



BCA™



your recipe to health!

ONLINE *Plant Based** CULINARY PROGRAM

Level | **ONE**

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2 LEVELS TO CHOOSE FROM

Earn a
CERTIFICATE

or

Acquire
KNOWLEDGE



P *Professional Level*

H *Honoray Level*

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Are you a wellness professional or interested in becoming one?

**Do you ever feel lost discussing recipes with your clients?
Are you unsure about how to prepare meals?**

This is where Brooklyn Culinary comes in. Mia will help you understand kitchen basics, tips and tricks. You will learn the basic principles of nutrition, and how to put together interesting, delicious meals that have purpose. You will learn how to put amazing meals together, and the health benefits behind the ingredients.

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HEALTHY COOKING COURSES FOR EVERYDAY WELLNESS

*Anyone who is interested in
pursuing a career in wellness*

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DESIGNED FOR



Questions or Inquiries...email us at info@brooklynculinary.com

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*Nutritionists · Doctor's · Accupuncturist
Caregiver's · Cancer Fighter · Chiropractor
Mom & Dad's · Yoga Instructors...and anyone who cares*



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LEAD BY



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In pursuit of the healthiest foods on the planet...

It was early 2013 when I was diagnosed with breast cancer at the age of 42. After recovering from a double mastectomy, I was determined to do everything in my power to stack the odds in my favor.

So back to school I went for nutrition and wellness. I committed to juicing vegetables, eliminated certain foods, and created healthy recipes like a mad woman, crafting them with ingredients touted for their restorative and cancer-fighting properties. Kale, cabbage and turmeric root became staples in my kitchen.

Along the way, something happened. Somehow I lost 24 pounds without even trying. Now I was eating more than ever before, loving what I was eating, and the excess weight was melting away. At the same time, I had plenty of energy, I slept well, my bowel movements were regular, and my skin glowed. I felt like I had discovered the fountain of youth!

I never dreamed that everything that mattered to me: food, friends, helping others, cooking, photography, technology, and health could come together as if by Kismet and become the next stage of my life, but it has. Here I am to share it with you. It is truly my pleasure.



With care.

Mia

Natural Food Chef – David Wolfe Raw Food Nutrition Certified
Raw Food Certified Chef – Matthew Kenney Academy
Cornell University Plant-Based Nutrition Certified
Reiki Master – Raven Keyes Reiki International
Certified Holistic Wellness Counselor AADP
CHC – IIN



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INSPIRED BY





*A group of talented and successful
wellness professionals*



David Wolfe



Frank Lipman



Joel Fuhrman



Joshua Rosenthal



John Douillard



Matthew Kenney



T. Colin Campbell



Kris Carr





COURSE OPTIONS



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Professional Level

Become a Culinary Wellness Professional, CWP.

A career-oriented learning program designed for the wellness professional.

This course is full of incredible recipes that incorporate many of the healthiest foods on the planet! You will be personally guided throughout each module to ensure that you are well synced with the material and move through the course successfully. Upon completion of the program, you will earn your Culinary Wellness Professional, CWP Certificate from BCA.

The course is comprised of 12 in-depth modules, each containing multiple lessons, assignments and quizzes. As each module is completed, the next module is unlocked for you. You will be able to access the course materials for one year. We encourage you to do your very best to keep up and try to set aside some time each week for your studies and coursework.

The BCA philosophy focuses on plant-based, vegan and gluten-free nutrition. However, there are a few (3 of 45+) recipes that include an egg, ghee, and yes one for collagen-rich bone broth.

We are here to help you build a healthy kitchen. Items like high-speed blender and food processor are essential. A food dehydrator is highly recommended and used in 3 of the recipes.

In order to receive and earn your Certificate as a Culinary Wellness Professional, CWP from BCA, you will need to pass all quizzes, assignments, and final exam.



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Honorary Level

The Honorary Program is for food lovers and those dedicated to wellness. It is for those who want to use their knowledge to help themselves, their family and friends.

This course is full of incredible recipes that incorporate many of the healthiest foods on the planet.

The course is comprised of 12 in-depth modules, each containing multiple lessons. As each module is completed, the next module is unlocked for you. You will be able to access the course materials for one year. We encourage you to do your very best to keep up and try to set aside some time each week for your studies and coursework.

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Course Overview


Professional

Honorary

12 ADVANCED COURSE MODULES	●	●
39 IN-DEPTH LESSONS	●	●
45+ DETAILED VIDEO RECIPE DEMONSTRATIONS	●	●
WEEKLY ACCESS TO MIA VIA OUR <i>Honorary</i> FACEBOOK GROUP		●
24-7 ACCESS TO MIA VIA OUR <i>Professional</i> FACEBOOK GROUP	●	
ONE-ON-ONE DEDICATED PRIVATE FACEBOOK MESSAGING SUPPORT	●	
FULL COLOR PRINTED ORIGINAL RECIPES & HEALTH HIGHLIGHTS	●	
SIGNATURE BCA BINDER	●	
2x 5-DAY PROGRAMS THAT YOU CAN USE WITH YOUR CLIENTS	●	
30+ ORIGINAL PHOTOGRAPHS TO USE IN YOUR OWN BUSINESS	●	
ONLINE QUIZZES, ASSIGNMENTS & FINAL EXAM	●	
BCA CERTIFICATE - CULINARY WELLNESS PROFESSIONAL, CWP	●	

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CURRICULUM



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MODULE 1 GETTING ORGANIZED IN THE KITCHEN

VIDEO LESSON & WRITTEN GUIDE

In Module 1 we will be setting the stage, go over the basics in the kitchen. We will touch on the advantages of healthy food storage, setting up a healthy kitchen, and different knife cuts.

1 Video Lesson

- Equipment
- Pantry Overview
- Food Storage
- Knife Skills
- Flavor Balance



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MODULE 2 NUTRITION BASICS

VIDEO LESSON & WRITTEN GUIDE

In Module 2 we start get moving quickly. We will review the basics of nutrition and the history and evolution of the food pyramids. We will talk about the amazing benefits of eating plants and why they are so helpful, as well as looking at a few medical studies.

6 Video Lessons

- Evolution of Food Pyramids
- Macro & Micro Nutrients
- Plant Centric Eating
- Antioxidants
- Juicing vs Blending

VIDEO LESSON & WRITTEN GUIDE

In module 3 we start to get superfood happy! These are some of our favorite ingredients to use, and we are sharing lots of exciting great tips and research that relates to the health benefits of including them in your diet. You will learn how to combine them, and 7 amazing recipes that are packed with nutrients.

7 Video Lessons

- Aloe
- Raw Cacao
- Goji
- Reishi
- Hemp
- Chia
- Buckwheat
- Spirulina
- Shitake

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MODULE 4 RAW FOOD I

VIDEO LESSON & WRITTEN GUIDE

Raw food is a super exciting area in the culinary world. There is so much to learn that we dedicated 2 modules to raw food. You will not believe that we are making food that is not cooked and contains zero animal products! These recipes will make you feel satisfied, but you will feel light, inspired, connected to something greater. Raw food is truly something that goes beyond the palate and transcends into spirit and the connection to nature.

3 Video Lessons

- What is toxicity?
- Toxins, Heavy Metals, Radiation
- Quick look at a food label

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MODULE 5

RAW FOOD II

VIDEO LESSON & WRITTEN GUIDE

In this lesson we will make 3 more raw recipes together, and talk about using a dehydrator. We will also touch on what sprouting really is and why we do it.

4 Video Lessons

- Using a dehydrator
- Soaking & Sprouting
- Organics, Dirty dozen, Clean 15

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MODULE 6 MINERALS & MICRONUTRIENTS

VIDEO LESSON & WRITTEN GUIDE

In module 6 we are going to understand the wonders of the sea, the minerals that come to us from the many different kinds of seaweeds.

3 Video Lessons

- Sea Veggies and seaweeds
- Iodine and breast health
- Medicinal Mushrooms
- Bone Broth
- Turmeric
- ORAC Scale



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MODULE 7 INFLAMMATION

VIDEO LESSON & WRITTEN GUIDE

In module 7 talk about inflammation and making simple meals that can be helpful for digestion. We also will talk about the amazing family of cruciferous vegetables.

3 Video Lessons

- Inflammation
- Crucifers

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MODULE 8 FERMENTED FOODS

VIDEO LESSON & WRITTEN GUIDE

In module 8 we are going to talk about pickles and fermentation. Why it's healthy and how to make a few simple fermented recipes. Fermentation is one of the greatest ways to kick up your immunity with strong gut health.

3 Video Lessons

- What is fermentation
- Gut biome and probiotics

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MODULE 9

INSULIN & SUGAR

VIDEO LESSON & WRITTEN GUIDE

In module 9 we will look at insulins and sugar and best foods to avoid that have a higher Glycemic Index. We will look at what glycemic index is and how it affects our endocrine system.

[insert an interview with Dr. —]

4 Video Lessons

- Glycemic Index
- Insulin & diabetes

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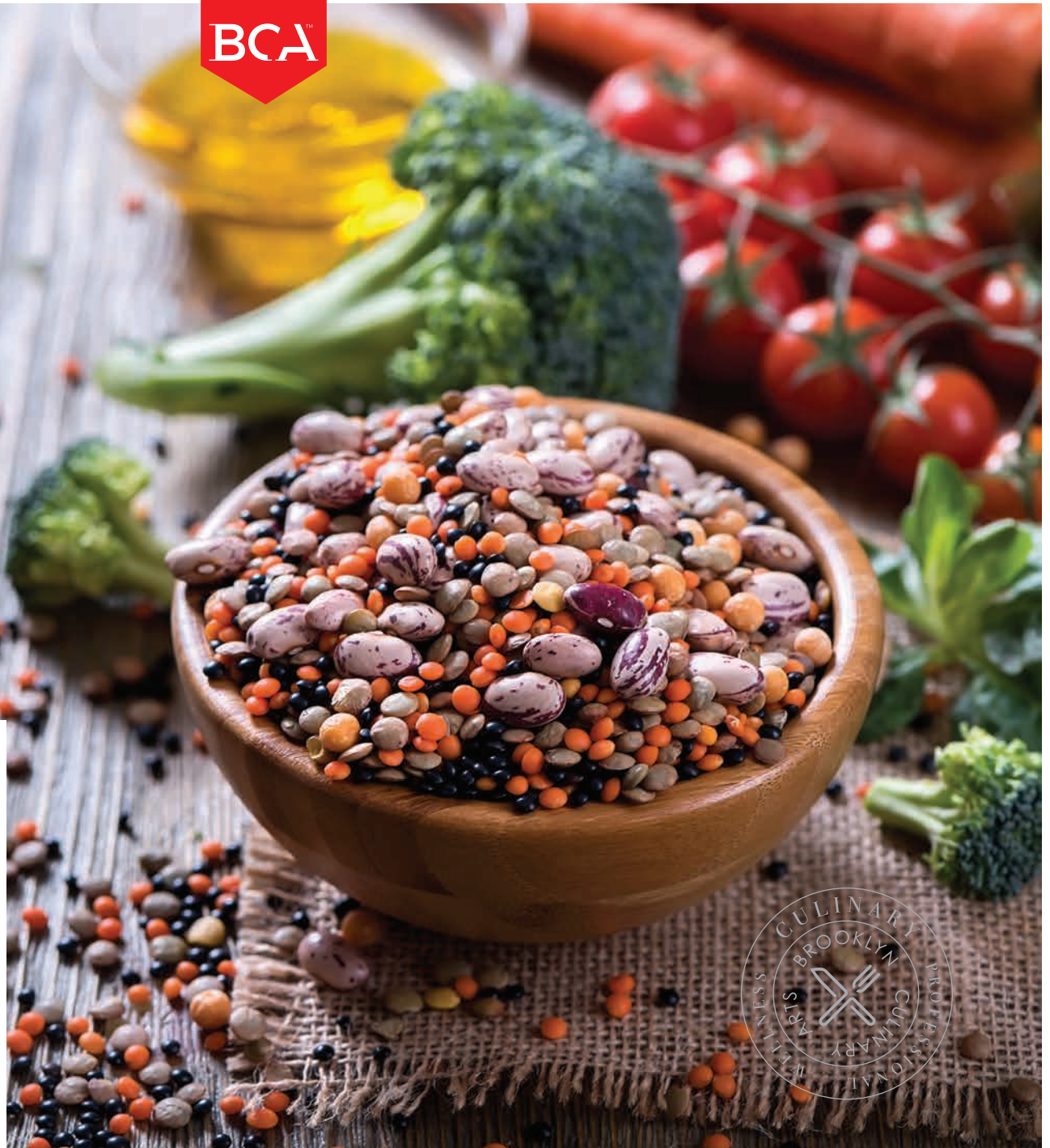
MODULE 10 VEGAN PROTEIN

VIDEO LESSON & WRITTEN GUIDE

In Module 10, we are going to make some of my absolute favorite vegan and vegetarian based dishes that are certain to satisfy everyone. We will talk a bit about vegan protein choices and other protein choices in general.

4 Video Lessons

- Daily Protein Needs
- Protein Sources



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MODULE 11 GREENS, SALADS & VINAIGRETTES

VIDEO LESSON & WRITTEN GUIDE

In Module 11, we are going to get seriously plantified!! We are going to make some amazing salad dressings that will keep you wanting and eating salads forever. These dressings are unique, easy to make and full of surprises.

4 Video Lessons

- Superfoods Vinaigrettes
- Microgreens

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MODULE 12 SWEET TREATS

VIDEO LESSON & WRITTEN GUIDE

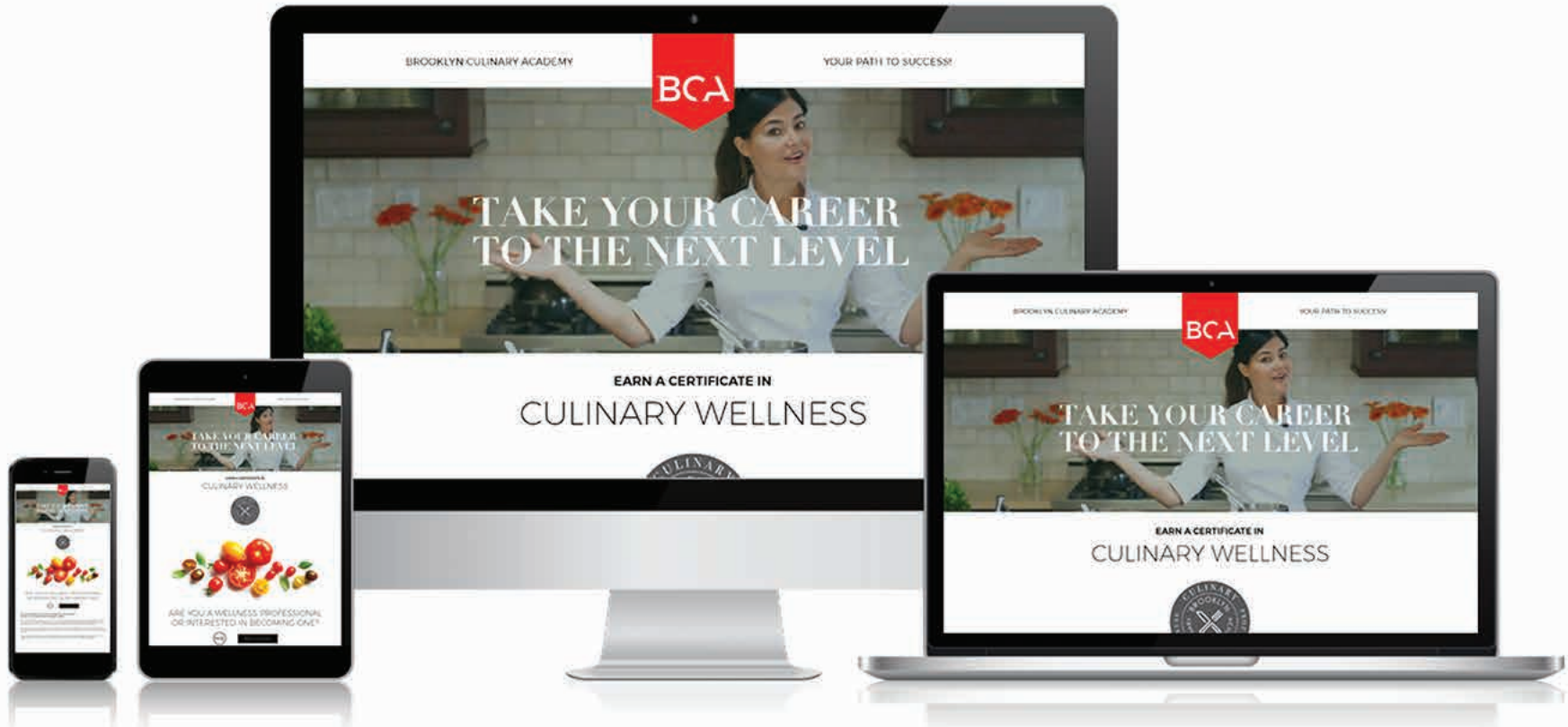
In Module 12 we will close our course with something fun and sweet. You will learn how to make 3 sweet treats. Everyone needs to splurge one in a while, we know this to be true, so why not make it a treat that can also be healthy!

3 Video Lessons

- Simple and healthy sweet indulgences



COURSE VALUE



12 Modules with over 44 Videos · Course Notes · Forum Support · Recipe Booklet
Nutrition & Wellness Notes and Material · Quizzes · Fun Interactive assignments
...and so much more!



PROFESSIONAL COURSE INCLUDES



RECIPES

HEALTH
HIGHLIGHTS

BCA™

earn your
COURSE CERTIFICATE

BCA

This Certifies that

Jane Frost

*Has successfully completed the training
program requirement for*

**CULINARY WELLNESS PROFESSIONAL
LEVEL 1**

July 1, 2017

DATE



Mia Russo Stern

FOUNDER



Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This content is not intended to diagnose or treat any diseases. This is not intended to diagnose, treat, cure, or prevent any disease. BCA, LLC; www.BrooklynCulinary.com

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