



GREEN BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	WELCOME TO THE JOURNEY	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	12 MEALS IN 2 HOURS	10 MIN

DAY	ACTIVITY	TIME NEEDED
3	EXPLORING MEXICAN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	EXPLORING CHINESE FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
5	EXPLORING ITALIAN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	GREEN BELT COOK-ALONG 12 MEALS AT ONCE	2-3 HRS



TURQUOISE BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	THAI DIPPING SAUCE	5 MIN

DAY	ACTIVITY	TIME NEEDED
3	EXPLORING FRENCH FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	EXPLORING THAI FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
5	EXPLORING INDIAN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	TURQUOISE BELT COOK-ALONG 12 MEALS AT ONCE	2-3 HRS



BLUE BELT WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	BRAISING	10 MIN

DAY	ACTIVITY	TIME NEEDED
3	EXPLORING GERMAN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	EXPLORING MOROCCAN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
5	EXPLORING MIDDLE EASTERN FLAVORS	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	BLUE BELT COOK-ALONG 12 MEALS AT ONCE	2-3 HRS



FREESTYLE 2 WEEK

DAY	ACTIVITY	TIME NEEDED
1	EVALUATE YOUR PLATE	5 MIN

DAY	ACTIVITY	TIME NEEDED
2	PLANNING THE PERFECT WEEK	15 MIN

DAY	ACTIVITY	TIME NEEDED
3	FOCUS ON SPRINKLE	10 MIN

DAY	ACTIVITY	TIME NEEDED
4	THE FLAVOR BIBLE	10 MIN

DAY	ACTIVITY	TIME NEEDED
5	DINNER PARTIES	10 MIN

DAY	ACTIVITY	TIME NEEDED
6	COOK-ALONG PREP	40 MIN

DAY	ACTIVITY	TIME NEEDED
7	FREESTYLE 2 COOK-ALONG WORLD CUISINE ALL-PLAY	2-3 HRS