



Cooking Healthy

Course Schedule

Week (s)	Topic (s)
Week 1	<ul style="list-style-type: none">• Introductions and overview Tour of facility• Nutrient-Dense Eating Salads & Fresh Vinaigrette
Week 2	<ul style="list-style-type: none">• Counteracting Cholesterol• Shephard's Pie
Week 3	<ul style="list-style-type: none">• Getting Good Oils• Seared Salmon w/loaded Avocado & Rice Pila
Week 4	<ul style="list-style-type: none">• Classic Alternatives• Ground Turkey Bolognese Rosemary Garlic Baguette
Week 5	<ul style="list-style-type: none">• Shed Pounds Faster with Ketosis• Seared Shrimp & Steak with Squash & Zucchini Succotash

Note: Subject to Change

Revised 02/05/2024