

Keywords	Meaning	Example
Duration	How many servings a status effect lasts.	Duration: means it lasts 1 serving
Protect	Temporary health. You lose 1 protect per serving	10 Protect will block 10 Damage. Loses 1 Protect per serving
Lifesteal	Gain health equal to Damage dealt this way	3 damage means gain 3 health
Weak	Duration X. When weak, reduce outgoing Damage by 50% round up	An outgoing attack that does 6 (or 5) Damage now does 3
Resist	Duration X. Reduce incoming Damage by 50% round up	An incoming attack that does 6 (or 5) Damage now does 3
Generate	Randomly create a basic ingredient of the flavor	Generate 1 sweet gives 1 basic sweet ingredient
Lock out		
Draw		
Restore		
Damage		
Bulk	Every other serving, gain 1 strength	X damage up T1, 2X damage up T2, 3X damage up T3
Strength	Strength X. Every outgoing attack does X more damage until the end of battle	An outgoing attack that does 6 Damage now does 6+X damage
Instant	Does not consume a serving	
Serving	1 recipe played	
Foraging	Draw 1 ingredient, consume 1 serving	