

Food Dictionary

FOOD	WEIGHT/ SERVING	FIBER	CARBS	PROTEIN	FATS	RESTRICTIONS
Cooked Spinach	90g	2g	1g	3g	0g	
Lettuce	70g	1g	1g	0g	0g	
Jalepeño	½ cup chopped	1g	3g	1g	0g	
Cucumber	100g	1g	4g	1g	0g	
Bok Choy	200g	2g	2g	3g	0.4g	
Eggplant	150g	5g	4g	1g	0.3g	
Steamed Broccoli	140g	3g	2g	2g	1g	
Raspberries	60g	4g	3g	1g	0.4g	
Blackberries	80g	4g	3g	1g	0.4g	
Artichokes	1 large	9g	8g	5g	0.2g	
Asparagus	80g	2g	1g	2g	0g	
Kale	100g	4g	0g	3g	1.5g	
Chia Seeds	28g	10g	12g	5g	9g	
Black Beans	180g	12g	30g	11g	1g	
Pinto Beans	180g	9g	34g	12g	2g	
Chickpeas	130g	8g	26g	9g	4g	
Oat Flakes	60g	7g	35g	7g	4g	Gluten
Croissant	1 medium	1g	25g	5g	12g	Gluten
Cooked White rice	150g	0g	42g	4g	0.3g	
Lentils	½ cup (cooked)	9g	23g	12g	1g	
Sweet Potato	100g	3g	20g	2g	0g	

Carrots	200g	6g	14g	2g	1g	
Onion	100g	2g	8g	1g	0g	
Bell pepper	1 cup (chopped)	3g	9g	1g	0g	
Salmon	120g	0g	0g	26g	7g	Not vegan/vegetarian
Seitan	85g	1g	10g	31g	2g	Gluten
Shrimp	120g	0g	1g	24g	2g	Not vegan/vegetarian, shellfish
Chicken thigh	120g	0g	0g	26g	18g	Not vegan/vegetarian
Extra firm Tofu	1 cup	2g	7g	23g	11g	Soy
Tempeh	100g	0g	9g	20g	11g	Soy
Fried egg	1 medium	0g	0g	5g	6g	Not vegan
2% milk	1 cup	0g	11g	8g	5g	Not vegan
Edamame	150g	8g	10g	11g	9g	Soy
Boiled egg	1 large	0g	1g	6g	5g	Not vegan
Whole milk	1 cup	0g	12g	8g	8g	Lactose, not vegan
Ground Beef	110g	0g	0g	21g	14g	Not vegan/vegetarian
Almonds	30g	3g	6g	6g	15g	Nuts
Peanut	30g	2g	8g	7g	13g	Nuts
Bacon	2 slice	0g	0g	5g	6g	Not vegan/vegetarian
Cheese	1 slice	0g	1g	6g	9g	Lactose
Avocado	half	7g	2g	2g	15g	
Olive Oil	5g	0g	0g	0g	5g	
Walnuts	20g	1g	1g	3g	13g	Nuts
Coconut	15g	1g	1g	0g	5g	
Salted Butter	10g	0g	0g	0g	8g	Not vegan

Peanut Butter	15g	1g	3g	3g	7.7g	Nuts
Cream Cheese	30g	0g	2g	3g	10g	Not vegan
Dark Chocolate	30g	3g	11g	2g	13g	

Superfood cards

Time Travel	Add 30s once time runs out
GMO	You have modified a food. Double Macros
See you later	At the end of this meal, choose 2 food cards played in this meal and put them back in your hand.
Magic Medicine	Negate food allergies/restrictions for a meal
Super!	Fill ANY Macro group of choice for this meal
Mini Booster	Add 5g to ALL macros of one food card
Recycle Bin	Discard 1 food card and draw 2 new ones
Double Dip	Play a food card twice this meal (use its macros two times).
Super Spoon	Copy the macros of any food played by another player this round.
Reroll	Discard your entire hand. Draw the same number of cards from the shop.

Character cards

Name	FIBER	CARBS	PROTEIN	FATS	Restrictions	Slogan	Points
Wheat free Wyatt	10g	60g	30g	20g	Gluten free	No wheat for me!	
Brain Boy Bob	10g	60g	30g	35g	Extra fat	Power my brain!	
Eddie Cheddar	15g	70g	40g	20g	Vegetarian	No Meat for me!	
No Cow	15g	65g	50g	15g	Lactose	No milk, no problem!	

Norman					intolerant		
Matthew Lipper	10g	60g	40g	25g	No nuts or shellfish	:)	
Tofu Tutu	12g	50g	45g	20g	Vegan	Powered by plants!	
CrunchyCap	15g	55g	30g	10g	None	Crunch on!	
Milo Carb	8g	80g	30g	15g	No beans	Carbs make me go vroom!	
Jonah Nonut	10g	60g	30g	10g	No nuts, and oil	Nut free, worry free!	
Soy-free Sylvia	10g	65g	35g	20g	Soy allergy	No soy, no worries!	