



### Core I: Kitchen and Time Management

*Adopting new habits takes planning, time, and organization. We will spend time establishing your goals, creating your meal planning and cooking schedule, as well as organizing and equipping your kitchen to achieve your targeted lifestyle.*

Recommended Sessions: 4

- Goals
- Budget
- Step by Step Action Plan
- Scheduling & Time Management Hacks
- Establishing Support Systems
- Deciphering Food Labels & Portions
- Purging Pantry & Refrigerator
- Stocking Pantry & Refrigerator Staples
- Creating Your Dream Pantry
- Exploring Recommended Kitchen Essentials



# alignHEALTH

mind + body wellness



## Core II: Achieve Flavorful Sustenance

*You have now achieved kitchen and time management. Next step is to develop your plan to maintain healthy eating. You will be coached in understanding food labels to both track and creatively adjust based on your goals.*

Recommended Sessions: 4

- Eating Out According to Your Goals
- Exploring Tools to Save Recipes & Track Goals
- Flavor Profiles and Pairings
- Substitutions, Reduction, and Elimination
- Getting the Family On Board
- Overcoming Cravings
- Adding More Nutrition without Compromising Flavor
- Adding More Flavor without Compromising Your Goals





### Core III: Creating Recipes & Cooking Techniques

*You have now achieved flavorful sustenance. Let's start creating your recipes. In this stage, we will spend time gathering, creating, and adjusting recipes according to your goals. We will build a framework for your recipes while exploring several cooking techniques to add variety to your meals.*

*Recommended Sessions: 4*

- Establishing a Framework for Your Recipes Based on Goals, Budget, & Time
- Sourcing Recipes
- Creating Recipes
- Favorite Recipe Makeover
- Altering Recipes
- Navigating the Grocery Store
- Sourcing, Storing, and Cooking with Spices
- Creating Your Grocery List
- Cooking Techniques





#### Core IV: Mastery of Meal Prep

*You have now achieved the foundations for your culinary vision. Let's master meal prep and storage! You will be coached on integrating the foundations you have learned to effectively navigate optimal meal planning and preparation. Upon completion of this foundation, you will have achieved the mastery of sustainable healthy eating.*

*Recommended Sessions: 4*

- Planning Your Meal Prep
- Shopping Your Pantry & Refrigerator
- Meal Prep
- Cooling, Storing, & Reheating
- Knife skills
- Knife Maintenance

