

# THE RANCH

AT LIVE OAK / MALIBU

## CUISINE

### **Homegrown Vegetarian Fare Compliments the Physical Program**

A cornerstone of The Ranch at Live Oak Malibu experience, the vegetarian cuisine is true to the getaway's core philosophy – Endurance, Nutrition and Wellness – recognizing that guests should enjoy the finest fresh organic produce to sustain and detoxify their bodies while helping them achieve their weight loss and fitness goals. Steeped in the tradition of artfully prepared, sustainable cooking, the no-options Mediterranean-based farm-to-plate menu at The Ranch at Live Oak elevates low calorie cuisine to a gourmet level.

At the foundation of every meal is the use of fresh ingredients harvested daily. Acting as an endless source of inspiration, the organic garden provides The Ranch's kitchen with fresh fruits, vegetables, and herbs shaping Nutritional Alchemist, Kurt Steeber's meal plan each day. With a 1200-1500/day calorie restricted diet, Steeber draws upon the latest technology and techniques to satiate guests with thoughtful dishes that are nutritious and still invigorate the senses.

"I want to assure those guests uncomfortable about relinquishing control of their diet that you can still find comfort and sustenance in vegetarian food," says Steeber, former Executive Chef at the exclusive Ventana Inn and Spa in Big Sur, California. "With this menu, I have been able to harness the same qualities that excite the taste buds when eating a steak or sweets without using meat or sugar. Through the use of satin purees obtainable with raw ingredients as well as cooked, I have really been able to expand the range of flavors with one single item."

While guests endure an intense physical program throughout the day, they will not feel deprived at meal time. Vegetarian fare will include everything from micro green mixed salads, internationally inspired Spring Soba Samari Wraps featuring Buckwheat Soba noodles and fresh vegetables to artfully prepared food such as Celery Root Gnocchi with Chanterelles and Brussel Sprout Leaves.

With sustainability as a main focus, Steeber uses every part of his organic ingredients to their fullest potential - whether it is through natural power bars given to guests during their hike or dehydrating beet, carrot and fennel into powders that can be used to energize and hydrate throughout the day.

The open-air kitchen at The Ranch makes meal time a communal experience. Guests are encouraged to join Steeber during his daily preparations or weekly cooking class to learn the basic

techniques and skills required to create a healthy plate. These lessons are reinforced when guests return home with regular communication from The Ranch including seasonal recipes and tips for maintaining the results they experienced while on-site.

Breakfast and dinner is served in a communal dining room with spectacular views of the mountains. Lunch and afternoon snacks vary from beachfront locales to intimate picnics in the Malibu countryside.

Upon request The Ranch's high-flavor, low-calorie repertoire can be tailored in portion to guests' specific needs and goals, catering to individual diet requirements and accommodating for any allergies.

For more information and reservations, please visit [www.theranchmalibu.com](http://www.theranchmalibu.com), or call 888.777.2177.

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