

Paper Mario: The Thousand-Year Door Zess T.'s Cooking Guide

by msterchief

Updated to v5.0a on Jun 23, 2007

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/ Welcome to Zess T's Cooking Guide! \  
/ Version --5.0a-- \  
/ Written by Msterchief \  
/ Copyright 2007 by Mr. Martin \  
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/ --1.0-- About this Guide \  
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This guide explains and tells all of the things that the toad Zess T. can cook for you. Zess T. is located in a house on the left side of the the main section of Rogue Port. Go to her and present these items, and she will cook for you. The items that require two ingredients can only be made once you have Maitre Delish's Cookbook. You can get this by going to Creepy Steeple and rolling down the passageway near the enterence door. Inside, there is the cookbook among other things. I hope this guide is helpful to you!

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/ --2.0-- Version List \  
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--Version 1.0-- First submitted, added the entire list - 10/13/04

--Version 1.3-- Made corrections concerning poison shroom/trial stew, added Item Effects List, added Item Location List - 10/31/04

--Version 1.31-- Added a couple combinations - 11/02/04

--Version 1.4-- Added and corrected various things - 11/06/04

--Version 1.5-- Added various items, made many corrections - 6/17/05

--Version 1.6-- Added a little, very little though - 12/10/05

|
|--Version 1.7-- Added permission for SuperCheats.com - 12/14/05
|
|--Version 2.0-- Added edits, mainly pertaining to spelling errors - 4/17/06
|
|--Version 2.1-- More additions/corrections from KeeperBvK - 4/19/06
|
|--Version 3.0-- Added permission for use on gamerhelp.com - 4/21/06
|
|--Version 3.1-- Edits from Bonetail and KeeperBvK - 4/26/06
|
|--Version 3.2-- Edits from Bonetail - 5/26/06
|
|--Version 3.3-- Edits from RReyes and minor spelling errors - 7/12/06
|
|--Version 3.4-- Additions from MysGuyPuk - 8/22/06
|
|--Version 3.5-- Additions from BORG1000 - 8/24/06
|
|--Version 3.6-- Edit from ChickenHawk - 1/25/07
|
|--Version 3.7-- Edit from iSurge - 2/3/07
|
|--Version 3.8-- Forgot to give credit to iSurge - Sorry! - 2/25/07
|
|--Version 3.9-- Addition by Bielajew - 3/9/07
|
|--Version 4.0-- Corrections by xWldGrlx - 4/3/07
|
|--Version 4.01-- Addition from Rich Morris - 4/6/07
|
|--Version 4.02-- Addition from SonicStrife - 4/9/07
|
|--Version 4.03-- Many additions from Rich Morris - 4/15/07
|
|--Version 4.04-- Many more additions from Rich Morris - 5/6/07
|
|--Version 5.0-- Made much more aesthetically pleasing - 5/14/07
|
|--Version 5.0a-- Corrections from Rich Morris and Atarnows - 6/23/07
|

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_____ / --3.0-- Legal \ _____

|
|Credit goes to Nintendo for the information listed. This resource be used
|for any purpose, but DO NOT display it on any other website without
|prior permission, with the following as exceptions:
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|-----
<http://www.gamefaqs.com>

<http://www.supercheats.com> ~ Thanks to KeeperBvK

<https://www.neoseeker.com>

<http://www.gamerhelp.com>

|-----|
| Giving credit where credit is due to the following people for corrections or
| additions to this guide/FAQ/resource:
|

|-----|
Rich Morris (18)

KeeperBvK (11)

Bonetail (6)

| Compmouse (4)

SugarPoppy (4)

| InstantDeath (3)

xWldGrlx (3)

ChrisP (2)

| Atarnows (1)

| Bielajew (1)

| Borg1000 (1)

| ChickenHawk (1)

| ChrisAydonFreeserve (1)

| CommonsNat (1)

| Damyan Aerth (1)

| iSurge (1)

| Jamescom1 (1)

| KurtR (1)

| MysGuyPuk (1)

| RHabibi (1)

| RReyes (1)

| ScottC (1)

| SonicStrife (1)

| SuperBrian2004 (1)

| ThatsSoRavenMTP (1)

ZoraKids (1)

| Also, thanks to:

| Rich Morris, for the Shroom Fry/Fried Shroom mistake

SugarPoppy for the correct spelling of Fruit Parfait

| Special thanks to Rich Morris; the 18 (!) corrections and additions
| were more then helpful. Thanks Rich Morris!
|

|-----|
| * items are items that only have a 50% chance of success.

| If they don't turn out, you will recieve a dizzy dial or peachy peach.
|

|-----|
Item -- Ingredients

| Boo's Sheet -- Point Swap + Repel Cape

~ Thanks to Bonetail |

|-----|
| Choco Cake -- Cake Mix + Inky Sauce

Choco Cake -- Mousse Cake + Inky Sauce	~ Thanks to KeeperBvK

Coco Candy -- Cake Mix + Coconut	

Coconut -- Dried Bouquet + Coconut Bomb	~ Thanks to ChrisP

Coconut Bomb -- Coconut + Fire Flower	

Couple's Cake -- Snow Bunny + Spicy Soup	

Courage Meal -- Courage Shell + Zess Deluxe	~ Thanks to KeeperBvK
Courage Meal -- Courage Shell + Zess Dinner	
Courage Meal -- Courage Shell + Zess Special	

Courage Shell -- Mr. Softener + Point Swap	~ Thanks to SonicStrife

Dried Shroom -- Life Shroom + Mr. Softener	
Dried Shroom -- Mushroom + Mr. Softener	
Dried Shroom -- Super Shroom + Mr. Softener	
Dried Shroom -- Ultra Shroom + Mr. Softener	

Earth Quake -- Point Swap + Thunder Bolt	

*Egg Bomb -- Dried Bouquet + Zess Dynamite	~ Thanks to ChrisP
*Egg Bomb -- Mystic Egg + Fire Flower	

Electro Pop -- Cake Mix + Volt Shroom	

*Fire Flower -- Point Swap + Ice Storm	

Fire Pop -- Cake Mix + Fire Flower	
Fire Pop -- Cake Mix + Hot Sauce	

*Fresh Juice -- Gradual Syrup	
*Fresh Juice -- Jammin' Jelly	
*Fresh Juice -- Keel Mango	
*Fresh Juice -- Peachy Peach	
*Fresh Juice -- Gradual Syrup + Turtley Leaf	
*Fresh Juice -- Honey Syrup + Gradual Syrup	
*Fresh Juice -- Honey Syrup + Jammin' Jelly	
*Fresh Juice -- Honey Syrup + Maple Syrup	
*Fresh Juice -- Honey Syrup + Turtley Leaf	
*Fresh Juice -- Jammin' Jelly + Gradual Syrup	
*Fresh Juice -- Jammin' Jelly + Turtley Leaf	
*Fresh Juice -- Keel Mango + Coconut	
*Fresh Juice -- Maple Syrup + Gradual Syrup	
*Fresh Juice -- Maple Syrup + Turtley Leaf	
*Fresh Juice -- Peachy Peach + Coconut	
*Fresh Juice -- Turtley Leaf + Coconut	

*Fried Egg -- Mystic Egg	

Fruit Parfait -- Gradual Syrup + Keel Mango	
Fruit Parfait -- Honey Syrup + Keel Mango	~ Thanks to ZoraKids
Fruit Parfait -- Honey Syrup + Peachy Peach	
Fruit Parfait -- Jammin' Jelly + Keel Mango	
Fruit Parfait -- Jammin' Jelly + Peachy Peach	
Fruit Parfait -- Keel Mango + Peachy Peach	
Fruit Parfait -- Maple Syrup + Keel Mango	
Fruit Parfait -- Maple Syrup + Peachy Peach	

|-----
Gold Bar -- Point Swap + Gold Bar X 3
Healthy Salad -- Golden Leaf + Turtley Leaf
Healthy Salad -- Turtley Leaf + Horsetail

Heartful Cake -- Cake Mix + Ruin Powder
Heartful Cake -- Peachy Peach + Ruin Powder

Honey Candy -- Honey Syrup + Cake Mix

*Honey Shroom -- Honey Syrup + Volt Shroom
*Honey Shroom -- Mushroom + Honey Syrup

Honey Super -- Life Shroom + Honey Syrup
Honey Super -- Super Shroom + Honey Syrup

Honey Syrup -- Point Swap + Gradual Syrup
Honey Syrup -- Point Swap + Mushroom

Honey Ultra -- Ultra Shroom + Honey Syrup

Ice Storm -- Point Swap + Fire Flower

Icicle Pop -- Honey Syrup + Ice Storm

Ink Pasta -- Fresh Pasta + Inky Sauce
Ink Pasta -- Inky Sauce + Koopasta
Ink Pasta -- Inky Sauce + Spaghetti
Ink Pasta -- Inky Sauce + Spicy Pasta

Inky Sauce -- Hot Sauce + Fresh Juice
Inky Sauce -- Hot Sauce + Koopa Tea
Inky Sauce -- Hot Sauce + Shroom Broth
Inky Sauce -- Hot Sauce + Turtley Leaf
Inky Sauce -- Hot Sauce + Zess Tea
Inky Sauce -- Tasty Tonic + Hot Sauce ~ Thanks to KeeperBvK

Jammin' Jelly -- Point Swap + Ultra Shroom

Jelly Candy -- Jammin' Jelly + Cake Mix

Jelly Shroom -- Jammin' Jelly + Volt Shroom
Jelly Shroom -- Mushroom + Jammin' Jelly

Jelly Super -- Life Shroom + Jammin' Jelly
Jelly Super -- Super Shroom + Jammin' Jelly

Jelly Ultra -- Ultra Shroom + Jammin' Jelly

Koopas Bun -- Keel Mango + Turtley Leaf

*Koopas Tea -- Turtley Leaf

*Koopas Pasta -- Fresh Pasta + Turtley Leaf
*Koopas Pasta -- Turtley Leaf + Spaghetti

Love Pudding -- Mystic Egg + Mango Delight

Mango Delight -- Keel Mango + Cake Mix

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|-----|
|Maple Shroom -- Maple Syrup + Volt Shroom|
|Maple Shroom -- Mushroom + Maple Syrup|
|-----|
|Maple Super -- Life Shroom + Maple Syrup| ~ Thanks to KeeperBvK|
|Maple Super -- Super Shroom + Maple Syrup| ~ Thanks: SugarPoppy; KeeperBvK|
|-----|
|Maple Syrup -- Point Swap + Super Shroom|
|-----|
|Maple Ultra -- Ultra Shroom + Maple Syrup|
|-----|
|Meteor Meal -- Shooting Star + Shroom Fry|
|Meteor Meal -- Shooting Star + Shroom Roast|
|Meteor Meal -- Shooting Star + Shroom Steak|
|-----|
|Mini Mr. Mini -- Point Swap + Power Punch|
|-----|
|Mousse Cake -- Cake Mix|
|-----|
|Mr. Softener -- Point Swap + Courage Shell|
|-----|
|Mystery -- Random Item| ~ Thanks to RHabibi|
|-----|
|Mushroom -- Dried Shroom + Hot Sauce|
|Mushroom -- Dried Shroom + Peachy Peach|
|Mushroom -- Dried Shroom + Power Punch|
|Mushroom -- Point Swap + Dried Shroom|
|Mushroom -- Point Swap + Gold Bar|
|Mushroom -- Point Swap + Honey Syrup|
|Mushroom -- Point Swap + Poison Mushroom|
|-----|
|Omelette Meal -- Life Shroom + Mystic Egg|
|Omelette Meal -- Mushroom + Mystic Egg|
|Omelette Meal -- Mystic Egg + Horsetail|
|Omelette Meal -- Super Shroom + Mystic Egg|
|Omelette Meal -- Ultra Shroom + Mystic Egg|
|-----|
|Peach Tart -- Cake Mix + Peachy Peach|
|-----|
|Poison Shroom -- Point Swap + Slow Shroom| ~ Thanks to Compmouse|
|Poison Shroom -- Inky Sauce + Slow Shroom| ~ Thanks to InstantDeath|
|-----|
|Power Punch -- Point Swap + Mini Mr. Mini|
|-----|
|Random Item -- Point Swap + Mystery|
|-----|
|Repel Cape -- Point Swap + Boo's Sheet|
|-----|
|Ruin Powder -- Point Swap + Spite Pouch|
|-----|
|Shooting Star -- Point Swap + Thunder Rage|
|-----|
|Shroom Broth -- Golden Leaf + Poison Shroom|
|Shroom Broth -- Golden Leaf + Slow Shroom| ~ Thanks: SuperBrian2004; KeeperBvK|
|Shroom Broth -- Turtley Leaf + Slow Shroom| ~ Thanks to ChickenHawk|
|Shroom Broth -- Turtley Leaf + Poison Shroom| ~ Thanks to Compmouse|
|-----|
|Shroom Cake -- Life Shroom + Cake Mix|
|Shroom Cake -- Mushroom + Cake Mix|
|Shroom Cake -- Slow Shroom + Cake Mix| ~ Thanks to Rich Morris|

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Shroom Cake -- Super Shroom + Cake Mix	

Shroom Crepe -- Ultra Shroom + Cake Mix	~ Thanks to Compmouse

*Shroom Fry -- Dried Shroom	~ Thanks to MysGuyPuk
*Shroom Fry -- Dried Shroom + Fire Flower	
*Shroom Fry -- Dried Shroom + Mushroom	
*Shroom Fry -- Dried Shroom + Volt Shroom	
*Shroom Fry -- Mushroom	~ Thanks to CommonsNat
*Shroom Fry -- Mushroom + Golden Leaf	
*Shroom Fry -- Mushroom + Turtley Leaf	
*Shroom Fry -- Poison Shroom	
*Shroom Fry -- Super Shroom	~ Thanks to Jamescom1
*Shroom Fry -- Volt Shroom	

Shroom Roast -- Life Shroom	
Shroom Roast -- Slow Shroom	
Shroom Roast -- Life Shroom + Volt Shroom	
Shroom Roast -- Mushroom + Fire Flower	
Shroom Roast -- Mushroom + Gradual Syrup	
Shroom Roast -- Mushroom + Super Shroom	
Shroom Roast -- Mushroom + Volt Shroom	
Shroom Roast -- Super Shroom + Dried Shroom	
Shroom Roast -- Super Shroom + Golden Leaf	
Shroom Roast -- Super Shroom + Turtley Leaf	
Shroom Roast -- Super Shroom + Volt Shroom	

Shroom Steak -- Ultra Shroom	
Shroom Steak -- Life Shroom + Dried Shroom	
Shroom Steak -- Life Shroom + Golden Leaf	
Shroom Steak -- Life Shroom + Turtley Leaf	
Shroom Steak -- Mushroom + Life Shroom	
Shroom Steak -- Mushroom + Ultra Shroom	
Shroom Steak -- Super Shroom + Life Shroom	
Shroom Steak -- Super Shroom + Ultra Shroom	
Shroom Steak -- Ultra Shroom + Dried Shroom	
Shroom Steak -- Ultra Shroom + Golden Leaf	
Shroom Steak -- Ultra Shroom + Life Shroom	
Shroom Steak -- Ultra Shroom + Turtley Leaf	
Shroom Steak -- Ultra Shroom + Volt Shroom	

*Sleepy Sheep -- Point Swap + Tasty Tonic	

Slow Shroom -- Gradual Syrup + Slow Shroom	~ Thanks to Rich Morris

Snow Bunny -- Golden Leaf + Ice Storm	

Space Food -- Dried Bouquet + Cake Mix	
Space Food -- Dried Bouquet + Choco Cake	
Space Food -- Dried Bouquet + Coco Candy	
Space Food -- Dried Bouquet + Coconut	
Space Food -- Dried Bouquet + Couple's Cake	
Space Food -- Dried Bouquet + Egg Bomb	
Space Food -- Dried Bouquet + Electro Pop	
Space Food -- Dried Bouquet + Fire Pop	
Space Food -- Dried Bouquet + Fresh Pasta	
Space Food -- Dried Bouquet + Fruit Parfait	
Space Food -- Dried Bouquet + Golden Leaf	
Space Food -- Dried Bouquet + Healthy Salad	
Space Food -- Dried Bouquet + Heartful Cake	

```

|Space Food -- Dried Bouquet + Honey Candy
|Space Food -- Dried Bouquet + Honey Shroom
|Space Food -- Dried Bouquet + Honey Super
|Space Food -- Dried Bouquet + Honey Ultra
|Space Food -- Dried Bouquet + Horsetail
|Space Food -- Dried Bouquet + Hot Dog
|Space Food -- Dried Bouquet + Ink Pasta
|Space Food -- Dried Bouquet + Jelly Candy
|Space Food -- Dried Bouquet + Jelly Shroom
|Space Food -- Dried Bouquet + Jelly Super
|Space Food -- Dried Bouquet + Jelly Ultra
|Space Food -- Dried Bouquet + Keel Mango
|Space Food -- Dried Bouquet + Koopa Bun
|Space Food -- Dried Bouquet + Koopasta
|Space Food -- Dried Bouquet + Love Pudding
|Space Food -- Dried Bouquet + Mango Delight
|Space Food -- Dried Bouquet + Maple Shroom
|Space Food -- Dried Bouquet + Maple Super
|Space Food -- Dried Bouquet + Maple Ultra
|Space Food -- Dried Bouquet + Meteor Meal
|Space Food -- Dried Bouquet + Mistake
|Space Food -- Dried Bouquet + Mousse Cake
|Space Food -- Dried Bouquet + Mystic Egg
|Space Food -- Dried Bouquet + Omelette Meal
|Space Food -- Dried Bouquet + Peach Tart
|Space Food -- Dried Bouquet + Peachy Peach
|Space Food -- Dried Bouquet + Poison Shroom
|Space Food -- Dried Bouquet + Shroom Cake
|Space Food -- Dried Bouquet + Shroom Crepe
|Space Food -- Dried Bouquet + Shroom Fry
|Space Food -- Dried Bouquet + Shroom Roast
|Space Food -- Dried Bouquet + Shroom Steak
|Space Food -- Dried Bouquet + Spaghetti
|Space Food -- Dried Bouquet + Spicy Pasta
|Space Food -- Dried Bouquet + Turtley Leaf
|Space Food -- Dried Bouquet + Zess Cookie
|Space Food -- Dried Bouquet + Zess Deluxe
|Space Food -- Dried Bouquet + Zess Dinner
|Space Food -- Dried Bouquet + Zess Special
|Space Food -- Dried Shroom + Dried Bouquet
|Space Food -- Life Shroom + Dried Bouquet
|Space Food -- Mushroom + Dried Bouquet
|Space Food -- Super Shroom + Dried Bouquet
|Space Food -- Ultra Shroom + Dried Bouquet
|-----
|*Spaghetti -- Fresh Pasta
|-----
|Spicy Pasta -- Fresh Pasta + Hot Sauce
|Spicy Pasta -- Hot Sauce + Koopasta
|Spicy Pasta -- Hot Sauce + Spaghetti ~ Thanks to KeeperBvK
|-----
|*Spicy Soup -- Dried Bouquet
|*Spicy Soup -- Fire Flower
|*Spicy Soup -- Snow Bunny
|*Spicy Soup -- Dried Bouquet + Fire Flower
|*Spicy Soup -- Hot Sauce + Fire Flower
|-----
|Spite Pouch -- Point Swap + Ruin Powder
|-----
|Super Shroom -- Point Swap + Life Shroom ~ Thanks to Rich Morris

```



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|Super Shroom -- Point Swap + Maple Syrup ~ Thanks to Rich Morris|
|Super Shroom -- Point Swap + Volt Shroom ~ Thanks to Rich Morris|
|-----|
|*Tasty Tonic -- Coconut |
|*Tasty Tonic -- Hot Sauce |
|*Tasty Tonic -- Honey Syrup ~ Thanks to xWldGrlx|
|*Tasty Tonic -- Honey Syrup + Hot Sauce |
|*Tasty Tonic -- Hot Sauce + Peachy Peach |
|*Tasty Tonic -- Jammin' Jelly + Hot Sauce |
|*Tasty Tonic -- Maple Syrup ~ Thanks to xWldGrlx|
|*Tasty Tonic -- Maple Syrup + Hot Sauce ~ Thanks to xWldGrlx|
|*Tasty Tonic -- Point Swap + Sleepy Sheep |
|-----|
|Thunder Bolt -- Point Swap + Earth Quake |
|-----|
|*Thunder Rage -- Dried Bouquet + Volt Shroom |
|*Thunder Rage -- Point Swap + Shooting Star |
|-----|
|Trial Stew -- Couple's Cake + Poison Shroom |
|-----|
|Ultra Shroom -- Point Swap + Jammin' Jelly |
|-----|
|*Volt Shroom -- Life Shroom + Thunder Bolt |
|*Volt Shroom -- Life Shroom + Thunder Rage |
|*Volt Shroom -- Mushroom + Thunder Bolt |
|*Volt Shroom -- Mushroom + Thunder Rage |
|*Volt Shroom -- Slow Shroom + Thunder Bolt ~ Thanks to Rich Morris (2)|
|*Volt Shroom -- Slow Shroom + Thunder Rage ~ Thanks to Rich Morris|
|*Volt Shroom -- Super Shroom + Thunder Bolt |
|*Volt Shroom -- Super Shroom + Thunder Rage |
|*Volt Shroom -- Ultra Shroom + Thunder Bolt |
|*Volt Shroom -- Ultra Shroom + Thunder Rage |
|-----|
|*Zess Cookie -- Gradual Syrup + Cake Mix |
|*Zess Cookie -- Maple Syrup + Cake Mix |
|*Zess Cookie -- Mystic Egg + Cake Mix |
|-----|
|Zess Deluxe -- Golden Leaf + Whacka Bump ~ Thanks to Damyan Aerth|
|Zess Deluxe -- Healthy Salad + Shroom Steak |
|Zess Deluxe -- Ultra Shroom + Fresh Pasta |
|-----|
|*Zess Dinner -- Coconut + Spicy Pasta |
|*Zess Dinner -- Fresh Pasta + Coconut |
|*Zess Dinner -- Fresh Pasta + Healthy Salad ~ Thanks to KeeperBvK|
|*Zess Dinner -- Healthy Salad + Koopasta |
|*Zess Dinner -- Healthy Salad + Shroom Fry |
|*Zess Dinner -- Healthy Salad + Spaghetti |
|*Zess Dinner -- Life Shroom + Fire Flower |
|*Zess Dinner -- Life Shroom + Gradual Syrup |
|*Zess Dinner -- Life Shroom + Horsetail |
|*Zess Dinner -- Meteor Meal + Fruit Parfait |
|*Zess Dinner -- Mushroom + Horsetail ~ Thanks to ScottC|
|*Zess Dinner -- Mushroom + Keel Mango ~ Thanks to BORG1000|
|*Zess Dinner -- Mystic Egg + Fresh Pasta |
|*Zess Dinner -- Super Shroom + Fire Flower |
|*Zess Dinner -- Super Shroom + Gradual Syrup |
|*Zess Dinner -- Super Shroom + Horsetail |
|*Zess Dinner -- Super Shroom + Kell Mango |
|*Zess Dinner -- Super Shroom + Peachy Peach |
|*Zess Dinner -- Ultra Shroom + Keel Mango |

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|-----
|Zess Dynamite -- Egg Bomb + Coconut Bomb
|-----
|Zess Frappe -- Jammin' Jelly + Ice Storm
|Zess Frappe -- Maple Syrup + Ice Storm
|-----
|Zess Special -- Dried Shroom + Fresh Pasta
|Zess Special -- Healthy Salad + Ink Pasta
|Zess Special -- Health Salad + Shroom Roast
|Zess Special -- Health Salad + Spicy Pasta
|Zess Special -- Life Shroom + Fresh Pasta
|*Zess Special -- Whacka Bump
|Zess Special -- Golden Leaf + Whacka Bump
|Zess Special -- Mushroom + Fresh Pasta
|Zess Special -- Super Shroom + Fresh Pasta
|Zess Special -- Ultra Shroom + Fire Flower
|Zess Special -- Ultra Shroom + Gradual Syrup
|Zess Special -- Ultra Shroom + Horsetail
|Zess Special -- Ultra Shroom + Peachy Peach
|-----

```

~ Thanks: KurtR; Bielajew
~ Thanks to That'sSoRavenMTP

```

|*Zess Tea -- Golden Leaf
|*Zess Tea -- Maple Syrup + Jammin' Jelly
|-----

```

Mistake -- Any combination not listed above will turn out as a Mistake.

_____ / --5.0-- Item Effects List \ _____

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|Item -- HP Increase -- FP Increase
|-----

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```

|Cake Mix -- 0 -- 1
|-----
|Choco Cake -- 5 -- 15
|-----
|Coco Candy -- 3 -- 15
|-----
|Coconut -- 5 -- 0
|-----

```

~ Thanks to Bonetail

```

|Dried Bouquet -- 1 -- 0
|-----
|Dried Shroom -- 1 -- 0
|-----
|Electro Pop -- 0 -- 15
|-----
|Fire Pop -- 0 -- 20
|-----
|Fresh Juice -- 0 -- 5
|-----
|Fresh Pasta -- 10 -- 5
|-----
|Fried Egg -- 10 -- 0
|-----
|Fruit Parfait -- 10 -- 2
|-----
|Golden Leaf -- 0 -- 10
|-----
|Gradual Syrup -- X -- X
|(Gradual Syrup makes allies
|temporarily recover FP gradually)

```

~ Thanks to Bonetail

~ Thanks to Rich Morris

Healthy Salad -- 0 -- 15 (Cures poison)	~ Thanks to Atarnows

Heartful Cake -- 0 -- 20	

Honey Candy -- 0 -- 20	

Honey Shroom -- 5 -- 5	

Honey Super -- 10 -- 5	

Honey Syrup -- 0 -- 5	

Honey Ultra -- 50 -- 5	

Horsetail -- 3 -- 0	

Hot Dog -- 5 -- 5	

Hot Sauce -- 0 -- 0 (Charges you up +1)	~ Thanks to Bonetail

Icicle Pop -- 10 -- 0	

Ink Pasta -- 10 -- 30	

Inky Sauce -- 0 -- 30	

Jammin' Jelly -- 0 -- 50	

Jelly Candy -- 0 -- 64	

Jelly Shroom -- 5 -- 50	

Jelly Super -- 10 -- 50	

Jelly Ultra -- 50 -- 50	

Keel Mango -- 5 -- 0	

Koopas Bun -- 0 -- 15	

Koopas Tea -- 0 -- 7	

Koopas Pasta -- 7 -- 7	

Life Shroom -- 10 -- 0	

Mango Delight -- 10 -- 3	

Maple Shroom -- 5 -- 10	

Maple Super -- 10 -- 10	

Maple Syrup -- 0 -- 10	

Maple Ultra -- 50 -- 10	

Meteor Meal -- 7+ -- 0 (Gains more than 7, but gradually)	

Mistake -- 1 -- 1	

Mousse Cake -- 0 -- 15		

Mushroom -- 5 -- 0		

Mystic Egg -- 5 -- 0		

Omelette Meal -- 5 -- 5		

Peachy Peach -- 1 -- 2		

Poison Shroom -- 0 -- 0 (Poisons when used)	~ Thanks to InstantDeath	
(Poison Shroom has a random effect		
when used with Feeling Fine Badge)	~Thanks to iSurge	

Shroom Broth -- 1+ -- 0 (Restores HP Gradually)	~ Thanks to Bonetail	

Shroom Cake -- 10 -- 10		

Shroom Crepe -- 30 -- 20		

Shroom Fry -- 6 -- 2		

Shroom Roast -- 15 -- 5		

Shroom Steak -- 30 -- 10		

Slow Shroom -- X -- X		
(Slow Shroom makes allies		
temporarily recover HP gradually)	~ Thanks to Rich Morris	

Snow Bunny -- 15 -- 0 (Freezes you when used)	~ Thanks to RReyes	

Space Food -- 5 -- 0		

Spaghetti -- 6 -- 4		

Spicy Pasta -- 10 -- 10		

Spicy Soup -- 4 -- 7		

Super Shroom -- 10 -- X	~ Thanks to Rich Morris	

Tasty Tonic -- 0 -- 0 (Cures poison and other ailments)		

Trial Stew -- X -- X (Brings HP and FP to 1)	~ Thanks to InstantDeath	

Turtley Leaf -- 0 -- 3		

Ultra Shroom -- 50 -- 0		

Volt Shroom -- X -- X (Briefly electrifies you		
doing varying damage)	~ Thanks to Rich Morris	

Whacka Bump -- 25 -- 25		

Zess Cookie -- 15 -- 15		

Zess Deluxe -- 40 -- 40		

```

|Zess Dinner -- 10 -- 10
|-----
|Zess Frappe -- 0 -- 20 ~ Thanks to Compmouse
|-----
|Zess Special -- 20 -- 20
|-----
|Zess Tea -- 0 -- 20
|
|-----
|_____ / --6.0-- Item Location List \ _____
|-----
|
|Item -- Location
|-----
|Cake Mix -- Pianta Parlor
|-----
|Choco Cake -- Zess T.'s House
|-----
|Coco Candy -- Zess T.'s House
|-----
|Coconut -- Keelhaul Galleria
|-----
|Courage Shell -- Petalberg ~ Thanks to KeeperBvK
|-----
|Dried Bouquet -- Petalburg
|-----
|Dried Shroom -- Westside Goods
|-----
|Electro Pop -- Zess T.'s House
|-----
|Fire Pop -- Zess T.'s House
|-----
|Fresh Juice -- Zess T.'s House
|-----
|Fresh Pasta -- Poshley Heights
|-----
|Fried Egg -- Zess T.'s House
|-----
|Fruit Parfait -- Zess T.'s House
|-----
|Golden Leaf -- Creepy Steeple
|-----
|Gradual Syrup -- Rougeport Sewers ~ Thanks to Rich Morris
|-----
|Healthy Salad -- Zess T.'s House
|-----
|Heartful Cake -- Zess T.'s House
|-----
|Honey Candy -- Zess T.'s House
|-----
|Honey Shroom -- Zess T.'s House
|-----
|Honey Super -- Zess T.'s House
|-----
|Honey Syrup -- Toad Bros. Bazaar
|-----
|Honey Ultra -- Zess T.'s House
|-----
|Horsetail -- Petal Meadows
|-----

```

Hot Dog -- Hot Dog Stand -----	
Hot Sauce -- Glitzville -----	~ Thanks to Bonetail
Icicle Pop -- Zess T.'s House -----	
Ink Pasta -- Zess T.'s House -----	
Inky Sauce -- Zess T.'s House -----	
Jammin' Jelly -- Underground Shop -----	
Jelly Candy -- Zess T.'s House -----	
Jelly Shroom -- Zess T.'s House -----	
Jelly Super -- Zess T.'s House -----	
Jelly Ultra -- Zess T.'s House -----	
Keel Mango -- Keelhaul Galleria -----	
Koopas Bun -- Zess T.'s House -----	
Koopas Tea -- Zess T.'s House -----	
Koopas Pasta -- Zess T.'s House -----	
Life Shroom -- Westside Goods -----	
Mango Delight -- Zess T.'s House -----	
Maple Shroom -- Zess T.'s House -----	
Maple Super -- Zess T.'s House -----	
Maple Syrup -- Twilight Shop -----	
Maple Ultra -- Zess T.'s House -----	
Meteor Meal -- Zess T.'s House -----	
Mistake -- Zess T.'s House -----	
Mousse Cake -- Zess T.'s House -----	
Mr. Softener -- Petalberg -----	~ Thanks to KeeperBvK
Mushroom -- Toad Bros. Bazaar -----	
Mystic Egg -- The Great Tree -----	
Omelette Meal -- Zess T.'s House -----	
Peachy Peach -- Twilight Town -----	
Point Swap -- Glitzville -----	~ Thanks to KeeperBvK
Poison Shroom -- Zess T.'s House -----	~ Thanks to Rich Morris

Shroom Cake -- Zess T.'s House
Shroom Crepe -- Zess T.'s House

Shroom Fry -- Zess T.'s House

Shroom Roast -- Zess T.'s House

Shroom Steak -- Zess T.'s House

Slow Shroom -- Rougeport Sewers ~ Thanks to Rich Morris

Snow Bunny -- Zess T.'s House

Space Food -- Zess T.'s House

Spaghetti -- Zess T.'s House

Spicy Pasta -- Zess T.'s House

Spicy Soup -- Zess T.'s House

Super Shroom -- Westside Goods

Tasty Tonic -- Toad Bros. Bazaar

Trial Stew -- Zess T.'s House ~ Thanks to Rich Morris

Turtley Leaf -- Mayor Kroop's Garden ~Thanks to ChrisAydonFreeserve

Ultra Shroom -- Underground Shop

Volt Shroom -- Zess T.'s House ~ Thanks to Rich Morris

Whacka Bump -- Keelhaul Galleria

Zess Cookie -- Zess T.'s House

Zess Deluxe -- Zess T.'s House

Zess Dinner -- Zess T.'s House

Zess Frappe -- Zess T.'s House

Zess Special -- Zess T.'s House

Zess Tea -- Zess T.'s House

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_____ / --7.0-- Conclusion \ _____

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 |I hope that my guide was helpful to you! If you have any corrections or
 |additions, please email me at Msterchief@gmail.com. However, if you have any
 |additional questions about locations, powers, etc., please read through
 |GameFAQs' wide selection of other guides and FAQs.
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