

MACRO MAYHEM!



3-6 players

Age 13+

MACRO MAYHEM

Cooperative Nutrition Card Game

Players: 3–6

Roles: 1 Shopkeeper, 2–5 Plate Players

Time: 5 minutes per round

Recommended Age: 13+

OBJECTIVE

Macro Mayhem is a cooperative game in which players work together to build balanced plates for different characters.

Each character has specific macronutrient needs—fiber, carbohydrates, protein, and fats—as well as dietary restrictions such as allergies or lifestyle choices.

Within a five-minute round, the team attempts to complete as many plates as possible by combining Food Cards that satisfy each character’s macro targets without breaking their restrictions.

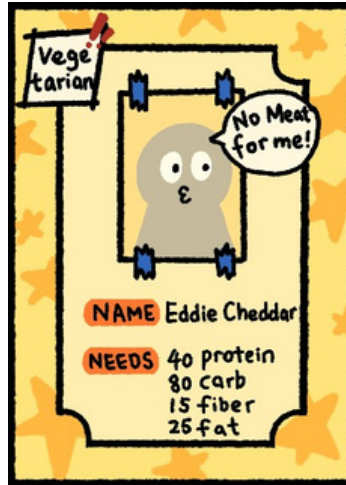
Total Players	Starting Food
3	6
4	5
5	5
6	4

COMPONENTS



Character Cards show:

- Target macronutrients (fiber, carbohydrates, protein, fats)
- Dietary restrictions and allergies



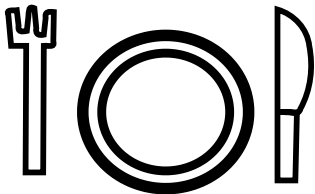
Food Cards show:

- Macronutrient values for a single food
- Allergy icons and other traits



Superfood Cards:

- Special cards that provide unique effects or bonuses, as indicated on the card text



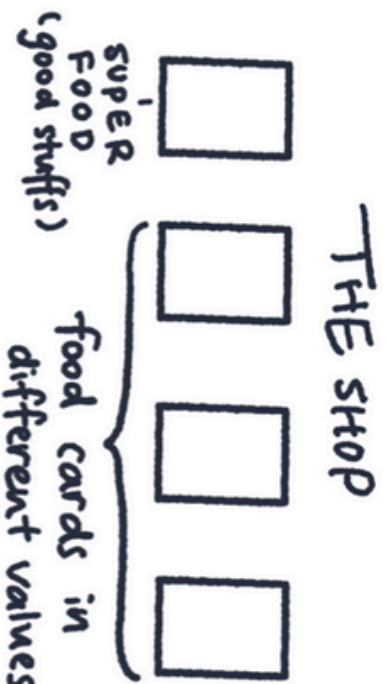
Tokens: Each completed plate (a character whose macro needs are met and whose restrictions are respected) awards the team 6 tokens.

SET UP

character cards



used food cards



GETTING STARTED

- **ASSIGN ROLES**

- Choose 1 Shopkeeper; all others are Plate Players.

- **PREPARE DECKS**

- Shuffle Character Cards into a face-down Character deck.
- Shuffle Food & Superfood Cards into a face-down Food deck.

- **DEAL HANDS**

- Deal Food Cards to each Plate Player according to the Starting Hand Table.
- Players keep their hands hidden.

- **PLACE DECKS**

- Put the Character deck in the center of the table.
- Place the Food deck within reach of the Shopkeeper.

- **Reveal & Ready**

- The Shopkeeper reveals the top Character Card and reads its needs and restrictions.
- Set a 5-minute timer. When everyone is ready, start the timer to begin the round.

ROLES

SHOPKEEPER

- Reads Character Cards aloud (needs + allergies)
- Manages the Food Deck and discard pile
- Starts and stops the timer
- Confirms when a plate is complete

PLATE PLAYERS

- Hold Food Cards in their hands
- Talk, plan, and play cards onto the shared plate
- Help add up macros and check for allergy problems

HOW TO PLAY

REVEAL CHARACTER

- The Shopkeeper flips the top Character Card face-up and reads the macro targets and restrictions.

START TIMER

- Set a 5-minute timer. When it starts, players may talk and play freely—there are no turns.

BUILD THE PLATE

- Plate Players simultaneously play Food Cards to the shared plate, trying to
- meet or slightly exceed each macro target, and
- Avoid any foods that break the character's restrictions.

CHECK THE MEAL

- When the team thinks the plate is ready, add up the macros and confirm that no forbidden foods are in play. The Shopkeeper helps verify.

COMPLETE THE PLATE

- If all requirements are met, move the Character and its Food Cards to the Completed Plates area and immediately reveal the next Character to start a new plate with the time remaining.

PLAYER ACTIONS

During a round, Plate Players may:

-Play a Food Card

- Place a Food Card from their hand onto the shared plate.

-Play a Superfood / Power Card

-Buy a card from the Shop

-Talk and Plan

- Discuss macros, restrictions, and strategy openly with other players. There are no turns; everyone may act and speak at any time while the timer is running.

-Check the Plate

- Help add up macros and watch for allergy violations so the team can decide when a plate is ready.

REFRESHING YOUR HAND

Tokens earned from completed plates can be spent with the Shopkeeper to refresh between plates, after a plate is scored and before the next Character Card is revealed.

- **When:**
 - Hand refreshes happen between plates, after a plate is completed, and before the next Character Card is revealed.
- **Cost:**
- **1 token – Random Food Card**
 - The Shopkeeper draws 1 Food Card from the Food Deck and gives it to a Plate Player of the team's choice.
- **2 tokens – Superfood Card**
 - The Shopkeeper draws the top Superfood / Power Card (or reveals from a separate Superfood pile) and gives it to a Plate Player.

All spending decisions are made collectively. The Shopkeeper manages the tokens, discards, and draws to keep the game flowing.

COMPLETING A PLATE

- **The plate is complete when:**
 - All macro targets are met or slightly exceeded
 - No Food Card breaks the character's allergies/restrictions
- **When it's complete:**
 - Move the Character + Food Cards to the Completed Plates area
 - The team gains 6 tokens

SCORING

- Each completed plate = +1 point
- At the end of the 5-minute round, count all the points you have → That total is your score for the round

CHECKING THE FOOD DICTIONARY

**If you are unsure about a card's numbers or restrictions:
Use the Food Dictionary.**

- The Food Dictionary lists each Food Card with its exact macronutrient values and any allergy or dietary tags (gluten-free, vegetarian, nut-free, etc.).

Unclear restrictions:

- If you don't know whether a food meets a specific restriction, check the Food Dictionary first. If it is still unclear, the Shopkeeper makes a final ruling for that round.

REFLECTIONS

The Shopkeeper can ask quick questions between plates and a few more after the round to help players think about their choices.

Between plates (pick 1):

- “Which plate looked the most tasty or realistic?”
- “Which plate felt the hardest to make?”
- “Did we almost feed them something they couldn't eat?”

After the round (pick a few):

- **Balance:** Was each meal balanced, odd, or surprisingly tasty? Why?
- **Cost:** Would these meals be expensive or affordable in real life?
 - (Players can check an up-to-date consumer price site to compare.)
- **Allergies:** Did we ever feed something a character shouldn't eat? What might happen in real life?
- **Food Insights:** Did you learn anything new about foods you already eat (their protein, fat, carbs, or fiber)?