2-Player Variant

The 2-player version of ***Consumption*** plays with all the same rules as a 3-4 player game,with 3 alterations to the setup as follows:

2-Player Setup

1. Randomly select 8 Farmers Market cards to use and remove all remaining Farmers Market cards from the game.

2. Remove the Life Coach assistant card from the game.

3. Take the 12 out of stock cards from the box and place them near the Shopping List on the board.

2-Player Game Play

Follow the rules for a multiplayer game with the following change:

At the start of each round, reveal the top 2 out of stock cards and place a shopping marker on each of the spaces marked with an **X** on both cards. Food tokens cannot be purchased from these spaces during this round. At the end of the round, discard the out of stock cards from the current round to the box.

Solo Variant

The solo game of ***Consumption*** is more restricted than the multi-player game. The goal is still to score as many VP as possible, but the Cleanse diet board requires the player to end the game with only water food tokens in their body to avoid negative VP.

Solo Setup

Follow the setup rules for a multiplayer game with the following changes:

1. Select the Cleanse diet board. It is the only board compatible with the solo game.

2. Do not add food tokens to the Chinese Buffet or the Pizza To Go areas, as they are not used in the solo game.

3. Remove the Restaurateur assistant card from the game. Place the other 5 assistant cards near the board.

4. Remove all recipes with an asterisk preceeding their title from the game.

5. Take the 12 out of stock cards from the box and place them near the Shopping List on the board.

Solo Game Play

Follow the rules for a 3-4 player game with the following changes:

Out of Stock Cards

At the start of each round, reveal the top 2 out of stock cards and place a shopping marker on each of the spaces marked with an **X** on both cards. Food tokens cannot be purchased from these spaces during this round. At the end of the round, discard the out of stock cards from the current round to the box.

Assistants

During each of the rounds, the player will be required to follow a specific pattern when selecting assistant card(s) for each round.

Round 1: Select any 2 assistant cards (or select randomly for a greater challenge).

Round 2: Keep the 2 assistant cards selected in Round 1 and select 1 additional assistant card from the 3 assistant cards that were not selected in the previous round. A player should have 3 assistant cards to use during this round, 2 from Round 1 and the 1 added this round.

Round 3: Set aside the 3 assistant cards used during Round 1 and 2, then take the 2 remaining assistant cards. Return the 3 set aside assistant cards to the area near the board.

Round 4: Keep the 2 assistant cards selected in Round 3 and select 1 additional assistant card from the 3 assistant cards that were not selected in the previous round. The player should have 3 assistant cards to use during this round, 2 from Round 3 and the 1 added this round.

Round 5: Set aside the 3 assistant cards used during Round 3 and 4, and then take the 2 remaining assistant cards. Return the 3 assistant cards to the area near the board.

Round 6: Keep the 2 assistant cards selected in Round 5 and select 1 additional assistant card from the 3 assistant cards that were not selected in the previous round. The player should have 3 assistant cards to use during this round, 2 from Round 5 and the 1 added this round.

Recipes & Cook Action

After completing this action, immediately refill the Recipe Book so that there are 4 recipes available.

Activities & Workout

After taking this action, immediately refill the Daily Planner so that there are 3 activities available.

Solo End of Game

The game ends after the 6th round. The player now calculates their score the same way as a multiplayer game. However, instead of competing with other players, a player will see how their score ranks on the personal goals chart below.

0 - 59 :	No pain, no gain. Consider this a learning experience!
60 - 89 :	Good for a beginner!
90 - 109 :	Solid effort. Keep trying!
110 - 130 :	Well done.You are doing great!
131 - 150 :	Excellent.You have got your goals locked in now!
151+:	Success! You are a cleansing expert!