



# Wellbeats

Wellness



## Home Chef Pro Program

Build confidence in the kitchen and take your skills to the next level. This beginner-friendly, approachable style to cooking features eight course topics, including knife skills, cooking methods, and how to prepare common convenience foods.

Before you start your program in the Wellbeats platform, review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b>	Welcome to Home Chef Pro 2 min	Food For Thought Overview 3 min	Incorporate a healthy fat into a meal or snack today.	Food for Thought - Arugula Salad 22 min	Incorporate a healthy carbohydrate into a meal or snack today.	Cook a whole-food meal at home.	Incorporate a healthy protein into a meal or snack today.
<b>WEEK 2</b>	Knife Skills - Anatomy and Honing 10 min	Knife Skills - Carrots, Celery, and Onions 21 min		Knife Skills - Herbs, Peppers, and Roots 5 min	Homemade Ranch Dressing OR Homemade Hummus		Mason Jar Salad (Recipe) 2 min
<b>WEEK 3</b>	Convenient Cookery Overview 6 min	Convenient Cookery - Rice Pilaf 12 min		Convenient Cookery - Roux 6 min		Convenient Cookery - Cream of Mushroom 9 min	Beef Stroganoff (Recipe) 3 min
<b>WEEK 4</b>	Planning and Prep Overview 4 min	Planning and Prep - Carrot Soup 11 min	Plan your menu for the next week and incorporate an item that can be used in multiple meals.	Planning and Prep - Pasta Sauce 3 min	Cut up a veggie of your choice to have available for the next several days.	Chicken and Sausage Skillet (Recipe) 3 min	Save the measurement conversion chart and shopping list template for future use in the kitchen.
<b>WEEK 5</b>	Foundation of Flavor Overview 5 min	Foundation of Flavor - In Action 17 min		Foundation of Flavor - Chicken Stock 6 min	Mojo Verde (Recipe) 2 min		Marinara Sauce (Recipe) 3 min
<b>WEEK 6</b>	Classic Cooking Techniques Overview 2 min	Classic Cooking Techniques - Sauté and Grill, 12 min		Classic Cooking Techniques - Poaching 10 min		Classic Cooking Techniques - Roasting 8 min	Coq Au Vin (Recipe) 4 min
<b>WEEK 7</b>	Fresh Off the Farm Overview 5 min	Fresh Off the Farm - Roasted Beets 5 min	Review the Dirty Dozen list and make a plan to buy the organic version of one item.	Fresh Off the Farm - Glazed Carrots 6 min	Review the Clean 15 list and incorporate one item into your meal planning.	Fresh Off the Farm - Poached Broccoli 6 min	Make one of this sessions' recipes with an alternative vegetable.
<b>WEEK 8</b>	Protein Powerhouse Overview 5 min	Protein Powerhouse - Red Beans and Rice 10 min		Protein Powerhouse - Sauteed Whitefish 6 min		Protein Powerhouse - Grilled Chicken 10 min	Home Chef Pro Wrap-up 1 min