



PLANTFUEL

By Green Carbon Queen

Nutrition Is Key to a Healthy Life





SPIRITUAL NUTRITION :

No just a concept, a way of life...

PLANTIFUELD Culinary course was build with the vision to bring to the world a more conscious and spiritual approach to nutrition.

The understanding that food is Fuel to our body but also our mind and spirits, therefore what we eat is what we are...

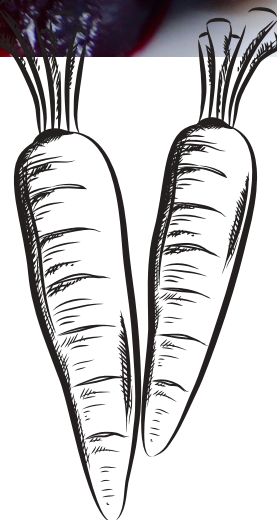
This vision is realized through the world premiere Live Culinary Education program committed to the Elevated art of Plant based cuisine, and most importantly its availability to anyone, anywhere .

Plant based Cuisine, when taken from a spiritual yet nutritious perspective is an ART and its impact on your life and the life of each and every single loved ones is stretched to an extend far beyond our human understanding.





The Program



PLANTIFUELD CULINARY COURSE is the FIRST ONLINE culinary course offered by Green carbon Queen , and as her own lifestyle , the curriculum is entirely plant-based and entirely raw food-driven. This program is designed for everyone, and will deepen your understanding of plant-based foods from a nutritional and functional standpoint, elevate your culinary techniques, and allow you to become the master of your kitchen to create a seamless and successful plant-based lifestyle at home. The curriculum in PLANTIFUELD ONLINE CULINARY COURSE is designed to equip you with all of the practical knowledge to jump-start, and maintain, your plant-based lifestyle at home. Aside from learning recipes and culinary techniques, you will learn all of the unsaid, little things only a living food eater can know, the little things that make your life a whole lot easier, a whole lot healthier, and, best of all, a whole lot tastier.

You will learn how to properly set up your kitchen for success by learning to create your own pantry staples such as spice blends, broths, oils arrangements , condiments and more. We'll teach you how to minimize your carbon footprint through sustainable practices like meal planning, and making the most of your ingredients. Our chef will teach you why certain foods are essential to the wellbeing of you and your family, and how to easily incorporate them into your diet on a regular basis. You will learn how to prepare, plan and store the foods that will become essential to your daily life. You will learn how to utilize the superfoods that heal, energize, calm or restore. You'll get into the rhythm of making meals that minimize time and effort, without sacrificing flavor or nutrition.

At the core of your learning experience is the concept of sustainability, which can often be the lacking factor in one's commitment to living a healthy, long-term plant-based lifestyle. Sustainability is an essential element in ones' pursuit of health and wellness in the long run, and we're here to help teach sustainable practices, tips, recipes, and the skills needed to maintain your lifestyle with ease.



The Approach

PLANTIFUELD ONLINE CULINARY COURSE PROGRAM focuses on the power of plants and the healing properties they contain.

In a world with so much conflicting information about what a “healthy” diet looks like, we provide a clear-cut guide to the essential nutrients you need for optimal health, and how to get them – all while teaching you how to become an excellent home chef.

With nearly 80 lessons spaced throughout 11 separate modules, students have access to well over 150 different recipes and an immense amount of practical, technical and nutritional knowledge. We’ll give you the skills to become a better chef, and the recipes that you can incorporate into everyday life. You’ll have a culinary repertoire of easy, nutrient-dense and delicious recipes for breakfast, lunch, dinner, snacks, unbaked goods, and dinner parties. .

You’ll feel confident in how to safely and effectively improve your lifestyle through incorporating plant-based foods that can aid in anything from detoxing the body and taming inflammation to calming an upset stomach.. You will learn the best foods to improve immunity, prevent chronic disease, and give your skin and hair a glow-up. You’ll know how to maintain a healthy gut through the incorporation of probiotics and fermented foods, and the recipes to create these foods to have on hand at home. Each lesson features an infographics and other learning materials in each lesson to guide the student from the comfort of their own home.

Each module is recorded live at at a specific date and time.

Our emphasis on visual learning facilitates a more in-depth learning experience so that users can follow along. In addition to the use of multimedia materials, each lesson is accompanied by detailed written information to inform the viewer on the topic at hand.





The Format

The format of *PLANTIFUELD CULINARY COURSE PROGRAM* allows students to join live classes with Green carbon Queen herself and learn each module from the basics kitchen staples to the dinner party throw down.

Why in this order? Because you need to build your pyramid up and make sure the foundations are solid.

Submissions are not required, but welcome. Though no homework, exams or written/photographed submissions are required from participating students, you are welcome to send your photos and prouesses to our main account and we will make sure to share our students' work online.

PLANTIFUELD CULINARY COURSE PROGRAM provides a bank of student resources accessible within the program portal. Here, students can find helpful guides, and other learning materials, as well as the grocery and equipment lists needed for each module. Many of the lessons feature detailed infographics and visual guidelines to enhance the learning experience.

Though we do not require student submissions for grading, students may still upload and share their work with their Plant based community.



The Curriculum

MODULE 1 : SETTING UP YOUR KITCHEN LAB

GUIDE TO KITCHEN ESSENTIALS
SETTING UP A PLANT BASED PANTRY
UNCOOKING CONSCIOUSLY + EATING MINDFULLY
METHOD FOR AN UNCLUTTERED SPACE
INTRO TO THE GREEN CARBON QUEEN WAY:
PYRAMIDAL BASED LEARNING

MODULE 4: IMMUNITY BOOSTERS

REDUCE IMPLAMMATION & BOOST IMMUNITY
(MORNING SHOTS)
GUT HEALING (JARS OF PICKLINGS)
CALM AN UPSET STOMACH (SPROUTING)

MODULE 7 : NUTRITIONAL LUNCHES

WRAPS
BUDDHA BOWLS
LEGUMINEUSE FARANDOLE
TEMPEI / CHICKPEA TUNA/
SALADS
RICES
PATES

MODULE 10: SAUCES & CHEEZES

MARINARA
CREAMY
CHEEZY

MODULE 2: PANTRY STAPLES

PLANT BASED PANTRY SHOPPING LIST
PLANT BASED PANTRY MAKING FROM
SCRATCH
ESSENTIAL SPICE BLENDS
ELEVATED SEASONING (OILS , SALT)
PLANT MILK
VEGETABLE BROTHS
NUT + SEEDS BUTTERS
CONDIMENTS
JAMS & CHUTNEYS
HOMEMADE TEMPEI

MODULE 5 : MEDICINE CABINET

MAKE YOUR SKIN GLOW
HERBAL BREWS
ESSENTIAL OILS
FLU REMEDIES

MODULE 8 : DINNERS

SOUPS
CURRIES
PASTA
TABOULEH
TAJINES

MODULE 3: MEAL PLANNING , NUTRITION KNOWLEDGE

BREAKFAST
MORNING SHOTS
SMOOTHIES
LUNCH
MID DAY POWER UP
DINNER

MODULE 6: RISE TO THE OCCASION

JUICES
SHOTS
WATERS
SMOOTHIES (BOWLS OR JARS)
MORNING PUDDINGS

MODULE 9: UNBAKED GOODS

BREADS
CRACKERS
PIZZA CRUSTS
BURGER BUNS
COOKIES
PIES

MODULE 11: SPECIAL OCCASIONS

CANAPÉS
DIPS
SWEET AMUSE
TART QUICHES
DINNER PARTIES



Enrollment



Enrollment in PLANTIFUELD ONLINE CULINARY COURSE PROGRAM allows students to begin taking lessons at the starting point of the program planned on 11 FEBRUARY 2022, when they will gain access to the course materials they enroll for.

If you chose the entire program, congratulations, we are in a long term commitment with each other.

If you decide to only be on board for a monthly period only, keep in mind that we cover 2 modules per month.

A reminder and announcement of each module will be announced via email and on all Green Carbon Queen social platforms.

You will be invited to get ready and receive via email all infos necessary to begin your journey with us.

Once the course has been purchased, accounts will be active for your modules period access. There is a designated registration date for this course, because we are taking each course from the foundations to the Top, all of that live , we need to make a clear schedule enabling you to thrive at the right pace.

INCLUDED IN INVESTMENT:

– program length access to all course materials, including live lessons, video, instructions, student resources. Videos of each course will be uploaded and shared for the entire length of the program on the platform and available to students.

TOTAL COST OF COURSE:

THIS SEMESTER (6 MONTHS) COURSE IS WORTH \$ 7260/ Person.

You get a 50% off for all 2022 new Year, new Resolution.

new total cost : USD\$ **3,630**

ONE-TIME PAYMENT AND PAYMENT PLAN AVAILABLE PER MONTHLY BASIS.

Total investment : USD/ Month **\$ 605**

Please note that this is a subscription plan, and Green Carbon Queen Institute will seek further payments following your initial payment, If the payment plan is what you enrolled for, which includes program length access to all materials.



F.A.Q



Q: WHAT IS Green Carbon Queen Institute?

A: Green Carbon Queen's Institute is a culinary school that teaches plant based cooking techniques to those who have a passion for cooking and home cooks to increase their skills and confidence in the kitchen. Our online platform captures a vegan culinary curriculum in high- quality LIVE video and delivers it on our online service, making this program very easy to access. Founded in 2019 by Dahiana Green, GCQ is for the plant based cooking enthusiasts globally.

Q: DO I NEED TO HAVE ANY PRIOR CULINARY EXPERIENCE TO TAKE THE COURSE?

A: Prior cooking experience is not mandatory nor required to enroll with GCQ Institute We encourage and support all prospective students from all walks of life to join our community. Learning new recipes, techniques and methods in the plant-based culinary arts to train with GCQ Institute.

PLANTIFUELD PROGRAM allows you to transfer your kitchen to a plant based oasis and will guide you every step of the way with our culinary instructor on hand to ensure your journey is fruitful.

Q: IS THE ENTIRE COURSE PLANT-BASED?

A: GCQ Institute is an entirely plant-based culinary institution. PLANTIFUELD CULINARY COURSE 1, as well as future courses, utilize explicitly plant-based ingredients. All ingredients included in each recipe and module do not contain animal products and are 100% plant-based.

Q: CAN I REALLY LEARN TO COOK AT HOME?

A: Yes, you can! When we cook, we engage all the senses, not just our taste buds. And where to better learn that in the comfort of your own home, with your loved ones.

Q: I HAVE ALLERGIES AND SPECIAL DIETARY NEEDS. HOW CAN I ALTER YOUR RECIPES TO MEET THEM? (INCLUDING GLUTEN-FREE)

A: Every recipe throughout the course provides a detailed list of ingredients, equipment and nutritional information. The course is mostly gluten-free, and the recipes have been developed so that substitutions can be made in a 1:1 ratio with all-purpose gluten free flour blend where applicable. These limitations should be considered before enrollment – especially in the event that a student has severe intolerance to any food, including tree nuts. Please contact our culinary support team at greencarbonqueen@protonmail.com with any further questions involving concerns about serious food intolerances and allergies.

F.A.Q



Q: WHAT EQUIPMENT DO I NEED?

A: PLANTIFUELD CULINARY COURSE was designed to utilize the equipment most kitchens already have. You can find the general equipment listed before every recipe. Some of the larger equipment we ask you to have on hand are a high speed blender, food processor (2-4cup), a knife set, and cutting board along with various other smallwares.

Q: AM I RESPONSIBLE FOR ACQUIRING ALL OF THE EQUIPMENT AND INGREDIENTS NEEDED FOR EACH LESSON?

A: All students are expected to provide their own equipment, ingredients and work space. This course is designed as a work-from-home experience. Our instructors provide guidance for groceries and equipment needed for each lesson, and it is the responsibility of the student to obtain the necessary materials required throughout the course. Once you have purchased your equipment and completed the course, you will not only have a strong knowledge base of their applications, but have the ability to utilize them in the future.

Q: WILL I HAVE IMMEDIATE ACCESS ONCE PURCHASED?

A: Upon enrollment you will not have full access to the course. Remember that the course is LIVE and has a definite set of dates from beginning to end.

To enroll, make a one-time payment of \$3630 USD or subscribe to the monthly subscription of \$605 USD with a 6 months payment plan.

This will allow you to become a part of the GCQ community, connecting you with fellow students from around the globe who share your passion and curiosity for a plant based lifestyle.

Q: CAN I CHOOSE THE ORDER OF WHICH LESSONS I TAKE?

A: We recommend completing the first two modules of the course right when you get started, They are the base for any aspirant plant based foodie. Because the courses are LIVE it is not possible to jump when you want but arrange yourself with the curriculum dates to decide which module you are interested in. You don't have to buy an abundant amount of groceries in advance and you can alter many of the recipes to stay within your area and season.

Q: IS THERE A TIME LIMIT IN COMPLETING THIS COURSE?

A: The course is based on a semester from February 11th until JULY 14TH , Day of our Virtual Graduation and Celebration. the videos being recorded live, you will be able to have them on replay on our platform.

F.A.Q



Q: I'M A PROFESSIONAL COOK. WILL I GAIN ANYTHING OUT OF THIS?

A: PLANTIFUELD Culinary Course was designed for students of all walks of life and with varying levels of prior experience. Those with extensive culinary experience will be able to improve upon a wide array of different techniques, and some may be new to you. This course covers a wide array of practical techniques and cooking mechanisms – from fermentation to baking – but also the practices and methods that help us create a more balanced and sustainable lifestyle. We cover homeopathic remedies, nutrition information, and more. There is no shortage of new recipes to learn, information to digest or lifestyle practices to adapt in this course. Also keep in mind that if you are new to Plant based cuisine, you are in for a treat.

Q: HOW CAN I GIFT THIS COURSE?

A: You can purchase a gift card at <https://www.greencarbonqueen.com/gift-card>.

Q: WILL I RECEIVE CERTIFICATION FOR COMPLETING THIS COURSE?

A: PLANTIFUELD Culinary Course is not a certificate course. Although, you will learn culinary strategies for beginning and advanced home cooks from a nutritional and practical perspective, you receive a Reward Certification of Completion for your consistency.

Q: WHAT HAPPENS IF I CANCEL IN MIDDLE OF COURSE PROGRAM ?

A: Because of the virtual nature of the course we are unable to provide refunds after 48 hours of purchase, no exceptions.

let's connect

greencarbonqueen@protonmail.com

CULINARY SUPPORT:

FACEBOOK: GREEN CARBON QUEEN

INSTAGRAM: @GREENCARBONQUEEN

Or head over to the CHAT box at :

<https://www.greencarbonqueen.com>

