



ESSENTIALS TRIO CONSISTS OF LIVING LIGHT'S CORE CULINARY CURRICULUM

**COURSE I
FUNDAMENTALS OF GOURMET LIVING FOODS**

[LINK TO FUNDAMENTALS SYLLABUS](#)

**COURSE II
KNIFE SKILLS FOR THE PLANT-BASED KITCHEN**

[LINK TO KNIFE SKILLS SYLLABUS](#)

**COURSE III
ESSENTIALS IN CULINARY ARTS**

[LINK TO ESSENTIALS SYLLABUS](#)