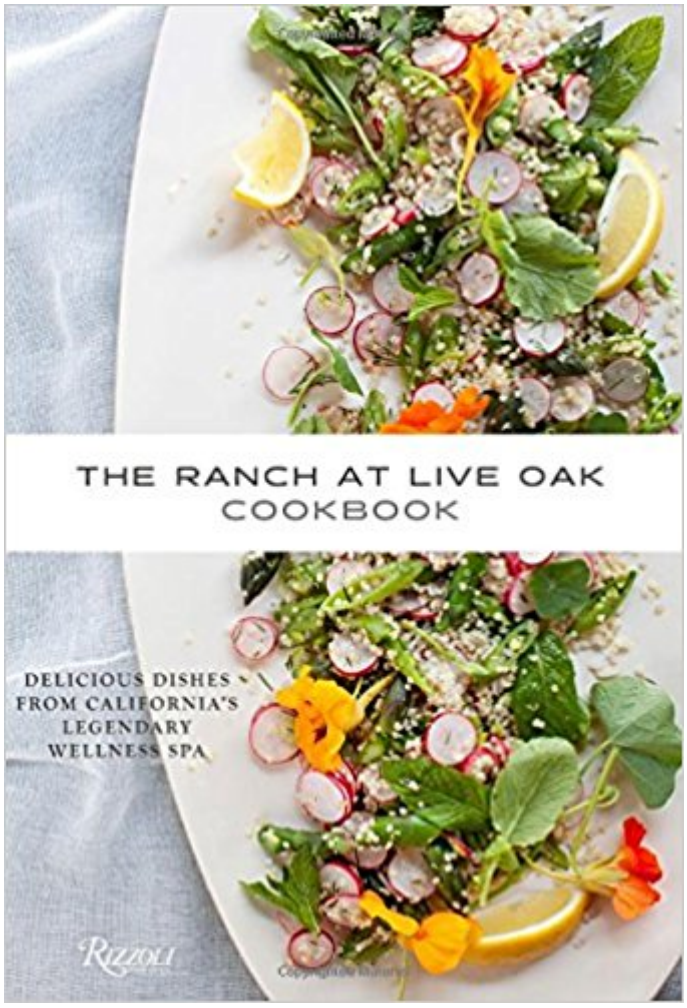
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The Ranch At Live Oak Cookbook: Delicious Dishes From California's Legendary Wellness Spa



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Synopsis

The secrets behind the delicious vegetarian cuisine of one of the worldÃ¢â ¬â„¢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 RanchÃ¢â ¬â„¢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

Hardcover: 224 pages
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Best Sellers Rank: #387,082 in Books (See Top 100 in Books) #94 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > California #459 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #622 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

Ã¢â ¬Å“The Ranch at Live Oak Cookbook offers nutritionally packed but easy-to-prepare recipesÃ¢â ¬Â|Ã¢â ¬Â• -Departures"Now those who donÃ¢â ¬â„¢t have the time for a week of virtue in Malibu can still savor the RanchÃ¢â ¬â„¢s seasonal, nutrient-driven, detoxifying menus

with The Ranch at Live Oak Cookbook (Rizzoli, $35). The tome includes nutritional information on each of the 100 dishes in it, as well as daily meal plans like the ones guests enjoy during a stay at the ranch." -Los Angeles Confidential"These healthy recipes for meat, dairy, and egg-free lunches are easy to make and brown-bag friendly. . . . Take a sneak peek at what’s inside the forthcoming The Ranch at Live Oak Cookbook with this satisfying salad." Ã Â -Shape.com"The Malibu spa and wellness center, The Ranch at Live Oak, debutes its first cookbook, The Ranch at Live Oak Cookbook, featuring its signature artful organic recipes . . ." -Dujour Magazine"The Ranch at Live Oak CookbookÃ Â is full of hearty soups and wholesome salads from Ã¢â ¬Â¨the posh boot camp. I love the Pumpkin Persimmon Meatloaf With Mushroom Sage Pumpkin GravyÃ¢â ¬â •which is not only tasty but also easier to digest than its beefy counterpart." -W Magazine"Bikini season is upon us; all the more reason to dive into this healthy and delicious cookbook from The Ranch at Live Oak. Located high in the Malibu hills, the results-oriented wellness center is considered to be one of the top luxury boot camps in the world, and is committed to recalibrating both mind and body through an intense fitness regimen and highly structured vegetarian diet. Founders Sue and Alex Glasscock co-wrote The Ranch at Live Oak Cookbook after years of requests from guests that they share the secrets behind their nutrient-rich gourmet meals. . . . The 224-page tome features 100 recipes, along with nutritional information on each dish and daily meal plans that mimic those found at the wellness spa, as well as images by award-winning food and travel photographer Sara Remington." -Angeleno Magazine"Ranch co-founders Sue and Alex Glasscock worked with professional chefs, nutritionists, fitness experts, and gardeners to perfect each recipe [in The Ranch at Live Oak Cookbook]. Every dish is free of gluten, soy, dairy, and sugar and is packed with anti-inflammatory properties - so you can enjoy meals like purple carrot soup, kale and chickpea salad, squash tacos, and chai-poached pears guilt-free." -Palm Beach IllustratedÃ Â "Revealing the secrets behind the program’s noted nutritient-dense seasonal gourmet meals that both detox and sustain the guests, The Ranch at Live Oak Cookbook serves up health and wellness along with flavor." -WAG Magazine

Sue and Alex Glasscock are the founders of The Ranch at Live Oak, which has been featured in Vanity Fair, Travel + Leisure, Marie Claire, Bon Appetit, Town & Country, W, People, and Details. Christopher Krubert, M.D., is a leader in healthcare who trained and taught at Duke University, the University of North Carolina, and the University of Chicago.

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 beings 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 potat0 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 . It is also worth noting that this book does detail calories, fat, carbs, fiber, protein, sodium and vitamin / mineral content of each meal which is great for those with various dietary restrictions.The soup and salad portion is diverse with items such as a basic tomato and basil soup to the more adventurous sea vegetable soup; and the salads are superb using fresh produce in an easy to prepare manner. We tried their take on caprese with cashew chevre which even with 2 steps - one for the chevre and one to compose the salad was still easy enough for me who is a self professed mediocre cook! There are some great quinoa salads and the ranch detox salad is a simple lunch idea.The mains are also very diverse; and also unique. All too often healthier cookbooks all seem to have their versions of various meals that are not new and appealing; but this stands alone for example : cauliflower steaks and gremolata or the lentil and whole beet stew with rosemary and red onion; there are pasta dishes, risotto, veggie meat loaf, a meze platter with all the components. So many great choices!Finally the good and sweet includes kale chips, ice cream and ice pops, poached pears or chocolate bark; even a chocolate mousse featuring hemp hearts as opposed to the usual take involving avocados. It is worth noting for those that like desserts that this section is very small in comparison to the rest.The ending featuring the meal planner has three weeks of meal plans, that are very low calorie ranging from 1022 to 1418 calories a day ; offering a great option for those who are counting calories.This is truly a great book,

that does not require a pantry filled with peculiar ingredients that can only be found at a health food store (there are a few recipes that require special ingredient but with emphasis on "few"); it is based around in season , easy to find produce. The pictures are beautiful and inspiring; and best of all, this is not overly complicated or fussy! If I can make these than anyone can!If you can get past the fact that this book is difficult to manage in terms of the rigid spine and having to prop it open; it is an excellent book with a diverse set of recipes that are attainable, healthy and from the few that I have tried -delicious!

Excellent perspective and collection of recipes for anyone looking to take a healthful step forward. A must have book for vegans

This is a beautiful book. I made the granola and it was great. The book is a bit hard to use since it is shaped odd.

Fabulous book, reminiscent of a fabulous week spent at the Ranch

Best best cookbook. Gourmet

SOME nice, easy recipes in here but probably wouldn’t have purchased it if I had seen it first.

Recipes are good too excellent if you can get through the annoying book itself. The pages are very thick and will not lay flat even with a heavy weight on the open page. The Index requires paging threw the book to find anything since it doesn’t have most of the items you might be looking for...very annoying! This was a very inexperience publisher...China!

Found this by chance. So looking forward to using it!

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