



# MONDAY: THAI VEGAN COOKING COURSE

- 09.00**    **Breakfast & Briefing**  
*WELCOME TALK AND HEALTHY BREAKFAST*
- 
- 09.30**    **Practical Demonstration**  
*STEP-BY-STEP DEMO OF DAILY RECIPES BY JAMIE & THARA*
- 
- 10.00**    **Lesson 1: Thai Appetizers A**  
*ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.*
- 
- 12.00**    **Lunch Time**  
*HEALTHY THAI VEGAN LUNCH*
- 
- 13.00**    **Practical Demonstration**  
*STEP-BY-STEP DEMO OF DAILY RECIPES BY JAMIE & THARA*
- 
- 13.30**    **Lesson 2: Thai Appetizers B**  
*ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.*
- 
- 16.00**    **Juice & Snacks**  
*REFRESHMENT BREAK, RECIPE TASTING, DISCUSSIONS, Q&A, DE-BRIEFING*
- 
- 17.00**    **Day 1 Completed**  
*RELAX TIME*





## TUESDAY : THAI VEGAN COOKING COURSE

09.00

### Breakfast & Briefing

*HEALTHY BREAKFAST & DAILY BRIEFING*

09.30

### Practical Demonstration

*STEP-BY-STEP DEMO OF DAILY RECIPES  
BY JAMIE & THARA*

10.00

### Lesson 3: Thai Salad A

*ON-THE-JOB PRACTICAL RECIPE  
CREATION WITH GUIDED TUITION.*

12.00

### Lunch Time

*HEALTHY THAI VEGAN LUNCH*

13.00

### Practical Demonstration

*STEP-BY-STEP DEMO OF DAILY RECIPES  
BY JAMIE & THARA*

13.30

### Lesson 4: Thai Salad B

*ON-THE-JOB PRACTICAL RECIPE  
CREATION WITH GUIDED TUITION.*

16.00

### Juice & Snacks

*REFRESHMENT BREAK, RECIPE TASTING,  
DISCUSSIONS, Q&A, DE-BRIEFING*

17.00

### Day 2 Completed

*RELAX TIME*



# WEDNESDAY : THAI VEGAN COOKING COURSE



- |       |  |
|-------|--|
| 09.00 | <b>Breakfast &amp; Briefing</b><br><i>HEALTHY BREAKFAST &amp; DAILY BRIEFING</i>                         |
| <hr/> |  |
| 09.30 | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>          |
| <hr/> |  |
| 10.00 | <b>Lesson 5: Thai Soup</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i>           |
| <hr/> |  |
| 12.00 | <b>Lunch Time</b><br><i>HEALTHY THAI VEGAN LUNCH</i>   |
| <hr/> |  |
| 13.00 | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>          |
| <hr/> |  |
| 13.30 | <b>Lesson 6: Thai Curry</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i>          |
| <hr/> |  |
| 16.00 | <b>Juice &amp; Snacks</b><br><i>REFRESHMENT BREAK, RECIPE TASTING, DISCUSSIONS, Q&amp;A, DE-BRIEFING</i> |
| <hr/> |  |
| 17.00 | <b>Day 3 Completed</b><br><i>RELAX TIME</i>  |



# THURSDAY: THAI VEGAN COOKING COURSE



- |       |  |
|-------|--|
| 09.00 | <b>Breakfast &amp; Briefing</b><br><i>HEALTHY BREAKFAST &amp; DAILY BRIEFING</i>                         |
| 09.30 | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>          |
| 10.00 | <b>Lesson 7: Thai Noodles</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i>        |
| 12.00 | <b>Lunch Time</b><br><i>HEALTHY THAI VEGAN LUNCH</i>   |
| 13.00 | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>          |
| 13.30 | <b>Lesson 8: Thai Stir-Fried</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i>     |
| 16.00 | <b>Juice &amp; Snacks</b><br><i>REFRESHMENT BREAK, RECIPE TASTING, DISCUSSIONS, Q&amp;A, DE-BRIEFING</i> |
| 17.00 | <b>Day 4 Completed</b><br><i>RELAX TIME</i>  |



# FRIDAY: THAI VEGAN COOKING COURSE



- |              |  |
|--------------|--|
| <b>09.00</b> | <b>Breakfast &amp; Briefing</b><br><i>HEALTHY BREAKFAST &amp; DAILY BRIEFING</i>                           |
| <hr/>        |  |
| <b>09.30</b> | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>            |
| <hr/>        |  |
| <b>10.00</b> | <b>Lesson 9: Breakfast &amp; Juice</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i> |
| <hr/>        |  |
| <b>12.00</b> | <b>Lunch Time</b><br><i>HEALTHY THAI VEGAN LUNCH</i>   |
| <hr/>        |  |
| <b>13.00</b> | <b>Practical Demonstration</b><br><i>STEP-BY-STEP DEMO OF DAILY RECIPE BY JAMIE &amp; THARA</i>            |
| <hr/>        |  |
| <b>13.30</b> | <b>Lesson 10: Thai Desserts</b><br><i>ON-THE-JOB PRACTICAL RECIPE CREATION WITH GUIDED TUITION.</i>        |
| <hr/>        |  |
| <b>16.00</b> | <b>Juice &amp; Snacks</b><br><i>REFRESHMENT BREAK, RECIPE TASTING, DISCUSSIONS, Q&amp;A, DE-BRIEFING</i>   |
| <hr/>        |  |
| <b>17.00</b> | <b>Day 5 Completed</b><br><i>RELAX TIME</i>  |



# SATURDAY: THAI VEGAN COOKING COURSE

06.00

## Local Market Tour

*INTRODUCTION TO LOCAL FOOD  
MARKETS & SEASONAL TROPICAL  
INGREDIENTS*

07.30

## Organic Farm Visit

*INTRODUCTION TO ORGANIC TROPICAL  
FARM*

12.00

## Graduation Lunch

*PRESENTATION OF COURSE COMPLETION  
CERTIFICATE*

15.00

## Course Completion

*HOLIDAY TIME!*

