

### NoSkills

| Amount | Name             | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|------------------|-------|-----|---------|----------|-----------------|----------|
| 1      | CharredCamasBulb | 2     | 7   | 3       | 1        | 13              | 510      |
| 1      | CharredMeat      | 0     | 10  | 10      | 0        | 20              | 550      |
| 3      | CharredPapaya    | 6     | 0   | 1       | 6        | 13              | 460      |

### AdvancedCampfireCookingSkill

| Amount | Name         | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|--------------|-------|-----|---------|----------|-----------------|----------|
| 1      | Bannock      | 15    | 8   | 3       | 0        | 26              | 600      |
| 1      | CampfireStew | 5     | 9   | 12      | 4        | 30              | 1200     |
| 1      | WildStew     | 8     | 5   | 5       | 12       | 30              | 1200     |

### MillingSkill

| Amount | Name        | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|-------------|-------|-----|---------|----------|-----------------|----------|
| 32     | AcornPowder | 3     | 2   | 5       | 5        | 15              | 40       |
| 3      | Flour       | 15    | 0   | 0       | 0        | 15              | 50       |
| 2      | Oil         | 0     | 15  | 0       | 0        | 15              | 120      |

### CookingSkill

| Amount | Name          | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|---------------|-------|-----|---------|----------|-----------------|----------|
| 1      | StuffedTurkey | 9     | 12  | 16      | 7        | 44              | 1500     |
| 1      | VegetableSoup | 12    | 7   | 4       | 19       | 42              | 1200     |

### BakingSkill

| Amount | Name           | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|----------------|-------|-----|---------|----------|-----------------|----------|
| 1      | CamasBulbBake  | 12    | 5   | 7       | 4        | 28              | 400      |
| 1      | HuckleberryPie | 9     | 4   | 5       | 16       | 34              | 1300     |
| 1      | MeatPie        | 7     | 11  | 11      | 5        | 34              | 1300     |

### AdvancedBakingSkill

| Amount | Name          | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|---------------|-------|-----|---------|----------|-----------------|----------|
| 1      | Bearclaw      | 12    | 21  | 6       | 7        | 46              | 650      |
| 1      | ElkWellington | 12    | 12  | 20      | 8        | 52              | 1400     |
| 3      | Macaroons     | 16    | 14  | 7       | 10       | 47              | 250      |

### AdvancedCookingSkill

| Amount | Name                | Carbs | Fat | Protein | Vitamins | Total Nutrition | Calories |
|--------|---------------------|-------|-----|---------|----------|-----------------|----------|
| 1      | BearSUPREME         | 8     | 22  | 20      | 10       | 60              | 1200     |
| 1      | PineappleFriendRice | 20    | 12  | 12      | 9        | 53              | 620      |
| 1      | SweetSalad          | 18    | 7   | 9       | 22       | 56              | 1100     |