Video Links for Cooking 101

Week 1

Welcome to Cooking 101

<https://www.youtube.com/watch?v=5_iF5WLlFdc>

How to Slice and Dice

<https://www.youtube.com/watch?v=rXSi7KTr6nE>

Cooking Fats

<https://www.youtube.com/watch?v=jvBZRMm61vc>

PFC Balanced

<https://www.youtube.com/watch?v=dUW8DFs4hBk>

Week 2

Intro Week 2

<https://www.youtube.com/watch?v=RDbpQ0FupTk>

Slow Cooker Chicken Fajitas

<https://www.youtube.com/watch?v=ijDQDguYOTk>

Week 3

Intro Week 3

<https://www.youtube.com/watch?v=z-unVYqsehM>

Roasted Vegetables

<https://www.youtube.com/watch?v=FvF63F09UXc>

Week 4

Egg Bake Intro

<https://www.youtube.com/watch?v=IY5dcDox1f4>

Egg Bake Demo

<https://www.youtube.com/watch?v=mZxrBc2LKFE>

Week 5

Instant Pot Intro

<https://www.youtube.com/watch?v=cekTVpG9sBk>

Instant Pot Recipes

<https://www.youtube.com/watch?v=4btDCkRFdm4>

Week 6

Intro to Stovetop and Skillet

<https://www.youtube.com/watch?v=n3TbiYH07lg>

Pizza Saute Skillet Meal

<https://www.youtube.com/watch?v=JP9B1YBvQEI>

Week 7

Intro to Casseroles

<https://www.youtube.com/watch?v=aEQak_D7CT0>

Casserole Demo

<https://www.youtube.com/watch?v=sUbPkb71ofQ>

Week 8

Intro to Meal Prepping

<https://www.youtube.com/watch?v=_xA1VjfWe2Q>

Full Meal Prep Demo

<https://www.youtube.com/watch?v=gKemhY2kf0Q>

Thank You!

<https://www.youtube.com/watch?v=zmMp0cdYnh0>