



## 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



## 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	<b>GREEN BELT COOK-ALONG</b> 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	<b>TURQUOISE BELT COOK-ALONG</b> 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	<b>BLUE BELT COOK-ALONG</b> 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





## 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	<b>PURPLE BELT COOK-ALONG</b> 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	<b>BROWN BELT COOK-ALONG</b> 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	<b>BLACK BELT COOK-ALONG</b> 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