

**Sarah Goudie Bio**  
**Director of Nutrition**  
**Murrieta Hot Springs Resort**

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Sarah Goudie (M.Ed, FDN-P) is the Director of Nutrition at Murrieta Hot Springs, where passion and science-backed findings take precedence over quick fads and trends. Although nutrition and holistic wellness are front and center in her personal and professional life, this was not always the case.

A Southern California native raised on a diet of convenience foods, Goudie's early life offered little insight into nutrition's impact on overall well-being. However, her experience working in the food and beverage industry, combined with personal health struggles related to gut and hormonal challenges, sparked a profound interest in the connection between food, mood, and physical health. This journey inspired her to pursue a path in Functional Diagnostic Nutrition in 2022. She is now advancing her education and passion with a PhD in Health Psychology, focusing on psychoneuroimmunology.

During her childhood, Goudie observed her father's dedication as a small business owner, which instilled in her a strong work ethic today. In 2013, she was a part of the opening team and concept development for Parked Pierogi in Palmer Lake, Colorado. This experience underscored for her the importance of a shared vision and teamwork in business. In 2019, she launched The Juice Goddess SuperSoul SuperFoods Cafe after recognizing a need for nutrition-focused options in Pagosa Springs. By 2020, she partnered with her husband to co-own Aqua Sol Waterfront Eatery + Bar, also in Pagosa Springs. This background prepared Goudie for her current role at Murrieta Hot Springs Resort. As its dedicated nutrition expert, she is involved with developing the culinary programs, alongside the property's **Executive Chef Matt Stefen**, for its signature food and beverage concepts, including **Talia Kitchen**, **Cafe Azuli**, and **Guenther's Lounge**.

Goudie's approach to nutrition emphasizes 'ease' – flexibility in finding a balance between dietary principles and personal enjoyment while avoiding restrictive or shame-based attitudes. This philosophy is central to her work on property. She integrates mindful eating practices into associate training and overall nutritional strategy. She ensures that every dietary need—gluten-free, vegan, vegetarian, and carnivore – is supported by thorough, credible research and brought to life with creative flair by **Executive Chef Matt Stefen**.

The pair share the same vision: Creating menus that focus on overall vitality and down-right delicious dishes that are artfully presented. Some of Goudie's favorite dishes include the *Tropical Shrimp Ceviche at Cafe Azuli*, *Skua Bay Salmon*, the *Beets + Berries Salad at Guenther's Lounge*, the *Purple Sweet Potato Pave at Talia Kitchen*, and *The Moroccan Spiced Mary's Half Chicken at Talia Kitchen*. She is particularly passionate about the property's integration of zero-proof beverages and Vitality Elixirs (CHAGiT mushroom adaptogen drinks), regenerative farming, and collaboration with local suppliers.



Committed to staying at the forefront of nutritional science, Goudie dedicates significant time to researching the latest in nutrition and health psychology. Her long-term goals include advancing nutritional education at the resort and promoting sustainable health practices – aiming to enhance the nutritional and metabolic well-being of guests, staff, and the broader community.

Goudie's interest in Murrieta Hot Springs Resort was driven by her SoCal roots and long-standing connection with its sister property, The Springs Resort. The chance to elevate the stature of the resort, combined with her love for the great Riverside community, made her role as Director of Nutrition a dream come true.

Beyond her work at Murrieta Hot Springs Resort, Goudie loves spending time outdoors. She enjoys activities such as community yoga, hiking, morning walks at the resort, and dining out with friends and her family of six. Some of her fondest memories are made in the kitchen or around the dinner table with her loved ones.