



SUMMER

This is not a cookbook.

The goal is not to teach you how to cook, or give you instructions on how to make the recipes inside.

This is just a reminder of the nice foods that you can eat. Most of them are easy to make. If you are confused, more detail is available with a quick search.

When I'm overwhelmed or feeling sad, I sometimes forget what kind of foods exist, so I made this little zine of colourful reminders.

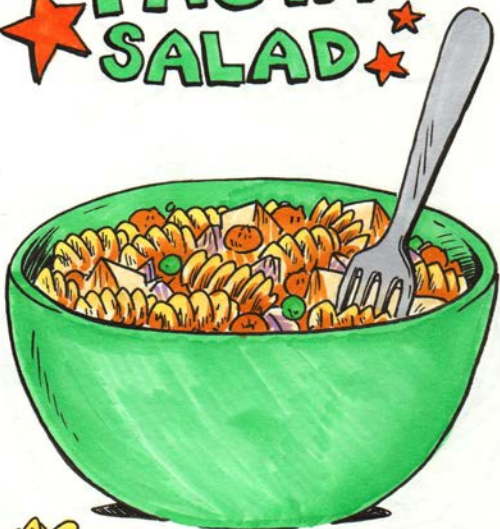
Hopefully it can help you remember some nice meals you can enjoy as well :) Enjoy!

Cubed Watermelon



Sometimes you
can get it pre-chopped!

★ PASTA ★ ★ SALAD ★



rotini
cooked &
cooled



yogurt, mayo
or oil & vinegar



chickpeas



peas



dill or
cilantro

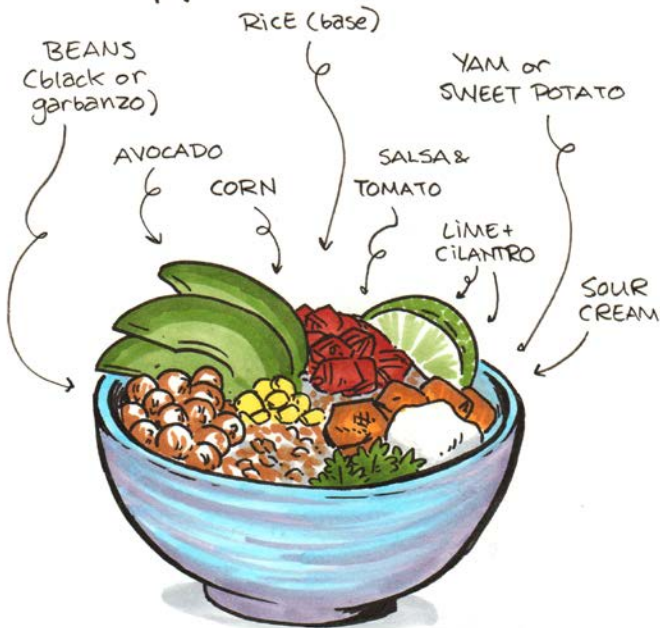


cheese
or
smoked
tofu



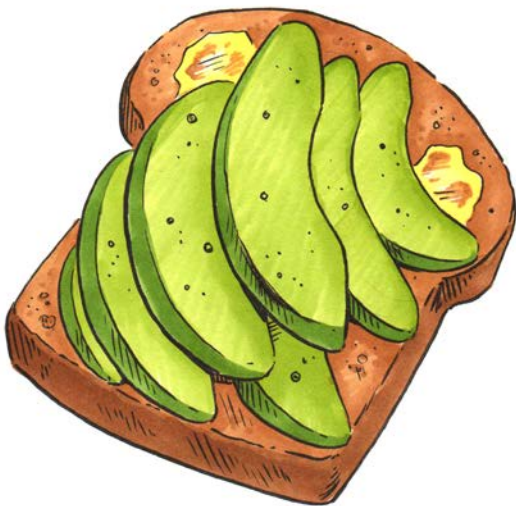
red
onion

❖❖ Taco Bowl! ❖❖



+ cheddar cheese!
+ beef

Avocado Toast



toast



butter



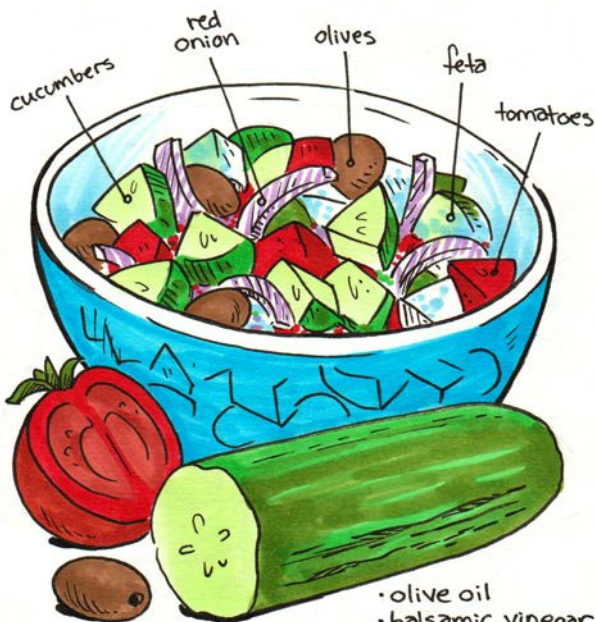
avocado



salt + pepper

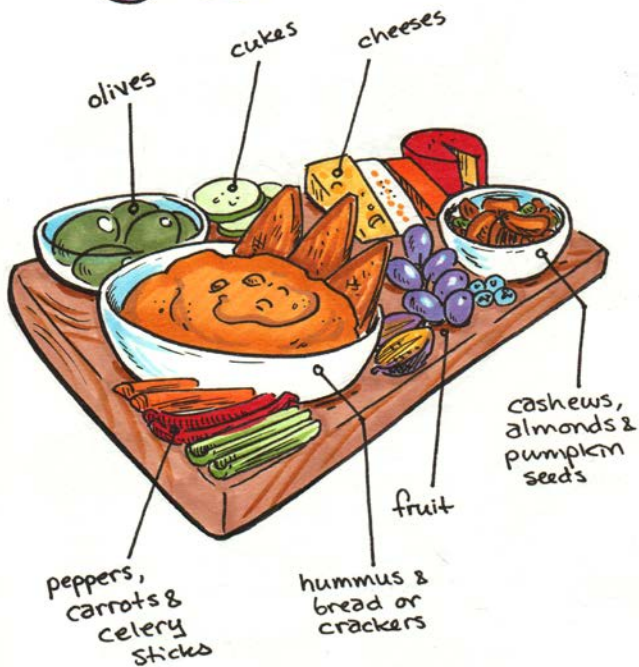
GREEK

- SALAD -

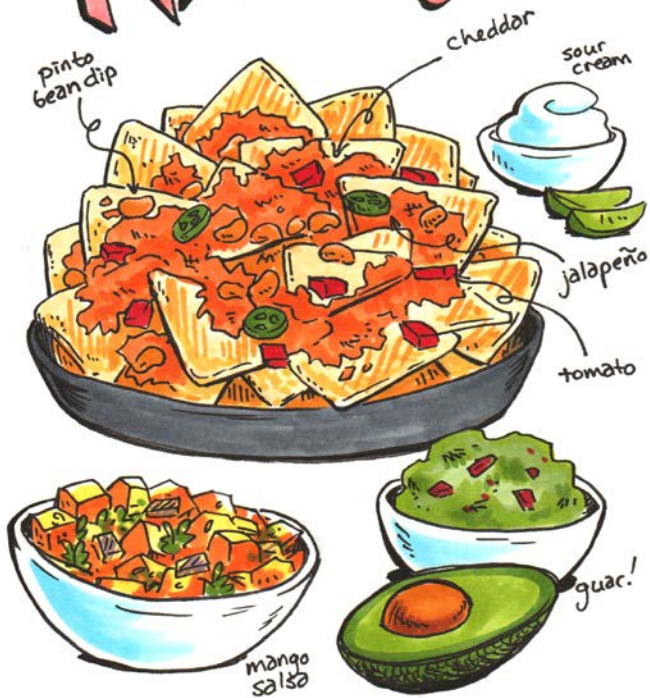


- olive oil
- balsamic vinegar
- garlic
- oregano

Charcuterie



NACHOS!



Smoothies!

Mix & match!



Thanks so much to the generous Patrons who made this comic possible :)

Miles♥Aldous Russell♥Anna Walsh♥Sean Horn♥RJA
R ♥Lisa ♥Christopher Chung♥Yurgan Urjack♥HardZero
♥Damon Hart-Davis♥Wolfgang Behrens♥Capucine ♥Dylan
♥Stacy Nicole♥Probably Human♥Kai ♥Phill Peach♥Thomas
Pritchard♥Ada Kerman♥Boreas ♥kelly bush♥Anna
Izenman♥Daniel DeRosia♥Amy Poli♥Wayne Dang♥Andrew
Swanton♥Tina Nichols♥Ilana ♥Tina Klassen♥Raphael ♥Amelia
Meyer♥Blake Rothwell♥Melissa Nurmi♥Ewe Knee Knot
Know♥K Fung♥Glade ♥Patrick Bernier♥Caleb Amos♥Christine
♥Matt Zweig♥Matthew Powell♥Christopher Schurman♥Sune
Ewert Astrup♥Christopher♥Tanya ♥Melissa Huston♥Joanna
♥Henrik Lindhe♥Fárbás Tamás♥Kevin ♥Anthony Gilberti♥Mike
Purvis♥Patrick Naish♥Erik Edberg♥Holly B♥Patrick Hallal♥Ilearch
n'n'daCorna♥Elaine Short♥Maddy B♥Amos Onn♥Tim
Willmott♥Amanda Chou♥Dean Bailey♥kaitou♥Jed Spradling♥Lewis
Allen♥Giles Sutcliffe♥Svend Andersen♥William Hector♥Lauren
Singer♥Scott ♥Daniel Karnes♥Bria Morgan♥Billy ♥Brandon
Kirisaki♥Kris Lipscombe♥Jamie Furtner♥Jeph Jacques♥Peter
Kempson♥Joe ♥Jens Banning♥Stefan Schmiedl♥Justin
Sorbello♥Daniel Cornelius♥pikafoop ♥IcyMidnight ♥Alexander
Botkin♥Charlie Owen♥Ali ♥David Drum♥Juan Chanco♥Christopher
Ingram♥Brian Kim♥Kathleen Ralph♥Sinogen ♥Cindy
Norton♥James A. Thornton♥Karl Dahlberg♥Becky Landry♥Phil
♥Faith Nelson♥NJGR ♥Mattis Jensen♥Chris Russell♥calicosarah
♥Bryce Chidester♥Delta-Fox ♥Doctor Professor♥Parabet♥Ricardo
Bittencourt♥Jeff Grafton♥BearPerson ♥Dave Coleman♥Logan
Arias♥

<http://www.patreon.com/jam>