Low Carbon Recipes
Cookbook

sustain your way to our healthier future

# GregC 01aug25  Homework Week 2

This draft does need to be fleshed out a little further with actual examples and a little more 'how to' detail, but the flavour sounds about right!

Low Carbon Recipes can change the world?

1. The Ordinary World

We live day to day, well aware that while much is good, lots need to change to ensure we all enjoy a happy future. Why hasn't some government, big institution or global corporate fixed all this as a guarantee of sorts already?

2. The Call to Adventure

Imagine waking up to a world with reducing Climate issues, where Nature is returning to reclaim its place as a true equal and the world is just a little safer place than before.

3. The Refusal of the Call

You know this is impossible, right? As greed and big business has its claws into everything of value and individuals don't have the time or ability to make a difference.

4. Meet the Mentor

Well I wanted to say hello, my name is Greg. I'm an award winning Responsible Designer, Chair of an Australian Charity, co-author of several conference papers on sustainabilty by multi-disciplinary design. I'm also well experienced in running businesses, projects, and a good history of working with Nature on a variety of levels. I definitely like to eat well, have a healthy lifestyle and to share the ways to make these all guilt free, fun and rewarding. Win-win-win situations.

5. Crossing the Threshold

Come along and travel to some amazing places together. These may be next door, down the road a bit or across the world. There are recipes we can try, taste and develop to help meet all these goals and make a difference for ourselves and society as we go. Let's do this, just start with our free recipe trial. (PDF)

6. Tests, Allies, and Enemies

Can it be this easy? A recipe, in my home? I'm not turning Vegetarian! No, you don't have to do it the hard way. Gradual change over time is not only achievable but can be a fun sharing experience for other to join in as well.

7. The Inmost Cave

This is all about a sharing community. One that listens, has good conversations about how we can move to a better place, collectively. You can join in, have a look, experiment a little and find your way to new experiences that are rewarding and shareable.

8. The Ordeal

The journey will be both interesting and challenging. Trying new things can often be a little difficult, friends may question your process but ultimately you will decide what is good, what works and can change for good be a greater part of my life. Maybe we can show others these new things as well, but only if they want to have fun too.

9. Reward (Seize the Sword)

There are several research studies that show these processes are not only real and worthwhile but achievable and valid. We can review the salient points as we travel. Enjoy the tastes, learn some new things and reduce our Carbon footprint together.

10. The Road Back

After our journey, you may now feel a little different, lighter yet stronger. More energy and less guilt as more can be less when you apply the right thinking.

11. Resurrection

You may even feel like a new you. Revitalised, calmer yet more aware, even better prepared for the future.

12. Return with the Elixir

You may even wish to share these new capabilities as a gift for others. You friends and relatives may like to enjoy the process as well. How good will that feel?
Just take the first step to commit and lets sustain your way to our healthier future.  (link to PDF )
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