

NUTRITION FACTS

20 servings per container

Serving size 2 rounded scoops (73g)

Amount per serving	73g BALANCE	with 2 T avocado oil
Calories	260	500
	%DV*	%DV*
Total Fat	4g 5%	32g 41%
Saturated Fat	0.5g 4%	4.5g 23%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	575mg 25%	575mg 25%
Total Carbohydrate	31g 11%	31g 11%
Dietary Fiber	8g 30%	8g 30%
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	5.9mg 30%	6.1mg 30%
Potassium	1175mg 25%	1175mg 25%
Vitamin A	900mcg 100%	900mcg 100%
Vitamin C	90mg 100%	90mg 100%
Vitamin E	7.8mg 50%	11.8mg 70%
Vitamin K	60mcg 50%	75mcg 60%
Thiamin	1.4mg 120%	1.4mg 120%
Riboflavin	1.3mg 100%	1.3mg 100%
Niacin	16mg 100%	16mg 100%
Vitamin B6	1.7mg 100%	1.7mg 100%
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	75mcg 50%	75mcg 50%
Magnesium	210mg 50%	210mg 50%
Zinc	7.1mg 60%	7.1mg 60%
Selenium	28mcg 50%	28mcg 50%
Copper	0.7mg 80%	0.7mg 80%
Manganese	1.9mg 80%	1.9mg 80%
Chromium	35mcg 100%	35mcg 100%
Molybdenum	75mcg 160%	75mcg 160%
Choline	145mg 25%	145mg 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, Glycine, L-Lysine Hydrochloride), **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, Quercetin, Boron Citrate, Zinc Glycinate, D-Alpha Tocopherol, Beta Carotene, Cholecalciferol, Nicotinic Acid, Niacinamide, Ferrous Fumarate, D-Calcium Pantothenate, Selenium Citrate, D-Biotin, Phytanadione, Manganese Citrate, Retinyl Acetate, Thiamine Hydrochloride, Menaquinone-4, Menaquinone-7, Riboflavin, Pyridoxal 5-Phosphate, Copper Citrate, Molybdenum Citrate, Pyridoxine Hydrochloride, Potassium Iodide, Chromium Picolinate, Methylcobalamin, Calcium L-5-Methyltetrahydrofolate)



basicalllyfood™

PLAIN

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 (73g) 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



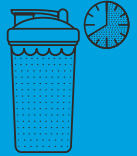
Add 2 scoops of BALANCE and shake or blend on low to mix.

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 73g.

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

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

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