



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 (74g) 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 74g.

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 QUESTIONS basicallyfood.com/faq



basicallyfood™

BALANCE

COMPLETE MEAL



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

CINNAMON

NET WT 3.2lbs (1485g)

NUTRITION FACTS

20 servings per container

Serving size **2 rounded scoops (74g)**

Amount per serving	74g BALANCE	%DV*	with 2 T avocado oil	%DV*
Calories	260		500	
Total Fat	4.5g	6%	32g	41%
Saturated Fat	1g	4%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	575mg	25%	575mg	25%
Total Carbohydrate	32g	12%	32g	12%
Dietary Fiber	9g	33%	9g	33%
Total Sugars	0g		0g	
Added Sugars	0g	0%	0g	0%
Protein	25g	50%	25g	50%
Vitamin D	20mcg	100%	20mcg	100%
Calcium	325mg	25%	325mg	25%
Iron	6.4mg	35%	6.4mg	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	0.65mg	50%	0.65mg	50%
Niacin	4.5mg	25%	4.5mg	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	560mg	45%	560mg	45%
Iodine	45mcg	30%	45mcg	30%
Magnesium	210mg	50%	210mg	50%
Zinc	4.4mg	40%	4.4mg	40%
Selenium	55mcg	100%	55mcg	100%
Copper	0.7mg	80%	0.7mg	80%
Manganese	2.1mg	90%	2.1mg	90%
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), ELECTROLYTES (Dipotassium Phosphate, Calcium Citrate, Himalayan Pink Salt, Magnesium Malate, Potassium Bicarbonate, Sodium Citrate), FIBER (Cellulose, Acacia Gum, Xanthan Gum), FLAVORING (Organic Ceylon Cinnamon, Monk Fruit Extract), 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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v1.0

