

# ORGANIC KITCHEN ESSENTIALS

## Introductory Course

In today's fast-paced world, it's essential to recognize that achieving optimal health is not a sprint but a marathon. With a focus on organic food and living, our program offers a holistic approach to health that encompasses nutrition, cooking, lifestyle practices, and more.

Here's a glimpse into what our program offers

### 1 Introduction to Organic Lifestyle

- Understanding the principles and benefits of transitioning to an organic lifestyle.
- Dispelling common misconceptions about organic products.

### 2 Organic Nutrition Fundamentals

- Learning the basics of organic nutrition and its impact on overall health.

### 3 Organic Cooking Techniques

- Discovering cooking methods that enhance flavor while incorporating organic ingredients into everyday recipes.

### 4 Organic Shopping Guide

- Navigating farm markets and online resources to find organic products at good prices.
- Tips for grocery shopping and selecting the right organic products.

### 5 Healing with Organic Foods

- Exploring the therapeutic properties of organic ingredients and their role in promoting wellness.

### 6 Creating an Organic Kitchen

- Tips for organizing and stocking an organic kitchen, including essential tools, equipment, and cleaning products.
- Weekly support to guide clients through the transition process.

### 7 Monthly Coaching

- Beyond food, incorporating organic practices into self-care routines, including skincare, body care, and herbal remedies.

### 8 Overcoming Obstacles

- Strategies for overcoming challenges and maintaining a consistent commitment to the organic lifestyle.

### 9. Sprouting. Raw Food & Smoothies

Learn about sprouting your own nut milks, raw decadent desserts, no ovens, no flour, no sugar! Nutrient dense smoothies.

Instructor: Ellen Thur at [Organic120.com](http://Organic120.com)

Our Executive Organic Food & Lifestyle Coaching Program is dedicated to providing personalized support and guidance to individuals who are ready to make a meaningful shift towards a healthier, more sustainable lifestyle. As an experienced coach, I am passionate about guiding clients through this transformative journey and helping them achieve their health goals.

Contact: Ellen Thur | 516-325-3688 | [Organic120.com](http://Organic120.com)

Date: Wednesday, July 24 | Time: 11:30 AM - 3:30 PM |

Location: Englewood NJ | Cost: \$125.00

Registration Link

<https://www.paypal.com/ncp/payment/F8ZNRD5BAP3FS>