



1 cup

2% milk

	• 0	Fiber
	• 11	Carb
	• 8	Protein
	• 5	Fat



1 large

Boiled Egg

	• 0	Fiber
	• 1	Carb
	• 6	Protein
	• 5	Fat



120g

Chicken thigh

	• 0	Fiber
	• 0	Carb
	• 26	Protein
	• 18	Fat



150g

Edamame

	• 8	Fiber
	• 10	Carb
	• 11	Protein
	• 9	Fat



1 cup

Tofu

	• 2	Fiber
	• 7	Carb
	• 23	Protein
	• 11	Fat



1 medium

Fried Egg

	• 0	Fiber
	• 0	Carb
	• 5	Protein
	• 6	Fat



110g

Ground Beef

	• 0	Fiber
	• 0	Carb
	• 21	Protein
	• 14	Fat



120g

Salmon

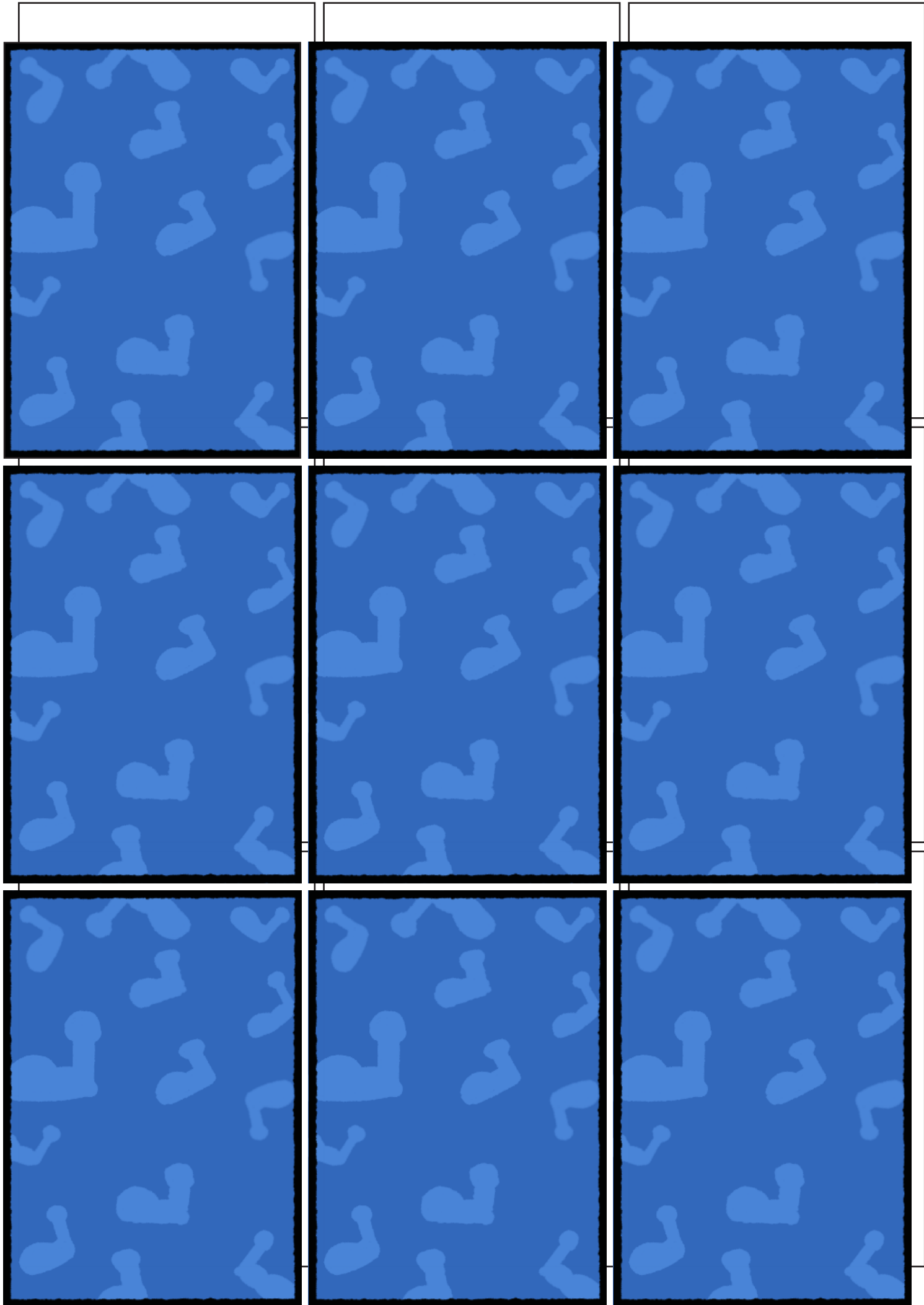
	• 0	Fiber
	• 0	Carb
	• 26	Protein
	• 7	Fat



85g

Seitan

	• 1	Fiber
	• 10	Carb
	• 31	Protein
	• 2	Fat





120g

Shrimp

	• 0	Fiber
	• 1	Carb
	• 24	Protein
	• 2	Fat



100g

Tempeh

	• 0	Fiber
	• 9	Carb
	• 20	Protein
	• 11	Fat



1 cup

Whole Milk

	• 0	Fiber
	• 12	Carb
	• 8	Protein
	• 8	Fat



30g

Almonds

	• 3	Fiber
	• 6	Carb
	• 6	Protein
	• 15	Fat



Half

Avocado

	• 7	Fiber
	• 2	Carb
	• 2	Protein
	• 15	Fat



2 slice

Bacon

	• 0	Fiber
	• 0	Carb
	• 5	Protein
	• 6	Fat



1 slice

Cheese

	• 0	Fiber
	• 1	Carb
	• 6	Protein
	• 9	Fat



15g

Coconut

	• 1	Fiber
	• 1	Carb
	• 0	Protein
	• 5	Fat



30g

Dark Chocolate

	• 3	Fiber
	• 11	Carb
	• 2	Protein
	• 13	Fat





5g

Olive Oil

	•	0	Fiber
	•	0	Carb
	•	0	Protein
	•	5	Fat



15g

Peanut Butter

	•	1	Fiber
	•	3	Carb
	•	3	Protein
	•	7.7	Fat



30g

Peanut

	•	2	Fiber
	•	8	Carb
	•	7	Protein
	•	13	Fat



10g

Salted Butter

	•	0	Fiber
	•	0	Carb
	•	0	Protein
	•	8	Fat



20g

Walnuts

	•	1	Fiber
	•	1	Carb
	•	3	Protein
	•	13	Fat



30g

Cream Cheese

	•	0	Fiber
	•	2	Carb
	•	3	Protein
	•	10	Fat



1 large

Artichokes

	•	9	Fiber
	•	8	Carb
	•	5	Protein
	•	0.2	Fat



80g

Asparagus

	•	2	Fiber
	•	1	Carb
	•	2	Protein
	•	0	Fat



80g

Blackberries

	•	4	Fiber
	•	3	Carb
	•	1	Protein
	•	0.4	Fat





150g

Broccoli

	•	5	Fiber
	•	6	Carb
	•	4	Protein
	•	0.6	Fat



100g

Cucumber

	•	1	Fiber
	•	4	Carb
	•	1	Protein
	•	0	Fat



100g

Kale

	•	4	Fiber
	•	0	Carb
	•	3	Protein
	•	1.5	Fat



60g

Raspberries

	•	4	Fiber
	•	3	Carb
	•	1	Protein
	•	0.4	Fat



90g

Cooked Spinach

	•	2	Fiber
	•	3	Carb
	•	3	Protein
	•	0	Fat



200g

Bok Choy

	•	2	Fiber
	•	2	Carb
	•	3	Protein
	•	0.4	Fat



150g

Eggplant

	•	5	Fiber
	•	4	Carb
	•	1	Protein
	•	0.3	Fat



70g

Lettuce

	•	1	Fiber
	•	1	Carb
	•	0	Protein
	•	0	Fat



100g

Onion

	•	2	Fiber
	•	8	Carb
	•	1	Protein
	•	0	Fat





1 cup (chopped)

Bell pepper

	•	Fiber
	•	Carb
	•	Protein
	•	Fat



180g

Black Beans

	•	12	Fiber
	•	30	Carb
	•	11	Protein
	•	1	Fat



130g

Chickpeas

	•	8	Fiber
	•	26	Carb
	•	9	Protein
	•	4	Fat



150g

White Rice

	•	0	Fiber
	•	42	Carb
	•	4	Protein
	•	0.3	Fat



1 medium

Croissant

	•	1	Fiber
	•	25	Carb
	•	5	Protein
	•	12	Fat



½ cup chopped

Jalepeño

	•	1	Fiber
	•	3	Carb
	•	1	Protein
	•	0	Fat



180g

Pinto Beans

	•	9	Fiber
	•	34	Carb
	•	12	Protein
	•	2	Fat



1/2 cup (cooked)

Lentils

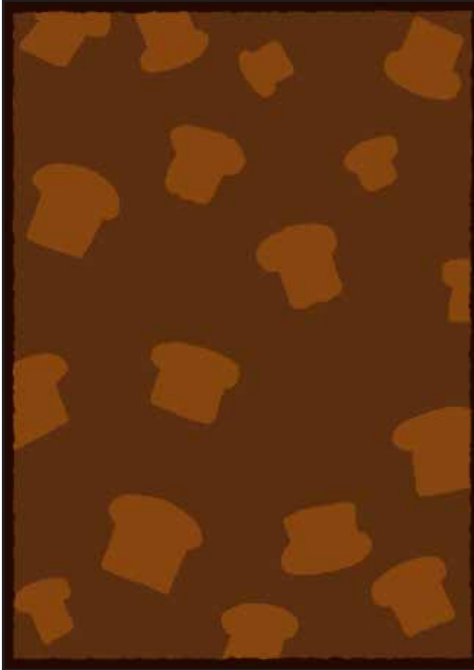
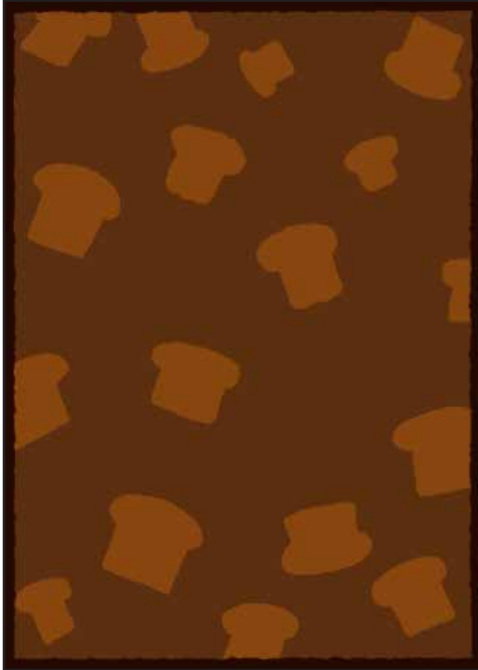
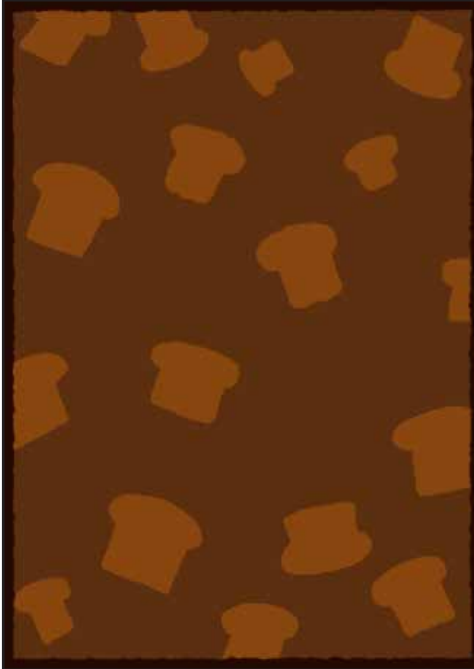
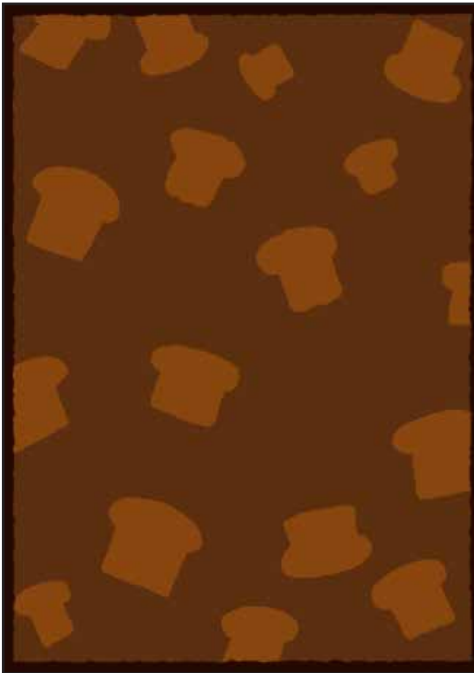
	•	0	Fiber
	•	23	Carb
	•	12	Protein
	•	1	Fat



60g

Oat Flakes

	•	7	Fiber
	•	35	Carb
	•	7	Protein
	•	4	Fat





100g

Sweet Potato

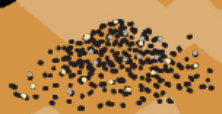
	• 3	Fiber
	• 20	Carb
	• 2	Protein
	• 0	Fat



200g

Carrots

	• 6	Fiber
	• 14	Carb
	• 2	Protein
	• 1	Fat



28g

Chia Seeds

	• 10	Fiber
	• 12	Carb
	• 5	Protein
	• 9	Fat

Extra Fat



Power my brain!

NAME BrainBoyBob

NEEDS 10g Fiber
60g Carb
30g Protein
35g Fat

Soy allergy



No soy, no worries!

NAME SoyFree Sylvia

NEEDS 10g Fiber
65g Carb
35g Protein
20g Fat

None



Crunch on!

NAME CrunchyCap

NEEDS 15g Fiber
55g Carb
30g Protein
15g Fat

Vegetarian



No Meat for me!

NAME Eddy Cheddar

NEEDS 15g Fiber
70g Carb
40g Protein
20g Fat

No nuts, and oil



Nut free, worry free!

NAME Jonah Nonut

NEEDS 10g Fiber
60g Carb
30g Protein
10g Fat

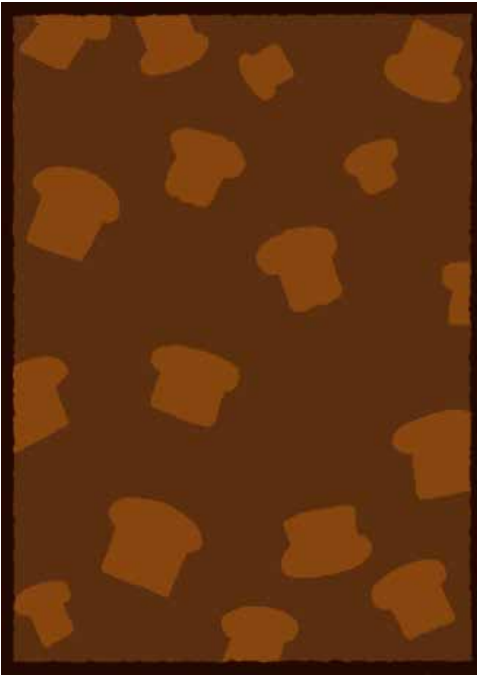
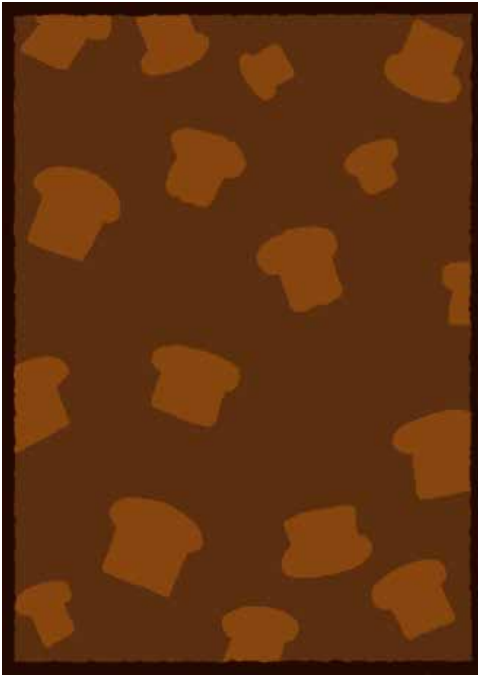
No nuts, shellfish, sesame



:)

NAME Matthew Lipper

NEEDS 10g Fiber
60g Carb
40g Protein
25g Fat



No beans !!



Carbs make me go vroom!

NAME Milo Carb

NEEDS 8g **Fiber**
80g **Carb**
30g **Protein**
10g **Fat**

Gluten Free !!



No wheat for me!

NAME WheatFree Wyatt

NEEDS 10g **Fiber**
60g **Carb**
30g **Protein**
20g **Fat**

Lactose intolerant !!



No milk, no problem!

NAME NoCow Norman

NEEDS 15g **Fiber**
65g **Carb**
50g **Protein**
15g **Fat**

Vegan !!



Powered by plants!

NAME Tofu Tutu

NEEDS 12g **Fiber**
50g **Carb**
45g **Protein**
20g **Fat**

Double Dip



Play a food card twice this meal (use its macros two times)

GMO



You have modified a food. Double Macros

Magic Medicine



Negate food allergies/restrictions for a meal

Mini Booster



Add 5g to ALL macros of one food card

Recycle Bin



Discard 1 food card and draw 2 new ones



Reroll



Discard your entire hand, and draw the same number of cards from the shop

See You Later



At the end of this meal, choose 2 food cards played in this meal and put them back in your hand

Super Spoon



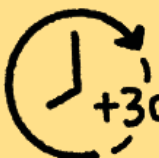
Copy the macros of any food played by another player

Super!



Fill ANY Macro group of choice for this meal

Time Travel



Add 30s once time runs out



