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# The Ranch At Live Oak Cookbook: Delicious Dishes From California's Legendary Wellness Spa



## Synopsis

The secrets behind the delicious vegetarian cuisine of one of the world's greatest spas. You come to The Ranch at Live Oak for transformation. Nestled high in the hills of Malibu, California, this spa is consistently ranked among the best in the world because of its unique combination of luxury and rejuvenation. Through intensive physical exercise complemented by wholesome vegetarian meals that detoxify while they restore the body, guests come away with changed lives, their well-being achieving an unprecedented height. Now, anyone can reap the benefits of The Ranch's legendary program through this cookbook that reveals the secrets behind its deceptively delicious food. The cuisine centers around foods that are low in gluten, sugar-free, and anti-inflammatory. The objective is to pack nutritional density as well as amazing flavor into every bite. Carefully developed and honed over the years by a team of professional chefs, nutritionists, fitness experts, and gardeners, the recipes are easy to reproduce at home: Purple Carrot Soup, Kale and Chickpea Salad, Cauliflower Tabbouleh, Pumpkin "Meatloaf" with Mushroom Gravy, and Chai Poached Pears. The opposite of a quick-fix diet, this cookbook helps you create a way of eating that can be sustained in everyday life, to live like they do on The Ranch.

## Book Information

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## Customer Reviews

After seeing some of the dishes featured inside this book in several magazines I subscribe to; as well as the rather detailed search feature on the preview page I decided to go ahead and make the purchase. It is a beautiful book filled with superb pictures and recipes I have tried and others I cannot

wait to try; however I had to knock off a star from a practicality stance. The book is long and not as wide as most traditional cookbooks, but that leaves the spine tight and as soon as you get a few pages in, the book becomes hard to open and the pages hard to read. It is difficult to open enough to read the inner text; and in order to use it you either have to copy the pages or use a weight of some sort to prop it open which is a nuisance! The book begins with a look at the food philosophy of the authors then delves into start the day, soups and salads, hearty mains, and good and sweet, ending with a menu planner! I like the fact this is basic and does not have multiple chapters on various dish types! The philosophy section indicates that the premise is food that not only tastes good, but is good for you - low calorie (and note a lot of it is very low in calories indeed), enzyme rich, low gluten, sugar free using organic in season produce. It goes on to talk in detail about foods that are organic, whole foods, gluten free; before looking at the properties of various fruits, vegetables, grains, nuts, seeds and fermented foods which is a great feature. The breakfast section really has something for everyone ranging from a homemade granola, sweet potato muffins, the ever popular avocado toast, various smoothies, or my favorite as it is both simple to make and delicious - the blistered tomato and spinach scramble.

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