

## BURN COMPLETE MEAL

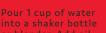
## INSTRUCTIONS

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

















FEEDBACK hello@basicallyfood.com



## BURN COMPLETE MEAL



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

VANILLA

NET WT 2.4lbs (1100g)



## **NUTRITION FACTS**

210

20 servings per container Serving size

Amount per serving

Calarias

1 rounded scoop (55g)

Calories		210		450	Potassium Bicarbonate, Sodiu
		%DV*		%DV*	FLAVORING (Vanilla Extract,
Total Fat	10g	13%	38g	49%	Extract), OMEGA-3 (DHA Alga
Saturated Fat	9g	44%	13g	63%	Sodium Octenyl Succinate, G
Trans Fat	0g		Og		Ascorbate, Calcium Phosphat
Cholesterol	0mg	0%	0mg	0%	Tocopherols, Ascorbyl Palmita
Sodium	575mg	25%	575mg	25%	MICRONUTRIENTS (Choline I
Total Carbohydrate	10g	4%	10g	4%	Myo-Inositol, Ascorbic Acid, F
Dietary Fiber	9g	30%	9g	30%	Gluconate, Boron Glycinate, Z
Total Sugars	0g		0g		D-Alpha Tocopherol, Ergocalc
Added Sugars	0g	0%	0g	0%	Carotene, D-Calcium Pantoth
Protein	24g	48%	24g	48%	Selenium Glycinate, Copper G
Vitamin D	20mcg	100%	20mcg	100%	Niacinamide, Manganese Gly
Calcium	325mg	25%	325mg	25%	Phytonadione, Retinyl Acetat
Iron	4.4mg	25%	4.4mg	25%	Menaguinone-7, Menaguinon
Potassium	1175mg	25%	1175mg	25%	5-Phosphate, Potassium Iodid
Vitamin A	900mcg	100%	900mcg	100%	
Vitamin C	90mg	100%	90mg	100%	Pyrophosphate, Pyridoxine H
Vitamin E	3.6mg	25%	3.6mg	25%	Riboflavin 5-Phosphate, Moly
Vitamin K	60mcg	50%	60mcg	50%	Glycinate, Thiamine Hydrochl
Thiamin	0.6mg	50%	0.6mg	50%	Riboflavin, Chromium Picolina
Riboflavin	0.65mg	50%	0.65mg	50%	L-5-Methyltetrahydrofolate,
Niacin	4mg	25%	4mg	25%	Methylcobalamin)
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%	MANUFACTURED FOR
Phosphorus	450mg	35%	450mg	35%	Basically Food
lodine	45mcg	30%	45mcg	30%	2565 3rd St, Suite 316
Magnesium	210mg	50%	210 mg	50%	San Francisco, CA 9410
Zinc	3.5mg	30%	3.5mg	30%	basicallyfood.com
Selenium	55mcg	100%	55mcg	100%	
Copper	0.6mg	60%	0.6mg	60%	v1.0
Manganese	0.8mg	30%	0.8mg	30%	

100% 35mcg

80% 35mcg

25% 137mg

35mcg

35mcg

137mg

Chromium Molvbdenum

Choline

INGREDIENTS: MACRONUTRIENTS (Organic Brown Rice Protein, MCT Oil, L-Lysine Hydrochloride), FIBER (Acacia Gum, Cellulose, Xanthan Gum), ELECTROLYTES

(Dipotassium Phosphate, Calcium Citrate, 55g BURN with 2 T avocado oil 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, 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

80%



<sup>\*</sup> 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.