



# BURN

COMPLETE MEAL

### INSTRUCTIONS

Mix 1 scoop of BURN powder with 1½ cups of water and 2 tablespoons of avocado oil. Shake or blend, refrigerate overnight, and enjoy!

Feel free to customize the amount and type of oil to fit your dietary goals:

OIL OPTIONS	MIX 1 SCOOP (56g) OF BURN WITH	CALORIES PER MEAL (PER DAY)	MACRO RATIO (CARB:PROTEIN:FAT)
AVOCADO OIL, OLIVE OIL, or MELTED COCONUT OIL	3 tbsp (45ml)	575 (2300)	5:15:80
	2 tbsp (30ml)	450 (1800)	5:20:75
	1 tbsp (15ml)	325 (1300)	5:30:65
	1 tsp (5ml)	250 (1000)	5:45:50
HEAVY CREAM or MELTED COCONUT CREAM	6 tbsp (90ml)	535 (2150)	5:20:75
	4 tbsp (60ml)	435 (1750)	5:25:70
	2 tbsp (30ml)	335 (1350)	5:35:60
	1 tbsp (15ml)	285 (1150)	5:40:55



**1** Pour 1 cup of water into a shaker bottle or blender. Add oil.

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

**3** Add ½ cup water or more, and shake or blend again.

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

90cc Use the 90cc scoop for BURN. 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](mailto:hello@basicallyfood.com) QUESTIONS [basicallyfood.com/faq](https://basicallyfood.com/faq)



# BURN

COMPLETE MEAL



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

## CHOCOLATE

NET WT 2.5lbs (1135g)



## NUTRITION FACTS

20 servings per container  
Serving size 1 rounded scoop (56g)

Amount per serving	56g BURN	with 2 T avocado oil
<b>Calories</b>	<b>210</b>	<b>450</b>
	<b>%DV*</b>	<b>%DV*</b>
<b>Total Fat</b>	11g <b>14%</b>	38g <b>49%</b>
Saturated Fat	9g <b>46%</b>	13g <b>65%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	575mg <b>25%</b>	575mg <b>25%</b>
<b>Total Carbohydrate</b>	12g <b>5%</b>	12g <b>5%</b>
Dietary Fiber	10g <b>35%</b>	10g <b>35%</b>
Total Sugars	0g	0g
Added Sugars	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	23g <b>46%</b>	23g <b>46%</b>
Vitamin D	20mcg 100%	20mcg 100%
Calcium	325mg 25%	325mg 25%
Iron	5.1mg 25%	5.1mg 25%
Potassium	1175mg 25%	1175mg 25%
Vitamin A	900mcg 100%	900mcg 100%
Vitamin C	90mg 100%	90mg 100%
Vitamin E	3.6mg 25%	3.6mg 25%
Vitamin K	60mcg 50%	60mcg 50%
Thiamin	0.6mg 50%	0.6mg 50%
Riboflavin	0.65mg 50%	0.65mg 50%
Niacin	4mg 25%	4mg 25%
Vitamin B6	0.85mg 50%	0.85mg 50%
Folate	100mcg 25%	100mcg 25%
Vitamin B12	2.4mcg 100%	2.4mcg 100%
Biotin	30mcg 100%	30mcg 100%
Pantothenic Acid	5mg 100%	5mg 100%
Phosphorus	440mg 35%	440mg 35%
Iodine	45mcg 30%	45mcg 30%
Magnesium	210mg 50%	210mg 50%
Zinc	3.8mg 35%	3.8mg 35%
Selenium	55mcg 100%	55mcg 100%
Copper	0.7mg 80%	0.7mg 80%
Manganese	0.9mg 40%	0.9mg 40%
Chromium	35mcg 100%	35mcg 100%
Molybdenum	35mcg 80%	35mcg 80%
Choline	138mg 25%	138mg 25%

\* 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 (Organic Brown Rice Protein, MCT Oil, L-Lysine Hydrochloride), FIBER (Acacia Gum, Cellulose, Xanthan Gum), ELECTROLYTES (Dipotassium Phosphate, Calcium Citrate, Himalayan Pink Salt, Magnesium Malate, Potassium Bicarbonate, Sodium Citrate), FLAVORING (Organic Dutched Cocoa, 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

