



# JOIN THE NEXT RESTAURANT REVOLUTION

*12 Week*

CHEF CERTIFICATION COURSE

*Outline*

**MAKING FOOD  
THAT HEALS,  
NOT FOOD  
THAT HARMS**



# TIME LINE



3 Months

## CHEF CERTIFICATION COURSE

- Meet every week online for 1 hour live – with Green Moustache Organic Cafes' founder + owner, Nicolette Richer. *If you can't attend live, the lessons will be recorded.*
- 1-3 hours a week of food prep, practice, planning, etc..
- 12 weeks of coaching and instructions and Personalized instructor support
- Access to the recordings for life and Bonus: Eat Real to Heal Online Course (value: \$997)

### WHAT WILL YOU LEARN?

- The science of food and its power to reverse chronic diseases like diabetes, heart disease, high blood pressure and cholesterol, autoimmune disorders, chronic pain, infertility, mental health, and other degenerative conditions.
- **How to stand out from all the restaurants that claim they have 'healthy' food - attract raving fans that choose you over the competition.**
- The art and science of food as medicine so that you and your staff are able to communicate the difference between trendy so-called "healthy eating" and what truly makes meals healing for the body.
- **How to prepare, cook, and serve meals and beverages that are exciting, delicious, and highly nutritious so that every guest - dietary restrictions or not - will rave about your restaurant to everyone!**
- The language of metabolic nutrition that you will share with your customers - your patrons will think you are a Nutrition Genius!
- **Learn all the basic techniques for preparing raw and cooked meals, dressings, dips, desserts, appetizers, and hot and cold beverages that are 100% unrefined, PBWF, healthy, gluten-free, cost effective, AND actually taste amazing.**
- Earn a certification of completion from The Green Moustache and be featured throughout all future marketing, highlighting you as a Green Moustache Certified 'Food That Heals' restaurant.
- **Easily identify foods that heal and foods that harm.**
- How to maximize the nutrient availability of your food through zero waste, cost saving techniques.
- **That their truly is a new way to be a Successful restaurant and chef**

**THE GREEN  
MOUSTACHE IS  
HERE TO UNLOCK  
THE DOOR TO THE  
KNOWLEDGE OF  
USING FOOD AS  
MEDICINE - AFTER  
THAT, WE HAND  
YOU THE KEYS**



# PROGRAM OUTLINE



*week 1*

## COURSE OVERVIEW

- Food as Medicine 101
- History of Food in a Nutshell
- Decolonizing our Food Systems
- The Future of Health, Food and Medicine
- Why Reading Labels is a Thing of the Past
- Healing your External and Internal Metabolism
- Delicious & Nutritious Meals & Beverages: Get Started

*week 2*

## DEBUNKING MYTHS

- Organic vs Non-Organic Myths and Truths
- Protein: myths and correct terminology
- Salt: myths and correct terminology
- Sugar: myths and correct terminology
- Fat: myths and correct terminology
- Calorie: myths and correct terminology
- Keto, & Fasting: myths & facts
- Whole vs Refined vs Ultra Processed foods
- Tofu: myths & facts

*week 3*

## REBUILDING OUR BODIES ONE MEAL AT A TIME

- Rebuilding our Bodies one Meal at a Time
- List of Ingredients that Heal
- List of Ingredients that Harm
- Raw Food vs Cooked Food – myths & facts
- Cooking without Sugar
- Cooking without Salt
- Cooking without Oil
- Herbs & Spices that Heal
- Kitchen Tools and Equipment

**100% ONLINE  
ACCESS  
WITH  
WEEKLY  
LIVE INSTRUCTION.  
WE'VE GOT YOU!**



# PROGRAM OUTLINE



*week 4*

LET'S MAKE HEALING FOOD!

- Beverages: hot & cold
- Desserts you Can Eat for Breakfast
- Soups, Stocks and Broths
- Thickeners and Stabilizers that Heal
- Dressings, Dips and Spreads
- Sauces & condiments
- Juices vs smoothies vs digestives aides

*week 5*

UNDERSTANDING DISEASE AND  
DISEASE REVERSAL

- Foods that reverse Heart disease
- Foods that reverse Diabetes
- Foods that reverse Gastrointestinal (Gut) diseases
- Foods that reverse Autoimmune disorders
- Foods that reverse Allergies
- Cooking for customers with celiac disease, IBS, Crohn's, cancer, obesity, & more

*week 6*

SPECIALTY ITEMS

- Probiotic and Prebiotic Menu Items
- Longevity foods
- Superfoods
- Desserts that Heal
- Gateway Meals
- Traditional Plants You Need to Know About

*week 7*

SPECIALTY ITEMS

- Sprouting
- Dehydrating
- Fermenting
- Preserving Vegetable Pigments
- Sweating
- Freezing and storing foods
- Ethnic and Cultural Foods

JOIN A  
COMMUNITY  
OF LIKE-MINDED  
RESTAURANT  
OWNERS & CHEFS  
THAT ARE  
CHANGING  
THE WORLD



# PROGRAM OUTLINE



*week 8*

COOKING TO MAXIMIZE NUTRITION

- Cooking veggies
- Cooking fruits
- Cooking with whole grains
- Cooking legumes, pulses, and beans
- Juicing

*week 9*

MENUS: LOW COST, ZERO WASTE

- Breakfast menu items - low cost, high return, zero wast
- Lunch Menu Items - low cost, high return
- Dinner Menu items - low cost, high return
- Dessert Menu Items - low cost, high return

*week 10*

SOURCING & OPERATIONS

- Gardening
- Sourcing
- Soil Regeneration
- Chemicals
- Working with farmers
- Microbiome
- Seasonal Menu Planning
- Food Costing & Inventory Management
- Kitchen Safety
- Proper Food Handling
- Value-led Suppliers

**BE SHOWCASED  
ON OUR:  
PODCAST  
WEBSITE  
22M STRONG MAP  
& COOKBOOK.  
BE KNOWN AS THE  
RESTAURANT THAT  
IS MAKING A REAL  
DIFFERENCE IN  
HEALTH CARE!**



# PROGRAM OUTLINE



*week 11*

## BUSINESS PLANNING

- Get and Stay ahead of the market
- Marketing and Communications
- Educating your Raving Fans
- Specialty Vertical Retail Products
- Menu Planning

*week 12*

## MOVING FORWARD

- Additional Resources and Partnerships
- Final exam theory
- Celebration and Graduation (Online)
- Ongoing support
- Getting Bums in Seats through Word of Mouth
- Attracting Employees that Beg to Work with YOU!

*week 13*

## WRAP UP

- Awards & Certification
- Launching Your Cookbook
- Public Relations - Be the Chosen One
- Graduation (Online)
- Certification Wrap Party
- The 22 Million Strong Map - Get Selected!

**SIGN UP TODAY  
AND YOUR ENTIRE  
KITCHEN TEAM  
GETS ACCESS TO  
THE COURSE! WE  
DON'T JUST TRAIN  
ONE, WE  
EDUCATE ALL.**

*Have questions?*

Talk to a member of our team! We look forward to connecting with you. [BOOK A CALL HERE](#) or email us here: [info@richerhealth.ca](mailto:info@richerhealth.ca)

