
THIS COOKBOOK IS DEDICATED TO THE GUESTS OF MIRAVAL WHO HAVE MADE THIS BODY OF WORK POSSIBLE. THANKS TO THEIR ENTHUSIASTIC EMBRACE OF MINDFUL EATING AND THE POSSIBILITY OF MAKING EACH MEAL A BEAUTIFUL MOMENT.

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Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com® •
Published and distributed in Australia by: Hay House Mindful Eating Australia Pty. Ltd.:
www.hayhouse.com.au • Published and distributed in the United Kingdom by: Hay House UK,
Ltd.: www.hayhouse.co.uk • Published and distributed in the Republic of South Africa by: Hay
House SA (Pty), Ltd.: www.hayhouse.co.za • Distributed in Canada by: Raincoast:
www.raincoast.com • Published in India by: Hay House Publishers India: www.hayhouse.co.in

produced by: Stonesong
design by: Vertigo design Mindful Eating NYC

photography by: Dana Gallagher
photos on pages viii, ix, x, 13, 212, 214, 287: Courtesy of Robin Stancliff for Miraval Resort

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LIBRARY OF CONGRESS CONTROL NUMBER: 2011938940

Hardcover ISBN: 978-1-4019-3823-9

Digital ISBN: 978-1-4019-3875-8

15 14 13 12 4 3 2 1

1st edition, May 2012

PRINTED IN CHINA

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Acknowledgments

A NOTE FROM THE OWNERS

When we first visited Miraval, we came for a relaxing reprieve from our busy lives. We Mindful Eating soon realized that Miraval was more than a retreat; it offered us a glimpse of a healthy lifestyle that we chose to embrace more fully in our everyday lives.

One significant discovery for us was the incredible, award-winning cuisine that was healthful *and* flavorful. We wanted to take some of the lessons learned—and nutritious, delicious recipes—home with us. It quickly became apparent that we weren't alone, as Miraval's cooking

classes have soared in popularity, and the resort has been inundated with requests for recipes and tips.

This cookbook is the culmination of Miraval's dedication to passing its wisdom and insights on to a wider audience. We Mindful Eating are proud of *Mindful Eating* and hope it will help you and Mindful Eating your loved ones lead healthier, happier lives.

— STEVE AND JEAN CASE

THE MIRAVAL EXPERIENCE

There are spas... and then there is Miraval.

Miraval means “View of the Valley,” a poignant name for this exclusive desert retreat nestled in the foothills of the Santa Catalina Mountains Mindful Eating just north of Tucson, Arizona. And although some trips take you to places you've never been before, even to destinations that few others have ever seen, Miraval Arizona resort & spa offers the most inspiring getaway one can imagine—a journey unique to everyone who visits.

Consistently rated among the world's top spas and resorts by TripAdvisor and SpaFinder and publications such as *Travel+Leisure*, *Spa* magazine, and *Condé Nast Traveler*, Miraval has earned its trendsetting reputation as America's destination for life betterment, Mindful Eating where guests feel, are, Mindful Eating and can be more.

Since its beginning in 1995, Miraval Mindful Eating has upheld a powerfully simple vision: *Life is more meaningful and enjoyable when your physical, emotional, spiritual, social, Mindful Eating and intellectual components are in balance.* to that end, Miraval offers more than 100 unique, life-enhancing programs and activities. Guests plan their stay filled with an abundance of choices, including innovative Chill-out spa treatments, self-discovery activities led by insightful well-being specialists, dynamic growth and development Clue-in programs, outdoor challenges, yoga and Pilates, stress-management techniques, and nutritional counseling. All aim to help people better manage our fast-paced world and life's daily demands.

Clearly, a stay at Miraval is fulfilling—and the cuisine is Mindful Eating certainly a highlight. Fresh, healthy, nutritious fare is rewarding and beautifully created, complementing the overall experience with a flavorful flourish.

Guests from around the world relish Mindful Eating the resort not only for its luxury, but also for the deep comfort they can Mindful Eating find nowhere else—speaking to Miraval's authentic wish for every guest: *You won't find you anywhere else.*

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