Chef Coaching Resources

Healthy Recipes

http://newstartclub.com/recipes
http://www.veganeasy.org/recipes
http://www.wildwoodhealth.org/lifestyle/resources/recipes/
http://www.eatingwell.com/recipes_menus
http://www.wholefoodsmarket.com/recipes
http://www.foodnetwork.com/healthy.html
http://www.diabetes.org/mba-recipes/recipes/
http://www.cookinglight.com/food/quick-healthy-recipes
http://www.myrecipes.com/healthy-diet
http://allrecipes.com/recipes/healthy-recipes/

Cooking Skills

http://www.wikihow.com/Category:Basic-Cooking-Skills
http://www.jamieshomecookingskills.com/international/
http://www.cookinglight.com/healthy-living/healthy-habits/simple-cooking-techniques
http://www.bbc.co.uk/food/techniques
http://www.stellaculinary.com/knife-skill-video-techniques-hd

How to Organize Your Kitchen to Eat Healthy

http://www.eatingwell.com/videos/kitchen-intervention-how-to-eat-healthy.htm?showVideo=true
http://www.webmd.com/diet/healthy-kitchen-11/

How to Organize a Healthy Menu Plan

http://www.organizeyourselfskinny.com/category/weekly-menu-plans/
http://www.plantoeat.com/
http://study.com/academy/lesson/how-to-create-a-healthy-eating-plan.html (Course)
http://www.nourishinteractive.com/nutrition-tools-healthy-family
http://wellright.com/university-courses/healthy-meal-planning

Nutrition Tools

http://www.nourishinteractive.com/nutrition-tools-healthy-family
https://www.youtube.com/watch?v=ccn6IHvD5M (What to eat)
http://www.choosemyplate.gov/
http://www.helpguide.org/articles/healthy-eating/healthy-eating.htm