



BOOST

COMPLETE MEAL

INSTRUCTIONS

Mix 1 scoop of BOOST powder with 2 cups of whole milk. Shake or blend, refrigerate overnight, and enjoy!
Feel free to customize the amount and type of milk to fit your dietary goals:

| MILK OPTIONS | MIX 1 SCOOP (57g) OF BOOST WITH | CALORIES PER MEAL (PER DAY) | MACRO RATIO (CARB:PROTEIN:FAT) |
|---------------------|---------------------------------|-----------------------------|--------------------------------|
| WHOLE MILK | 2 cups (480ml) | 500 (2000) | 45:20:35 |
| | 1 cup (240ml) | 350 (1400) | 50:20:30 |
| 2% MILK | 2 cups (480ml) | 475 (1900) | 50:25:25 |
| | 1 cup (240ml) | 335 (1350) | 55:20:25 |
| 1% MILK or SOY MILK | 2 cups (480ml) | 400 (1600) | 60:20:20 |
| | 1 cup (240ml) | 300 (1200) | 60:20:20 |
| OAT MILK | 2 cups (480ml) | 450 (1800) | 65:15:20 |
| | 1 cup (240ml) | 325 (1300) | 65:15:20 |



1 Pour 1 cup of milk into a shaker bottle or blender.

2 Add 1 scoop of BOOST and shake or blend on low to mix.

3 Add remaining milk, or 1/2 cup water, and shake or blend again.

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

90cc Use the 90cc scoop for BOOST. One rounded scoop is about 57g.

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](https://www.basicallyfood.com/faq)



basicallyfood™

BOOST

COMPLETE MEAL



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

CHOCOLATE

NET WT 2.5 lbs (1155g)



NUTRITION FACTS

20 servings per container

Serving size

1 rounded scoop (57g)

| Amount per serving | 57g BOOST | %DV* | with 2 c whole milk | %DV* |
|---------------------------|------------|-------------|---------------------|-------------|
| Calories | 200 | | 500 | |
| | | %DV* | | %DV* |
| Total Fat | 4g | 5% | 20g | 26% |
| Saturated Fat | 1g | 5% | 10g | 51% |
| Trans Fat | 0g | | 0g | |
| Cholesterol | 0mg | 0% | 49mg | 16% |
| Sodium | 360mg | 16% | 575mg | 25% |
| Total Carbohydrate | 37g | 13% | 60g | 22% |
| Dietary Fiber | 10g | 35% | 10g | 35% |
| Total Sugars | 0g | | 23g | |
| Added Sugars | 0g | 0% | 0g | 0% |
| Protein | 9g | 17% | 24g | 48% |
| Vitamin D | 20mcg | 100% | 20mcg | 100% |
| Calcium | 25mg | 2% | 580mg | 40% |
| Iron | 6.0mg | 30% | 6.1mg | 30% |
| Potassium | 475mg | 10% | 1175mg | 25% |
| Vitamin A | 900mcg | 100% | 1100mcg | 120% |
| Vitamin C | 90mg | 100% | 90mg | 100% |
| Vitamin E | 4mg | 25% | 4.2mg | 25% |
| Vitamin K | 60mcg | 50% | 60mcg | 50% |
| Thiamin | 0.9mg | 70% | 1.1mg | 90% |
| Riboflavin | 0.7mg | 50% | 1.5mg | 110% |
| Niacin | 4.8mg | 30% | 5.2mg | 30% |
| Vitamin B6 | 0.9mg | 50% | 1mg | 60% |
| Folate | 110mcg | 25% | 140mcg | 35% |
| Vitamin B12 | 2.4mcg | 100% | 4.6mcg | 190% |
| Biotin | 30mcg | 100% | 30mcg | 100% |
| Pantothenic Acid | 5mg | 100% | 6.9mg | 130% |
| Phosphorus | 200mg | 15% | 610mg | 45% |
| Iodine | 45mcg | 30% | 45mcg | 30% |
| Magnesium | 160mg | 35% | 210mg | 50% |
| Zinc | 4.2mg | 35% | 6mg | 55% |
| Selenium | 55mcg | 100% | 70mcg | 130% |
| Copper | 0.8mg | 90% | 0.9mg | 100% |
| Manganese | 2.1mg | 90% | 2.1mg | 90% |
| Chromium | 35mcg | 100% | 35mcg | 100% |
| Molybdenum | 65mcg | 140% | 65mcg | 140% |
| Choline | 150mg | 25% | 220mg | 40% |

* 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), FLAVORING (Organic Dutched Cocoa, Monk Fruit Extract), FIBER (Cellulose, Acacia Gum, Xanthan Gum), ELECTROLYTES (Himalayan Pink Salt, Potassium Bicarbonate, Magnesium Malate), 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

