

ingredients

**specific
foods**

vegetarian?

vegan?

pescatarian?

**no
condiments**

Sharing

**how many
people?**

**sharing
recipe
with
friends**

**bring to a
homeless
shelter?**

**sharing
cookbooks?**

**share with
neighbors?**

Saving

**using all
food
instead of
wasting**

**save
recipes**

**cut meal
ingredients in
half to make
two meals**

**plastic
vs.
paper**

**saving
money**

cutting vs bulking

**gain
weight**

**lose
weight**

**maintain
weight**

**gain
muscle**

**no carb
diets**

quantity

**family
size?**

**individual
size?**

**party
planning?**

**meal
preperation**

**be able to put
in how many
oz you have**

allergies

**peanut
allergies?**

**gluten
allergies**

lactose

**design a area to put
in what allergies
you have to avoid
ingredients that
may be in recipes**

**foot to eat
when sick**