



BUILD

COMPLETE MEAL

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 ½ cup water, and shake or blend again.
4 Refrigerate overnight before drinking, for the best taste and texture!

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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COMPLETE MEAL



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

VANILLA

NET WT 4.0 lbs (1835g)

NUTRITION FACTS

20 servings per container
Serving size 91g BUILD with 2 c whole milk

Amount per serving	91g BUILD	%DV*	with 2 c whole milk	%DV*
Calories	350		650	
Total Fat	6g	8%	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%	65g	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	7.8mg	40%	7.9mg	40%
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	80%	1.2mg	100%
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	340mg	25%	750mg	60%
Iodine	45mcg	30%	45mcg	30%
Magnesium	160mg	35%	210mg	50%
Zinc	5mg	45%	6.8mg	60%
Selenium	55mcg	100%	70mcg	130%
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, L-Lysine Hydrochloride), ELECTROLYTES (Potassium Bicarbonate, Himalayan Pink Salt, Magnesium Malate, Sodium Citrate), FIBER (Cellulose, Acacia Gum, Xanthan Gum), FLAVORING (Vanilla Extract, 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)

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