baked snacks, and healing meal plans all made with fresh, clean-sourced produce and nature's superfoods. In addition to our delicious cleanses, we also offer catering services for home and corporate offices, providing delish food that's bursting with nutrition. Our wholesome products and meals allow people to enjoy healthy, delicious food in the comfort of their own homes or offices. We also provide a plethora of healthy, customizable gifting solutions and hampers.



### MEAL PLANS

### GUILT-FREE DESSERTS



### HEALTHY SNACKS



### AND SO MUCH MORE...





## Chocolate Brownie Smoothie



### ingredients

- . 150 ml almond milk
- . 1 tsp almond butter
- . 2tsp Cacao powder or raw cacao
- . ¼ tsp Vanilla
- . 1 cup greens (palak/kale/lettuce/any soppu)
- . 1 date
- . 1 tsp amla powder
- . ½ tsp flax seed
- . 1 tsp chia seed
- . 2 tsp soaked nuts (cashews/almonds/walnuts)
- . 2 cups of 3-4 fruits (papaya/muskmelon/banana/chikoo/orange/avocado)

### toppings

- . few soaked nuts
- . hemp seeds/sunflower seeds
- . ½ tsp goji berries or raisins (optional)
- . 2 tbsp coconut flesh
- . orange zest

### method

- Blend all the ingredients except the toppings and add water if required.
- Add the toppings and dig in!

### benefits

- **Raw cacao** is my favourite superfood with highest antioxidant levels, much more than berries, more calcium than milk and has the highest plant based source of iron.
- **Almond milk** is loaded with antioxidants. It is high in vitamin E that can protect your cells from oxidative damage, a major contributor to aging and disease.
- **Coconut** is one of the best sources of good fats. Good fats make you thin and super energetic. It is fabulous for your brain and cell health.
- **Amla** is an excellent source of vitamin C, hence it helps boost your immunity, metabolism and prevents viral and bacterial ailments, including cold and cough.



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## *Chaat Salad*



### *ingredients*

- . 1 carrot, spiralized
- . 1 radish, spiralized
- . 1 raw mango, chopped small (optional)
- . 1 cucumber, spiralized
- . 1 beetroot, spiralized
- . 1/4 bunch spring onion, chopped fine
- . handful of green gram soaked and sprouted
- . 2 sweet potatoes steamed and chopped
- . 2 tomatoes chopped
- . 1 onion chopped
- . 1 lime, juiced

### *dressing*

#### Tamarind Chutney

- . 1 medium ball tamarind soaked and strained (use the juice, discard the seeds)
- . 1 tsp jeera powder
- . 1 tsp red chilli powder
- . 3 tsp jaggery or date syrup
- . salt to taste

Boil for 15 mins on medium heat. Cool and store in the fridge in a jar, it stays for 1 month.

#### GreenChutney

- . 1 green chilli
- . 1 garlic pod
- . salt to taste
- . 1 fistful coriander leaves
- . 1 fistful mint leaves

Blitz in the mixie add water or lime juice till it becomes a thick paste. It can be stored in the fridge for a few days.

### *garnish*

- . jeera powder
- . black salt
- . chaat masala (optional)
- . coriander leaves (organic)
- . sev (optional)





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## *method*

- Mash the potatoes
- Add all the spiralised vegetables and toss in the tamarind sauce
- Add the green chutney on top
- Add the tomatoes, onions
- Add all the garnishings
- Top off with some organic sev (optional)
- Serve chilled
- The chutneys can be stored in the fridge to use again

## *benefits*

Green gram, fresh raw mangoes, beetroot, grated carrots, onions, tomato and cucumber, sweet potato with tamarind/green chutney - this chaat is teeming with goodness of fibre, protein, vitamins and a whole lot of antioxidants which is not only a delicious party/mid meal snack but also aids in weight loss, strengthens your immune system and is beneficial for those with BP and diabetes.





## Bloody Mary Dressing



### ingredients

- . 3 tbsp orange juice
- . 1 tbsp apple cider vinegar
- . 2 tsp lemon juice
- . 3 tsp liquid Jaggery/date syrup
- . 1 tsp fermented chilli paste (mossant fermentory)
- . 1 birds eye chilli
- . 1 tsp flax powder
- . Salt as per taste

### method

- Blend all the ingredients in a mixie and the dressing is ready to use.

## Cashew Coriander Dip



### ingredients

- . 10 soaked cashews
- . fistful of coriander leaves
- . 2 nos. garlic cloves
- . ½ tsp himalayan salt
- . ½ tsp lime juice
- . lime zest as required
- . 2 nos. birds eye chillies
- . ½ tsp flax seeds
- . water as required

### method

- Blend all the above ingredients in the mixie with some water till it turns creamy and the dressing is ready to use.



## *Peanut Butter Cookies*



### *ingredients*

- . 200 gms peanut butter, chunkier the better
- . 100 gms buckwheat flour
- . 50 gms coconut sugar
- . 1 tsp pure vanilla
- . 1 large ripe banana mashed
- . ¼ tsp salt
- . 20 gms roasted peanuts

### *method*

- Soften the peanut butter and mash up with the banana, coconut sugar and vanilla.
- Fold in flour and make a dough, now add in roasted peanuts and place in the fridge for 20 mins.
- Heat oven to 200 degrees centigrade.
- Make balls of the dough and flatten with a fork onto a greased baking sheet.
- Bake for 15 mins.
- Serve warm or store in an air tight container



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### *Inflammation Support Turmeric Latte*



#### *ingredients*

- . 10 soaked almonds or 1/3 cup slivered almonds / nut milk
- . 1 tablespoon hemp hearts
- . 1 teaspoon coconut sugar or 2 dates pitted
- . 1½ - 2 cups hot water
- . 1/2 teaspoon turmeric powder
- . 3 drops turmeric essential oil
- . 2 drops cinnamon bark essential oil
- . 1 drop ginger essential oil (optional)
- . 1 drop black pepper essential oil

#### *method*

- Combine everything in a blender and blend until smooth.
- Sip and enjoy!
- Makes 2 servings.





## *Asian Zoodle Soup with Coconut Mylk*



### *ingredients*

- . 1 tbsp ginger slivers
- . 1 small chilli
- . 1 tsp chopped garlic
- . handful of coriander with stalk
- . 1 tbsp spring onion leaves
- . 2 cups warm water/vegetable stock
- . 1 medium grated carrot
- . salt to taste
- . ½ tsp miso paste (optional)
- . 3 tbsp thin coconut milk

### *topping*

- . zucchini zoodle or healthy noodles
- . roasted sesame seeds
- . tofu

### *method*

- Heat a saucepan over medium-high heat and add garlic, ginger, chilli, chopped coriander with stalk, spring onion and saute for 2-3 minutes.
- Add warm water or warm vegetable stock and bring to a boil.
- Now add grated carrot, salt and boil it on slow heat for 15 -20 minutes or until water becomes flavorful.
- Add coconut milk and simmer for another 5 minutes.
- Blend the vegetables with hand blender.
- It's ready. Add zucchini zoodle or healthy boiled noodles, tofu and roasted sesame seeds.
- Enjoy it hot !



## *Raw Nut Butter Chocolate*



### *ingredients*

- . 100gms nut butter
- . 50 gms raw cocoa or cocoa powder
- . ½ tsp pure vanilla
- . 3 tbsp coconut sugar/jaggery
- . pinch of salt
- . 25 gms of coconut oil
- . 40 ml coconut milk (optional)
- . a bit of hot water

### *method*

- All the ingredients go into the blender.
- If the mixture is too dry pour Some hot water and blitz again.
- Blitz till it reaches a thick viscous spread.
- Pour or scoop into silicone molds or spread on a baking sheet and freeze for 2 hours.
- It should stay frozen as it will melt in 20 minutes.
- It will be fresh for months.

### **Chocolate ganache is ready!**

Now we can use it in many ways -

- Remove a seed from date and insert almond and coat it with chocolate ganache.
- We can coat a banana, apples, pears with ganache and roasted peanuts on top and freeze it.
- We can use this ganache to coat our vegan cake, it is so delicious!!





## Granola Squares



### *ingredients*

- . 1 cup Oats
- . ½ cup Amaranth
- . ½ cup Almonds
- . ¼ cup Cashews
- . ¼ cup Peanuts
- . 5 Dates
- . 1 tbsp Pumpkin seeds
- . 1 tbsp Melon seeds
- . 1 tbsp Chia seeds
- . 1 tbsp Flaxseeds
- . 1 tsp Ginger/Cinnamon powder
- . ½ cup Peanut butter
- . ¼ cup Jaggery or date syrup
- . 2 tbsp Water

### *method*

- Dry roast Oats, Amaranth, Almonds, Cashews, Peanuts, one by one and keep aside.
- Mix nuts, chopped Dates and Ginger/Cinnamon powder with the roasted ingredients.
- Heat Peanut butter and Date syrup in a pan till both mix well.
- Pour this over the rest of the ingredients.
- Now is the time to dirty your hands.
- Mix everything well.
- Press into a greased 8 x 8 tin.
- Sprinkle water all over.
- Create marks with a sharp knife.
- Bake in a preheated oven at 180 C for 15 minutes.
- Leave it in the oven for 10 minutes.
- Remove it on the wire rack.
- Once completely cooled cut along the marks created.
- Store in an airtight container.





*Where taste meets wholesomeness*

# GET IN TOUCH!



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