

NUTRITION FACTS

20 servings per container

Serving size 1 rounded scoop (54g)

Amount per serving	54g BURN	with 2 T avocado oil
Calories	210	450
	%DV*	%DV*
Total Fat	10g 13%	38g 49%
Saturated Fat	9g 44%	13g 63%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	575mg 25%	575mg 25%
Total Carbohydrate	10g 3%	10g 3%
Dietary Fiber	9g 31%	9g 31%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g 0%
Protein	25g 49%	25g 49%
Vitamin D	20mcg 100%	20mcg 100%
Calcium	325mg 25%	325mg 25%
Iron	4.5mg 25%	4.5mg 25%
Potassium	1175mg 25%	1175mg 25%
Vitamin A	900mcg 100%	900mcg 100%
Vitamin C	90mg 100%	90mg 100%
Vitamin E	7.5mg 50%	11.4mg 70%
Vitamin K	60mcg 50%	75mcg 60%
Thiamin	1.2mg 100%	1.2mg 100%
Riboflavin	1.3mg 100%	1.3mg 100%
Niacin	16mg 100%	16mg 100%
Vitamin B6	1.7mg 100%	1.7mg 100%
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	75mcg 50%	75mcg 50%
Magnesium	210mg 50%	210mg 50%
Zinc	6.3mg 50%	6.3mg 50%
Selenium	28mcg 50%	28mcg 50%
Copper	0.6mg 60%	0.6mg 60%
Manganese	0.7mg 30%	0.7mg 30%
Chromium	35mcg 100%	35mcg 100%
Molybdenum	38mcg 80%	38mcg 80%
Choline	140mg 25%	140mg 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, Glycine, L-Lysine Hydrochloride), **FIBER** (Acacia Gum, Cellulose, Xanthan Gum), **ELECTROLYTES** (Dipotassium Phosphate, Calcium Citrate, Himalayan Pink Salt, Magnesium Malate, Potassium Bicarbonate, Sodium Citrate), **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, 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)



basicalllyfood™

PLAIN

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 (54g) 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. Two rounded scoops is about 54g.

Keep refrigerated after mixing, and drink within 3 days. Remember to drink plenty of water too!

Basicallly Food should taste and feel good. If it doesn't, let us know and we'll fix it!

FEEDBACK hello@basicalllyfood.com

QUESTIONS [basicalllyfood.com/faq](https://www.basicalllyfood.com/faq)

MANUFACTURED FOR

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