

GT New Horizons

Spice of Life

Spice of Life is a mod that encourages dietary variety, especially when combined with Hunger Overhaul and Nutrition. Eating the same food more than four times out of the last twenty significantly slows eating and reduces the food's nutritional value. However, by eating many unique foods, players can permanently gain bonus hearts, up to 60, for every 50 shanks worth of food eaten. Spice of Life also introduces a few new items and commands to help carry food and track player progress. See the spreadsheet below for more information on all the foods available in GTNH and a complete food checklist (organized by difficulty and type) to help those striving for 100% completion.

Spreadsheet: GTNH Spice of Life Tracker (https://docs.google.com/spreadsheets/d/14bIekbw2_3LEKcot8HNCKFUHX9fiLgJQoP_J_WoHUT8/edit?usp=sharing)

Items

Spice of Life adds three items essential to maintaining a dietary variety:

The **Food Journal** records information about the player's progress including total shanks eaten, total bonus hearts, and shanks until next bonus heart. It also lists every unique food the player has eaten in alphabetical order.



The **Lunch Bag** is a quest reward at the beginning of the Stone Age tab in the quest book. It has three slots for three different kinds of food (and only food). Right-click to open and close.



The **Lunch Box** is a craftable item and an upgraded version of the lunch box, also available in the Stone Age. It has six slots for six different kinds of food (and only food). Right-click to open and close.



Commands

Spice of Life adds three commands that are available to the player:

1. `/foodlist size [player]` displays a message in chat about a player's food stats including total shanks eaten, total bonus hearts, and shanks until next bonus heart. This basically replaces the need to carry around the food journal.
2. `/foodlist clear [player]` completely resets a player's progress including their food list and bonus hearts. Only use this if absolutely necessary. Fortunately, this command is disabled by

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3. `/foodlist sync [player]` forces a sync of the food list to the client, for when something went wrong and there's a mismatch between the client and the server. This will most likely never need to be used.

Although not technically a command, the player can also search up not yet eaten in NEI to see all the foods that they have not yet eaten. It may be necessary to leave and rejoin a world to re-sync with the client and hide any foods the player had just consumed.

Eating Everything

This section uses the linked spreadsheet above to guide the player through eating every unique food in GTNH, or at least gaining bonus hearts as quickly as possible. Increasing max health so significantly helps the player survive the early game and highly benefits self-sacrificing in Blood Magic which is required later on. There are 3,026 total shanks in GTNH for a total of 60 bonus hearts. For organizational purposes, foods are split between four different tiers:

- T1 (Raw) foods are those that are found naturally in the world.
- T2 (Basic) foods are easy to obtain and use simple ingredients such as cooking oil.
- T3 (Intermediate) foods take a few steps to craft and use slightly more complex ingredients such as dough.
- T4 (Advanced) foods take several steps to craft and use fairly complex ingredients such as butter.

There is also an "other" category for foods that are obtained through some niche mechanic from a specific mod. Players should NOT obtain every food in one tier before proceeding onto the next; hearts are gained the quickest by crafting the highest tier foods as soon as possible. For example, instead of hunting down every single raw meat for 47 shanks, the player should initially concentrate on a few fruits and berries to craft jelly sandwiches which have 190 shanks in total.

T1 (Raw) - 318 Shanks

Start as a hunter-gatherer. Collect any gardens, mob drops, and other crops you find as you begin exploring the world. There are MANY different raw foods at this stage of the game and finding them all *will* take a while. However, priority should be given to Pam's HarvestCraft fruits and vegetables which are the foundation of most basic, intermediate, and advanced foods. You will need a massive farm to hold at least a few of each crop. The lowest priority should be given to the Extra Trees foods because those require Forestry tree breeding which is difficult, unrewarding, and long. Similarly, the IC2 Crops are very difficult to obtain in the early game and require crop breeding. The Twilight Forest category are foods native to the Twilight Forest, a dimension unlocked in LV.

T2 (Basic) - 656 Shanks

Once you have a solid collection of raw fruits, vegetables, meats, and berries, try cooking as many foods as you can for some easy shanks. The juices and milks are also very easy to obtain early on-- simply combine a soft mallet with a raw crop in a crafting grid. Add a snowball to each of the juice recipes to craft smoothies, or add sugar and replace the soft mallet with a sauce pan to craft jellies. Even the yogurts are straight forward if you have a cow farm supplying enough milk and leather.

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A lot of the "basic meals" in this tab do not fit any of the other categories, but are simple enough to craft. Most of them are just a combination of raw crops and meats. Try using grapes for vinegar, sugarcane for sugar, and sunflower seeds for cooking oil.

T3 (Intermediate) - 627 Shanks

Bread stuff is one of the easiest categories in the spreadsheet if you have enough wheat/barley because it (mostly) contains foods that consist entirely of dough/bread. The same goes for the potato stuff category. An even easier category is the jerkies which just take a drying rack and some patience. Batch craft some dough for the pies, cakes, and pizzas but know that they are fairly involved. Also batch craft some silken tofu for the ice creams. Lastly, the cookies, muffins, and donuts just require a few obscure ingredients such as cinnamon and nutmeg which only grow from trees.

Most of the "intermediate meals" require some sort of bread or dough, but there are a lot of shanks to be gained from them. The player may want to wait until they have a forestry worktable and an RC Water Tank before running through a lot of recipes involving water buckets. Try using peanuts for peanut butter and mustard seeds for mustard.

T4 (Advanced) - 1,226 Shanks

This is where a large majority of the shanks are earned. Start with the jelly sandwiches which offer a lot of shanks for not very difficult or lengthy crafts. Most of the sandwiches are also fairly simple or easy. There's a fair amount of salads, but they all require similar ingredients much like the soups and stews all taking stock. Some of the bowls are multi-step and have obscure ingredients, but again there are a lot of shanks there. Lastly, batch craft some chocolate for the chocolate category.

The "advanced meals" all take some time to craft. A lot of them take butter which is the most complicated cooking ingredient and most of them take several steps to craft (often a combination of lower tier foods). Furthermore, they take a large variety of raw foods which is why it is helpful to collect as many different types early on as possible. Try using soybeans or carrots for stock and eggs or tofu for mayo.

Other - 199 Shanks

All of the GregTech processed drinks can be made fairly easily once the player is in at least MV and has access to a mixer, brewery, and distillery. The Forestry foods are all made in a carpenter and take a little bit of honey. The most interesting food on this page, however, is the Dezil's Marshmallow under the Thaumcraft category because it has 50 shanks, the most possible from a single food. It is extremely difficult and expensive to craft, but it can fortunately be obtained from a quest reward.

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