



PURPLE BELT WEEK

| DAY | ACTIVITY | TIME NEEDED |
|-----|---------------------|-------------|
| 1 | PREPARE TO DOMINATE | 5 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|----------|-------------|
| 2 | STOCK | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|----------|-------------|
| 3 | SOUP | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|------------|-------------|
| 4 | PAN SAUCES | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-------------------|-------------|
| 5 | ADVANCED WORKFLOW | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------|-------------|
| 6 | COOK-ALONG PREP | 40 MIN |

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



BROWN BELT WEEK

| DAY | ACTIVITY | TIME NEEDED |
|-----|---------------------|-------------|
| 1 | EVALUATE YOUR PLATE | 5 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-------------------|-------------|
| 2 | IMMERSION BLENDER | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|----------|-------------|
| 3 | PUREES | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|--------------------|-------------|
| 4 | FLOURLESS PANCAKES | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------------------|-------------|
| 5 | ADVANCED WORKFLOW PART 2 | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------|-------------|
| 6 | COOK-ALONG PREP | 40 MIN |

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



BLACK BELT WEEK

| DAY | ACTIVITY | TIME NEEDED |
|-----|---------------------|-------------|
| 1 | EVALUATE YOUR PLATE | 5 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------------------|-------------|
| 2 | ADVANCED WORKFLOW PART 3 | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|--------------|-------------|
| 3 | PANTRY CHECK | 20 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|------------|-------------|
| 4 | TOOL CHECK | 20 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|--------------------|-------------|
| 5 | REFRIGERATOR CHECK | 20 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------|-------------|
| 6 | COOK-ALONG PREP | 40 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|--|-------------|
| 7 | BLACK BELT COOK-ALONG 15 MEALS AT ONCE | 2-3 HRS |



YELLOW BELT WEEK

| DAY | ACTIVITY | TIME NEEDED |
|-----|---------------------|-------------|
| 1 | EVALUATE YOUR PLATE | 5 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-------------------------|-------------|
| 2 | PLAN THE BEST WEEK EVER | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|------------------|-------------|
| 3 | NURTURING HABITS | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------------|-------------|
| 4 | REMAINING ADVENTUROUS | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-------------------|-------------|
| 5 | BEYOND BLACK BELT | 10 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|-----------------|-------------|
| 6 | COOK-ALONG PREP | 40 MIN |

| DAY | ACTIVITY | TIME NEEDED |
|-----|---|-------------|
| 7 | FREESTYLE 3 COOK-ALONG DOMINATE WEEKLY MEAL PREP | 2 HRS |