

# GOURMAND

---



Embrace the finer taste of danger.  
A 5e Blue Mage class.

## TABLE OF CONTENTS

### Gourmand

#### Introduction

- Magic in the Meal
- Culinary Adventurers
- Creating a Gourmand

#### Class Features

- Blue Magic
- Devour
- Chef Utensils
- Refined Palate
- Hospitable
- Cooking Nose
- Lead Stomach
- Healing Meal
- Healthy Appetite
- Rotating Menu
- Breakfast of Champions
- Powerful Regurgitation
- Bottomless Stomach

#### Refined Palates

- Omnivore
- Cannibal

#### Gourmand Devoured Spells

This content is directly inspired by Square Enix's Final Fantasy IX video game for the Playstation.

*DUNGEONS & DRAGONS, D&D, Wizards of the Coast, Forgotten Realms, the dragon ampersand, Player's Handbook, Monster Manual, Dungeon Master's Guide, D&D Adventurers League, all other Wizards of the Coast product names, and their respective logos are trademarks of Wizards of the Coast in the USA and other countries. All characters and their distinctive likenesses are property of Wizards of the Coast. This material is protected under the copyright laws of the United States of America. Any reproduction or unauthorized use of the material or artwork contained herein is prohibited without the express written permission of Wizards of the Coast.*

©2016 Wizards of the Coast LLC, PO Box 707, Renton, WA 98057-0707, USA. Manufactured by Hasbro SA, Rue Emile-Boéchat 31, 2800 Delémont, CH. Represented by Hasbro Europe, 4 The Square, Stockley Park, Uxbridge, Middlesex, UB11 1ET, UK.



Written by Artem Bank | <https://www.metallicsunmedia.com>  
All content © Artem Bank 2020, unless otherwise noted.

Cover Art: "DnD Character-PB (PotBelly)" © Deni Pryor  
2019 | <https://www.deviantart.com/erratio-d>, @DeniPryor

Thank you to my lovely girlfriend Rachel who took the time out to proofread this document and help me fix all my mistakes.

## GOURMAND

A pot of liquid gold boils in a hot and steamy kitchen. The dragonborn slaving over the stew takes in the fragrance of each pop, savoring the mouth watering stench. It's warmth will soon make its way to his gullet, and warm him in its healing embrace.

A gnome is confronted by a raging forest fire, and at the center, an elemental lies the culprit. With a toothy grin, he charges at the elemental with fork drawn, landing a heavy stab at it. And as the elemental reels, he inhales. In a blinding moment of disbelief, the elemental is swallowed whole and the gnome burps up a small fireball.

A human woman struggles with it - her new found addiction. She stares at the man before her, salivating with her insatiable desire. She stalks her way toward him, and in the moment of confusion and lust, her knife slices into a man, and she begins her bloody feast - overcome with a raging desire for more human flesh.

Gourmands are masters of one muscle over all others - their tongues. The food that they eat and prepare are inherently magical and can bring out the best in people, as well as themselves.

### MAGIC IN THE MEAL

So in touch with their taste buds, Gourmands can actually learn magic from the food that they eat, however that manifests itself. This connection between their food and their power makes Gourmands rather gluttonous. The power that they gain from eating can be self-fulfilling or to satiate other's unequal appetites.

### CULINARY ADVENTURERS

Gourmands will never back down from new flavor profiles. Indeed, their profession will cause them to journey far and wide in order to expand their palettes. The new and mysterious compel them forward - not for the questions that are asked, but for the juicy reward that may await them.

#### ALTERNATIVE FLUFF

Originally inspired by the Final Fantasy IX blue mage, Quina, the method of learning magic is unorthodox. The idea of actually eating the enemy might be unappetizing for some players, or even drastically outside the realm of a storyline or campaign setting. If this detail is too silly or strange, consider an equally magical but not quite as vore flavored option.

A Gourmand can be of this class only in name, and instead devours the *souls* of the enemies they face, absorbing their life essence into useable magic. This is a far more acceptable high fantasy ability, and still can turn heads with it's macabre nature.

## CREATING A GOURMAND

When creating a Gourmand, think about why your character is obsessed with the culinary arts. What drives them to search for new flavors? Were their families nestled deep in cooking, or do they have a famous chef that they aspire to be like? Is their goal in life to run the best private restaurant, win a competition, or be the king's personal chef?

Beyond the cooking side of a Gourmand is also the magical edge. Did they always have this ability? Was it granted to them, or given as a curse for being overly gluttonous? Did one meal in particular grant these abilities? The start of their magical powers may be the spark for why they even venture out with this skill set in the first place. even more interesting is the question of whether they boast about their prowess or if they shy away from advertising their absurd ability.

### QUICK BUILD

You can make a Gourmand quickly by following these suggestions. First, make your highest ability scores in Intelligence and Constitution. Second, choose the Guild Artisan background.

## CLASS FEATURES

As a Gourmand, you gain the following class features.

### HIT POINTS

**Hit Dice:** 1d8 per gourmand level

**Hit Points at 1st Level:** 8 + your Constitution modifier

**Hit Points at Higher Levels:** 1d8 (or 5) + your Constitution modifier per gourmand level after 1st

### PROFICIENCIES

**Armor:** Light Armor, Medium Armor, Shields

**Weapons:** Simple Weapons

**Tools:** Cook's Utensils

**Saving Throws:** Constitution, Intelligence

**Skills:** Choose two from Animal Handling, Arcana, History, Perception, Medicine, Nature, and Survival

### EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

- (a) any simple weapon or (b) a shield
- (a) an entertainer's pack or (b) a scholar's pack
- leather armor, and a dagger

### BLUE MAGIC

In your study of the culinary arts, you've learned that the proper ingredients can actually teach you to cast Spells. See chapter 10 in the PHB for the general rules of spellcasting and the end of this class description for a selection of gourmand Spells.

## THE GOURMAND

## SPELL SLOTS

Level	Proficiency Bonus	Features	Cantrips Known	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1st	+2	Blue Magic, Devour, Chef's Utensil	3	2	—	—	—	—	—	—	—	—
2nd	+2	Refined Palate	3	3	—	—	—	—	—	—	—	—
3rd	+2	Hospitable, Cooking Nose	3	4	2	—	—	—	—	—	—	—
4th	+2	Ability Score Improvement	4	4	3	—	—	—	—	—	—	—
5th	+3	Lead Stomach	4	4	3	2	—	—	—	—	—	—
6th	+3	Refined Palate feature	4	4	3	3	—	—	—	—	—	—
7th	+3	Healing Meal	4	4	3	3	1	—	—	—	—	—
8th	+3	Ability Score Improvement	4	4	3	3	2	—	—	—	—	—
9th	+4	Refined Palate feature	4	4	3	3	3	1	—	—	—	—
10th	+4	Healthy Appetite	5	4	3	3	3	2	—	—	—	—
11th	+4	Refined Palate feature	5	4	3	3	3	2	1	—	—	—
12th	+4	Ability Score Improvement	5	4	3	3	3	2	1	—	—	—
13th	+5	Rotating Menu	5	4	3	3	3	2	1	1	—	—
14th	+5	Refined Palliate feature	5	4	3	3	3	2	1	1	—	—
15th	+5	Breakfast of Champions	5	4	3	3	3	2	1	1	1	—
16th	+5	Ability Score Improvement	5	4	3	3	3	2	1	1	1	—
17th	+6	Refined Palliate feature	5	4	3	3	3	2	1	1	1	1
18th	+6	Powerful Regurgitation	5	4	3	3	3	3	1	1	1	1
19th	+6	Ability Score Improvement	5	4	3	3	3	3	2	1	1	1
20th	+6	Bottomless Stomach	5	4	3	3	3	3	2	2	1	1

### CANTRIPS

At 1st level, you know three Cantrips of your choice from the Gourmand spell list. You learn additional gourmand Cantrips of your choice at higher levels, as shown in the Cantrips Known column of the Gourmand table.

### LEARNING AND CASTING SPELLS

A Gourmand learns new spells by using the Devour ability successfully on a creature that meets the requirements for their level. A gourmand may learn a total number of spells equal to their gourmand level plus their intelligence modifier (minimum one).

The Gourmand may only learn a devoured spell from a creature of a CR equal to or lower than the gourmands' level. The Gourmand Devoured Spells table at the end of the class description goes into detail what spells can be learned from what creatures depending on the gourmand's level.

The Gourmand table shows how many Spell Slots you have to cast your Spells of 1st level and higher. To cast one of these Spells, you must expend a slot of the spell's level or higher. You regain all expended Spell Slots when you finish a Long Rest.

### SPELLCASTING ABILITY

Intelligence is your spellcasting ability for your Gourmand Spells. The power of your Spells comes from devouring your enemies. You use your Intelligence whenever a gourmand spell refers to your spellcasting ability. In addition, you use your Intelligence modifier when Setting the saving throw DC for a gourmand spell you cast and when Making an Attack roll with one.

**Spell save DC** = 8 + your proficiency bonus + your Intelligence modifier

**Spell attack modifier** = your proficiency bonus + your Intelligence modifier

### RITUAL CASTING

You can cast a Gourmand spell as a ritual if that spell has the ritual tag.

### SPELLCASTING FOCUS

You can use a Chef's Utensil as a spellcasting focus for your gourmand Spells.

## DEVOUR

Also at 1st level, you gain the ability to learn magic through by eating your opponents. You learn the *Devour* cantrip. This cantrip may be altered by other class features.

### DEVOUR

*Transmutation cantrip*

**Casting Time:** 1 action

**Range:** Touch

**Components:** S

**Duration:** 1 Minute

You unhinge your jaw to previously unknown proportions. Beyond all belief, you open your mouth to a size that can fit the creature in your sights. Choose one creature that is not a construct or humanoid that you can touch. Make a melee spell attack on the target. On a hit, the target takes 1d6 piercing damage. If the target has been critically hit by a chef's utensil this combat, you make this attack at advantage.

If you would take damage from a touch effect, such as the fire elemental's when eating the creature, you take the damage immediately when devouring them. If the creature has venom or some other poison, immediately make the save against it if devour deals damage.

If the creature is hit it is marked for 1 minute as long as you stay within 10 feet of it. If the marked creature is brought to zero HP and dies, the creature "vanishes" and you may learn a spell based on the Gourmand Devoured Spells table, if you may still learn a spell this level.

**At Higher Levels.** The spell's damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

## CHEF UTENSILS

Choose one of three weapons that you either create or buy. No gourmand is complete without this tool that helps them to devour the creatures they wish to sample whole. You are proficient with Chef Utensils. A critical hit with one of these weapons in combat will allow the attack from the Devour cantrip to be made at advantage.

A gourmand may make another utensil if one is destroyed or lost with 50g of material and 8 hours of work.

### CHEF'S UTENSILS

Weapon	Critical Range	Damage	Properties
Battle Spork	19-20	1d4 piercing	Finesse
Chef's Cleaver	20	2d4 slashing	Two-Handed
Tenderizing Hammer	20	1d8 bludgeoning	Two-Handed, Reach (10 ft)

## REFINED PALATE

At 2nd level, a gourmand develops certain preferences for taste that seem to bolster their abilities. Different creatures seem to resonate with them in different ways. Choose one of three paths between: Omnivore and Cannibal all detailed at the end of the class description.

These paths give you additional benefits at 6th, 9th, 11th, 14th and 17th levels.

## HOSPITABLE

At 3rd Level, your food prowess starts to extend into feeding others. You learn and may cast *Goodberry* and *Purify Food and Drink* once per long rest each without expending a spell slot.

## COOKING NOSE

Starting at 3rd level, as a bonus action you may make a Wisdom (Perception) check to inhale the scent of a creature within 30 feet. The DC of the check is equal to 10 plus the creature's Constitution modifier and proficiency bonus. If successful, you know the creature's current HP.

## LEAD STOMACH

Starting at 5th level, your stomach has taken enough abuse to be sturdy against the things that come into your body. You become immune to poison damage and other toxins, and are resistant to any damage taken while using the devour cantrip.

## HEALING MEAL

At 7th level, food is always in preparation. You learn and may cast *Create Food and Water*, once per long rest without expending a spell slot.

Additionally, if you or any friendly creatures who eat a meal of yours during a short rest regain hit points by spending hit dice at the end of the short rest, each of those creatures regains extra hit points based on a Cook's Utensils (Intelligence) check plus your Intelligence modifier.

Roll	HP Bonus
1-9	1d6 + Int Mod
10-14	1d8 + Int Mod
15-19	1d10 + Int Mod
20+	1d12 + Int Mod

## HEALTHY APPETITE

At 10th level, every creature you devour, whether you learn a spell or not, the filling meal radiates a warmth within you. When you bring a creature to 0 HP with the *Devour* cantrip, you gain temporary hitpoints equal to your level in Gourmand.

## ROTATING MENU

At 13th level, if you cannot learn any new spells for your level and would learn one while using the Devour cantrip, you may replace a spell you already know with the new one of the same spell level or lower.

## BREAKFAST OF CHAMPIONS

Beginning at 15th level, immediately following a long rest you may cast the spell *Hero's Feast* as ritual, provided you have the required components. The effects of this breakfast only last for 12 hours as opposed to the original 24.

## POWERFUL REGURGITATION

At 18th level, your stomach becomes a violent weapon when you convert the food eaten as pure magical energy ready to be used. Using the Gourmand Spells chart, you may immediately cast a spell that you already know after bringing a creature to 0 HP with the *Devour* cantrip. The level of the spell you may cast is determined by the creature's CR on the Gourmand Devoured Spells chart. Material and time components still apply for the spell you choose.

## BOTTOMLESS STOMACH

Even you might fear the realization of what you have become. Rivaling the Tarrasque, at 20th level you have become the embodiment of consuming. You no longer have a limit as to how many Devoured Spells you may learn.

Additionally, when a creature is marked from the *Devour* cantrip and falls to 0 HP but you already know the spell, you instead receive an additional unused spell slot of the level relating to the creature's CR on the Gourmand Devoured Spells table. This spell slot lasts until you complete a Long Rest.

## REFINED PALATES

The flavors of certain dishes just seem to resonate differently for different people, and with the magical nature of the gourmand, even effect them in different ways.

## OMNIVORE

The food that you inhale from devouring an enemy can not only teach you new things, but also make you stronger for a short period of time.

## STONE CRUNCHER

Things that are normally inedible are really more of a suggestion to you. At 2nd level, you may learn spells from constructs when devouring them.

## SLOPPY EATER

Additionally at 2nd level, when using the *Devour* cantrip you may change the damage to acid. You also add your Intelligence modifier to the damage.

## STRAIGHT TO THE THIGHS

At 6th level, you may use your bonus action to increase your AC by your Constitution modifier following the use of the *Devour* cantrip. This increase lasts until the end of your next turn.

Once you use this feature, you must finish a Short or Long Rest before you can use it again.

## ARCANE SWALLOW

Upon reaching 9th Level, you gain a taste for magic itself. If you are targeted by a spell and it either misses or you succeed on the saving throw, you may use your reaction to consume the magical energy and heal for a number of hitpoints equal to the spell's level (minimum 1.)

If you would take damage from the spell even on a saving throw failure, you instead take none.

Once you use this feature, you must finish a Long Rest before you can use it again.

## VENOM GLANDS

At 11th Level, you find yourself needing an edge over your prey. When you hit with the *Devour* cantrip, the target creature must make a Constitution saving throw against your spell save DC or be Poisoned until the end of your next turn. Upon a successful save, nothing happens.

## COOKBOOK

When reaching 14th Level, you find yourself thinking up new magical recipes without the need to actually eat something alive. You start a cookbook that you carry around with you to find ideas and test them in the field.

Choose two spells from any classes. A spell you choose must be of a level you can cast, as shown on the Gourmand table, or a cantrip.

The chosen spells count as Gourmand spells for you but do not count against the number in the Spells Known. On your adventures, you might find other spells that you can add to your cookbook (see the "Your Cookbook" sidebar).

### YOUR COOKBOOK

Spells that you add to your cookbook are uniquely tailored to what you love in your cuisine. You may find new recipes written by magical users in old tomes or on scrolls.

**Copying a Spell into the Book.** When you find a spell of 1st level or higher, you can add it to your cookbook if it is of a spell level you can prepare and if you can spare the time to decipher and copy it.

For each level of the spell, the process takes 2 hours and costs 50 gp. The cost represents material components you expend as you experiment with the recipe to master it, as well as the fine inks you need to record it. Once you have spent this time and money, you can cast this spell like normal.

You may only maintain as many spells in your cookbook as your Intelligence modifier (minimum 1.) If you wish to add another spell, you must first remove another from your cookbook.

**Replacing a Cookbook.** If the unfortunate event occurs where a Gourmand loses their cookbook, all is not lost. Typically spells learned from cookbook recipes are remembered well.

You need spend only 1 hour and 10 gp for each level of the spells lost from the previous cookbook to recreate one entirely from memory.

## YOU ARE WHAT YOU EAT

At 17th level, when a creature that is marked by the *Devour* cantrip falls to 0 HP, you may use your reaction to immediately cast *Shapechange* on yourself to become that creature.

Once you use this feature, you must finish a Long Rest before you can use it again.

## CANNIBAL

Your taste of flesh has developed far beyond the bovine or pescatarian variety. You crave the blood of your special brethren, and this lust enrages you.

## TASTE FOR BLOOD

You have tasted of the taboo of sentient life, and now that's all you want. At 2nd Level, you may learn spells from humanoid when devouring them.

## BLOODLUST

Additionally, when you can see a Hostile Humanoid creature, you may use your Bonus Action to enter a crazed state On Your Turn. While in this crazed state, you gain the following benefits:

- You have Resistance to non-magical bludgeoning, piercing, and slashing damage.
- You gain temporary hitpoints equal to your Constitution modifier.

You may only cast the *Devour* cantrip while using this feature and no other spells. You also cannot concentrate on spells while using this feature.

Your crazed state lasts for 1 minute. It ends early if you are knocked Unconscious or if Your Turn ends and you haven't attacked a Hostile Humanoid creature since your last turn or taken damage since then. You can also end your rage on Your Turn as a Bonus Action.

Once you use this feature, you must finish a Long Rest before you can use it again.

## EXTRA ATTACK

Beginning at 6th Level, you can Attack twice, instead of once, whenever you take the Attack action on Your Turn.

Additionally, when using the *Devour* cantrip you may make one attack with your Chef's Utensil as a bonus action.

## CRAZE ON DEMAND

When reaching 9th Level, you may use the Bloodlust feature a number of times equal to your Constitution modifier per Long Rest.

## MEAL FINISHER

Upon reaching 11th Level, you find it hard to leave a plate unclean. When you attack a creature marked by the *Devour* cantrip with your Chef's Utensil, the critical range is extended by 1 (from 20 to 19-20 or from 19-20 to 18-20.)

## UNSTOPPABLE

At 14th Level your urges take on extra features. While using the Bloodlust feature you gain these additional benefits:

- You have Resistance to all bludgeoning, piercing, and slashing damage.
- You have Advantage on checks and saves made against abilities and spells that would make you Grappled, Paralyzed, Petrified, Prone, Restrained, or Stunned.
- You are Immune to Fear or being Frightened.

## FUELED BLOOD

At 17th Level, your craze is sparked by arcane energy. You can cast and concentrate on spells while using the Bloodlust feature.

**CANTRIPS (0 LEVEL)**

Chill Touch  
Create Bonfire

Dancing Lights  
Guidance  
Light

Lightning Lure  
Mending  
Prestidigitation

Produce Flame  
Shape Water

**GOURMAND DEVoured SPELLS**

CR:	<1-2	3-4	5-6	7-8	9-10
Spell Level	1	2	3	4	5
<i>Creature Type</i>					
Aberrations	Arms of Hadar	Ray of Enfeeblement	Hunger of Hadar	Black Tentacles	Synaptic Static
Beasts	Beast Bond	Animal Messenger	Conjure Animals	Faithful Hound	Awaken
Celestials	Bless	Lesser Restoration	Spirit Guardians	Guardian of Faith	Commune
Constructs *	Floating Disk	Heat Metal	Tiny Hut	Fabricate	Animate Objects
Dragons	Color Spray	Dragon's Breath	Protection from Energy	Polymorph	Cone of Cold
Elemental	Absorb Elements	Magic Weapon	Elemental Weapon	Elemental Bane	Conjure Elemental
Fey	Faerie Fire	Healing Spirit	Dispel Magic	Banishment	Planar Binding
Fiends	Hellish Rebuke	Darkness	Summon Lesser Demons	Shadow of Moil	Destructive Wave
Giants	Mage Armor	Enlarge/Reduce	Tiny Servant	Stoneskin	Bigby's Hand
Humanoids *	Dissonant Whispers	Enthral	Tongues	Confusion	Dominate Person
Monstrosities	Zephyr Strike	Enhance Ability	Fear	Charm Monster	Circle of Power
Oozes	Create or Destroy Water	Invisibility	Slow	Greater Invisibility	Antilife Shell
Plants	Hail of Thorns	Barkskin	Plant Growth	Guardian of Nature	Commune with Nature
Undead	False Life	Gentle Repose	Animate Dead	Blight	Danse Macabre

**GOURMAND DEVoured SPELLS (CONT.)**

CR:	11-13	14-16	17-19	20+
Spell Level	6	7	8	9
<i>Creature Type</i>				
Aberrations	Eyebite	Reverse Gravity	Maddening Darkness	Power Word Kill
Beasts	Druid Grove	Simulacrum	Animal Shapes	True Resurrection
Celestials	Heal	Conjure Celestial	Holy Aura	Mass Heal
Constructs *	Create Homunculus	Temple of the Gods	Mighty Fortress	Invulnerability
Dragons	Investiture of Wind	Prismatic Spray	Illusory Dragon	True Polymorph
Elemental	Primordial Ward	Plane Shift	Earthquake	Prismatic Wall
Fey	True Seeing	Etherealness	Demiplane	Wish
Fiends	Circle of Death	Fire Storm	Feeblemind	Meteor Swarm
Giants	Tenser's Transformation	Mordenkainen's Sword	Antimagic Field	Invulnerability
Humanoids *	Mental Prison	Symbol	Antipathy/Sympathy	Psychic Scream
Monstrosities	Disintegrate	Forcecage	Dominate Monster	Weird
Oozes	Globe of Invulnerability	Regeneration	Clone	Shapechange
Plants	Transport Via Plants	Mirage Arcane	Control Weather	Time Stop
Undead	Harm	Resurrection	Abi-Dalzim's Horrid Wilting	Astral Projection

\*Construct and Humanoid targets may only be devoured by the Omnivore and Cannibal Refined Palates respectively.