



**WEEK ONE - AUGUST** 



## **AUGUST**

Cool Summer Cooking Ideas Kiss: Keep It Simple



## Make Your Outdoor Eating Easy And Delicious

Here Are Some Simple Starter Ideas:



Hummus Tuna Salad

## 2. CHILLED SOUPS:

Gazpacho Soup Yogurt Soup Cantaloupe Soup

## 3. QUICK MEALS:

Pastas and grains are a good base for a quick meal

Tapas! Olives, bread/oil, cheeses, nuts, dried cherries, and anything at all that you like

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