
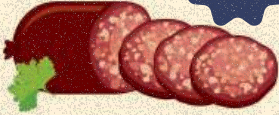

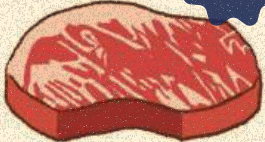


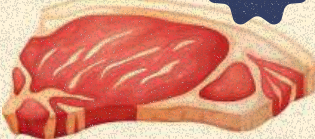







<p>Protein</p>  <p>\$20</p> <p>Crab</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Seafood 	<p>Protein</p>  <p>\$5</p> <p>Salami</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Red Meat 	<p>Protein</p>  <p>\$10</p> <p>Ground Beef</p> <ul style="list-style-type: none"> 🍷 Neutral ➕ Red Meat 	<p>Protein</p>  <p>\$15</p> <p>Steak</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Red Meat
<p>Protein</p>  <p>\$20</p> <p>Lobster Tail</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Seafood 	<p>Protein</p>  <p>\$15</p> <p>Shrimp</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Seafood 	<p>Protein</p>  <p>\$15</p> <p>Pork Chops</p> <ul style="list-style-type: none"> 🍷 Salty ➕ Red Meat 	<p>Vegetable</p>  <p>\$1</p> <p>Tomato Sauce</p> <ul style="list-style-type: none"> 🍷 Sour ➕ Sugar
<p>Vegetable</p>  <p>\$3</p> <p>Thai Chili Pepper</p> <ul style="list-style-type: none"> 🍷 Spicy 	<p>Vegetable</p>  <p>\$7</p> <p>King Oyster Mushroom</p> <ul style="list-style-type: none"> 🍷 Umami 	<p>Vegetable</p>  <p>\$3</p> <p>Vanilla</p> <ul style="list-style-type: none"> 🍷 Sweet ➕ Sugar 	<p>Vegetable</p>  <p>\$3</p> <p>Jalapeño</p> <ul style="list-style-type: none"> 🍷 Spicy

print this page twice and double sided!



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient

include this with the prev page!

Misc



\$5

Milk

- 🍷 Neutral
- + Dairy

Vegetable



\$1

Chive

- 🍷 Neutral

Fruit



\$5

Cherries

- 🍷 Sweet

Fruit



\$5

Coconut

- 🍷 Sweet

Misc



\$5

Ice Cream

- 🍷 Sweet
- + Sugar

Misc



\$3

Cinnamon

- 🍷 Spicy

Misc



\$5

Chocolate

- 🍷 Sweet
- + Sugar

Misc



\$5

Soy Sauce

- 🍷 Salty

Misc



\$5

Chili Oil

- 🍷 Spicy

Misc

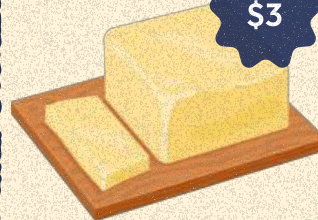


\$3

Oregano

- 🍷 Umami
- + Herb

Misc

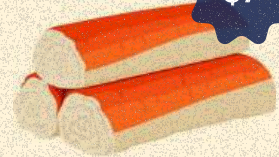


\$3

Butter

- 🍷 Sweet
- + Dairy

Protein



\$7

Imitation Crab

- 🍷 Neutral
- + Seafood

print this page twice and double sided!



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient

include this with the prev page!

Economic Inflation



Increase all prices by \$3

Economic Recession



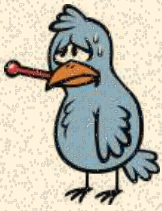
Increase all prices by \$5

Economic Depression



Increase all prices by \$7

Bird Flu Outbreak



All Poultry items cost double their listed price

Speeding Ticket



Leave for work earlier next time! Lose \$10

Broken Leg



You have broken your leg.
Lose \$15

print this page two times and double sided!



Event



Event



Event



Event



Event



Event

include this with the prev page!

Cookout!

2 Ct Protein	4 Pts
2 Ct Carbs	3 Pts
1 Ct Spicy	2 Pts
1 Ct Seafood	1 Pts

Restrictions 1 Pts
No Vegetables

Halal

2 Ct Protein	3 Pts
1 Ct Carbs	1 Pts
1 Ct Spicy	1 Pts

Restrictions 1 Pts
No Pork

Veggie Work Out

2 Ct Protein	3 Pts
2 Ct Vegetable	2 Pts
1 Ct Carbs	1 Pts

Restrictions 1 Pts
No Meat

Dessert Time

3 Ct Sweet	6 Pts
1 Ct Dairy	2 Pts

Birds, Please

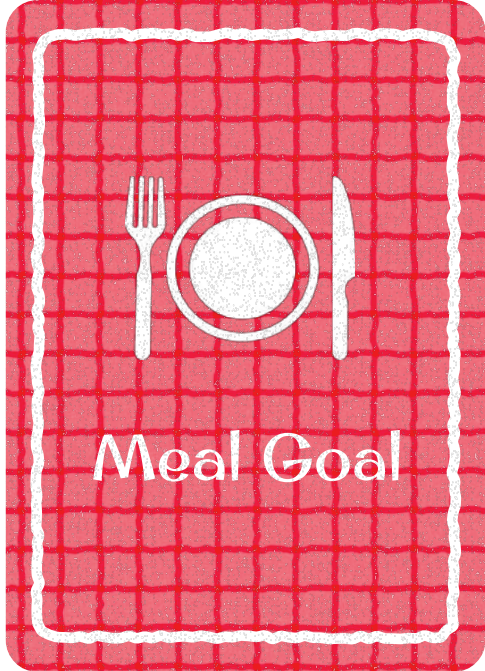
3 Ct Poultry	5 Pts
1 Ct Vegetable	1 Pts

Vegetarian

2 Ct Vegetable	3 Pts
1 Ct Protein	1 Pts
1 Ct Umami	2 Pts

Restrictions 1 Pts
No Meat

print this page two times and double sided!



Meal Goal



Meal Goal



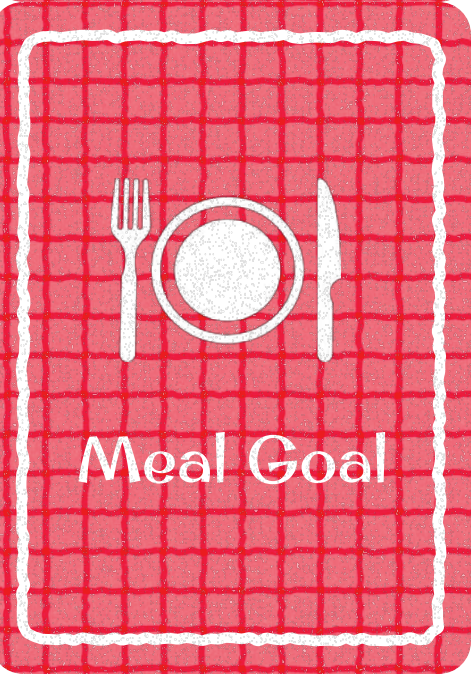
Meal Goal



Meal Goal



Meal Goal



Meal Goal

include this with the prev page!

Turn Reference

Actions

1. **Buy** from the Grocery Store or Savings Goals.
2. **Pass** to send an Ingredient in the Grocery Store to the Dumpster.
3. **Trade** with other players with/for Ingredients and money.

Scoring Points

1. **+Pts on card** for fulfilling requirements
2. **+2pts** for fulfilling ALL requirements
3. **+1pt** for the cheapest dish
4. **+3pts** for the Player's Choice, and remember: **no voting for yourself!**

Submitting Meals

1. Create a Meal with **at least 3 Ingredients** and submit it face down
NOTE: Meals with less than 3 Ingredients will not score.
2. One by one, the first player reveals each Meal and the player that submitted the meal explains their Meal.

Turn Reference

Actions

1. **Buy** from the Grocery Store or Savings Goals.
2. **Pass** to send an Ingredient in the Grocery Store to the Dumpster.
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1. Create a Meal with **at least 3 Ingredients** and submit it face down
NOTE: Meals with less than 3 Ingredients will not score.
2. One by one, the first player reveals each Meal and the player that submitted the meal explains their Meal.

<p>Carb</p> <p>\$3</p>  <p>Pasta</p> <p>🍴 Neutral</p>	<p>Carb</p> <p>\$1</p>  <p>Potato</p> <p>🍴 Neutral</p>	<p>Protein</p> <p>\$3</p>  <p>Yogurt</p> <p>🍴 Neutral + Dairy</p>	<p>Protein</p> <p>\$3</p>  <p>Cheddar Cheese</p> <p>🍴 Neutral + Dairy</p>
<p>Carb</p> <p>\$3</p>  <p>Rice</p> <p>🍴 Neutral</p>	<p>Vegetable</p> <p>\$1</p>  <p>Spinach</p> <p>🍴 Neutral + Fiber</p>	<p>Carb</p> <p>\$3</p>  <p>Sliced bread</p> <p>🍴 Neutral</p>	<p>Carb</p> <p>\$1</p>  <p>Spaghetti</p> <p>🍴 Neutral</p>
<p>Vegetable</p> <p>\$1</p>  <p>Portobello Mushroom</p> <p>🍴 Neutral</p>	<p>Vegetable</p> <p>\$3</p>  <p>Tomatoes</p> <p>🍴 Umami</p>	<p>Vegetable</p> <p>\$1</p>  <p>Cabbage</p> <p>🍴 Neutral + Fiber</p>	<p>Vegetable</p> <p>\$1</p>  <p>Lettuce</p> <p>🍴 Neutral + Fiber</p>

print this page four times and double sided!



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient

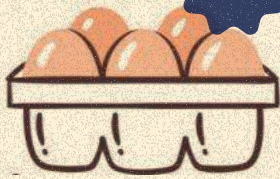


Ingredient

include this with the prev page!

Protein

\$3



Eggs

- Neutral
- Dairy

Vegetable

\$1



Onions

- Neutral

Vegetable

\$3



Garlic

- Umami



Vote



Vote



Vote

Cash Back

\$5



Gain 1 dollar from the supply for every 2 Ingredients you buy.

Ski Mask

\$10



As an action, choose and steal an ingredient from another player. Can be used once per meal.

Instacart Membership

\$15



As an action, look at the top 3 Ingredients of the Ingredients Deck. Choose one to put in your hand and place the rest in the Dumpster.

Compost Garden

\$20



As an action, take any Ingredient from the Dumpster and put it in your hand.

print this page four times and double sided!

1



Ingredient

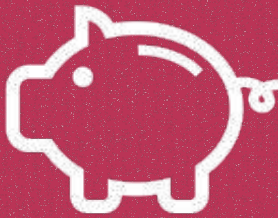


Ingredient

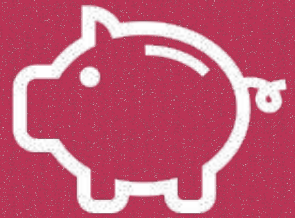


Ingredient

2

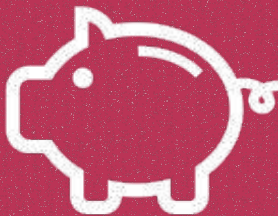


Savings
Goals

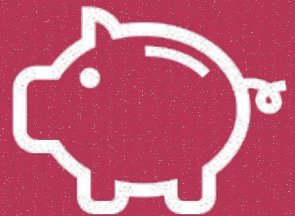


Savings
Goals

3



Savings
Goals



Savings
Goals

include this with the prev page!

Score Card

At the end of each meal, record each player's score on this sheet. Player with most points at the end of 3 Meals wins.
Write your names on the top row to start playing!

	Player 1	Player 2	Player 3	Player 4
Meal #1				
Meal #2				
Meal #3				
Total				

Score Card

At the end of each meal, record each player's score on this sheet. Player with most points at the end of 3 Meals wins.
Write your names on the top row to start playing!

	Player 1	Player 2	Player 3	Player 4
Meal #1				
Meal #2				
Meal #3				
Total				

Protein  \$10 Fish 🍷 Salty + Seafood	Protein  \$10 Grilled Chicken 🍷 Salty + Poultry	Protein  \$5 Pork Sausage 🍷 Salty + Red Meat	Protein  \$5 Tofu 🍷 Neutral
Protein  \$3 Paneer 🍷 Salty + Dairy	Protein  \$10 Turkey Leg 🍷 Salty + Poultry	Carb  \$3 Orzo Pasta 🍷 Neutral	Carb  \$3 Naan 🍷 Neutral
Vegetable  \$3 Kale 🍷 Neutral + Fiber	Vegetable  \$3 Broccoli 🍷 Neutral + Fiber	Vegetable  \$1 Cucumber 🍷 Neutral	Carb  \$1 Flat bread 🍷 Neutral

print this page three times and double sided!



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient

include this with the prev page!

<p>Vegetable</p>  <p>\$3</p> <p>Bell Peppers</p> <p>Neutral</p>	<p>Vegetable</p>  <p>\$3</p> <p>Bok Choy</p> <p>Neutral + Fiber</p>	<p>Vegetable</p>  <p>\$3</p> <p>Enoki Mushroom</p> <p>Umami</p>	<p>Vegetable</p>  <p>\$1</p> <p>Scallion</p> <p>Umami</p>
<p>Fruit</p>  <p>\$1</p> <p>Lemons</p> <p>Sour</p>	<p>Vegetable</p>  <p>\$1</p> <p>Carrots</p> <p>Neutral</p>	<p>Fruit</p>  <p>\$3</p> <p>Grapes</p> <p>Sweet</p>	<p>Fruit</p>  <p>\$3</p> <p>Apples</p> <p>Sweet</p>
<p>Fruit</p>  <p>\$3</p> <p>Peaches</p> <p>Sweet + Fiber</p>	<p>Fruit</p>  <p>\$3</p> <p>Oranges</p> <p>Sweet</p>	<p>Protein</p>  <p>\$10</p> <p>Baked Drumstick</p> <p>Salty + Poultry</p>	<p>Protein</p>  <p>\$7</p> <p>Fried Drumstick</p> <p>Salty + Poultry, Carbs</p>

print this page three times and double sided!



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient



Ingredient

include this with the prev page!

Received Bonus at Work



Congratulations! Gain \$10

Local Grocery Closed



Oh no! Your local grocer is closed today. Go to the next closest grocery store. Increase all prices by \$3.

Streaming Service Payment Due



Seriously? You're not pirating? Lose \$5

Received Promotion at Work



Your hard work paid off!
Increase income by \$5 for remainder of game

Discard



Discard an Ingredient from your hand to the Dumpster.

print this page three times and double sided!



Event



Event



Event



Event



Event

include this with the prev page!

Balanced Meal

1 Ct Protein 1 Pts
1 Ct Vegetable 1 Pts
1 Ct Carbs 1 Pts

Hot Ones

2 Ct Spicy 3 Pts
1 Ct Vegetable 1 Pts
1 Ct Protein 1 Pts
1 Ct Poultry 1 Pts

Soup's On

3 Ct Vegetable 4 Pts
1 Ct Carbs 1 Pts
1 Ct Fiber 1 Pts
1 Ct Spicy 1 Pts

Oh So Fruity!

3 Ct Fruit 5 Pts
1 Ct Fiber 1 Pts

Lactose Intolerant

1 Ct Protein 1 Pts
1 Ct Vegetable 1 Pts
1 Ct Fruit 1 Pts
1 Ct Carbs 1 Pts
1 Ct Umami 2 Pts

Leftovers

1 Ct Protein 1 Pts
1 Ct Carbs 1 Pts

Restrictions 1 Pts
No Dairy

Grocery Cart

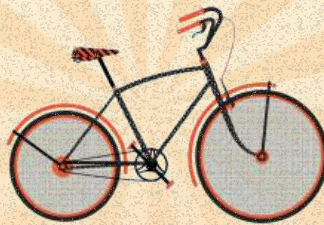
\$25



Your hand size increases by 2
Ingredients.

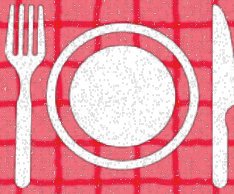
Bike

\$30

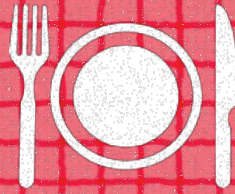


You may buy up to two Ingredients
on every turn

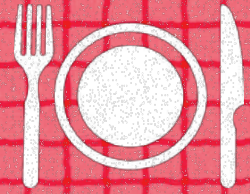
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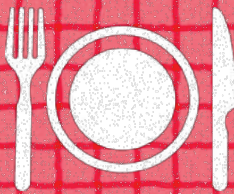
Meal Goal



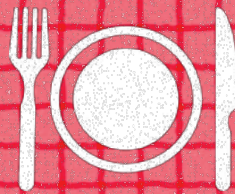
Meal Goal



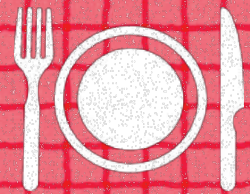
Meal Goal



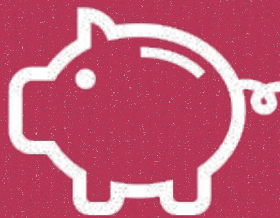
Meal Goal



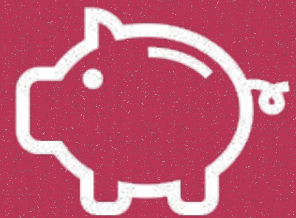
Meal Goal



Meal Goal



Savings
Goals



Savings
Goals

include this with the prev page!

Student Loans Due



You managed to save enough to pay the interest. Lose \$15

Received Large Promotion at Work



Increase income by \$10 for remainder of game

Received Large Bonus



Congratulations! Gain \$15

Feast Fit For A King

2 Ct Protein 3 Pts

2 Ct Seafood 3 Pts

1 Ct Carbs 1 Pts

King Neptune

3 Ct Seafood 5 Pts

1 Ct Vegetable 1 Pts

Date Night

1 Ct Protein 1 Pts

1 Ct Vegetable 1 Pts

1 Ct Carbs 3 Pts

1 Ct Seafood 1 Pts

1 Ct Spicy 1 Pts

Ramen Night

1 Ct Carbs 1 Pts

1 Ct Salty 1 Pts

1 Ct Spicy 1 Pts

1 Ct Umami 2 Pts

Ramen Night

2 Ct Carbs 3 Pts

1 Ct Spicy 3 Pts

1 Ct Salty 1 Pts

1 Ct Umami 2 Pts

Ramen Night

1 Ct Carbs 1 Pts

1 Ct Vegetable 1 Pts

1 Ct Seafood 2 Pts

1 Ct Umami 2 Pts



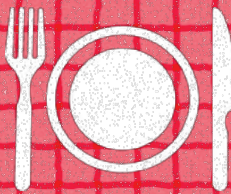
Event



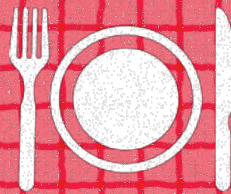
Event



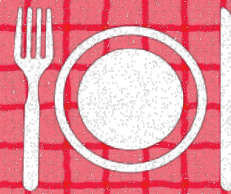
Event



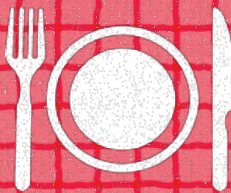
Meal Goal



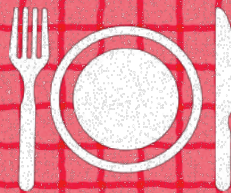
Meal Goal



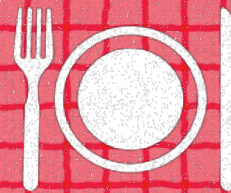
Meal Goal



Meal Goal



Meal Goal



Meal Goal

include this with the prev page!

Kosher

1 Ct Protein 1 Pts
1 Ct Carbs 1 Pts
2 Ct Vegetable 2 Pts

Restrictions 2 Pts
No Pork, No Dairy

Kosher

1 Ct Protein 1 Pts
1 Ct Carbs 1 Pts
2 Ct Vegetable 2 Pts

Restrictions 2 Pts
No Pork, No Seafood

Grocery Cart

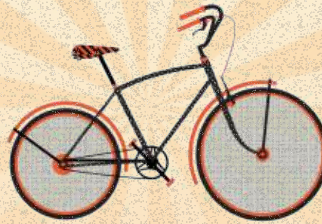
\$25



Your hand size increases by 2
Ingredients.

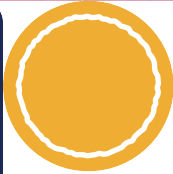
Bike

\$30

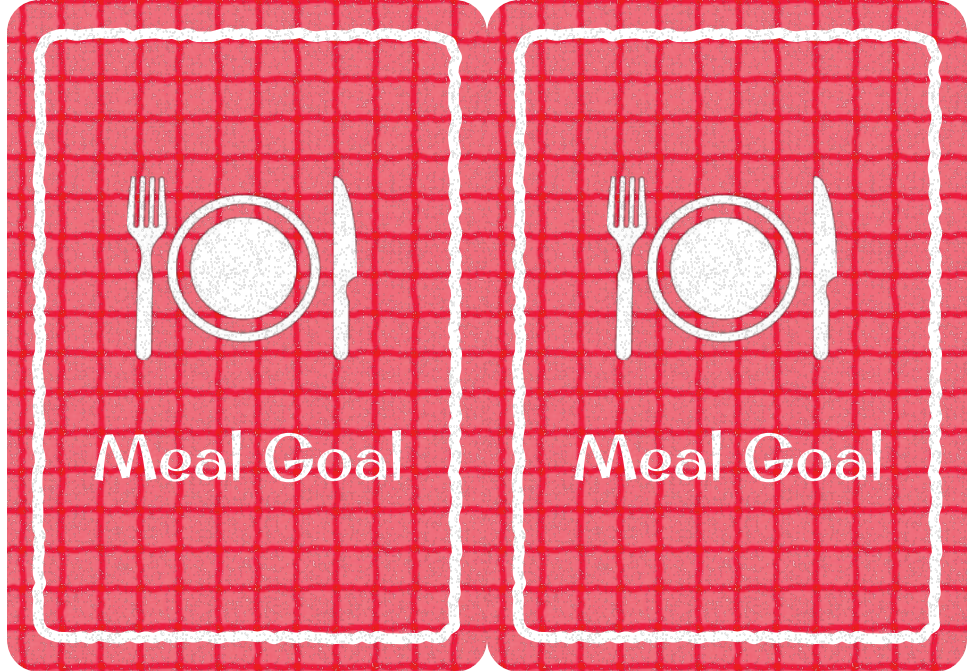


You may buy up to two Ingredients
on every turn

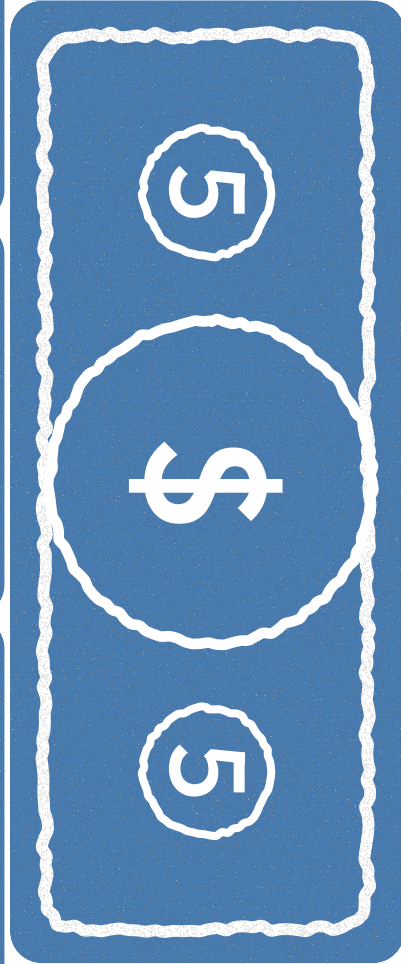
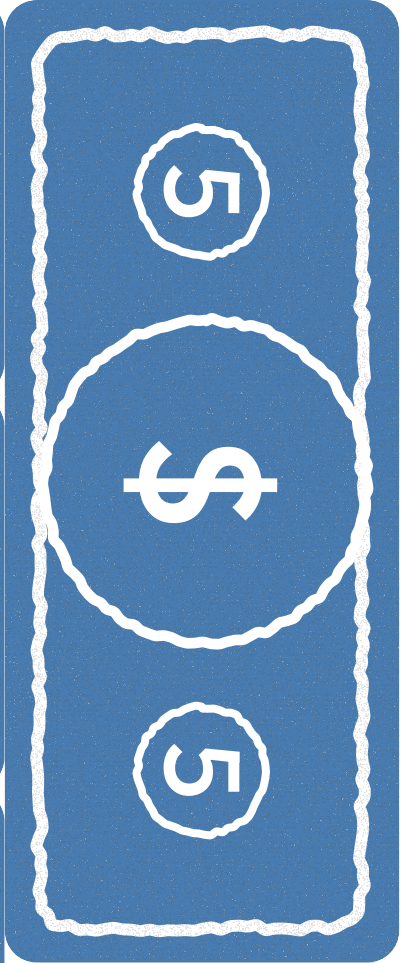
**1st
Player**



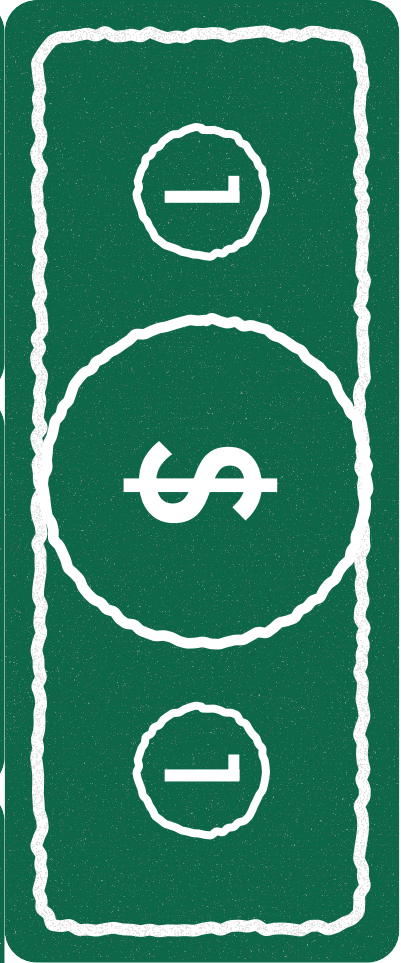
print this page once and double sided!



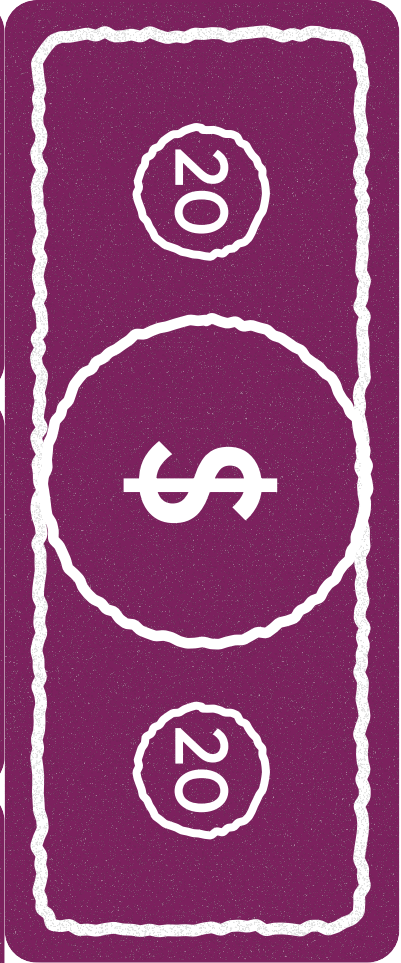
include this with the prev page!



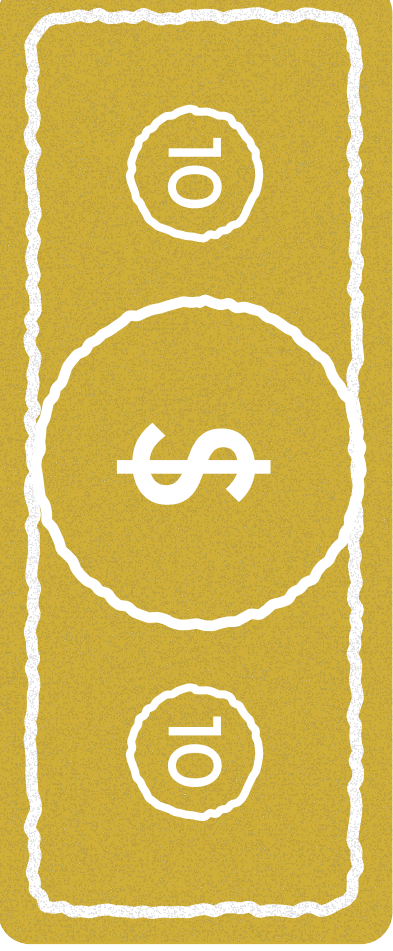
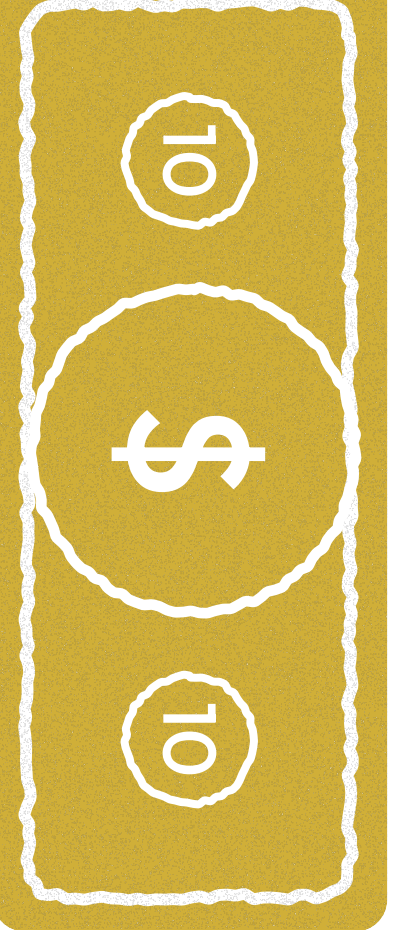














Game Progression Tracker

Meal #1

Meal

Meal Goal Draw Pile

Meal Goals

3 Meal Goals Per Meal

Each Meal reveals 3 Meal Goals with different scoring criteria and restrictions. Within each Meal, Players can choose 1 meal goal to work towards.

Meal Goal
Draw Pile

Event Card Draw Pile

Event Card
Draw Pile

Event 1

1

Event 2

2

Event 3

3

Event 4

4

Place the game progression tracker token on the corresponding meal, starting from #1. Each game consists of **3 meals**, and each meal includes **4 rounds** of playing (i.e. each player gets 4 turns).

Meal #2

Meal #3

1

2

3

Meal #4

Events

4 Events per Meal

1 Event card is drawn for **each round of the meal**. Player with the first player token will draw an Event card at the start of each round, and the Event card will apply to all players until the round ends

Grocery

Players can buy an ingredient from the store or pass their turn, the grocery store refreshes by



Ingredient Draw Pile



Ingredient
Draw Pile

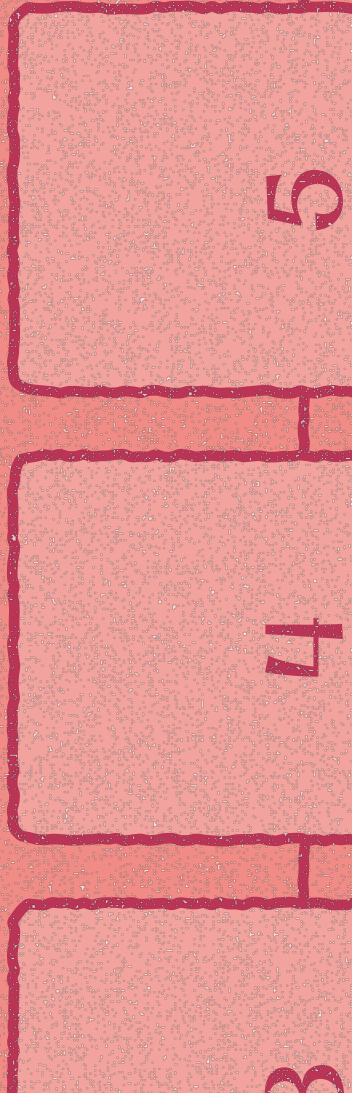
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2

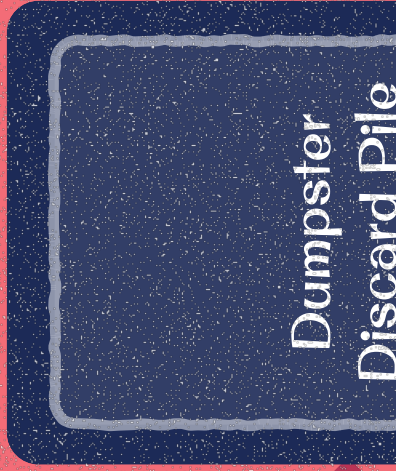
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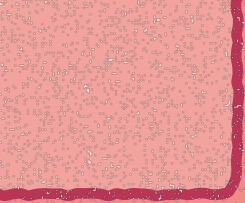
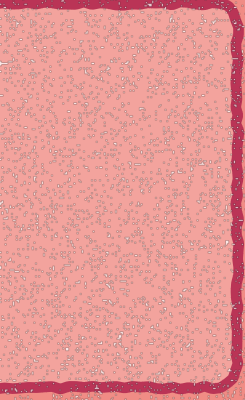
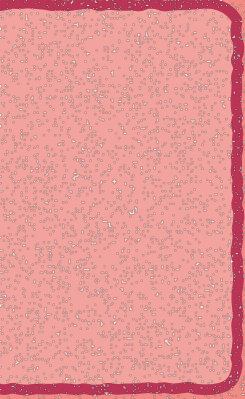
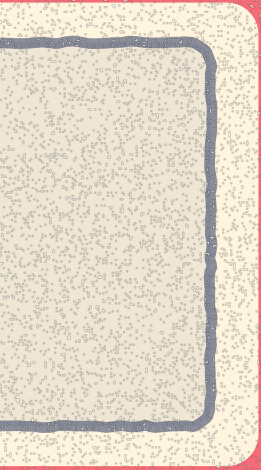
y Store

is an action in their turn. If a player chooses to
y two ingredients in the order it was revealed.



Dumpster Discard Pile





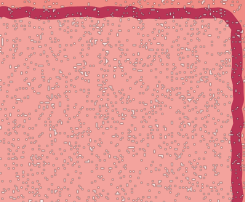
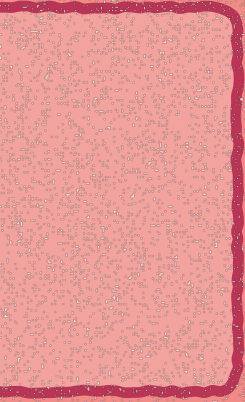
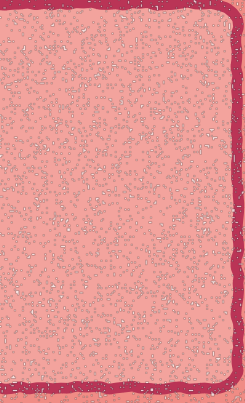
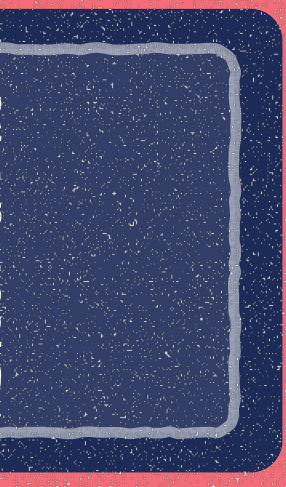
Savings Goals

Players can buy a saving
and can be used as an

Cash
Back

Ski Mask

Instacart
Membership



Savings goal as an action in their turn. Savings goals have different abilities
action on the player's following turns.

Compost
Garden

Grocery
Cart

Bike