

NUTRITION FACTS

20 servings per container

Serving size 1 rounded scoop (55g)

Amount per serving	55g BOOST	with 2 c whole milk
Calories	200	500

	%DV*		%DV*	
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	34g	12%	58g	21%
Dietary Fiber	8g	30%	8g	30%
Total Sugars	0g		23g	
Added Sugars	0g	0%	0g	0%
Protein	10g	20%	25g	50%
Vitamin D	20mcg	100%	20mcg	100%
Calcium	20mg	2%	575mg	40%
Iron	5mg	25%	5.1mg	25%
Potassium	475mg	10%	1175mg	25%
Vitamin A	900mcg	100%	1100mcg	120%
Vitamin C	90mg	100%	90mg	100%
Vitamin E	7.9mg	50%	8.3mg	55%
Vitamin K	60mcg	50%	60mcg	50%
Thiamin	1.5mg	120%	1.7mg	140%
Riboflavin	1.3mg	100%	2.1mg	160%
Niacin	16mg	100%	17mg	100%
Vitamin B6	1.7mg	100%	1.9mg	110%
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	75mcg	50%	75mcg	50%
Magnesium	160mg	35%	210mg	50%
Zinc	6.6mg	60%	8.5mg	70%
Selenium	28mcg	50%	45mcg	80%
Copper	0.6mg	60%	0.7mg	80%
Manganese	1.9mg	80%	1.9mg	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, Glycine), 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, Quercetin, Boron Citrate, Zinc Glycinate, D-Alpha Tocopherol, Beta Carotene, Cholecalciferol, Nicotinic Acid, Niacinamide, Ferrrous Fumarate, D-Calcium Pantothenate, Selenium Citrate, D-Biotin, Phytonadione, 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)



basicallyfood™

PLAIN

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 (55g) 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. Two rounded scoops is about 55g.

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)

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