



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 (55g) 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!

Use the 90cc scoop for BURN. One rounded scoop 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



BURN

COMPLETE MEAL



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

VANILLA

NET WT 2.4lbs (1100g)



NUTRITION FACTS

20 servings per container
Serving size 1 rounded scoop (55g)

Amount per serving	55g 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 4%	10g 4%
Dietary Fiber	9g 30%	9g 30%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g 0%
Protein	24g 48%	24g 48%
Vitamin D	20mcg 100%	20mcg 100%
Calcium	325mg 25%	325mg 25%
Iron	4.4mg 25%	4.4mg 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	450mg 35%	450mg 35%
Iodine	45mcg 30%	45mcg 30%
Magnesium	210mg 50%	210mg 50%
Zinc	3.5mg 30%	3.5mg 30%
Selenium	55mcg 100%	55mcg 100%
Copper	0.6mg 60%	0.6mg 60%
Manganese	0.8mg 30%	0.8mg 30%
Chromium	35mcg 100%	35mcg 100%
Molybdenum	35mcg 80%	35mcg 80%
Choline	137mg 25%	137mg 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 (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, Phytanadione, 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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