CHARACTER NAME

RACE | BACKGROUND

ALIGNMENT | EXPERIENCE POINTS

Cook

COOK ARCHETYPE

PROFICIENCY

PASSIVE PERCEPTION

INSPIRATION

PASSIVE INSIGHT

AC

INITIATIVE

SPEED

Hit Point Maximum

Temporary Hit Points

HIT DICE

Used | Total

d8

DEATH SAVES

SUCCESSES

FAILURES

NAME	ATK BONUS	DAMAGE/TYPE

MORSELS KNOWN

MORSEL SAVE DC

STRENGTH

- ___ SAVING THROWS
- ___ ATHLETICS

DEXTERITY

- ___ SAVING THROWS
- ___ ACROBATICS
- ___ SLEIGHT OF HAND
- ___ STEALTH

CONSTITUTION

- ___ SAVING THROWS

INTELLIGENCE

- ___ SAVING THROWS
- ___ ARCANA
- ___ HISTORY
- ___ INVESTIGATION
- ___ NATURE
- ___ RELIGION

WISDOM

- ___ SAVING THROWS
- ___ ANIMAL HANDLING
- ___ INSIGHT
- ___ MEDICINE
- ___ PERCEPTION
- ___ SURVIVAL

CHARISMA

- ___ SAVING THROWS
- ___ DECEPTION
- ___ INTIMIDATION
- ___ PERFORMANCE
- ___ PERSUASION

RACIAL TRAITS

PROFICIENCIES

LIGHT ARMOUR

SIMPLE WEAPONS

MEDIUM ARMOUR

MARTIAL WEAPONS

HEAVY ARMOUR

SHIELDS

LANGUAGES

TOOLS & OTHER PROFICIENCIES

MORSELS

You have learned how to instill morsels of food with magical effects. A creature may only be under the effects of one morsel at a time. If a creature is under the effects of a morsel, and they ingest another morsel, the original effect is removed. Each time you gain a level, you may replace one morsel you know with a different one.

You may cook a number of morsels equal to your Constitution modifier every short or long rest. You may cook the same type of morsel more than once. All morsels are stored in your Cook's Bag and expire if taken out for longer than 6 seconds, or the next time you cook morsels. You may reach into your Cook's bag, pull out a morsel, and feed it to a conscious creature you can touch as an action.

COOK'S BAG

LEVEL 2

Your Cook's Bag magically preserves your morsels and ingredients. You must replenish it at least once every 30 days by buying 10 gp worth of food or spending 8 hours scavenging food. You can create a new bag by expending 100 gp worth of leather, gems, and other raw materials. Doing so takes 8 hours.

SMELLING SALTS

LEVEL 3

As a bonus action you may wave spices under the nose of a charmed or frightened creature that you can touch. If the creature has made a saving throw against their condition, they may repeat that saving throw, ending it on a success. The creature may only repeat the saving throw for one condition per use of this feature. At 7th level, you may use this feature on a stunned creature. At 13th level, you may use this feature on a paralyzed creature.

COOK ARCHETYPE FEATURE

LEVEL 3

ROTUND REFLECTION

LEVEL 4

When a Large or smaller creature within 5 feet of you hits you with a melee attack, you can use your reaction to cause the creature to make a Dexterity saving throw against your Morsel save DC. On a failure, their speed is 0 until the end of the turn, and they are pushed 10 ft. away or knocked prone (your choice).

COOK ARCHETYPE FEATURE

LEVEL 5

ORDER UP

LEVEL 5

During a long rest you can make a number of additional morsels equal to your Constitution modifier, none of which may have prerequisites. At 11th level you can make these morsels during a short rest as well.

IRON STOMACH

LEVEL 5

You are immune ingested poisons and the poisoned condition.

COOK ARCHETYPE FEATURE

LEVEL 5

COOK ARCHETYPE FEATURE

LEVEL 10

SOUL FOOD

LEVEL 11

You can cast Create Food and Water once per long rest. If you make morsels, and you have no ingredients left, you conjure the necessary ingredients as part of making the morsels.

FULFILLING MEAL

LEVEL 13

Whenever you feed a morsel to a creature that you have shared a long rest with (including yourself), you may double the duration of the morsel's effect.

COOK ARCHETYPE FEATURE

LEVEL 15

LEFTOVERS

LEVEL 17

When you roll initiative and have no morsels left, you conjure one morsel that you know how to prepare inside your Cook's Bag.

CHARACTER NAME

RACE | BACKGROUND

ALIGNMENT | EXPERIENCE POINTS

Cook

COOK ARCHETYPE

PROFICIENCY

PASSIVE PERCEPTION

INSPIRATION

PASSIVE INSIGHT

STRENGTH

DEXTERITY

CONSTITUTION

INTELLIGENCE

WISDOM

CHARISMA

SAVING THROWS

- ___ Strength
- ___ Dexterity
- ___ Constitution
- ___ Intelligence
- ___ Wisdom
- ___ Charisma

SKILLS

- ___ Acrobatics (Dex)
- ___ Animal Handling (Wis)
- ___ Arcana (Int)
- ___ Athletics (Str)
- ___ Deception (Cha)
- ___ History (Int)
- ___ Insight (Wis)
- ___ Intimidation (Cha)
- ___ Investigation (Int)
- ___ Medicine (Wis)
- ___ Nature (Int)
- ___ Perception (Wis)
- ___ Performance (Cha)
- ___ Persuasion (Cha)
- ___ Religion (Int)
- ___ Sleight of Hand (Dex)
- ___ Stealth (Dex)
- ___ Survival (Wis)

RACIAL TRAITS

PROFICIENCIES

LIGHT ARMOUR | SIMPLE WEAPONS

MEDIUM ARMOUR | MARTIAL WEAPONS

HEAVY ARMOUR | SHIELDS

LANGUAGES

TOOLS & OTHER PROFICIENCIES

AC

INITIATIVE

SPEED

Hit Point Maximum

Temporary Hit Points

HIT DICE

Used | Total

d8

DEATH SAVES

SUCCESSES

FAILURES

NAME	ATK BONUS	DAMAGE/TYPE

MORSELS KNOWN

MORSEL SAVE DC

MORSELS

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COOK ARCHETYPE FEATURE (LEVEL 3)

ROTUND REFLECTION (LEVEL 4)

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COOK ARCHETYPE FEATURE (LEVEL 5)

ORDER UP (LEVEL 5)

During a long rest you can make a number of additional morsels equal to your Constitution modifier, none of which may have prerequisites. At 11th level you can make these morsels during a short rest as well.

IRON STOMACH (LEVEL 5)

You are immune ingested poisons and the poisoned condition.

COOK ARCHETYPE FEATURE (LEVEL 5)

COOK ARCHETYPE FEATURE (LEVEL 10)

SOUL FOOD (LEVEL 11)

You can cast Create Food and Water once per long rest. If you make morsels, and you have no ingredients left, you conjure the necessary ingredients as part of making the morsels.

FULFILLING MEAL (LEVEL 13)

Whenever you feed a morsel to a creature that you have shared a long rest with (including yourself), you may double the duration of the morsel's effect.

COOK ARCHETYPE FEATURE (LEVEL 15)

LEFTOVERS (LEVEL 17)

When you roll initiative and have no morsels left, you conjure one morsel that you know how to prepare inside your Cook's Bag.

CHARACTER NAME

AGE	HEIGHT	WEIGHT	DISTINGUISHING FEATURES
EYES	SKIN	HAIR	SCARS

CHARACTER APPEARANCE

PERSONALITY TRAITS

IDEALS

BONDS

FLAWS

BACKGROUND

ALLIES

ENEMIES

ADDITIONAL FEATURES & TRAITS

EQUIPMENT

		Attuned
HEAD		○
AMULET		○
CLOAK		○
ARMOUR		○
HANDS/ARMS		○
RING		○
RING		○
BELT		○
BOOTS		○

CP	SP	EP	GP	PP

MAGIC ITEMS

Name	Attuned
	○
	○
	○
	○
	○

BACKPACK/STORAGE

CHARACTER NAME

AGE	HEIGHT	WEIGHT	DISTINGUISHING FEATURES
EYES	SKIN	HAIR	SCARS

CHARACTER APPEARANCE

PERSONALITY TRAITS

IDEALS

BONDS

FLAWS

BACKGROUND

ALLIES

ENEMIES

SIDEKICK NAME

Hit Points | AC | Initiative | Speed

STR | DEX | CON | INT | WIS | CHA

Skills

Senses

NAME	ATK BONUS	DAMAGE/TYPE

ADDITIONAL FEATURES & TRAITS

EQUIPMENT

		Attuned
HEAD		
AMULET		
CLOAK		
ARMOUR		
HANDS/ARMS		
RING		
RING		
BELT		
BOOTS		

CP SP EP GP PP

MAGIC ITEMS

Name _____ Attuned

Name _____ Attuned

Name _____ Attuned

Name _____ Attuned

Name _____ Attuned

BACKPACK/STORAGE

ADDITIONAL FEATURES

LEVEL

Class

RANGE | ACTION | SAVE

DURATION | USES (Used / Total) | VALUE

RECOVERS

EFFECT

LEVEL

Class

RANGE | ACTION | SAVE

DURATION | USES (Used / Total) | VALUE

RECOVERS

EFFECT

LEVEL

Class

RANGE | ACTION | SAVE

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RANGE | ACTION | SAVE

DURATION | USES (Used / Total) | VALUE

RECOVERS

EFFECT

LEVEL

Class

RANGE | ACTION | SAVE

DURATION | USES (Used / Total) | VALUE

RECOVERS

EFFECT

MAGIC ITEMS

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
RECOVERS
EFFECT

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
RECOVERS
EFFECT

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
RECOVERS
EFFECT

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
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TYPE | RARITY | REQUIREMENTS
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TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
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ATTUNEMENT | USES (Used / Total) | DURATION
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ATTUNEMENT | USES (Used / Total) | DURATION
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EFFECT

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
RECOVERS
EFFECT

TYPE | RARITY | REQUIREMENTS
ATTUNEMENT | USES (Used / Total) | DURATION
RECOVERS
EFFECT