❄️ Freezer Module

The Freezer module introduces a player board extension and a set of recipe cards that gives players more flexibility with their 🦞, 🌶️, and 🥬 food tokens.

These recipes can be identified by the blue border color on the back of the recipe and the snowflake icon above the VP on the front of the recipe.

When playing with the Freezer module, modify steps 2 and 10 of setup with the following:

- Randomly remove 8 recipes in the recipe deck from the game.
- Shuffle the 8 Freezer recipes into the deck.
- Each player takes a freezer board and places it above their diet board directly above the trash area.

Freezer Board

Each player's freezer board consists of 2 areas: the freezer area and the thaw area. The freezer area has 4 spaces and can hold a maximum of 4 food tokens at one time. The thaw area has 2 spaces and can hold a maximum of 2 food tokens at one time.

Game Play

After a player acquires 🦞, 🌶️, or 🥬 food tokens they may place them into either their kitchen or freezer. Before food tokens from the freezer can be added to a recipe, they must be thawed. To thaw food tokens they must be moved from a player's freezer area into their thaw area. A player may do this as part of a cook action by placing 1 food token from their freezer area into their thaw area instead of placing a food token from their kitchen onto a recipe. A player can do this a maximum of 2 times as part of a single cook action. A player can only place a food token from their freezer area into their thaw area if there is an available space. Food tokens in a player's thaw area at the beginning of their turn are treated as though they are in the player's kitchen.

At the end of the round, any food tokens in a player's thaw area are moved to their trash.

At the end of the game, all food tokens in a player's freezer are moved into the trash.

Consumption
Extra Helpings

Components

- 31 recipe cards
- 10 goal cards
- 4 allergy module tiles
- 4 freezer module boards
- 1 rules sheet

When playing with this expansion, players can decide which of the expansion modules to add to their game. While all of the modules are compatible, we recommend trying them individually before adding all of them at once. Reference each module for their specific rules and setup.

NOTE: Some of the modules cannot be used as part of the solo game, which will be noted in the setup instructions.

🍴 Recipe Cards

Expansion recipes follow all rules governing recipe cards found in the core game and can be mixed in with the recipes included with the core set of recipes. These recipes are also compatible with the solo variant.

Expansion recipes can be identified by the teal border color on the back of the recipe and fork icon above the VP on the front of the recipe.

Potluck Module

The Potluck module introduces a set of recipe cards for players that are interested in a more interactive experience. These recipes follow all rules governing recipes found in the core game.

These recipes can easily be identified by the yellow border color on the back of the recipe and the fork and knife icon above the VP on the front of the recipe. These recipes are not compatible with the solo game.

When playing with the Potluck module, modify step 2 of setup with the following:

- Randomly remove 8 recipes in the recipe deck from the game.
- Shuffle the 8 Potluck recipes into the deck.

Goals Module

The Goals module introduces a set of objectives players can try and complete for additional end game points. The Goals module is not compatible with the solo game.

When playing with the Goals module, modify step 8 of setup with the following:

- Randomly select 2 goal cards and place them on the board near the coffee cup where they can be easily seen by all players.

Goals have a title associated with the achievement they describe and provide VP during end of game scoring to the 2 players most successful in pursuing the goal. Both goals are scored during the end of the game in the following way:

The first place VP are awarded to the player most successful at the goal and the second place VP to the next most successful player.

If there is a tie for first place involving any number of players, add the first and second place VP together and divide them evenly among all of the tied players rounding down. No second place VP are awarded. If there is a clear first place and a tie for second place, all players tied for second divide the second place VP between them rounded down.

Food Allergy Module

The Food Allergy module introduces a set of 4 tiles that modify a specific food group on each player board.

When playing with the Food Allergy module, modify step 10 of setup with the following:

- Randomly assign one of the food allergy tiles to each player; alternatively, allow each player to choose one and then return any remaining food allergy tiles to the box.
- Each player places their food allergy tile onto the appropriate food group section of their body so that the food group on the diet board is completely covered by the food allergy tile.

Game Play

Players treat their food allergy tile exactly as though it were any other food group in their body with the following exceptions:

- Players cannot add food tokens to which they are allergic to their food allergy tile as indicated by the **X** through the icon located in the top left corner of the tile.

- Some spaces on the food allergy tiles represent 1 or more food types in place of the normal food group's color. These spaces can be filled with food tokens matching either of the types indicated. All other spaces on the food allergy tiles can only be filled with food tokens matching any one of the colors on these split spaces.

  For example, the gluten-free tile can only be filled with 🥦 *or* 🍊 *food tiles, as indicated by the third and fourth spaces.*

- When completing activities, the player still uses food tokens on the food allergy tile as though they were of the type they are allergic to even though they will not match the space on the activity.

  For example, the grain requirement on the rollerblading activity card could be fulfilled with 🥦 *or* 🍊 *food tokens that come from the gluten free tile.*

Food allergy tiles are scored like any other food group during end game scoring.