

Freddy, Fork It Over Illustration List #1

The yellow highlighted titles are those pages that are attached, but need some extra decorations/doodles. Hopefully the recipes will provide you with some inspiration for line art, abstract shapes, etc. to embellish the page.

The blue highlighted titles are NEW recipes, so pages are not included. For the most part, they will need extra decorations/doodles, unless I've noted some directions or suggestions for doodles.

The unhighlighted titles have attached pages but have specific requests for drawings/illustrations/doodles.

The information in red, bold, italicized font are the more time-intensive and detailed illustrations or drawings. Otherwise, the rest of the illustrations should not be as time-heavy, and should be similar to what a child would quickly doodle or draw in his/her school notebook (flowers, lines, designs, lettering, etc.).

1. Logo

- ***Freddy with the same round background as "Fit by the Forkful" logo, but with updated elements and title***
- ***Maybe Freddy with a napkin tied around his neck, with a healthy snack (like cauliflower popcorn box, veggie "chips", etc. to replicate junk food that is clearly made of healthy food)***

2. Foreword/Ingredients for Success

- *Two girls (Brandy and Farah) wearing chef hats; together holding a sign in the middle that says Thank You*

3. Very Berry Breakfast Bread

4. Yummy O's Bowl

5. Wake Up Bake

6. Fruit Punch Oatmeal

7. Waffle Banana Splits

- *A banana doing the splits?*

8. Pizzaz Pizza Pita

- *Pizza cutter family member who has lots of pizzaz/style*

9. Moroccan Mix

- *A distant Silverton relative who lived in Morocco wearing traditional outfit like seen below (or maybe the relative is an oven mitt?? I'll let Miranda decide).*



10. Lickety Split Lentil Soup

- *Racing flag; or Freddy racing with other friends*

11. Hot Diggity Turkey Dog

- *Use dog salt shaker that you've created already?*

12. Mind Your Peas & Q's Salad

- *Queen Elizabeth-like Silverton family member (prim and proper, drinking tea)*

13. Bottomless Pit Pie

- *Freddy looking down "pit" or big ditch full of pasta*

14. Tofu Veggie Toss – new recipe

- *Vegetables on a trampoline (brussel sprouts, tofu – BRANDY OTHER VEGGIES?)*

15. Buffalo chicken ziti – new recipe

- *Buffalo wearing a "chicken" disguise?*

16. Hot Pot – new recipe – + "cultural bites"

- *Food elements flying into a hot pot of water/stock = chicken, leafy vegetables, mushrooms, wontons, etc.*

17. CranGranJello

18. Avocushi – new recipe (brown rice, avocado, butternut squash)

- *Avocado sushi; maybe show avocado character being "rolled" with rice*

19. Mini cornbread muffins – new recipe

20. Sides & Sauces Tab

- *Two sports teams made of jars. One team wears jerseys which indicate they are Homemade and the other team wears jerseys that say Store Bought. The Silverton family is in the stands, along with other silverware fans. The jumbotron indicates that the Homemade team is winning (to promote making homemade sides and sauces). I think it would be best to have this set in a soccer field/stadium since that's a very gender-neutral sport*

21. Squish Squash fries

22. Cauliflower mashed potatoes – new recipe

23. Peter Piper Pickles

24. Strawberry Jam – new recipe

- Strawberry Rock group “jamming out”; music notes

25. Pesto gnocchi – new recipe

26. Spaghetti Sauce – new recipe

27. Orzo Veggie – new recipe

28. Resources Table of Contents

- *There is already a “draft” of a junk food monster trying to go through maze to get from Junk Food Hollow to Veggie Castle – can you clean up/make more aesthetically-pleasing?*

29. Tips, Tricks & Tidbits

- I've attached the original tips, tricks & tidbits for updating:
 - i. Freddy in a safari/adventure outfit
 - ii. Running water over vegetables
 - iii. Better doodle of oven
 - iv. Oven mitts

30. Fitness Fun 1

- Freddy with A+ graded paper
- Strong heart (heart pumping iron with dumbbells)
- Zoom view of a pedometer
- Dumbbells sword-fighting bacteria/disease

31. Fitness Fun 2

- Silverton family gardening