



## YELLOW BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	ORIENTATION & GOAL SETTING	15 MIN

DAY	ACTIVITY	TIME NEEDED
2	KNIFE SKILLS & KITCHEN SAFETY	15 MIN

DAY	ACTIVITY	TIME NEEDED
3	PLAYING WITH FIRE	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	BREAKING FREE OF RECIPES	40 MIN

DAY	ACTIVITY	TIME NEEDED
5	SPEED SHOPPING & MEAL PLANNING	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	YELLOW BELT COOK-ALONG 3 MEALS AT ONCE	2 HRS



## ORANGE BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	FOCUS ON SHOP	10 MIN

DAY	ACTIVITY	TIME NEEDED
3	TOOL CHECK	30 MIN

DAY	ACTIVITY	TIME NEEDED
4	OPTIMIZE FOR SPEED	30 MIN

DAY	ACTIVITY	TIME NEEDED
5	PACKING & REHEATING STRATEGIES	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	<b>ORANGE BELT COOK-ALONG</b> 6 MEALS AT ONCE	2 - 3 HRS



## RED BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	CLEAR THE STICKING POINTS	30 MIN

DAY	ACTIVITY	TIME NEEDED
3	TOOL CHECK - ROUND 2	15 MIN

DAY	ACTIVITY	TIME NEEDED
4	PANTRY PREP	30 MIN

DAY	ACTIVITY	TIME NEEDED
5	FLAVOR PROFILES	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	SHOP FOR COOK-ALONG	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	<b>RED BELT COOK-ALONG</b> 9 MEALS AT ONCE	2 - 3 HRS



FREESTYLE 1 WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	PLAN YOUR FREESTYLE	15 MIN

DAY	ACTIVITY	TIME NEEDED
3	TASTE BALANCING	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	MAKING YOUR DISHES SING	10 MIN

DAY	ACTIVITY	TIME NEEDED
5	BEYOND MASTERY	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	FREESTYLE COOK-ALONG AS MANY MEALS AS YOU LIKE	2 HRS