



danielle walker's COOKING COURSE SYLLABUS



1 GETTING STARTED: PART ONE

Introduction: Eat Well, Feel Great with Danielle Walker 📖

STOCK YOUR PANTRY

- Snacks 📖
- Bottled and Canned Goods 📖
- Snacks and Dried Goods 📖
- Canned and Miscellaneous 📖
- Cooking Fats and Oil 📖
- Trader Joe's Haul 📖
- Costco Haul 📖
- Real Foods Cheat Sheet 📖

2 GETTING STARTED: PART TWO

STOCK YOUR FRIDGE AND FREEZER

- Tour of Danielle's Fridge 📖
- Freezer and Garage 📖
- Organic vs. Conventional Meats and Poultry 📖

STOCK YOUR KITCHEN

- Non-Toxic Cookware 📖
- Getting Started Guide 📖

3 QUICK BREAKFASTS

- Maple Sage Sausage with Cinnamon Apples 📖
- Banana Porridge with Topping Alternatives 📖
- Preserving Berries 📖
- Grain-Free Pancakes and Waffles 📖

4 SHEET PANS AND SKILLETS

- Sheet-Pan Teriyaki Salmon Packets 📖
- Wild Mushroom, Spinach, and Zucchini Skillet Enchiladas 📖
- Grain-Free and Gluten-Free Wraps 📖
- 5-Minute Pesto Cauliflower-Rice Bowls 📖
- Sheet Pan Steak Fajitas 📖
- Tips to Better Sheet Pan Cooking 📖
- Chicken Bacon Ranch Pasta 📖
- Chicken Parmesan with Spaghetti Squash 📖
- Hawaiian Shrimp 📖

5 ALL ABOUT GRAIN-FREE BAKING

- Introduction to Grain-Free Baking 📖
- Grain-Free Blueberry Muffins 📖
- Nut-Free Lunchbox Bread 📖
- Banana Bread 📖
- Blender Bread 📖
- Yellow Cake with Buttercream Frosting 📖
- Cherry Pie and Basic Pie Crust 📖
- Coffee Cake 📖
- Banana Chocolate Mug Cake 📖

6 INSTANT POT AND SLOW COOKER

- Getting Acquainted with Your Slow Cooker and Instant Pot 📖
- Curried Short Ribs with Creamy Mashed Root Veggies 📖
- One-Pot Beef Pasta with Creamy Vodka Sauce 📖
- Instant Pot Bone Broth 📖
- Chocolage Fudge Jar Cakes 📖

7 TAKEOUT REMAKES

- Chicken Lettuce Wraps 📖
- Garlic Shrimp Stir Fry 📖
- Margarita 📖
- Beef and Broccoli 📖
- 3 Bonus Recipes 📖

8 MAKE IT AHEAD

- Chili and Gluten-Free Cornbread 📖
- Roasted Chicken with Pan Gravy 📖
- Freezer Prep Recipes 📖
- Italian Wedding Soup and Fig-Pear Salad 📖
- Leftover Makeover: Quick Marinara with Meatballs 📖
- Storage Tips 📖

9 COOKING WITH KIDS

- Sheet Pan Pancakes and Baked Bacon 📖
- Grain-Free Pizza Crust 📖
- Grain-Free Chocolate Chip Cookies 📖
- Dairy-Free Vanilla Ice Cream and Fudge Sauce 📖
- Pineapple Whip 📖

10 COOKING FOR THE HOLIDAYS

- Green Bean Casserole 📖
- Cornbread Dressing (Stuffing) 📖
- Dutch Apple Pie
- Cinnamon Crumb Topping 📖
- Cranberry Sauce 📖
- Thanksgiving Resources 📖
- Yeasted Cinnamon Rolls 📖
- Biscotti 📖
- Christmas Cookies 📖

📖 Includes printable resource

📺 Includes video resource