Introduction, Getting Set Up

LESSON 1  Unit Orientation
LESSON 2  The Forks Over Knives Lifestyle
LESSON 3  Plant-Based Nutrition Overview
LESSON 4  Resetting Your Refrigerator & Pantry
LESSON 5  Getting Started: Kitchen Tools & Equipment
LESSON 6  Unit Review & Assessment

Knives & Knife Cuts

LESSON 1  Unit Orientation
LESSON 2  Selecting a Knife Set
LESSON 3  Proper Knife Handling
LESSON 4  How to Cut with a Chef’s Knife
LESSON 5  Unit Review & Assessment

Basic Cooking Methods, Part 1

LESSON 1  Unit Orientation
LESSON 2  Steaming Vegetables
LESSON 3  Preserving Vegetable Pigments
LESSON 4  Cooking Vegetables in Water | Submersion
LESSON 5  Unit Review & Assessment

Basic Cooking Methods, Part 2

LESSON 1  Unit Orientation
LESSON 2  Dry-Heat Cooking | How to Sauté Without Oil
LESSON 3  Roasting without Oil
LESSON 4  Combination Cooking Methods
LESSON 5  Unit Review & Assessment
COURSE HIGHLIGHTS

Comprehensive
3-month curriculum

Covers foundational
plant-based cooking
techniques

9 units, 45 lessons, more
than 90 hours of learning
and cooking time

Learn how to prepare
more than 100 whole-food,
plant-based recipes

Ongoing instructor support
and grading

Go at your own pace,
on your own time

Earn a certificate and 30
credits from ACF

Batch Cooking

LESSON 1  Unit Orientation
LESSON 2  Introduction to Batch Cooking
LESSON 3  Cooking Grains & Rice
LESSON 4  Cooking Legumes
LESSON 5  Pressure Cooking
LESSON 6  Unit Review & Assessment

Flavor Balancing & Seasoning

LESSON 1  Unit Orientation
LESSON 2  Basic Seasoning & Reducing Sodium
LESSON 3  Whole Food Fats
LESSON 4  Working with Sweeteners
LESSON 5  Acids: Vinegar, Alcohol & Citrus
LESSON 6  Herbs & Spices
LESSON 7  Unit Review & Assessment

Plant-Based Staples

LESSON 1  Unit Orientation
LESSON 2  Plant-Based Stocks
LESSON 3  Stocks, Soups & Stews
LESSON 4  Oil-Free Dressings & Marinades
LESSON 5  Modern Base Sauces without Oil
LESSON 6  Plant-Based Dairy Alternatives
LESSON 7  Unit Review & Assessment

Daily Meal Inspiration & Planning

LESSON 1  Unit Orientation
LESSON 2  What’s for Breakfast?
LESSON 3  What’s for Lunch?
LESSON 4  What’s for Dinner?
LESSON 5  What’s for Dessert?

Final Assessment

LESSON 1  Course Review & Final Assessment