ingredients	Sharing	Saving	cutting vs	quantity	allergies
specific foods	how many people?	using all food instead of wasting	bulking gain weight	family size?	peanut allergies?
vegetarian?	sharing recipe with friends	save recipes	lose weight	individual size?	gluten allergies
vegan?	bring to a homeless shelter?	cut meal ingredients in half to make two meals	maintain weight	party planning?	lactose
pescatarian?	sharing cookbooks?	plastic vs. paper	gain muscle	meal preperation	design a area to put in what allergies you have to avoid ingredients that may be in recipes
no condiments	share with neighbors?	saving money	no carb diets	be able to put in how many oz you have	foot to eat when sick