



CHOCOLATE

# BALANCE

COMPLETE MEAL

### INSTRUCTIONS

Mix 2 scoops of BALANCE powder with 1½ cups of water and 2 tablespoons of avocado oil. Shake or blend, refrigerate overnight, and enjoy!

Feel free to customize the amount and type of oil to fit your dietary goals:

OIL OPTIONS	MIX 2 SCOOPS (75g) OF BALANCE WITH	CALORIES PER MEAL (PER DAY)	MACRO RATIO (CARB:PROTEIN:FAT)
AVOCADO OIL, OLIVE OIL, or MELTED COCONUT OIL	3 tbsp (45ml)	625 (2500)	20:15:65
	2 tbsp (30ml)	500 (2000)	25:20:55
	1 tbsp (15ml)	375 (1500)	35:25:40
	1 tsp (5ml)	300 (1200)	45:35:20
HEAVY CREAM or MELTED COCONUT CREAM	6 tbsp (90ml)	560 (2250)	25:20:55
	4 tbsp (60ml)	460 (1850)	30:20:50
	2 tbsp (30ml)	360 (1450)	35:30:35
	1 tbsp (15ml)	310 (1250)	40:35:25



1 Pour 1 cup of water into a shaker bottle or blender. Add oil.

2 Add 2 scoops of BALANCE and shake or blend on low to mix.

3 Add ½ cup water or more, and shake or blend again.

4 Refrigerate overnight before drinking, for the best taste and texture!

60cc

Use the 60cc scoop for BALANCE. Two rounded scoops is about 75g.

Keep refrigerated after mixing, and drink within 3 days. Remember to drink plenty of water too!

Basically Food should taste and feel good. If it doesn't, let us know and we'll fix it!  
FEEDBACK [hello@basicallyfood.com](mailto:hello@basicallyfood.com) QUESTIONS [basicallyfood.com/faq](https://basicallyfood.com/faq)



basicallyfood™

# BALANCE

COMPLETE MEAL



Hypoallergenic • Vegan  
Gluten-Free • Soy-Free  
Nut-Free • Dairy-Free

CHOCOLATE

NET WT 3.3lbs (1510g)

## NUTRITION FACTS

20 servings per container  
Serving size 2 rounded scoops (75g)

Amount per serving	75g BALANCE	%DV*	with 2 T avocado oil	%DV*
<b>Calories</b>	<b>260</b>		<b>500</b>	
<b>Total Fat</b>	5g	6%	32g	41%
Saturated Fat	1g	6%	5g	25%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	575mg	25%	575mg	25%
<b>Total Carbohydrate</b>	33g	12%	33g	12%
Dietary Fiber	10g	35%	10g	35%
Total Sugars	0g		0g	
Added Sugars	0g	0%	0g	0%
<b>Protein</b>	25g	50%	25g	50%
Vitamin D	20mcg	100%	20mcg	100%
Calcium	325mg	25%	325mg	25%
Iron	6.9mg	35%	6.9mg	35%
Potassium	1175mg	25%	1175mg	25%
Vitamin A	900mcg	100%	900mcg	100%
Vitamin C	90mg	100%	90mg	100%
Vitamin E	3.9mg	25%	3.9mg	25%
Vitamin K	60mcg	50%	60mcg	50%
Thiamin	0.8mg	70%	0.8mg	70%
Riboflavin	0.7mg	50%	0.7mg	50%
Niacin	4.6mg	25%	4.6mg	25%
Vitamin B6	0.85mg	50%	0.85mg	50%
Folate	110mcg	25%	110mcg	25%
Vitamin B12	2.4mcg	100%	2.4mcg	100%
Biotin	30mcg	100%	30mcg	100%
Pantothenic Acid	5mg	100%	5mg	100%
Phosphorus	550mg	40%	550mg	40%
Iodine	45mcg	30%	45mcg	30%
Magnesium	210mg	50%	210mg	50%
Zinc	4.6mg	40%	4.6mg	40%
Selenium	55mcg	100%	55mcg	100%
Copper	0.9mg	100%	0.9mg	100%
Manganese	2mg	80%	2mg	80%
Chromium	35mcg	100%	35mcg	100%
Molybdenum	75mcg	170%	75mcg	170%
Choline	149mg	25%	149mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MACRONUTRIENTS (Gluten-Free Oat Flour, Organic Brown Rice Protein, L-Lysine Hydrochloride), FLAVORING (Organic Dutched Cocoa, Monk Fruit Extract), ELECTROLYTES (Dipotassium Phosphate, Calcium Citrate, Himalayan Pink Salt, Magnesium Malate, Potassium Bicarbonate, Sodium Citrate), FIBER (Cellulose, Acacia Gum, Xanthan Gum), OMEGA-3 (DHA Algal Oil, Starch Sodium Octenyl Succinate, Glucose, Sodium Ascorbate, Calcium Phosphate, Mixed Tocopherols, Ascorbyl Palmitate), MICRONUTRIENTS (Choline L-Bitartrate, Myo-Inositol, Ascorbic Acid, Ferrous Gluconate, Boron Glycinate, Zinc Glycinate, D-Alpha Tocopherol, Ergocalciferol, Beta Carotene, D-Calcium Pantothenate, Selenium Glycinate, Copper Glycinate, Niacinamide, Manganese Glycinate, D-Biotin, Phytonadione, Retinyl Acetate, Menaquinone-7, Menaquinone-4, Pyridoxal 5-Phosphate, Potassium Iodide, Thiamine Pyrophosphate, Pyridoxine Hydrochloride, Riboflavin 5-Phosphate, Molybdenum Glycinate, Thiamine Hydrochloride, Riboflavin, Chromium Picolinate, Calcium L-5-Methyltetrahydrofolate, Methylcobalamin)

MANUFACTURED FOR  
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