

NATURAL COOKING



THE NATURAL COOK TRAINING - INDEPENDENT STUDY - CORE ESSENTIALS - 30 DAY TRIAL

SKU: N/A

“What the Independent Study format has meant for me?”

The Natural Cook training program has made cooking a creative experience for me. I love the process! I started the program in hopes of learning how to make simple, plant-based foods look and taste delicious as well as be healthful for my family and me. With The Natural Cook training program, I’ve found what I was looking for and More!

The program offers written lessons and videos, and weekly online question and answer sessions. I feel personally tutored in my studies and very supported by the instructors. Their enthusiasm for my learning and the depth of their knowledge is a gift!.

The program teaches respect for the food ingredients and for ourselves – to trust our “heart center” – to listen to the cooking of the food and to listen to ourselves.

Price: \$30.00

Category: [TRAINING & EDUCATION](#)

