

## HOW TO WIN

Be the **FIRST** person that manages to create 3 balanced set meal. Each set meal should contain **ONE vegetable, carbohydrate and protein**.

## WHAT THE GAME'S ABOUT

About make strategic decisions to create well-balanced meals. Use Action cards to steal and swap your opponent's ingredients, Question cards to put your knowledge to the test and Physical Activity cards to have double the fun. Make sure you put lots of money into your personal bank - and remember other players will steal from you too!

## SET UP

1. Separate the cards into **2** decks and **separate** currency pile aside
  - **Ingredient** Pile
  - **Action and Chance** Pile
2. Shuffle the cards separately and deal all players \$10.
3. With \$10, purchase as many ingredients as you want.
4. Shuffle the remaining ingredient cards and place it facing down.
5. Decide who goes first. Continue in a clockwise direction.

## ON YOUR TURN

### 1. DRAW 1 CARD BETWEEN THE 2 PILES

from the Ingredient & Action and Chance Pile and add them into your hand.

### 2. PLAY UP TO 3 CARDS

from your hand, onto the table in front of you. You don't have to play any cards if you don't want to. Play your 3 cards in any of the following combination **A**, **B** and/or **C** in any order (see **WHAT THE GAME LOOKS LIKE**, below)

#### **A PUT MONEY INTO YOUR OWN BANK**

Players can use money to purchase any amount of ingredients in every round. If players are unable to afford the ingredient that they draw, they will have to forfeit the chance to purchase an ingredient and forfeit their turn.

AND/OR

#### **B PUT DOWN INGREDIENTS INTO YOUR OWN COLLECTION**

**REMEMBER, 3 DIFFERENT SETS OF HEALTHY MEALS TO WIN THE GAME!**

- Lay the ingredient card in front of you to build your Meal sets.
- Each card has a different cost to pay.
- Collect as many ingredient cards as you want, but you need **3 full sets** to win the game.
- You can only reorganize your meal sets on your turn. If you realise you've won during someone else's turn, you must wait till your turn to say it!

AND/OR

#### **C PLAY ACTION AND CHANCE CARDS INTO THE CENTER**

**FOLLOW THE INSTRUCTIONS ON THE ACTION AND CHANCE CARD!**

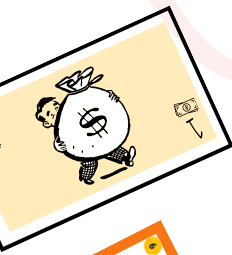
- Action cards allow you to do things such as stealing and swapping other players cards and stealing their whole meal set!
- Chance cards allow you to earn money through answering the question correctly.
- If you pick an Action card on your turn, you can play it right away as one of your three cards or use it on a later turn.

#### **IMPORTANT! HOW TO PAY OTHER PLAYERS**

- Cards can NEVER go back into a player's hand.
- Change is given in this game!

### 3. END YOUR TURN

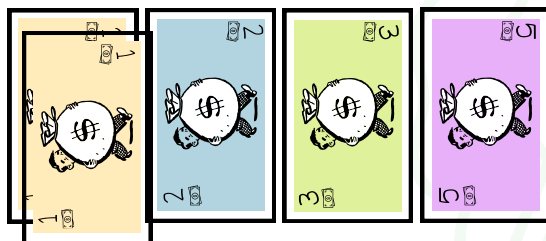
- If you have played more than 3 action cards, you will have end your turn.
- Players will have to end their turn after purchasing an ingredient.



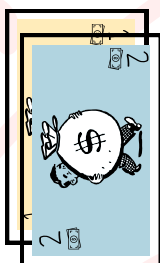
# WHAT THE GAME LOOKS LIKE

Your opponent's money and property piles.

CURRENCY PILE



YOUR BANK PILE



INGREDIENTS PILE

DISCARD PILE

ACTION & CHANCE PILE



YOUR MEAL SETS  
Lay these out in front of you.

## THE WINNER



TO WIN, BE THE FIRST PLAYER TO COLLECT 3 FULL MEAL SET!