

WHERE STYLE MEETS SUSTAINABILITY

Naturally,

DANNY SEO

30+
**GENIUS
IDEAS**
for Breakfast,
Lunch & Dinner

**3 Simple
Steps**
FOR DEEP
SLEEP

**Meet Briana
Warner**
Farming
this FRESH
miracle food

PG 168

Super SuperFoods!

**Jessica
Seinfeld's**
Vegan-ish
Journey

PG 38

PLUS Hello, Cool Key West!



ULTIMATE SPA FOOD

There is so much to love about journeying to a world-class destination spa—the indulgent treatments, the invigorating workouts, the inspiring surroundings, and...THE FOOD. We take a fork-focused spin around four favorite resorts, and share some of the popular recipes that keep guests coming back.

The Ranch Malibu

For more than a decade now, The Ranch Malibu has lured celebs, moguls, and health-obsessed guests from all over the world to fork over \$10,000 a week to eat a totally plant-based, low-calorie diet—one that has to fuel them through grueling workouts and make them feel like they're indulging in fine dining.

Our own Danny Seo was put to their test, and came away a few pounds down, energy level up, and hooked on their delicious low-cal menu. It's one that somehow provides enough fuel for climbing mountains and pushing through intensive workouts without a feeling of deprivation. And let's face it, these must be well-thought-out meals—deprivation plus \$10K per week just never adds up.

These recipes are from the Ranch's recent cookbook,

Food, Food, Food. Ranch Malibu Chef Meredith Haaz let us in on a little secret that explains her strategy for developing delicious recipes that don't leave guests wanting more. "One of the biggest concerns I hear at the beginning of the week is 'Will this be enough food?'" she says. "But by the end of the week, I hear 'I was never hungry!' The food we serve is filling—full of fiber and protein—and it's satisfying. Part of the goal is changing the idea of feeling full. Guests do not leave these meals feeling stuffed, they leave feeling satiated."

And how do we get that satiated feeling? "The key to these recipes is striking the right balance between grains, legumes, and vegetables," Chef Meredith says. "In addition, using herbs and spices makes the dishes more flavorful so people don't miss the animal products."

Lentil Walnut 'Meat' Tacos

MAKES 4 SERVINGS

Walnuts have a "meaty" texture, making them a satisfying alternative to meat itself. They support a healthy heart and brain, nourish your gut, and are anti-inflammatory. Walnuts are the only nuts that contain a significant amount of the antioxidant ALA, a plant-based source of omega-3 fatty acids. Marry them with lentils and you've got protein to keep you going.

GATHER

FOR THE TACO 'MEAT'

1 cup dry brown lentils
1 cup water
2 cups walnuts, toasted
2 tablespoons cumin
2 tablespoons dried oregano
2 tablespoons onion powder
2 tablespoons garlic powder
2 teaspoons chipotle powder
Pinch of salt

FOR THE TACO SHELL

Corn or gluten-free taco shells, pan-fried soft
OR
Romaine or endive leaves

FOR THE TOPPINGS

Follow Your Heart vegan cheddar cheese
Red cabbage, shredded
Tomato, diced
Scallions, thinly sliced
Hot sauce

MAKE IT

1. Combine the lentils, water and a pinch of salt in a medium saucepan. Bring to a boil, then reduce heat to low and simmer for 15 to 20 minutes until the lentils are just soft. Remove from heat and drain any excess water. Set aside and allow to cool.
2. Pulse all of the 'meat' ingredients, including the lentils, in a food processor until it looks like ground taco meat.
3. Over low heat, warm the 'meat' in a skillet. Assemble the tacos by placing the lentil 'meat' mixture into a taco shell or lettuce leaves.
4. Add the 'cheddar cheese' layer, shredded red cabbage and top with the diced tomato and scallions.
5. Serve with one of our signature hot sauces or your favorite bottled, slightly thick hot sauce in a ramekin.



Vegetable Lasagna

MAKES 4 TO 8 SERVINGS

By swapping noodles for thin strips of zucchini and cheese for nuts, you arrive at a much lighter, healthier vegan version of vegetable lasagna. But it's also filling and just as delicious. Save time with a purchased marinara.

GATHER

FOR THE CASHEW-MACADAMIA

NUT RICOTTA

1 cup raw cashews, soaked for 2 hours and drained
1 cup macadamia nuts, soaked for 2 hours and drained
½ cup water
Juice of 1 lemon
1 tablespoon nutritional yeast
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon garlic powder
¼ to ½ cup almond milk or water, as needed for blending

FOR THE LASAGNA

4-5 medium zucchini, sliced lengthwise about ¼-inch thick
4 cups purchased marinara sauce
2 cups baby spinach
1 cup artichoke hearts, chopped
2 tablespoons oregano, divided
1 tablespoon nutritional yeast

MAKE IT

TO MAKE THE CASHEW-MACADAMIA

NUT RICOTTA

1. In a blender, combine cashews, macadamia nuts, water, lemon juice, nutritional yeast, onion powder, salt, and garlic powder. Blend on high

until smooth. Add almond milk or water if needed.
2. Combine 'ricotta' mix with the spinach, chopped artichokes, and 1 tablespoon oregano.

TO ASSEMBLE THE LASAGNA

1. Preheat oven to 400°F.
2. Lightly cover the bottom

of a 9- by-13-inch baking dish with marinara sauce. Layer zucchini slices on top of the sauce. Top with another light layer of marinara sauce. Cover with half of 'ricotta'-spinach mixture.

3. Repeat step 2 to create another layer.
4. Top with a final layer of sauce.

5. Sprinkle with 1 tablespoon oregano and nutritional yeast.

6. Cover with foil and bake for 20 to 30 minutes.

7. Remove foil and bake another 10 to 15 minutes until bubbly and lightly browned on top.

8. Cool for 10 minutes before serving.

