

**COMESTIBLE**

**7.**

**DAY  
MEAL  
PLAN**

---

FOOD AS TEXT

**PAT BADANI**





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PLAN**

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**PAT BADANI**

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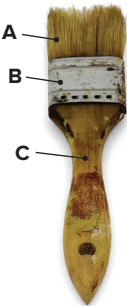
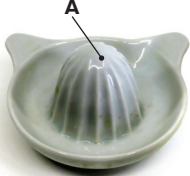

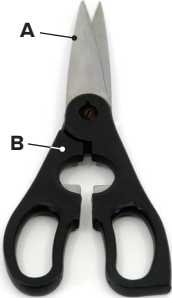

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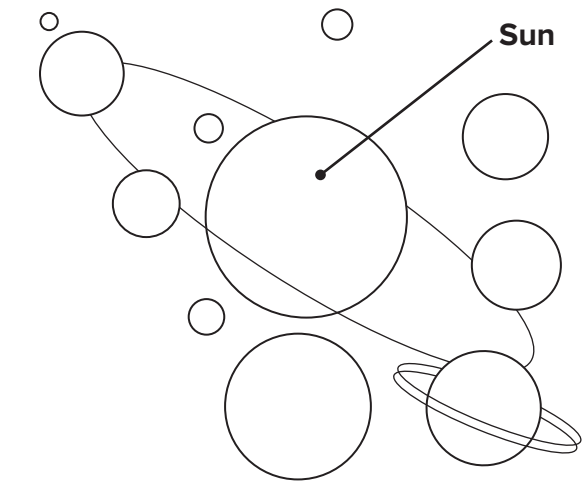
# UTENSILS

	<p><b>1)</b> A. Material B. Stuff <b>Region:</b> Cephalic <b>Time:</b> Corporeal</p>		<p><b>5)</b> A. Facts <b>Region:</b> Manual <b>Time:</b> Relevant</p>
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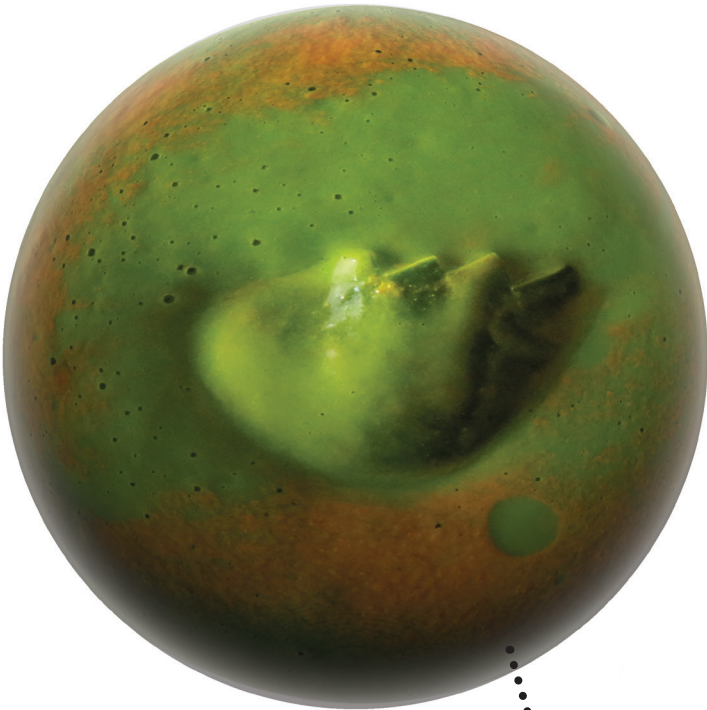
	<p><b>9)</b> A. Part B. Entity <b>Region:</b> Femoral <b>Time:</b> Notable</p>		<p><b>13)</b> A. Mass B. Form <b>Region:</b> Gluteal <b>Time:</b> Visible</p>
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1.


# SUNDAY.— Greens







sun://



**SPINACIA OLERACEA.** This green contains high amounts of calcium and iron, and vitamins C, K and B. Popeye sang a ballad to canned spinach. Olive fell in love. Love is not an ingredient approved by the FDA.

Vitamin C

Vitamin K

Vitamin B

20

Ca

Calcium


40.078

26

Fe

Iron

55.845



**PETROSELINUM CRISPUM.** This green contains calcium, iron, magnesium, and potassium, and vitamins A, K, and C. While on their first date, good kissers remedy garlic breath by nibbling on parsley garnishing their dinner.

Vitamin A

Vitamin K

Vitamin C

20

Ca

Calcium

40.078

26

Fe

Iron

55.845

12

Mg

Magnesium


24.305

19

K

Potassium

39.098



**PERSEA AMERICANA.** This green is loaded with healthy fats and various important nutrients like potassium, and vitamins K, C and B5. AvoAware consumers regularly fill their cravings through the popular Guaca-Matchmaking.

Vitamin K

Vitamin C

Vitamin B5

19

K

Potassium

39.098

# DIRECTIONS

1. Blend raw greens with water.
2. Don't add sweeteners.
3. Add moral evaluation.
4. Chill out and serve.

# WARNINGS

---

## CONSUME IF YOUR HEART IS:

- Disrupted
- Broken
- Unstable
- Unfixed
- Disputed

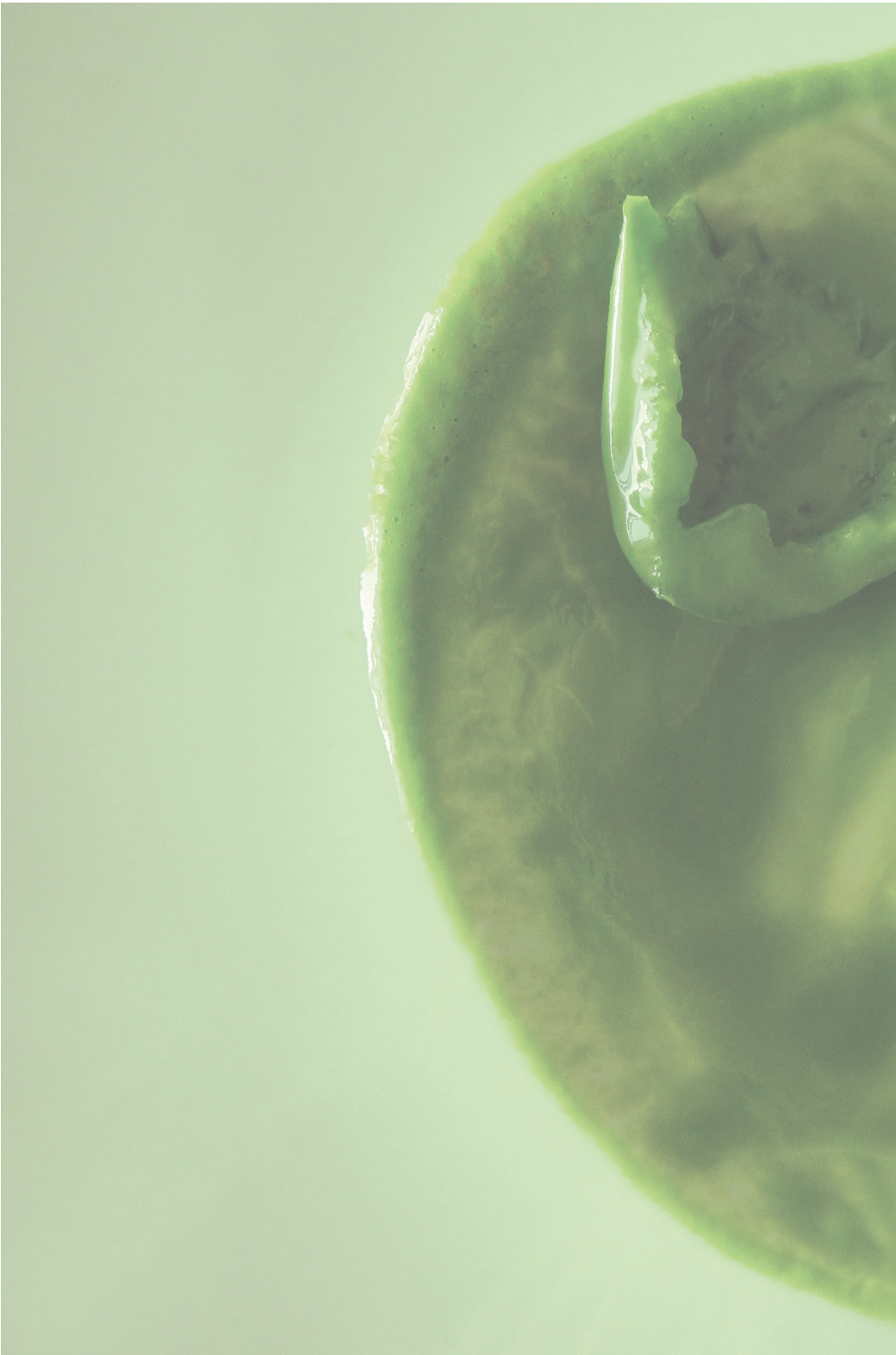
USES

A symbol of fertility, green was once the preferred color choice for wedding gowns in the 15th century. Today, lost lovers use roof-top-grown greens to detox their livers of failed relationships.



*Garden Island*  
*Smooth Island*

*I could change my life to better suit your food*  
*Turning the world soft and slow*  
*Turning you round and round*  
*A meadow under the moon*  
*Serene Smooth Muscle*



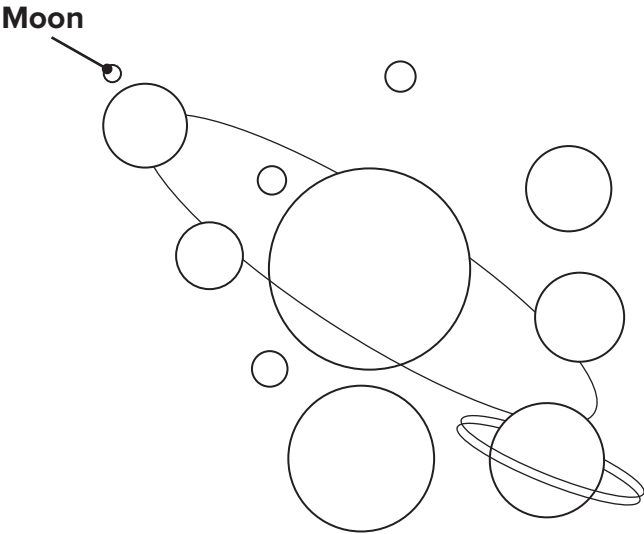




# 2.



# MONDAY.— Protein





moon://

INGREDIENTS



**TENEBRIO MOLITOR.** Fresh and dried larval form of a darkling beetle is extremely high in minerals such as iron, magnesium, potassium and phosphorous, and vitamins B1, B2, and B12. It contains a high % of protein and is extremely rich in amino acids such as arginine, leucine and lysine. It is among the 500 species of insects eaten worldwide, and the easiest to cook and consume. It takes up less space and requires fewer time and resources to raise in comparison to a cow whose farts and burps emit gases that pollute the environment.

Vitamin B1
Vitamin B2
Vitamin B12

26
Fe
Iron
55.845

12
Mg
Magnesium
24.305

19
K
Potassium
39.098

15
P
Phosphorus
30.974

# DIRECTIONS

1. Sauté in a frying pan.
2. Serve when wriggling stops.
3. Eat exoskeletons.

# WARNINGS

- 
- Beware of wild-caught bugs found near cultivars, they may be contaminated by pesticides.
  - If you're allergic to bugs that sting, carry your EpiPen before eating in case of a prickle —it could be fatal.
  - Your pet considers maggot-infested meat to be a delicacy, but eating maggots can cause bacterial poisoning.

When looking for protein content,  
make the best of what the world  
has most.

*There came the Beetle, so blind and so black, who carried  
the Emmet, his friend, on his back.*

*And there came the Gnat, and the Dragonfly too, and all  
their relations green, orange, and blue.*

*They came from the field or the farm to the plate, their  
proteins and minerals traced for good taste.*

*Icky Miss Muffet*

*Sat on a tuffet*

*Eating her ham and eggs*

*Along came a spider*

*Who sat down beside her*

*And little Miss Muffet*

*Gulped her away*









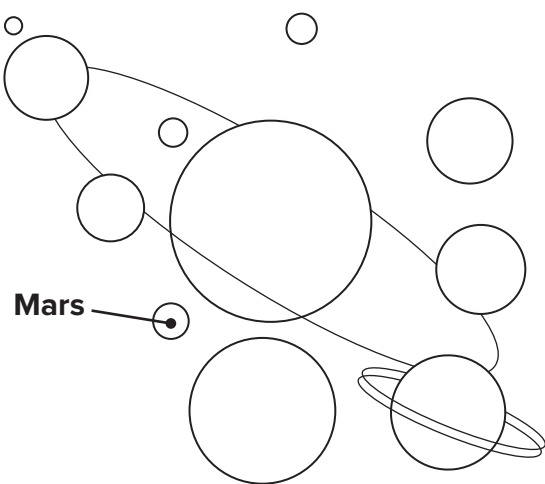
**Live for food. Kill for food.**

*...Alacránes, Ahuatle, A-ping, Anty Gin*  
(Cambridge Distillery), *Beondegi Japchae*  
(Joseph Yoon), *Chahui, Charred Avocado*  
*Tartare with Escamoles* (Jorge Vallejo),  
*Chapulines, Chicatanas, Chintuga, Chiswa,*  
*Critter Bitters* (Lucy Knops and Julia Plevin), *Crok*  
*insect* (Sylvain Musquar), *Cuchamás, Escamoles,*  
*Esunsun, Fried Green Tomato Hornworms*  
(David George Gordon), *Gallina ciega, Gusanos*  
*de Maguey, Hormigas, Inago no Tsukudani*  
(Kuniaki Yoshizawa), *Inswa, Ishwa, Iswa, Jing*  
*Reed, Jing Reed Khai, Jumiles, Kai Mod Daeng,*  
*Libélulas, Mang Pawng, Mang Da Na, Mhon*  
*Mhai, Mod Daeng, Rod Duan, Sal de gusano,*  
*Takatan, Tua Duang, Tsiswa, Saúva ants and*  
*pinapple* (Alex Atala), *Sisi...*

3.

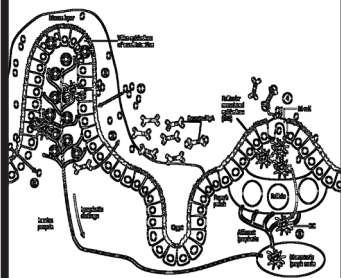
**TUESDAY.—**

Cultures and  
Ferments





mars://




**CULTURING.** A diet of cultured diversity ferments social harmony within the intestine. Disturbances of this community can lead to disease.

119

Cu

Element

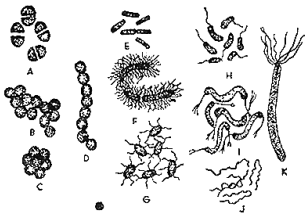


**INCUBATING.** Introducing diverse living material under the right conditions, favors growth. The process calls for a constant temperature.

120

Inc

Element




**CONTAMINATING.** You may already be culturing on your countertop or refrigerator without knowing it. Bacteria, fungi and yeast.

121

Con

Element



**PROCESSING.** Existing between the fresh and the rotten, processing requires time. Anyone concerned about impurity should contact a healthcare provider.

122

Pro

Element

# DIRECTIONS

1. Forsake the moldy drama cultivating in the shower-curtain.
2. Brine your sauerkraut on a sea voyage.
3. Consume with a glass of ocean.

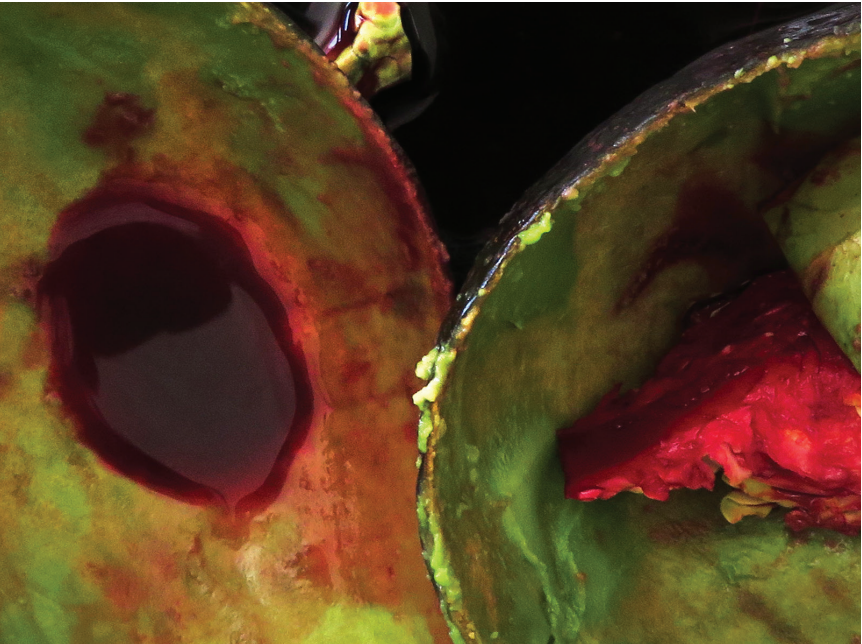
- 
- Remove food from “the danger zone” by cooling or heating.



# WARNINGS

USES

In your quest for transformation and improved well-being, choose a specific starter culture and experiment with contaminations.





*Inside your den*

*I see creation*

*A trinity of fermentation*

*Contained unpaid essence*

*A taste of waste perverts your plate*

*A reek so dense with lively breath*

*A life between*

*Alive as death*

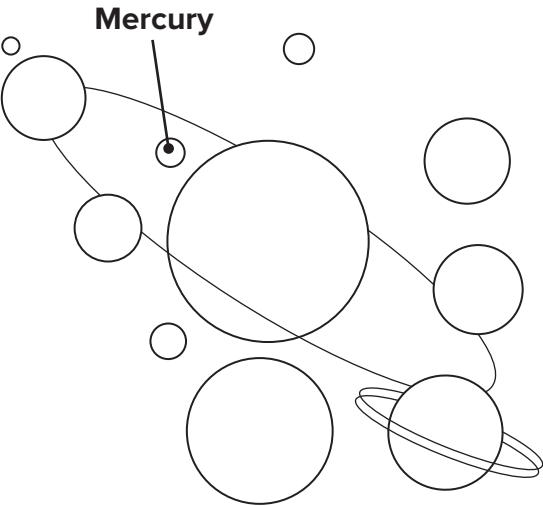
*In deliberate disguise*





4.

# WEDNESDAY.— Liberalized Trade







mercury://

# INGREDIENTS



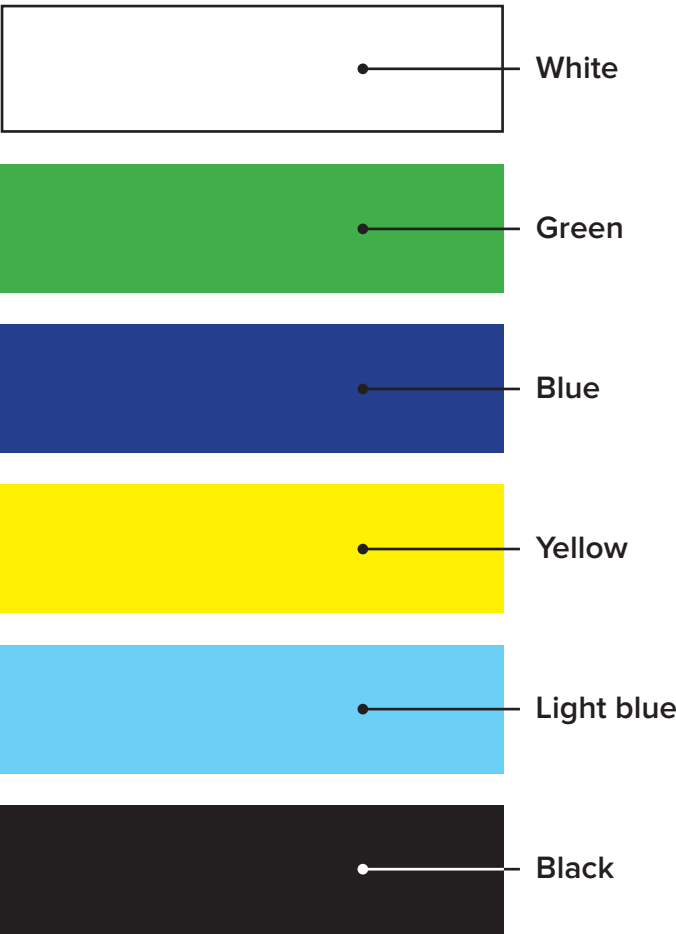
- Unknown.
- Unknown.
- Unknown.





DIRECTIONS

1. Create as many stripes as you wish. Feel free to use popular flag colors: white, green, dark blue, yellow, light blue, and black. Orange signals communication and alarm.



2. Serve cold, at no greater than twenty-three hours.

# WARNINGS

**DO NOT**  
**LEAVE**  
**BLOWING**  
**IN THE**  
**WIND**

# USES

This tricolor white, green, and orange flag does not conform to military standards. Any resemblance to a medieval war flag is purely incidental, nor does it indicate a country of origin or the regal union between two previously separate states. The banner denotes no recognized constitution. There are six essential decrees that must be enforced:

1. When taken across a border consume all colors except white.
2. If there is a change in regime consume only white.
3. When angry turn flag vertically.
4. When distressed turn flag upside down.
5. Some design changes are allowed.
6. Printing the design on coffee-mugs is not allowed.







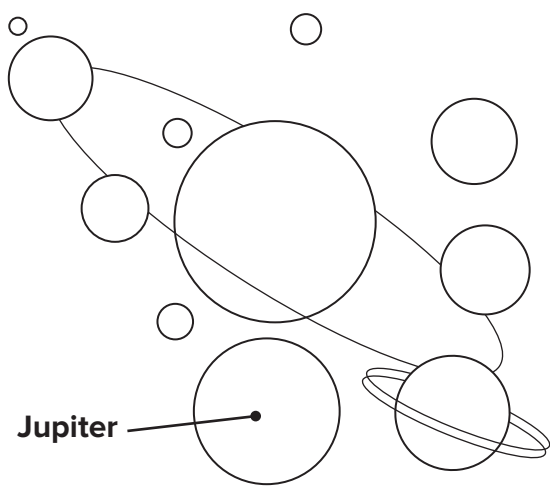


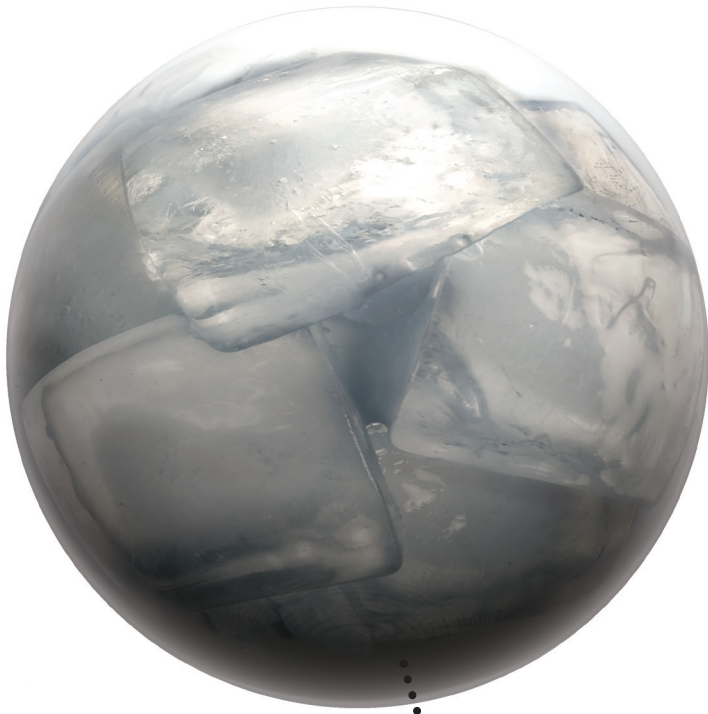


5.



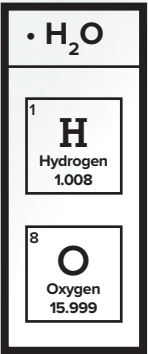
# THURSDAY.— Water Stress





jupiter://

INGREDIENTS





# DIRECTIONS

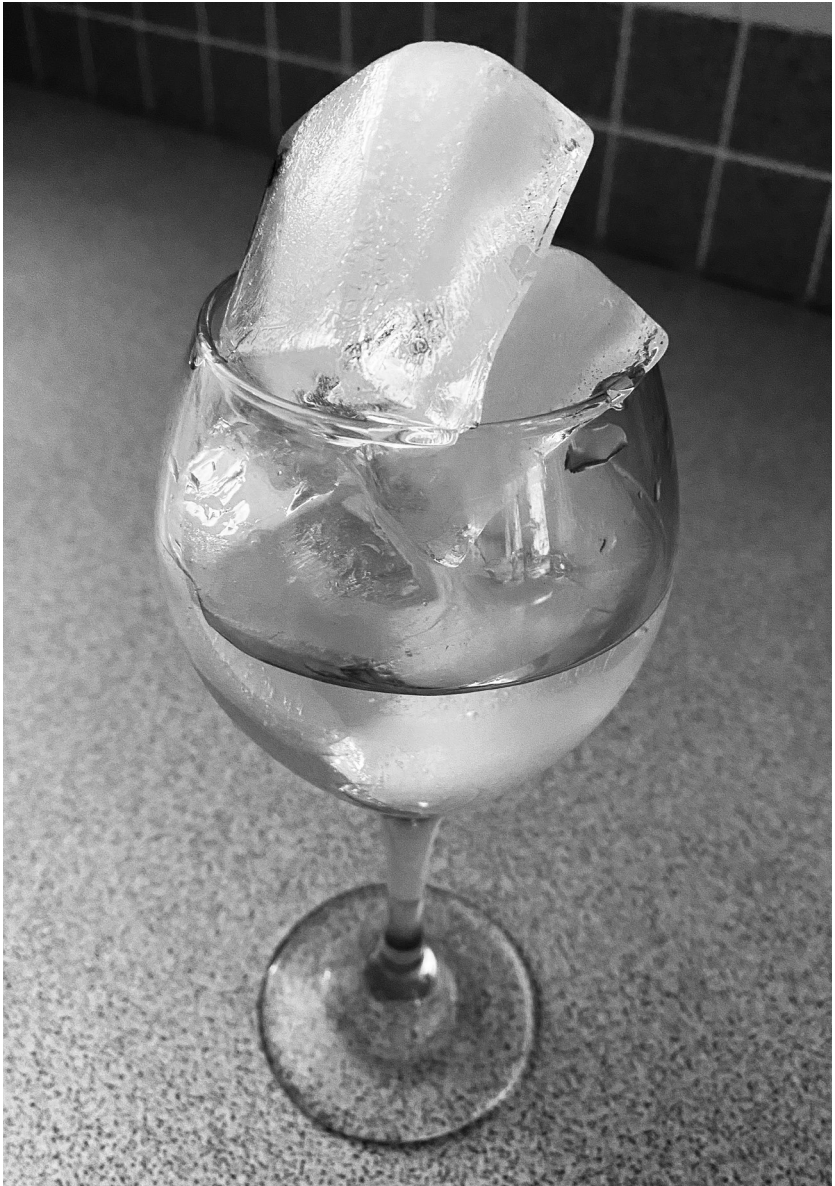
1. Place tap water in an ice-tray and freeze at temperatures of 0°C (32°F) or lower.



2. Serve before meltdown.







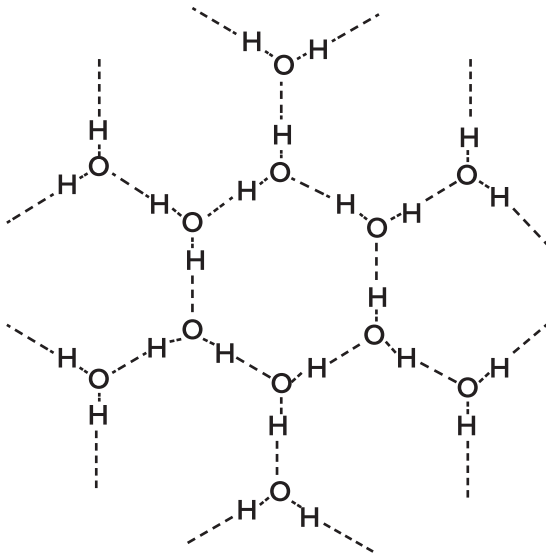
# WARNINGS

- Millions of people cannot access drinking water.
- A bottle of imported Icelandic spring water sells for \$5.00 USD at Laguardia airport.

## USES

Ice is considered a mineral. It is a naturally occurring, crystalline, inorganic solid with an ordered structure.

It is highly beneficial as a meal replacement if you have food allergies, are on a weight loss program, or recovering from dental surgery.





*Ice water*

*Liquid frozen to a solid blue*

*Ice water*

*A thousand showers and I'll never be clean of you*

*Ice water*

*Liquid water and floating blue*

*Ice water*

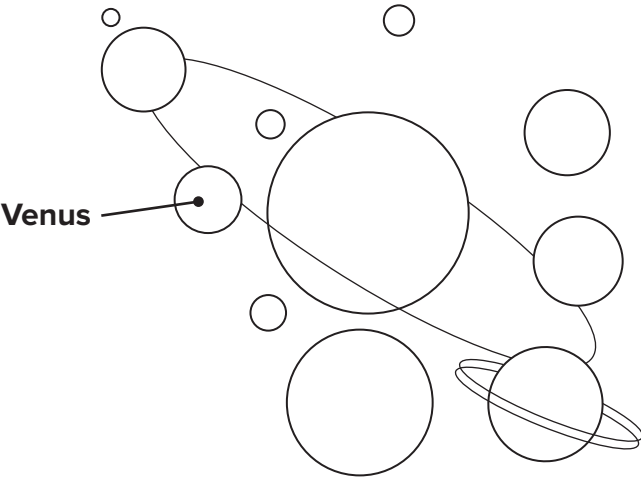
*I fell and fell, snowflakes and hail*

*I melt*

*Blood in my veins on an arctic drought*




6.

# FRIDAY.— Poor Consumer





venus://

	<p><b>CUCUMIS MELO L. VAR. MAKUWA.</b></p> <p>Made up of mostly water, it contains electrolytes that may hydrate you more effectively than just water alone. Its nutrient composition of calcium, and vitamins A and C, causes increased passing of urine, and because of the distance and the number of people paid in getting it to your plate, it is a very expensive diuretic.</p>
<div>Vitamin A</div> <div>Vitamin C</div>	<div><div>20</div><div><b>Ca</b></div><div>Calcium</div><div>40.078</div></div>
	<p><b>VITIS AMURENSIS.</b> Packed with a high % of potassium and phosphorous, and vitamins K, B6 and C, their antioxidants remain present even after fermentation, which is why fine red wine is also high in these compounds, and if you consumed only seasonally and locally sourced, you'd stay sober in snowy wintertime.</p>
<div>Vitamin K</div> <div>Vitamin B6</div> <div>Vitamin C</div>	<div><div>19</div><div><b>K</b></div><div>Potassium</div><div>39.098</div></div> <div><div>15</div><div><b>P</b></div><div>Phosphorus</div><div>30.974</div></div>
	<p><b>ZIZANIA AQUATIC.</b> This ancient aquatic species produces edible seeds resembling rice (<i>manomin</i>). Considered sacred, it now has full voting rights. It's nutrients, include manganese, phosphorus, magnesium, and zinc, and vitamin B6.</p>
<div>Vitamin B6</div>	<div><div>25</div><div><b>Mn</b></div><div>Manganese</div><div>54.938</div></div> <div><div>15</div><div><b>P</b></div><div>Phosphorus</div><div>30.974</div></div> <div><div>12</div><div><b>Mg</b></div><div>Magnesium</div><div>24.305</div></div> <div><div>30</div><div><b>Zn</b></div><div>Zinc</div><div>65.38</div></div>

# DIRECTIONS

1. Peel grapes silently and communally to cut through barriers of wealth and class.
2. Disinfect fingernails with vinegar before peeling grapes.
3. Lick fingers to taste the high acidity level somewhat hidden by the bitterness.

# WARNINGS

- 
- Shopping in low-cost supermarkets is a predictor of bodyweight.
  - “Supersized” fast foods are not cheap dietary alternatives.
  - Shrinking food budgets do not allow for path from field to fork.

## USES

**When using the word “cheap”, please note that the rich write history and the poor bum on the corner gets blamed for everything.**

**Melons** are watery and amounts of money can get you a better melon than the bum on the corner is eating. Not all melons are the same and not all the melons are good. <sup>(1)</sup>

**Grapes** are slippery and amounts of money can get you a better grape than the bum on the corner is eating. Not all grapes are the same and not all the grapes are good. <sup>(1)</sup>

**Rice** are chewy and amounts of money can get you better rice than the bum on the corner is eating. Not all rice are the same and not all the rice are good. <sup>(1)</sup>

<sup>(1)</sup> “A Coke is a Coke and no amount of money can get you a better coke than the one the bum on the corner is drinking. All Cokes are the same and all the cokes are good.” Andy Warhol, 1975.





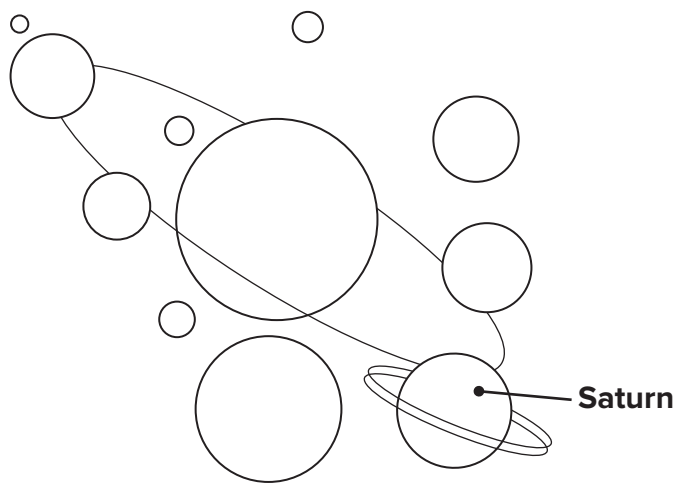










7.

# SATURDAY.— Adaptation and Balance





saturn://

	<p><b>PUNICA GRANATUM.</b> This fruit has antiviral and antibacterial properties that may be useful against common gum diseases and yeast infections. Potassium, and vitamins B9, K and C may improve exercise performance by increasing blood flow.</p>
<div><div>Vitamin B9</div><div>Vitamin K</div><div>Vitamin C</div></div>	<div><div><div>19</div><div>K</div><div>Potassium</div><div>39.098</div></div><div></div></div>
	<p><b>CITRUS X PARADISI.</b> This citrus contains several vitamins and minerals known for their role in preventing infection. It also contains a class of chemical that slows down the process needed to break down medications in your gut and liver, increasing the side effects of these drugs.</p>
<div><div>Vitamin C</div><div>Vitamin A</div></div>	<div><div><div>19</div><div>K</div><div>Potassium</div><div>39.098</div></div><div></div></div>
	<p><b>BETA VULGARIS.</b> Manganese and potassium, and vitamin B9 and B6 may enhance athletic performance by improving oxygen use and time to exhaustion. To maximize effects, it should be consumed 2-3 hours prior to training or competing.</p>
<div><div>Vitamin B9</div><div>Vitamin B6</div></div>	<div><div><div>25</div><div>Mn</div><div>Manganese</div><div>54.938</div></div><div><div>19</div><div>K</div><div>Potassium</div><div>39.098</div></div><div></div></div>



## DIRECTIONS

(See next page →)

## WARNINGS

---

**You may be suffering from *Orthorexia Nervosa* if you exhibit four or more of the following behaviors:**

- Dependence on meal replacement diets.
- Fear of contamination from processed foods.
- Inability to eat food that isn't designated "pure".
- Repulsion over what others eat.
- Obsessively follow "lifestyle" bloggers on social media.
- Fastidious monitoring of ingredients in menus.

***DON'T  
EAT  
THE  
FORBIDDEN  
FRUIT***





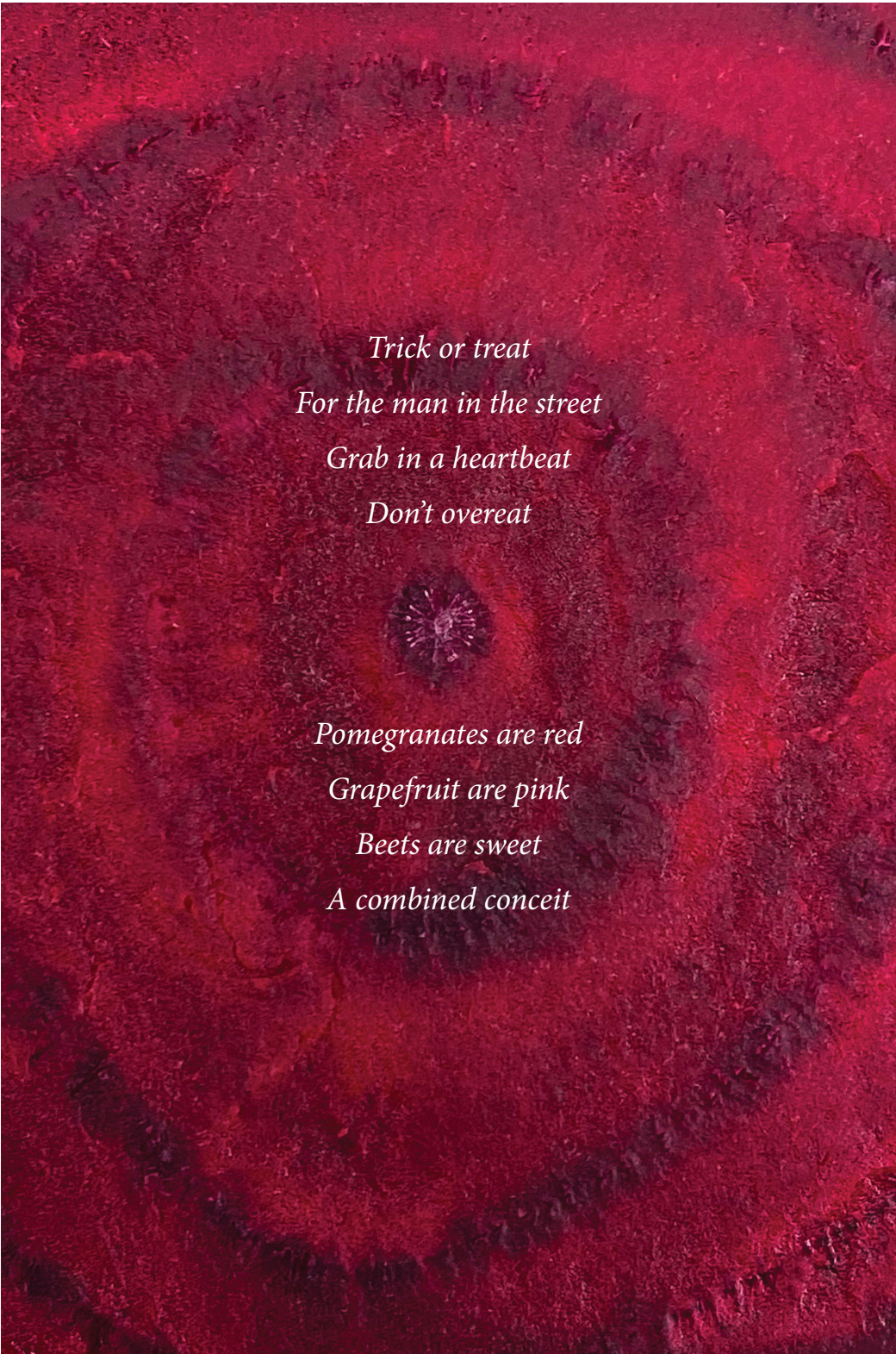


**EAT  
THE  
FORBIDDEN  
FRUIT**

USES







*Trick or treat  
For the man in the street  
Grab in a heartbeat  
Don't overeat*

*Pomegranates are red  
Grapefruit are pink  
Beets are sweet  
A combined conceit*

GLUTTONOUS FIRST SIN

INDIGESTION DID NOT EXIST IN EDEN

Pat Badani is a visual artist, writer, and researcher who explores notions of utopia and dystopia through emergent art practices in works dealing with globalization, human migration, connections between food and cultures, and sustainability. Art projects often include photography, installation, digital art, mobile apps, culinary art, and creative writing. Badani's work has been recognized with over twenty awards and has been shown in international exhibitions held in museums, art centers, and media art festivals. She has presented her essays and talks at conferences in over fifteen countries. Articles examining Badani's works have been published in three languages in solo and group exhibition catalogues, in thematic anthologies, and in journals.

**[www.patbadani.net](http://www.patbadani.net)**





## COMESTIBLE.—7.—Day Meal Plan

In this artist's book I explore my fraught relationship with food production and consumption – highly charged arenas in which cultural, social, economic, and political tensions converge. I parody diet plans by means of seven discomfiting recipes that are instead food for thought, ironic propositions in which ingredients and directions offer enticing clues to time, place, class, and character. Photography is melded with elements ranging from poetry to science to informed psychobabble, while the editorial design alludes to instruction manuals, laboratory explorations, or a biology cabinet.

Interweaving ideas about consumerism, power, experience, time, nature, innocence, hope, sin and salvation, I invite the reader to consider an ecological landscape in which food and diet are part of a narrative involving a wide-ranging “makeover.” Food, after all, is intimately associated with all of our appetites and thoroughly entangled with the myriad conditions that press upon life – every day, 7 days a week.

*Pat Badami*