

A laptop is open on a white desk. The screen shows the 'Culinary Rx' logo, which features a green leaf with a white cross inside. Below the logo, the text 'Culinary Rx' is written in a large, black, serif font, and 'Cooking for Health' is written in a smaller, black, cursive font. Below the text is a collage of four images: a bowl of colorful vegetable salad, two burgers with plant-based patties, a bowl of yellow soup, and a bowl of green soup. To the left of the laptop is a stack of three books. To the right is a small potted succulent in a white pot.

Culinary Rx

Cooking for Health

Can the key to your patients' vibrant health be as simple as what they put on their plates? **Yes!**

Nutritional science overwhelmingly supports the efficacy of whole food, plant-based nutrition in the prevention, suspension and even reversal of the chronic diseases that are all too prevalent.

Culinary Rx is a 'prescribable' online cooking and nutrition literacy course.

Guided by expert chefs, on the world's leading online culinary education platform, this 60-day, self-paced course answers the "why" and "how" of plant-based nutrition and cooking. It is the ideal patient and employee education tool for those desiring to transition from the Standard American Diet to a more health-supportive, plant-based dietary lifestyle.

Interactive and engaging, this unique 'prescription' serves as your patients' cooking path to optimal health.

"The science supporting a plant-based diet is clear. The way to implement it is not always so easy. Culinary Rx provides the best way I have found to learn the skills needed to make a successful transition to a plant-based diet."— Aaron Levy, MD, Kaiser Permanente

For more information visit: Culinary-Rx.com

Use discount code PLANTS during checkout to receive a 50% discount off the \$199.99 retail price.

"This course gave me the courage to proceed in the direction of supporting my health, rather than continuing in ignorance about how I am actually sabotaging my health/life just by food choices that I was previously overwhelmed by changing. I now have direction and information/education to take so much better charge of my health. I am also in a position to share this course to others that I care so much about: family, friends and patients."— **Elisa Montes De Oca**

"As a cooking and nutrition educator I am thrilled to be able to recommend Culinary Rx to my clients! In our current society of multi-tasking, hectic schedules and fast-food drive-thrus this course offers the opportunity to learn and practice fundamental cooking techniques, inevitably leading to greater confidence and healthier choices in the kitchen."— **Claire Brown**

"This course, the instructors, and the community have been wonderful. From the moment I started the course, I knew it was worth every penny. For those needing basic nutritional and cooking guidance to obtain better health, this course is definitely for you! You won't regret it!"— **Cindy Chapman**

"Culinary Rx is the most enjoyable medicine you will ever be prescribed. The recipes are delicious, the information is invaluable and the implementation may just save your life. I am so impressed with the quality of the content, I will recommend this to every client I have the privilege of helping. If you want to take your life (and health) to the next level, take this course NOW."— **Lita Dwight**

"Culinary Rx— It is more than just picking a plant based way of life. This class is the first step in taking your health into your own hands. Culinary Rx will arm you with the knowledge and skills to do just that and to blaze the path of healthy living moving forward. I loved this class!"— **Liz Forman**

"This is a great basic class that will educate and motivate anyone trying to incorporate more plant-based food into their diets. The more we can get back to cooking from scratch the real organic food our grandparents ate the better off we will all be. I have always enjoyed cooking so learning to do it in an even more nutritious way is a plus."— **Dawn Lissner**

"If you are thinking about enrolling in the Culinary Rx course do not hesitate for even a moment. Go right ahead and enroll immediately. They will give you the inspiration, the support and the encouragement to take control of your wellbeing and to produce nutritious meals for you and your family or friends!"— **Penelope Landau**

"Many people I know fear the kitchen especially when progressing to plant-based cooking. The Culinary Rx course takes the fear out of it in a straightforward approach to healthful food preparation."— **Ross Stachow**

"I wish more people would take the time to learn skills to nourish their bodies and keep themselves well. This course does an excellent job by covering cooking techniques as well as importance of plant-based nutrients and nutrition to promote health and wellness. I would definitely recommend this course. Excellent organization and content!"— **Anisha Anand**

"This course is a great launching pad for healthcare professionals to engage in conversations regarding the benefits of a plant-based lifestyle with their patients. Not only will patients gain an overview of the many benefits of a plant-based diet, but they will also learn practical skills to begin to easily incorporate these whole foods into their daily diets."— **Kristen Fahnoe**

"For those of you thinking is this for you, I say you owe it to yourself to take this class. The hours spent on this education that will last a lifetime—this is a gift to yourself that just keeps giving."— **Cheryl Mantz**

"I would say to anyone who is concerned about the physical well-being of themselves and their family to seriously consider transitioning to a plant-based diet, and the best way to start is to sign up for CulinaryRx."— **Gloria Michin**

"If you know it is time to change the way you cook and eat to prevent health issues, Culinary RX is a great place to start your journey. If you have been faced with a life-changing health issue, the need to make a culinary lifestyle change is a must today. Culinary RX is a perfect way for Dr.'s and healthcare professionals to get their patients on a road to better health through healthier cooking."— **Mark Kuhlmann**

"This course makes it seem doable to maintain the plant-based life by making cooking accessible again. It seems easier to go by a drive thru, but with small amounts of planning, it can be just as easy to cook at home."— **Elizabeth Casseday**

"This is an informative and eye-opening course. It very clearly illustrates how easy, fun and delicious adopting a plant based diet can be, and of course how much healthier it is for you! I have already recommended it to family and friends."— **Paula Finnerty**

"This course will help those seeking to fuse together a basic understanding of plant-based nutrition fundamentals with practical cooking skills. Eating plant-based foods is fundamental to creating health and in some cases reversing diseases primarily caused by poor nutrition. This course will start you on the path to understanding and fusing together the fundamental knowledge needed with practical application of basic cooking skills."— **Yvonne Santa Anna**

"Culinary Rx has opened me up to embracing a more plant-based lifestyle and certainly shown me that food is our medicine and we can heal ourselves through diet. Excellent course!"— **Jennifer Yamagata**

"The Culinary Rx course was a wonderful and affordable opportunity to learn how to support and expand my healthy diet choices. I learned the how and why of healthy cooking options with plenty of practice opportunities. The course was well organized, flexible, interesting and fun. I highly recommend it."— **Shelley Griffiee**

"There is no doubt that the government and healthcare companies know the first step to good health is healthy nutrition; the next step is to make Culinary Rx reimbursable by healthcare companies if the patient proves to be serious about taking good care of their health."— **Jane Go**