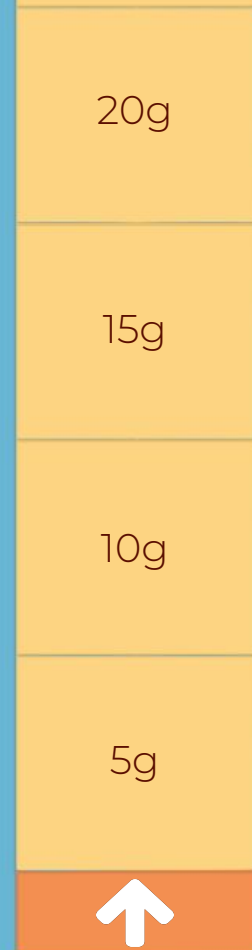
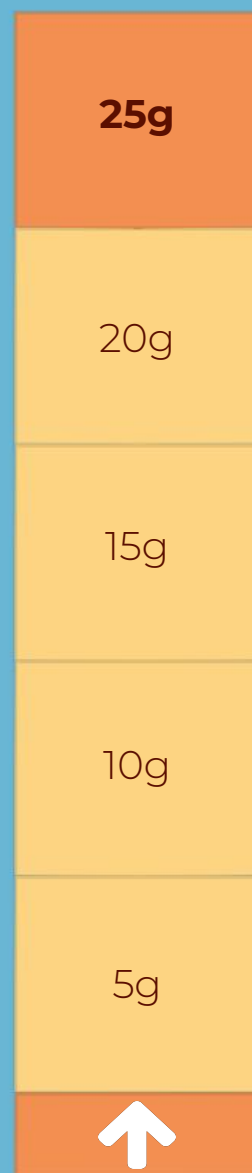


Calories



Proteins



Fiber

GAME RULES

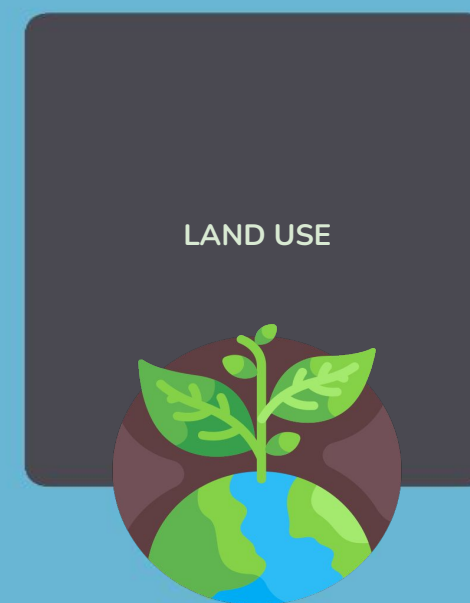
No of players : 2 - 4

Objective : Be the first to reach 1,500 Calories, 50g Protein, and 25g Fiber without exceeding environmental limits (10 Carbon, 8 Water, 6 Land).

Gameplay : Draw a Decision Card with two food options. Choose a food, add its nutritional values to your plate, and track its environmental impact. Manage your nutritional goals and environmental tokens carefully.

Winning : The first player to meet the nutritional goals without exceeding environmental limits wins. If any player exceeds an environmental limit, everyone loses.

ENVIRONMENTAL IMPACT



THE SUSTAINABILITY
RACE