

# Nutrition Cards

## Attack Cards

TITLE	DESCRIPTION	STRESS
SHITWARMA	The kebab that you ate last night at 04:00 AM has destroyed your stomach.	+2
OUT OF ORDER	The coffee machine doesn't work. You are nothing without your coffee.	+2
SPANISH OMELET WITHOUT ONION	The omelet you ordered has no onion. I can't accept that option.	+3
THE FRIDGE IS EMPTY	You will have to think hard what recipe you are going to do with a half a dried lemon and expired mayonnaise.	+4
MASS LISTERIA	There has been an outbreak of Listeriosis. That was bad beef and not 2pac vs Biggie.	+5

## Defense Cards

TITLE	DESCRIPTION	STRESS
AQUARIUS	This is good for stomach ache. Is it?	-2
FREE SAMPLES	You spend the afternoon eating all you can in Walmart.	-2
A SNACKING DINNEG	Your french friend invites you to taste some cheeses.	-3
THE TUPPERS	You take a complete arsenal of tupperts out from the freezer.	-4
YOUR GRANDMA	Your grandma join the game with the cry of: ARE YOU HUNGRY?	-5