

Rule Cards
Game Board
Meal Cards
Avatar Cards
Advice Cards

This files contains:

34 ✕ Avatar Cards

Printing instructions:

Print page 2 - 13 on A4 paper

Cut out the cards in format H x W= 156x78mm



Avatar

Today you are:

João, an average Portuguese man



10.1.1.1



You are the epitome of average Portuguese charm and charisma! With a constant soccer fever, you want to lose a few kilos so today you want to keep an eye on the calories and the “snacktion”!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Green or Red	Total energy: Max. 2.700kcal
BONUS All snacks: Skip snack <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9	

ⓘ Mindless snacking sabotages weight loss.



Avatar

Today you are:

Jan, an average Danish man



10.1.2.1



With a passion for pastries and bikes, you are like a human smørrebrød. You, however, want to lose a few kilos so today you follow a slimming diet without compromising your craving for protein!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Green or Red	Total energy: Max. 3.000kcal
BONUS Total protein: Min. 113g	

ⓘ Want to loose weight while preserving muscle mass.



Avatar

Today you are:

Joana, an average Portuguese woman



10.1.3.1



Proving that average in Portugal is extraordinary, you, however, want to lose a few kilos before floating in the pool so you want to follow a slimming diet with plenty of fibres!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Green or Red	Total energy: Max. 2.000kcal
Total fibres: Min. 26g	

ⓘ Embrace fiber-rich foods for improved digestion.



Avatar

Today you are:

Jannie, an average Danish woman



10.1.4.1



With your knack for cozy hygge and your general Scandi magic, today you are ready to conquer the world one cinnamon roll at a time. In other words: Today you have an uncontrollable “carb craving”!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All carbs: Yellow or Red	Total carbs: Min. 265g
BONUS	Total fat: Min. 90g

Choose whole grains and nutrient-packed options.



Avatar

Today you are:

Jannie, going cross-country skiing



10.2.4.1



Gliding through snowy landscapes, you fuel your adventures based on the harmony between fitness and feasting food choices! Today you need a lot of energy and carbs to keep the skis on track.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 3.000kcal
BONUS	Total carbs: Min. 370g

Cross-country skiing is considered an extreme calorie-intensive sport. It can burn up to 600-900 calories per hour.



Avatar

Today you are:

Joana, walking 5km



10.2.3.1



Venturing into power-walking wonderland, you cherish nutrition's role in your journey. Step by step, you explore the world of healthy eating habits that fuel your new walk of life!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 2.300kcal
BONUS	Total carbs: Min. 280g

Power walk with balanced carbs; sustain energy, prioritize overall wellness.



Avatar

Today you are:

João, running 5km



10.2.1.1



You're a running rookie developing a taste for body transformation! You pair your determination with nutritional information knowing that the more calories you burn, the more you can eat!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 3.100kcal
BONUS Total protein: Min. 130g	

High protein intake optimize performance and support muscle recovery.



Avatar

Today you are:

Jan, cycling 100km



10.2.2.1



Dressed in colourful Lycra, you are a middle-aged cycling sensation. From kale smoothies to carb-loading pasta, your food choices fuel your epic rides! Today you need a lot of energy and carbs!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 5.200kcal
BONUS Total carbs: Min. 650g	

High carb diets sustain endurance and peak performance,



Avatar

Today you are:

Jannie, a wheelchair user



10.3.4.1



Pushing the brakes on your wheelchair, you roll into flavour town. You demonstrate that sitting down while preparing a dish does not rule out creating meals that stand out.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Green or Yellow	Total energy: Max. 2.150kcal
BONUS Total flavour: Min. 51index	

People in wheelchairs often have less opportunity to burn calories which is why their daily diet has to take that into account.



Avatar

Today you are:

João, living with diabetes



10.3.1.1



Armed with your glucometer and a secret stash of sugar-free treats, you are a self-proclaimed "Carb Crusader". You prove that a balanced diet is the best prescription for a seriously sweet life.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
<p>All carbs: Green or Yellow</p>	<p>Total carbs: Max. 200g</p>
BONUS Total sugar: Max. 30g	

📌 Prioritize stable blood glucose.



Avatar

Today you are:

Jan, living with high cholesterol



10.3.2.1



You turned your fridge into a "Museum of Forbidden Foods". You are commitment to a low-fat diet and exercise keeps your cholesterol in check, ensuring your heart stays strong.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
<p>All energy: Green or Yellow</p>	<p>Total energy: Max. 3.000kcal</p>
BONUS Total fat: Max. 50g	

📌 Low-fat, high-calorie foods for heart health, mindful indulgence.



Avatar

Today you are:

Joana, an obese woman



10.3.3.1



You are a true pro in the art of sedentary athleticism. However, when life gives you curves, you change your diet. Today you want to loose a bit of weight but not a lot of time.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
<p>All energy: Green or Yellow</p>	<p>Total energy: Max. 1.400kcal</p>
BONUS Total preparation: Max. 24index	

📌 Prioritize convenience, stay on track effortlessly.



Avatar

Today you are:

João, a climate activist on a budget



10.4.1.1



With a keen eye on cost and carbon footprint, you crafts a menu of sustainable delights. Savoring each bite, you tread lightly on the planet, blending your love for food and the environment!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All price: Green or Yellow	Total price: Max. 15 _{index}
BONUS Total carbon footprint: Max. 200g CO _{2e}	

Low cost, low carbon, sustainable choices.



Avatar

Today you are:

Jan, wanting to save money and lose weight



10.4.2.1



You are seeking low-calorie gems without breaking the bank. With each culinary discovery, you satisfy your taste buds and wallet, making nutritious choices a delightful adventure!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All price: Green or Yellow	Total price: Max. 20 _{index}
BONUS Total energy: Max. 2.300 _{kcal}	

Prioritize affordability, support weight goals sensibly.



Avatar

Today you are:

Joana, a worried world-citizen



10.4.3.1



Passionate about affordability and low land use, you seeks sustenance that treads lightly on the planet. With each bite, you savour the taste of mindful choices and a healthy bank account.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All price: Green or Yellow	Total price: Max. 18 _{index}
BONUS Total land use: Max. 0,31 m ²	

Economical and environmentally conscious options.



Avatar

Today you are:

Jannie, a true bon vivant



10.4.4.1



Armed with deep pockets and a bottomless appetite, you embark on delicious adventures. From caviar to cheeseburgers, you savour every bite with the enthusiasm of a food-loving Croesus!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All price: Yellow or Red	Total price: Min. 25 _{index}
BONUS Total flavour: Min. 51 _{index}	

Going for a premium culinary experience.



Avatar

Today you are:

Joana, the queen of convenience



10.4.5.1



Money is not a problem, time is - and times is money! You are looking for mouthwatering meals that cater to your exquisite taste buds and your busy schedule!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All price: Yellow or Red	Total price: Min. 28 _{index}
BONUS Total preparation: Max. 24 _{index}	

Investing in health, culinary skills, and quality.



Avatar

Today you are:

Jan, the ultimate umami uncle



10.5.2.1



Pursuing food that satisfies your craving for animal protein, you're like a flavour-seeking missile. From juicy steaks to finger-licking ribs, you roam the food kingdom in search of meaty bliss!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All flavour: Yellow or Red	Total flavour: Min. 25 _{index}
BONUS Total animal protein: Min. 70 _g	

Elevate taste while fuelling muscle health effectively.



Avatar

Today you are:

João, chef trainee



10.5.1.1



With a keen eye for discounts, and an undying love for leftovers, you turn budget meals into a mouthwatering art form. You're the living proof that deliciousness doesn't have to break the bank.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All flavour: Yellow or Red	Total flavour: Min. 25 _{index}
BONUS Total price: Max. 15 _{index}	

i Savour rich flavours on a budget.



Avatar

Today you are:

Jannie, not really a foodie



10.5.4.1



You have taste buds on vacation and are on a shoestring budget! From odd pairings to budget-friendly wonders, you always smile and save where other people spend and chew.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All flavour: Green or Yellow	Total flavour: Max. 41 _{index}
BONUS Total price: Max. 50 _{index}	

i It is possible to make tasty meals on a budget.



Avatar

Today you are:

Jannie, a busy bee



10.5.5.1



With a jam-packed schedule, you crave quick yet scrumptious eats. You're a taste-chasing dynamo, balancing your empire and appetite with tasty finesse!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All flavour: Green or Yellow	Total flavour: Min. 51 _{index}
BONUS Total preparation: Max. 24 _{index}	

i Looking for delicious and time-efficient meals.



Avatar

Today you are:

João, a true agro-environmentalist



10.6.1.1



You're a passionate individual. From farm-to-fork to forest-friendly, your meal conversations are more intense than any political debate.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All carbon footprint: Green or Yellow	Total carbon footprint: Max. 200g CO ₂ e
BONUS Total land use: Max. 0,31m ²	

i Sustainable, low-impact eats.



Avatar

Today you are:

Jan, concerned about the biosphere



10.6.2.1



From farm to fork, you're dedicated to preserving our planet's rich ecosystems, making each bite a meaningful contribution towards a sustainable future - but no need to starve yourself to death!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All land use: Green or Yellow	Total land use: Max. 0,31m ²
BONUS Total energy: Min. 2.850kcal	

i Searching for balance between health and environmental impact.



Avatar

Today you are:

Joana, concerned about water scarcity



10.6.3.1



You make a splash by selecting drought-conscious meals that minimize water use - and by staying clear-headed and watery witty by always keeping hydrated!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All water use: Green or Yellow	Total water use: Max. 147liter
BONUS All beverages: Water	1 2 3 4 5 6 7 8 9

i Only 3% of the world's water is fresh water of which around 2/3 is ice.



Avatar

Today you are:

João, being a caveman for a day



10.8.5.1



Today, you embark on a transformative journey with the Paleo(lithic) Diet. From mammoth-sized salads to primal protein plates, you embrace the Stone Age diet.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All fat: Yellow or Red	Total fat: Min. 115g
BONUS No dairy products: Milk, cheese, yoghurt	

Always consult a health professional before you start following any diet fad.



Avatar

Today you are:

João, a salty sailor



10.7.4.1



You're the human equivalent of the Red Sea with a taste for the briny wonders of life! You sail through meals with a pinch (or more) of salt, making every dish a health corroding adventure!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All salt: Yellow or Red	Total salt: Min. 12g
BONUS Total protein: Min. 150g	

Eating too much salt (6g is the recommended daily intake) may cause high blood pressure.



Avatar

Today you are:

Jan, nicknamed "Carbonito"



10.7.5.1



You're the culinary daredevil with an appetite for high-octane eats! From fiery brown coal fired grills to carbon-footprint-packed feasts, you devour dishes that could power a rocket to Planet B.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All carbon footprint: Yellow or Red	Total carbon footprint: Min. 520kcal
BONUS Total energy: Min. 2.850kcal	

Carbon emissions are generated when growing, farming, processing, transporting, storing, cooking and disposing food.



Avatar

Today you are:

João, a couch potato



10.7.1.1



With a PhD in binge-watching and a black belt in snacking, you are a true master of sedentary living. An expert of doing nothing with unparalleled dedication and a bag of chips within arm's reach.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 2.800kcal
BONUS Total preparation: Max. 24index	

i A lack of physical activity is one of the leading causes of preventable death worldwide.



Avatar

Today you are:

Jan, a travelling sales person



10.7.2.1



Travelling more than 100 days a year, you navigate the world one questionable food choice at a time. moving between airport lounges and hotel bars, and struggle to find healthy food and drinks.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Yellow or Red	Total energy: Min. 2.800kcal
BONUS All beverages: Contain alcohol	1 2 3 4 5 6 7 8 9

i Alcohol is a toxic, psychoactive, and dependence-producing substance and has been classified as a Group 1 carcinogen.



Avatar

Today you are:

Joana, a sugar sweetheart



10.7.3.1



You're a dessert-devouring diva with a sweet tooth on steroids! Moving in a world of candy clouds and sugar-coated mountains, your friends have pet-named you "Diabeta"!

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All sugar: Yellow or Red	Total sugar: Min. 100g
BONUS Total fat: Min. 150g	

i Consuming too much added sugar can raise blood pressure and increase chronic inflammation,



Avatar

Today you are:

João, trying intermittent fasting



10.8.1.1



You are embracing the power of a 16-8 intermittent fasting regime. Armed with discipline and a hunger for change, you are reshaping your relationship with food one fast at a time.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Red or Yellow	Total energy: Min. 2.350kcal

BONUS

Skip breakfast, morning snacks and night snacks **1** **2** **3** 4 5 6 7 8 **9**

i Always consult a health professional before you start following any diet fad.



Avatar

Today you are:

Jan, cutting down on meat



10.8.2.1



Today, you made the conscious decision to try to reduce and exclude meat from your diet. All your meals today are filled with a variety of fruits, vegetables, legumes and a pinch of good karma.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Red or Yellow	Total energy: Max. 2.850kcal

BONUS

Total animal protein: Max. 1,8g

i Plant-based proteins offer health benefits and can be less expensive than meat.



Avatar

Today you are:

Mary, a master of metabolism



10.8.3.1



You have an insatiable appetite. You indulge in eating all the time. Despite your constant snacking, you maintain a healthy weight and enjoys an active lifestyle.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
All energy: Red or Yellow	Total energy: Min. 2.000kcal

BONUS

Total fat: Min. 66g

i Your basal metabolic rate (BMR) refers to the minimum number of calories your body needs to function while resting



Avatar

Today you are:

Jannie, following the carnivore diet



10.8.4.1



After having read about the “Zero Carb Diet” in a tabloid, you redefine nutrition by solely embracing animal-based foods. You thrive on simplicity and pseudoscience without any second thoughts.

Today you want to achieve the following:

Game Mode A :	Game Mode B :
<p>All protein: Yellow or Red</p>	<p>Total protein: Min. 160g</p>
<p>BONUS</p>	<p>Total carbs: Max. 125g</p>

i This diet is potentially very unhealthy and may lead to chronic diseases. Never follow fad diets!

