



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 (56g) 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!

Use the 90cc scoop for BOOST. One rounded scoop is about 56g.

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

CINNAMON

NET WT 2.4 lbs (1125g)

NUTRITION FACTS

20 servings per container

Serving size 1 rounded scoop (56g)

Amount per serving	56g BOOST	%DV*	with 2 c whole milk	%DV*
Calories	200		500	
Total Fat	3.5g	5%	20g	25%
Saturated Fat	0.5g	4%	10g	49%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	49mg	16%
Sodium	360mg	16%	575mg	25%
Total Carbohydrate	36g	13%	60g	22%
Dietary Fiber	9g	33%	9g	33%
Total Sugars	0g		23g	
Added Sugars	0g	0%	0g	0%
Protein	8g	16%	23g	47%
Vitamin D	20mcg	100%	20mcg	100%
Calcium	30mg	2%	590mg	45%
Iron	4.5mg	30%	5.5mg	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	4.7mg	30%	5.1mg	30%
Vitamin B6	0.9mg	50%	1mg	60%
Folate	110mcg	25%	130mcg	30%
Vitamin B12	2.4mcg	100%	4.6mcg	190%
Biotin	30mcg	100%	30mcg	100%
Pantothenic Acid	5mg	100%	6.9mg	130%
Phosphorus	170mg	10%	580mg	45%
Iodine	45mcg	30%	45mcg	30%
Magnesium	160mg	35%	210mg	50%
Zinc	4mg	35%	5.8mg	50%
Selenium	55mcg	100%	70mcg	130%
Copper	0.6mg	70%	0.7mg	80%
Manganese	2.2mg	90%	2.2mg	90%
Chromium	35mcg	100%	35mcg	100%
Molybdenum	65mcg	150%	65mcg	150%
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), FIBER (Cellulose, Acacia Gum, Xanthan Gum), ELECTROLYTES (Himalayan Pink Salt, Potassium Bicarbonate, Magnesium Malate), 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

