

NUTRITION FACTS

20 servings per container

Serving size 2 rounded scoops (91g)

Amount per serving	91g BUILD	with 2 c whole milk	
Calories	350	650	
	%DV*	%DV*	
Total Fat	6g 7%	22g 28%	
Saturated Fat	1g 5%	10g 51%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	49mg 16%	
Sodium	360mg 16%	575mg 25%	
Total Carbohydrate	41g 15%	64g 23%	
Dietary Fiber	9g 31%	9g 31%	
Total Sugars	0g	23g	
Added Sugars	0g 0%	0g 0%	
Protein	33g 67%	49g 98%	
Vitamin D	20mcg 100%	20mcg 100%	
Calcium	25mg 2%	580mg 40%	
Iron	7.4mg 40%	7.5mg 40%	
Potassium	475mg 10%	1175mg 25%	
Vitamin A	900mcg 100%	1100mcg 120%	
Vitamin C	90mg 100%	90mg 100%	
Vitamin E	8mg 50%	8.4mg 50%	
Vitamin K	60mcg 50%	60mcg 50%	
Thiamin	1.5mg 130%	1.8mg 150%	
Riboflavin	1.3mg 100%	2.1mg 160%	
Niacin	16mg 100%	17mg 100%	
Vitamin B6	1.7mg 100%	1.9mg 110%	
Folate	110mcg 25%	140mcg 35%	
Vitamin B12	2.4mcg 100%	4.6mcg 190%	
Biotin	30mcg 100%	30mcg 100%	
Pantothenic Acid	5.1mg 100%	6.9mg 130%	
Phosphorus	330mg 25%	740mg 50%	
Iodine	75mcg 50%	75mcg 50%	
Magnesium	160mg 35%	210mg 50%	
Zinc	7.7mg 70%	9.5mg 80%	
Selenium	27mcg 50%	45mcg 80%	
Copper	0.8mg 90%	0.9mg 100%	
Manganese	2.4mg 100%	2.4mg 100%	
Chromium	35mcg 100%	35mcg 100%	
Molybdenum	100mcg 230%	100mcg 230%	
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, Organic Brown Rice Protein, Glycine, L-Lysine Hydrochloride), **ELECTROLYTES** (Potassium Bicarbonate, Himalayan Pink Salt, Magnesium Malate, 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)


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PLAIN

INSTRUCTIONS

Mix 2 scoops of BUILD 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 2 SCOOPS (91g) OF BUILD WITH	CALORIES PER MEAL (PER DAY)	MACRO RATIO (CARB:PROTEIN:FAT)
WHOLE MILK	2 cups (480ml)	650 (2600)	40:30:30
	1 cup (240ml)	500 (2000)	45:30:25
2% MILK	2 cups (480ml)	625 (2500)	45:35:20
	1 cup (240ml)	485 (1950)	45:35:20
1% MILK or SOY MILK	2 cups (480ml)	550 (2200)	50:30:20
	1 cup (240ml)	450 (1800)	50:35:15
OAT MILK	2 cups (480ml)	600 (2400)	50:30:20
	1 cup (240ml)	475 (1900)	50:30:20

1



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

2



Add 2 scoops of BUILD 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!

80cc

Use the 80cc scoop for BUILD. Two rounded scoops is about 91g.

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

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