

Simple Soy lent

Time **20 mins** | Serves **2**

Ingredients

4 1/2 cups oat flour
1 cup rice protein
4 packets artificial sweetener
1 tablespoon sugar
1 tablespoon cocoa
1 capsule multivitamin
1 1000mg lysine
1 folic acid pill
1 teaspoon xanthan gum
1 teaspoon no-salt
1/2 teaspoon salt
1/3 cup canola oil
1 Tablespoon liquid calcium with vitamin D

How to make it

Grind up the pills in a mortar until fine

Measure all the rest of the dry ingredients in a bowl and add the powdered pills.

Mix well with a whisk.

Pour the oil and liquid calcium in a mason jar, se securely and shake vigorously.

Two cups of the powder, four cups water and half the oil mixture is one meal replacement. Blend together and sip at your leisure.

The Wayback Machine - <https://web.archive.org/web/20210116122821/https://www.completefoods.co/diy/recipes/people-chow-301-tortilla-perf...>

People Chow 3.0.1 - "Tortilla Perfection!" Tasty!

by max ([/web/20210116122821/https://www.completefoods.co/diy/users/max](https://web/20210116122821/https://www.completefoods.co/diy/users/max)) 

Last updated May 16, 2014

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Overview	Reviews 7	Comments 1487	Recipe Editor	Photos 2	Variants 1680	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
345 g	Masa harina	\$0.34	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B0000IJYK4?tag=19-72342-20)
55 g	Now Foods 100% Whey Protein Isolate	\$1.26	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B000MAK59O?tag=19-72342-20)
23 g	GNC Mega Men® Sport - Vanilla Bean	\$1.02	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B00T69D4KY?tag=19-72342-20)
6 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.26	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
6 g	Potassium Citrate	\$0.24	PureBulk, Inc. (https://web.archive.org/web/20210116122821/http://purebulk.com/potassium-citrate-powder.html)
4 g	Iodised Salt	\$0.01	local
2 g	Choline bitartrate	\$0.02	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
50 g	Soybean Oil	\$0.35	Amazon (https://web.archive.org/web/20210116122821/https://www.amazon.com/dp/B007CFTC64?tag=19-72342-20)
Amounts for: <input type="text" value="1 day"/>		\$3.50	Add Ingredients to Amazon Cart
Total Daily Cost:			

Editors Note: Try Ax Chow ([/web/20210116122821/https://www.completefoods.co/diy/recipes/ax-chow-13](https://web/20210116122821/https://www.completefoods.co/diy/recipes/ax-chow-13)) for an improved version of this recipe.

Of all the People Chow recipes I've developed this is by FAR the best! It's got a smooth, velvety texture, a very mild flavor with a hint of tortilla chips, and every time I finish a glass I want more! I think we've finally nailed this recipe and I want to thank the community for all their valuable input in making People Chow 3.x so darn awesome!

Also: Check out that daily cost!

For more updates on People Chow, visit the new People Chow Blog at <http://www.people-chow.com/> (<https://web.archive.org/web/20210116122821/http://www.people-chow.com/>)

Be sure to sign-up to be notified of changes to People Chow!

Features:

- Nutritionally complete
- Relatively inexpensive
- Keeps you full for hours
- "Fart-free" formula lacks oats and is easy on the stomach
- Nearly all ingredients sourced from Amazon. Can be 100% sourced from Amazon.
- Although already fairly inexpensive, cheaper ingredients can be found if you're willing to shop around.
- Actively maintained and maintainer seeks community feedback

CHANGELOG 3.0.1 - "Tortilla Perfection!"

- Updated fiber totals for masa harina
- Added 5g masa harina
- Subtracted 2g soybean oil
- Additional details can be found on the People Chow blog: <http://www.people-chow.com/> (<https://web.archive.org/web/20210116122821/http://www.people-chow.com/>)

CHANGELOG 3.0.0 - "Tortilla Perfection!"

- Replaced Harina P.A.N. with masa harina
- Added 30g carbohydrate base (masa harina)
- Removed the almond meal
- Added 7g whey protein isolate
- Added 14g soybean oil

CHANGELOG 2.3.0 - "Cheap!"

- Added 10g masa
- Removed 12g protein. (You can safely add lots more for weightlifting purposes.)
- Removed 1g vitamin powder
- Calories now exactly 2000. (Just a happy coincidence.)
- Turns out methionine and cysteine should be used directly for the sulfur requirement, as it is sulfur-containing amino acids (SAAs) that are necessary, and not elemental sulfur.

CHANGELOG 2.3.0RC1 - "Name Pending!"

- Added nutrition information to harina masa
- Removed potassium chloride
- Removed non-aluminum baking powder
- More changes pending ...

CHANGELOG 2.2.2 - "Make your farts sparkle!"

- Cheekier tagline. Open to suggestions.

CHANGELOG 2.2.1 - "Now with reasonable Niacin!"

- Added sulfur calculation from L-Methionine and L-Cysteine to the Whey Protein Isolate and almond meal. According to Sintax at <http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/5?u=maxk> (<https://web.archive.org/web/20210116122821/http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/5?u=maxk>) we're looking at $0.21 \times \text{mass of methionine} + 0.2666... \times \text{mass of cysteine}$ to calculate sulfur available from these ingredients.
- Removed MSM to compensate for added sulfur from the previous change.
- One can only presume the lower sulfur will result in a person's farts being less unpleasant.

CHANGELOG 2.2.0 - "Now with reasonable Niacin!"

- Reduced almond meal to 45g
- Increased soybean oil to 38g
- Increased baking powder to 5g
- Reduced niacin to < 35g.
- This was probably unnecessary, but had the pleasant effect of making all the fields go green. Also, it's slightly cheaper.

CHANGELOG 2.1.0

- Reduced Mega Men supplement to 24g
- Increased soybean oil to 37g
- Reduced price by \$0.51/day

CHANGELOG 2.0.2

- Removed the coconut flour There was an error in the masa fiber totals. After correcting the error, the total fiber was quite high and supplementation in the form of coconut flour was no longer necessary.
- Adjusted other ingredients to replace missing nutrients

Hypothetical Q & A:

1. "What happened to the Hypothetical Q & A?" The notes have been getting far too long and it's time to move this information to a more organized venue. So I present to you: The People Chow Blog! (<https://web.archive.org/web/20210116122821/http://www.people-chow.com/>) Please refer to the FAQ there before posting questions!

Have you made a batch of People Chow? Send a photo of your creation and I'll post it here!

Special thanks to Xander and Zenman for contributing their photos!

Also -- if you have a better suggestion for a powdered vitamin supplement or other suggested replacements for making things cheaper please let me know!

You can contact me via <http://www.people-chow.com/> (<https://web.archive.org/web/20210116122821/http://www.people-chow.com/>)

Nutrition Facts

Amount Per Day		
Calories 2000		54% Carb, 17% Protein, 29% Fat
		% Daily Values*
Total Carbohydrate 273g		109%
Dietary Fiber 28g		101%
Protein 88g		103%
Total Fat 66g		101%
Saturated Fat 10g		
Monounsaturated Fat 11g		
Polyunsaturated Fat 29g		
Omega-3 Fatty Acids 4g		223%
Omega-6 Fatty Acids 31g		182%
Cholesterol 26mg		
Calcium	144%	• Vitamin A 221%
Chloride	109%	• Vitamin B6 2583%
Chromium	219%	• Vitamin B12 1331%
Copper	211%	• Vitamin C 213%
Iodine	189%	• Vitamin D 108%
Iron	311%	• Vitamin E 126%
Magnesium	225%	• Vitamin K 120%
Manganese	131%	• Thiamin 3065%
Molybdenum	106%	• Riboflavin 2483%
Phosphorus	110%	• Niacin 200%
Potassium	103%	• Folate 121%
Selenium	320%	• Pantothenic Acid 687%
Sodium	119%	• Biotin 639%
Sulfur	128%	• Choline 156%
Zinc	202%	

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" ([/web/20210116122821/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007](https://web/20210116122821/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007)). You may use the Nutrient Calculator ([/web/20210116122821/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web/20210116122821/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20210116122821/https://www.completefoods.co/>)

The Wayback Machine - <https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>

QuidNYC's Superfood for Him

Weight Loss

Tasty!

by QuidNYC ([/web/20210116124642/https://www.completefoods.co/diy/users/QuidNYC](https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/users/QuidNYC)) 

Last updated March 8, 2014

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Overview

Reviews ³Comments ⁴¹⁰

Recipe Editor

Photos ⁴Variants ⁴⁹⁹

Buy from Amazon

Amount	Ingredient	\$ / day	Source
200 g	Organic Blue (Purple) Corn Masa Flour	\$1.06	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B0019LBX46?tag=19-72342-20)
81 g	Whey Protein Isolate (Unflavored)	\$1.97	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
26 g	Bob's Red Mill Chia Seeds	\$0.36	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 g	Navitas Naturals Organic Raw Cacao	\$0.54	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B001E5E0Y2?tag=19-72342-20)
12 g	Bob's Red Mill Soy Lecithin Granules	\$0.22	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
4 g	Organic Ceylon Cinnamon Powder	\$0.25	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B001GKV8DQ?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
3 g	Potassium Citrate	\$0.09	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
29.5 ml	Extra Virgin Olive Oil	\$0.36	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
29.5 ml	MCT Oil	\$0.56	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
1500 ml	New York City Drinking Water	\$0.00	Tap (https://web.archive.org/web/20210116124642/http://www.nyc.gov/html/dep/html/drinking_water/wsstate.shtml)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 pill	Now Foods Vitamin D-3 & K-2	\$0.05	Amazon (S) (https://web.archive.org/web/20210116124642/https://www.amazon.com/dp/B0019QT9LA?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	\$5.50	Add Ingredients to Amazon Cart
Total Daily Cost:			

See also the female version of "Superfood":

<https://www.completefoods.co/diy/recipes/quidnycs-female-blend><https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-female-blend>

If you're particularly concerned about costs, you might want to take a look at my "Cheaperfood" recipe, which cuts some corners without crossing any nutritional red lines:

<https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood><https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood>

If you're interested in starting or following a ketogenic diet, please see the following new "Ketofood" recipes:

<https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis><https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis><https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis><https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis><https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis><https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis>

Change Log:

- **February 11, 2014:** I have removed flaxseed from the recipe due to concerns about the potential effects of lignans in flax on hormone levels. Summary of changes: Flaxseeds to zero (from 20g); Chia Seeds to 26g (from 13g); Lecithin to 12g (from 11g); Potassium Citrate to 3g (from 2.5g); Whey Protein to 81g (from 80g).
- **January 25, 2014:** After reviewing the related IOM documentation at length, I've decided to reduce the potassium supplementation below the previous 4.7g per day target. The data used to establish the AI for potassium are actually rather weak. Based on the limited set of studies they considered, I see no compelling evidence favoring potassium intake in excess of 2.7g per day -- particularly in a dietary setting where sodium intake is tightly controlled (as with soylent). If you're not also persuaded of this (or if you have a particular health condition that warrants it), feel free to increase the amount of potassium citrate in your mix.

- **January 23, 2014:** I've updated the estimated caloric content of the MCT oil ingredient to match the 7.7kcal/ml figure provided by Nestlé Health Science (<https://web.archive.org/web/20210116124642/http://www.nestlehealthscience.us/products/mct-oil%C2%AE>) (this is more likely to be accurate than the rounded figure provided on the Now Foods label).
- **January 8, 2014:** I have decided to switch from 100% olive oil to a 50/50 mix of olive oil and MCT oil (which contains medium-chain triglycerides from coconut and palm oils). This increases the amount of saturated fat in the recipe, which I think is prudent. There is also evidence that shows that substitution of MCT oil in the diet can accelerate weight loss (see <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2874190/> (<https://web.archive.org/web/20210116124642/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2874190/>)). If you are not aiming to lose weight or are unconvinced of the need for a higher ratio of saturated fat, you can continue using all olive oil (this will reduce the cost somewhat as well, since MCT oil is more expensive).

Background:

This blend was originally based on Max's "People Chow 1.0" recipe with quite a lot of tweaking and ingredient substitution since then. The formula is still in development, but basic idea is: "If you're going to be living on this stuff, it's worth paying a little extra for the best available ingredients."

Superfood Components:

- Purple Corn Masa (<https://web.archive.org/web/20210116124642/http://www.suntava.com/learn/purple-corn/>)
- Whey Protein Isolate (<https://web.archive.org/web/20210116124642/http://www.livestrong.com/article/39242-benefits-whey-protein-isolate/>)
- Chia Seeds (<https://web.archive.org/web/20210116124642/http://www.doctoroz.com/blog/lindsey-duncan-nd-cn chia-ancient-super-secret>)
- Cacao Powder (<https://web.archive.org/web/20210116124642/http://www.livestrong.com/article/331715-cocoa-powder-health-benefits/>)
- Soy Lecithin (<https://web.archive.org/web/20210116124642/http://www.livestrong.com/article/273790-what-are-the-benefits-of-soy-lecithin-granules/>)
- Ceylon Cinnamon (<https://web.archive.org/web/20210116124642/http://www.livestrong.com/article/298346-the-benefits-of-ceylon-cinnamon/>)
- Olive Oil (<https://web.archive.org/web/20210116124642/http://www.whfoods.com/genpage.php?name=foodspice&dbid=132>)
- MCT Oil (<https://web.archive.org/web/20210116124642/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2874190/>)

Amazon Subscribe & Save:

The ingredients designated "Amazon (S)" are eligible for Amazon's Subscribe & Save program. I have sought to configure the rate of consumption for each of these ingredients to be consistent with periodic ordering of either one or two units per two-month period. Taken together, these ingredients meet or exceed Amazon's five-item threshold for a 15% discount (all Subscribe & Save items should be arranged to ship in the same bimonthly cycle).

Taste:

With the addition of cocoa powder to the latest version of the mix (thanks, BrinDeezy!), the flavor profile has significantly improved (without the cocoa it is best described as "neutral"). With its high polyphenol and flavonoid content, cocoa powder is a superfood in its own right (see, e.g., <http://www.medscape.com/viewarticle/809158> (<https://web.archive.org/web/20210116124642/http://www.medscape.com/viewarticle/809158>)).

That said, the recipe could be made without cocoa if so desired (just be sure to adjust the macronutrients accordingly to compensate for what is taken out).

Note that I have selected a raw cacao powder in order to avoid potentially very high chronic exposures to acrylamide. Acrylamide content in roasted (i.e., any non-raw) cocoa powders can approach 1,000 ppb (this compares to 5-10 ppb in brewed coffee or several hundred ppb in instant coffee) -- which is a worrisome amount of a known carcinogen to be consuming on a regular basis. The acrylamide content of raw cacao is zero.

At the risk of making the recipe slightly less "super" (and if you're not persuaded about the risks posed by acrylamide), some may prefer to substitute Dutch process cocoa for the raw cacao (the flavor would be more "chocolate").

Note also that some people may prefer the flavor profile of the more fragrant Saigon cinnamon over the Ceylon variety (see my "Female Blend" recipe linked above for an example of this).

Emulsion:

The addition of chia seeds and soy lecithin has resulted in a pretty dramatic improvement in the emulsive qualities of the final mixture. After preparing a pitcher and leaving it in the refrigerator overnight, there is less separation (and likewise less need to swirl your glass around to address the heavier bits settling at the bottom).

If desired, you can also use a blender to produce a mixture with very smooth consistency and greater homogeneity. Once thoroughly blended (such that the chia seeds are pulverized), the mixture should have the consistency of thick chocolate milk, and should not separate at all.

Preparation Notes:

Unlike flaxseeds, chia seeds do not require refrigeration to preserve freshness or grinding before consumption. You could potentially make them even more "super" by sprouting them -- but I haven't experimented with this yet myself.

I generally prepare a week's worth of the dry mix ahead of time and keep it refrigerated in separate containers (wide-mouth quart mason jars work nicely).

I recommend mixing up the next day's pitcher the night before (i.e., add the liquids to the dry mix), which allows time for all the components to get cold in the refrigerator and blend together a little better. If you're blending, it's best to do that in the morning after the mixture has "soaked."

A stainless steel vacuum bottle works great for lunch on the go.

"How much water should I use?"

The short answer is, "it's up to you." Some people may prefer more water or less water, so you can experiment.

My standard for preparation is to combine the dry ingredients with the oil in a 2-quart Takeya pitcher, and then fill with enough water to bring the mixture up to its capacity (i.e., something like 1.5 liters of water). As noted above, it's probably best to do this the night before.

Then I take the two quarts of soy lent and divide it into three roughly equal portions that I consume as meals through the course of the day.

And, to be clear, you can and should drink water in addition to what you're getting out of your soy lent mixture.

The IOM recommendation is 3.7L per day for adult men, and 2.7L for women: <http://www.iom.edu/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx> (<https://web.archive.org/web/20210116124642/http://www.iom.edu/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>)

Blue / Purple Corn and Nixtamalization Benefits:

Obtaining organic / non-GMO corn (in any form) is very difficult in the U.S. There is frequent cross-contamination of crops with common GMO strains, and relatively few products on the market can be labeled "organic" for this reason.

Gold Mine Natural Food Co. one of the few suppliers of organic masa flour in the country. They sell in bulk, and also provide a blue (purple) corn masa variety.

As a reminder, masa harina is a special type of corn meal made from dried maize that has been soaked in limewater, and then dried again and finely ground into flour. The resulting product is more nutritious and more digestible than fresh corn (or ordinary corn meal).

The soaking process is called nixtamalization (the Aztecs and Mayans used this process), the primary benefit of which is increased bioavailability of the corn's niacin / vitamin B3 content. Secondary benefits of nixtamalization can arise from the grain's absorption of minerals from the alkali used or from the vessels used in preparation. These effects can increase calcium (by 750%, with 85% available for absorption), iron, copper and zinc. It also increases the pH of the grain (reducing its acidity). Lastly, nixtamalization eliminates mycotoxins produced by *Fusarium verticillioides* and *Fusarium proliferatum*, molds that commonly infect maize (and the toxins of which are potential carcinogens).

It's worth noting here that the nixtamalization process should not result in any significant quantity of acrylamide (a carcinogen produced by exposing carbohydrates to very high temperatures), since it involves cooking maize at temperatures below 100°C (public health authorities have documented acrylamide content in foods subjected to temperatures above 120°C).

The blue / purple corn version of masa harina is traditionally known as "harinilla" (or harina azul).

One advantage of blue corn (a.k.a. purple corn, Hopi maize, or maiz morado) is that one can be reasonably confident of its biological composition -- even when obtained from sources not otherwise labeled "organic" -- as it doesn't cross with varieties of GM corn that are currently being grown.

In addition to its sharply different color, blue / purple corn has several nutritional advantages over standard yellow or white corn varieties. It contains 20% more protein, lower starch content, and has a lower glycemic index than white corn. It has a sweeter, nuttier taste than yellow or white corn, and is a more complete protein source.

Blue corn is also rich in the antioxidant anthocyanin. Richly concentrated as pigments in berries, anthocyanins were the topics of research presented at a 2007 symposium on health benefits that may result from berry consumption.

"A growing body of evidence suggests that anthocyanins and anthocyanidins may possess analgesic properties in addition to neuroprotective and anti-inflammatory activities." <http://online.liebertpub.com/doi/abs/10.1089/jmf.2008.0243> (<https://web.archive.org/web/20210116124642/http://online.liebertpub.com/doi/abs/10.1089/jmf.2008.0243>)

In vitro, anthocyanins possess MAO inhibitory activity for both MAO-A and MAO-B; MAO function is connected to neurodegenerative diseases, depression, and anxiety. The relevance to humans of anthocyanins and MAO activity requires further research, however.

Regarding Phytic Acid:

Phytic acid is a substance found in many whole grains which can interfere with the absorption of certain vitamins and minerals. This formula addresses the issue of phytic acid in the following ways:

Organic corn should have significantly less phytic acid content than conventionally grown crops (which tend to use large amounts of phosphorus-based fertilizer).

The nixtamalization of cornmeal to produce masa flour also reduces the amount of phytic acid present in the grain.

Probiotic lactobacilli have also been shown to produce phytase (which breaks down phytic acid), so that may also be worth considering if you are having issues with digestion or have concerns about nutrient availability.

On "Vegetable" Oils and Oxidative Stress:

My primary concerns about soybean oil and canola oil have to do with the role of oxidative stress, which may be particularly acute in circumstances where degraded polyunsaturated fats represent a large proportion of one's total lipid intake: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/> (<https://web.archive.org/web/20210116124642/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/>) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/> (<https://web.archive.org/web/20210116124642/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/>)

I have chosen to substitute olive oil in particular in my own recipes since there is evidence that it actually has a protective role in terms of oxidative stress: <http://www.ncbi.nlm.nih.gov/pubmed/22236145> (<https://web.archive.org/web/20210116124642/http://www.ncbi.nlm.nih.gov/pubmed/22236145>)

Oxidative stress is not a concern for MCT oil, since saturated fats have no double bonds between the individual carbon atoms of the fatty acid chain (i.e., the chain of carbon atoms is fully "saturated" with hydrogen atoms). The inclusion of MCT oil allows for a higher overall ratio of saturated fat, reducing the relative risk of oxidative stress from the polyunsaturated portion.

If I had to sum up the basic organizing principle of my "Superfood" (<https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>) recipe, it is to ensure that all sources of polyunsaturated fat have been degraded as little as possible -- i.e., that they are fresh, minimally processed, and carefully stored. I believe industrially processed seed oils like soybean and canola are highly suspect in that regard.

I see a number of red flags when it comes to the production of canola oil (and of other seed / "vegetable" oils). The GMO seeds are heated and crushed to extract the oil, a process which immediately turns it rancid (due to oxidative damage to the polyunsaturated fats). The oil is then "refined" with hexane, bleached, and deodorized. Then, bon appétit. It's unclear to me how much that process is truly mitigating the oxidative damage that is done to the lipids, or how much it is simply covering it up. Either way, it seems prudent to get your lipids from a source where none of that is even part of the equation.

In the end, it's your call. Maybe canola isn't that bad. But personally, I'd rather consume something that has been demonstrated as safe -- and even beneficial in terms of human health -- over a period of thousands of years (i.e., extra-virgin olive oil).

Modified DRI profile:

Reference: http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/5_Summary%20Table%20Tables%201-4.pdf (https://web.archive.org/web/20210116124642/http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/5_Summary%20Table%20Tables%201-4.pdf)

1. The ratio of carbs / protein / fat has been modified to reflect a lower carb, higher protein balance suitable for healthy weight loss in my individual case; you should likewise adjust to fit your own dietary needs.
2. Dietary fiber intake is based on the IOM recommendation of 14g / 1,000kcal total energy.
3. The target ratio of ω -6 to ω -3 PUFA is between 2.3:1 and 1:1 (the standard American diet tends to be much higher). In addition, the ω -6 DRI is significantly reduced based on adequate ω -3 intake. For reference, studies have shown that ω -6 deficiencies are eliminated by 1-2% of calories as LA if the diet has no ω -3 (<http://pmid.us/20102846>) (<https://web.archive.org/web/20210116124642/http://pmid.us/20102846>), and by just 0.3% of calories as LA if the diet has over 1% ω -3 (<http://pmid.us/14559071>) (<https://web.archive.org/web/20210116124642/http://pmid.us/14559071>). Thus, a little ω -3 in the diet reduces the requirement for ω -6. The upper boundary is based on 10% of total energy from PUFA in all forms, which serves to limit the potential for oxidative stress from excessive PUFA intake (which remains a concern even when taken in carefully protected forms near the ideal ratio of ω -6 to ω -3).
4. The figure for dietary sulfur is derived from the sulfur amino acid (SAA) requirement recommended by WHO: 13 mg/kg per 24 h in healthy adults.

Nutrition Facts	
Amount Per Day	
Calories 1776	39% Carb, 22% Protein, 39% Fat
	% Daily Values*
Total Carbohydrate 181g	
Dietary Fiber 32g	125%
Protein 99g	100%
Total Fat 80g	
Saturated Fat 37g	
Monounsaturated Fat 24g	
Polyunsaturated Fat 15g	
Omega-3 Fatty Acids 5g	255%
Omega-6 Fatty Acids 10g	1616%
Cholesterol 10mg	
Calcium	131% • Vitamin A 196%
Chloride	110% • Vitamin B6 301%
Chromium	100% • Vitamin B12 368%
Copper	358% • Vitamin C 138%
Iodine	158% • Vitamin D 233%
Iron	357% • Vitamin E 186%
Magnesium	159% • Vitamin K 114%
Manganese	237% • Thiamin 236%
Molybdenum	100% • Riboflavin 214%
Phosphorus	239% • Niacin 222%
Potassium	104% • Folate 239%
Selenium	242% • Pantothenic Acid 303%
Sodium	126% • Biotin 100%
Sulfur	392% • Choline 105%
Zinc	221%

* Percent Daily Values are based on "QuidNYC's DRI for Him: Male, 31-50" (/web/20210116124642/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd51020000242). You may use the Nutrient Calculator (/web/20210116124642/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20210116124642/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him)

The Wayback Machine - <https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-150-master-rich-ch...>

Keto Chow 1.5.0 Master (Rich Chocolate)

Weight Loss

Ketogenic

Tasty!

Gluten Free

by chris.bair (</web/20210123205338/https://www.completefoods.co/diy/users/chris.bair>) 

Last updated October 8, 2017

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Overview

Reviews 11

Comments 406

Recipe Editor

Photos 2

Variants 288

Buy from Amazon

Amount	Ingredient	\$ / day	Source
110 g	Dymatize Nutrition Elite (Rich Chocolate)	\$2.72	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00CUDZN8O?tag=19-72342-20)
16 g	Acacia Gum (Fiber)	\$0.49	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B01E4GDGVU?tag=19-72342-20)
6 g	Potassium Citrate	\$0.18	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00ENSA93S?tag=19-72342-20)
6 g	Salt	\$0.00	Any grocery store (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B0005ZV1CQ?tag=19-72342-20)
5 g	NOW Cal/Mag/D3 powder	\$0.13	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
2 g	Calcium Phosphate	\$0.05	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00GZRHV1Q?tag=19-72342-20)
2 g	Choline L-Bitartrate	\$0.11	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00I080C48?tag=19-72342-20)
4 g	Xanthan Gum	\$0.15	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00CYMU3TA?tag=19-72342-20)
1 pill	Now Foods MK-7 Vitamin K-2	\$0.21	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B004QD4PHQ?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B002RL8FCU?tag=19-72342-20)
383 ml	Heavy Whipping Cream (USDA values)	\$1.90	Costco/Sams/any grocery store (https://web.archive.org/web/20210123205338/http://www.costcobusinessdelivery.com/Darigold-Heavy-Whipping-Cream%2c-64-oz.product.11064751.html)
2 pill	NOW Ultra Omega 3 Fish Oil	\$0.23	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B000SE5SY6?tag=19-72342-20)
0 ml	MCT Oil (optional)	\$0.00	Amazon (https://web.archive.org/web/20210123205338/https://www.amazon.com/dp/B00LLLXRVG?tag=19-72342-20)
30 g	Peanut Flour Light Roast 28% (optional 30g)	\$0.95	Byrd Mill (https://web.archive.org/web/20210123205338/http://byrdmill.com/product/gourmet-peanut-flour/5-lb-peanut-flour-light-28/)
Amounts for:	1 day <input type="button" value="v"/>	\$7.15	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:			

Results from my first year doing Keto: <https://www.ketochow.xyz/2015/10/1-year-of-keto/>(https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/2015/10/1-year-of-keto/) - Results from eating Keto Chow for all meals for 100 days <https://www.ketochow.xyz/experiment-results/100-days-of-keto-chow-results/>

(<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/experiment-results/100-days-of-keto-chow-results/>)

Check out the Keto Chow subreddit! <https://www.reddit.com/r/ketochow>
(<https://web.archive.org/web/20210123205338/https://www.reddit.com/r/ketochow>)

There are prep instructions for this at <https://www.ketochow.xyz/keto-chow-preparation/>
(<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/keto-chow-preparation/>) I sell 7 days worth of this pre-mixed if you want to give it a try without having to buy all the stuff yourself (and after you've tried it, nobody is stopping you from mixing your own if you'd like =) see more at <http://shop.ketochow.xyz/keto-chow/> (<https://web.archive.org/web/20210123205338/http://shop.ketochow.xyz/keto-chow/>)

This recipe has the added benefit of being customizable for people with different caloric requirements. Without any oil or cream, it's right around 500 calories/day and still hits all the right nutrients except protein, and the different fatty acids. Following the directions, you'll get 1800 calories/day but you can raise or lower that to whatever level you want by changing the amount of heavy cream. It's super flexible. Instructions Here (<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/2015/01/customizing-the-calories-in-keto-chow-to-your-requirements/>)

Recipes for different countries (local sources):

- Germany <https://www.completefoods.co/diy/recipes/unflavored-german-keto-chow-401>
(<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/unflavored-german-keto-chow-401>)
- Australia <https://www.completefoods.co/diy/recipes/aussie-ketochow>
(<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/aussie-ketochow>)

Changelog

The versions beyond 1.5 aren't something that could be replicated without industrial scale equipment and ingredients, because of this I'm going to leave 1.5 here and fork the recipe over to a new location (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-251-master>). Feel free to continue making your own 1.5. You can get more details on KC 2.0 over here (<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/nutrition/>).

2.5.0 - New logo, new packaging! Introduction of new Beef protein flavors (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-25-savory-creamy-tomato-basil>) with no dairy and no sweeteners.

2.1.2 - Additional Vitamin A to allow complete nutrition while using Avocado Oil instead of Heavy Cream.

2.1.1 - Change from Milk Protein Isolate that uses Sunflower Lecithin to a MPI that does not use any Lecithin

2.1.0 (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-251-master>) - We are switching from fast absorbing whey protein isolate to slower absorbing milk protein isolate. Milk protein is 20% whey and 80% casein. This comes with several added benefits:

- Because it's slower to digest, the casein should reduce the insulin response and should help you feel full longer compared to whey.
- Milk protein isolate has a sufficient amount of calcium and phosphorus that we dumped calcium phosphate entirely from the ingredients.
- Milk protein has a natural thickening quality, we've nearly eliminated xanthan gum and it STILL mixes up thicker compared to earlier versions – you can easily make it thinner by adding more water, though.
- Milk protein is a primary product instead of a byproduct of cheese manufacturing. Makes for a more stable supply.

Replacing magnesium **citrate** with magnesium **malate** with the total amount of magnesium increased. Citrate can cause digestive issues and a laxidative effect in doses higher than you'd consume with Keto Chow but it's a better source of magnesium. Less Sucralose – New users tend to complain it's too salty and keto veterans complain it's too sweet =) Anyhow we're changing from 0.1g of pure sucralose per serving to 0.08g (that's 100mg to 80mg). Other changes to the vitamins and minerals. Replacing the form of selenium, specifically, makes Keto Chow more palatable immediately after mixing. It still tastes better after a night in the fridge, but it's less "vitaminy" right after mixing.

2.0.2 - Relatively minor change: we are now using Protein Powder that contains Sunflower Lecithin instead of Soy Lecithin. Soy Lecithin doesn't have any soy protein (it's generally even safe for people with soybean allergies) but that doesn't stop people from (frankly) freaking out that something has soy anything in it. Well, that's no longer an issue =) No more soy on the ingredients, no more soy on the "contains" part of the label!

2.0.1 - Change in the amount of iron – previous versions provided 18mg a day if you did 3 meals of Keto Chow. This is the recommended amount for pre-menopausal women but for post menopausal women or men, that amount is borderline high. 40mg a day is the short-term upper tolerable limit but I didn't want to be causing a slow build-up of iron (especially in myself =) if Keto Chow was used for all meals over

months. The downside to this change is that many women will need to supplement their iron using something like this (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-251-master>), this (<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/nutrition/>), or this (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-190-master-rich-chocolate>) in order to prevent anemia if they use Keto Chow exclusively for all their meals. An occasional meal with red meat will also work.

2.0.0 - Over a year in development, eschews off-the-shelf protein powder for custom flavors and fewer carbohydrates. Most flavors are only 0.56g net carbs before adding any heavy cream. Much like 1.9 - the recipe for 2.0.0 isn't something that could be replicated without industrial scale equipment and ingredients, because of this I'm going to leave 1.5 here and fork the recipe over to a new location (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-251-master>). Feel free to continue making your own 1.5. You can get more details on KC 2.0 over here (<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/nutrition/>).

1.9.0 - Final iteration before Keto Chow 2.0 (which will use custom protein and flavoring). 1.9 uses a new custom manufactured vitamin/mineral pre-mix that consolidates a number of the ingredients. I'm also making MCT optional (it's still awesome for Keto though so I recommend it if your bowels tolerate it). Because creating a custom vitamin pre-mix and ordering several hundred kilograms is outside a normal DIY recipe, I'm going to leave 1.5 here and fork the recipe over to a new location (<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-190-master-rich-chocolate>). Feel free to continue making your own 1.5.

1.5.0 - Yay new version! I've switched from Psyllium Husk powder to Acacia Gum fiber (aka "gum arabic"). This has a number of great benefits including being better for your gut bacteria (most people will now be able to trust a fart when starting Keto Chow). Because psyllium husk was also acting as a thickener I've increased the xanthan gum. The end result is a nice viscosity with no perceptible texture at all. If you thought Keto Chow 1.0.4 was smooth you should be pleasantly surprised. Since it already had the flavor and now has the texture to match, the "melted icecream" is finally complete! Longer explanation of changes here: <https://www.ketochow.xyz/2016/05/keto-chow-1-5/> (<https://web.archive.org/web/20210123205338/https://www.ketochow.xyz/2016/05/keto-chow-1-5/>)

1.0.4 - the LIQUID part of the coconut oil was causing confusion. I'm removing it in favor of just MCT. MK-4 pills have been replaced with MK-7, you still open up one for each day (7 for a week) and add it when mixing together the powder. I'm now grinding the vitamin pills with a blender. 1.53g is how much 1 pill weighs. You can grind yours up and add it to the mixture like I do or you can just take one pill per day.

1.0.3 - reverted 1.0.1 change back to original calcium phosphate, that other one imparted a sandy texture.

1.0.2 - I added in the entry for "Carrington Farms Liquid Coconut Oil" that you can use instead of the MCT. To use it you would change the 0ml to 39ml and then zero out the MCT.

1.0.1 - Minor recipe changes. I changed the Calcium Phosphate to Dicalcium Phosphate with more accurate mineral content (<https://web.archive.org/web/20210123205338/http://www.bulksupplements.com/dicalcium-phosphate-dcp.html>) that comes in tiny and massive packages. I also changed the Psyllium Husk to one that comes in little bottles as well as 12lb bulk packs.

1.0 - No changes since 0.7.1 other than deciding it's awesome and time to come out of beta. I'm going to consider this version good for now (might make some minor modifications in the future, we'll see).

0.7.1 - removed coconut flour, tweaked protein and upped the xanthan gum just a little. To compensate for the removal of the coconut flour, Psyllium Husk has been increased to 16g

0.7 - Initial release. This is a variant of kennufs-keto-v93 with greatly simplified ingredients.

Nutrition Facts

Amount Per Day

Calories 1945	9% Carb, 20% Protein, 71% Fat
	% Daily Values*
Total Carbohydrate 46g	192%
Dietary Fiber 27g	159%
Protein 99g	124%
Total Fat 158g	226%
Saturated Fat 93g	
Monounsaturated Fat 47g	
Polyunsaturated Fat 6g	
Omega-3 Fatty Acids 4g	173%
Omega-6 Fatty Acids 3g	
Cholesterol 722mg	

Calcium	228%	• Vitamin A	306%
Chloride	161%	• Vitamin B6	169%
Chromium	100%	• Vitamin B12	279%
Copper	103%	• Vitamin C	105%
Iodine	158%	• Vitamin D	104%
Iron	280%	• Vitamin E	151%
Magnesium	165%	• Vitamin K	114%
Manganese	100%	• Thiamin	143%
Molybdenum	100%	• Riboflavin	167%
Phosphorus	119%	• Niacin	147%
Potassium	151%	• Folate	172%
Selenium	103%	• Pantothenic Acid	220%
Sodium	149%	• Biotin	10%
Sulfur		• Choline	161%
Zinc	124%		

* Percent Daily Values are based on "chris.bair's Keto New" (/web/20210123205338/https://www.completefoods.co/diy/nutrient-profiles/548a1215c6400d0200fb6350). You may use the Nutrient Calculator (/web/20210123205338/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20210123205338/https://www.completefoods.co/diy/recipes/keto-chow-150-master-rich-chocolate>)

The Wayback Machine - <https://web.archive.org/web/20210119215015/https://www.completefoods.co/diy/recipes/liquid-cake-v13-2>

Liquid Cake v1.3

[Weight Loss](#)
[Tasty!](#)

 by cultofmonkey ([/web/20210119215015/https://www.completefoods.co/diy/users/cultofmonkey](https://web/20210119215015/https://www.completefoods.co/diy/users/cultofmonkey)) 

Last updated March 8, 2015

[Copy](#)

Overview	Reviews 4	Comments 490	Recipe Editor	Photos 2	Variants 135	Buy from Amazon
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Amount	Ingredient	£ / day	Source
249 g	Pure Whey Protein (VANILLA)	£2.85	Bulk Powders (https://web.archive.org/web/20210119215015/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fpure-whey-protein.html)
113 g	Ultra Fine Scottish Oats	£0.23	Bulk Powders (https://web.archive.org/web/20210119215015/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fultra-fine-scottish-oats.html)
24 g	Psyllium Husk Powder	£0.32	Bulk Powders (https://web.archive.org/web/20210119215015/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fpsyllium-husks-powder.html)
1.34 g	Choline bitartrate	£0.04	Bulk Powders (https://web.archive.org/web/20210119215015/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fcholine-bitartrate.html)
10.7 g	Potassium Gluconate	£0.26	iHerb (https://web.archive.org/web/20210119215015/http://uk.iherb.com/now-foods-potassium-gluconate-100-pure-powder-1-lb-454-g/13939?rcode=jbv822)
3.51 g	Table Salt	£0.00	Local
1 pill	Kirkland Signature Daily Multi Vitamins & Minerals Tablets	£0.03	Amazon (https://web.archive.org/web/20210119215015/https://www.amazon.co.uk/dp/B006VRNEFO?tag=19-82341-21)
1 pill	Calcium + Vitamin D3 + Vitamin K1 Capsules	£0.07	Bulk Powders (https://web.archive.org/web/20210119215015/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fcalcium-vitamin-d3-vitamin-k1-capsules-1000mg.html)
36 g	Rapeseed Oil	£0.16	Amazon (https://web.archive.org/web/20210119215015/https://www.amazon.co.uk/dp/B0089JQ8L4?tag=19-82341-21)
Amounts for:	<input type="text" value="1 day"/>	£3.95	Add Ingredients to Amazon Cart
Total Daily Cost:			

Now even cheaper!

Thanks to the amazing users of Liquid Cake, the recipe is now simpler and cheaper. Apparently Whey Protein is more nutritious than previously thought.

A few people have been receiving the wrong Kirkland multivitamins from Amazon. Make sure you get the correct ones as there are some big differences! More info below.

Make sure you're buying the right flavour whey. I recommend the vanilla, but the link goes to the unflavoured.

Also, check out the FAQ at the bottom of these notes for some answers to questions which often appear in the comments.

Finally, huge thanks to everyone using my Bulk Powders referral code

(<https://web.archive.org/web/20210119215015/https://www.bulkpowders.co.uk/customer/account/create/?code=MC146967>).

Changes in v1.3

Huge thanks to Synthank for researching the unpublished nutritional values on a few Bulk Powders products. For reference, version 1.2 can be found here (<https://web.archive.org/web/20210119215015/https://www.completefoods.co/diy/recipes/liquid-cake-v11>).

- Updated nutritional values of Whey, Oats & Psyllium Husks
- Reduced Potassium to 10.7g
- Reduced Table Salt to 3.51g
- Removed ZMA tablets

Changes in v1.2

Thanks to lisa_lionhart for pointing out the mistake with the whey values. Version 1.1 with plain whey can be found here (<https://web.archive.org/web/20210119215015/https://www.completefoods.co/diy/recipes/liquid-cake-v11>). Version 1.2 with Vanilla whey has the following tweaks:

- Updated whey values to reflect vanilla flavour instead of plain. If you're using plain whey, stick with version 1.1
- Reduced oil by 3g
- Increased whey by 9g

Changes in v1.1

- Replaced the Soybean Oil with Rapeseed Oil (same quantity)
- Increased the Calcium/D3/K1 supplement from 0.5 to 1 capsule per day

Enjoy :)

This is what I've been living on for 95% of my meals. It's a protein heavy recipe tweaked for weight loss & it's delicious!

Taste

It's like a cake flavoured vanilla milkshake! The taste is quite sweet (probably due to the flavoured Whey). The texture is a bit gritty, but nowhere near as bad as some of the other recipes I've tried.

Weight Loss

After 7 days of consuming only Liquid Cake, I lost 8 pounds! Hopefully the rate of weight loss will slow down a little bit, but I've not experienced any side effects or craved any other food.

Because the levels of fat & carbs are quite low, it's pretty easy to increase recipe's calories by adding more oil & another carbohydrate source (like Maltodextrin).

Mixing

The recipe makes a one day supply of Liquid Cake which you can divide up any way you want. 1 day = ~402g powder + 36g oil.

I usually make a 4 day supply of powder in an old protein tub. I crush the vitamins and open the capsules to mix in, which has no effect on the flavour.

For one meal I use 134g of powder with 500ml of water and 12g of oil. I mix the powder & water with a whisk first, then add the oil. That makes about 650ml of Liquid Cake.

It mixes easily & I prefer to drink it straight away. If you leave it, the psyllium will thicken it up & require more dilution which affects the flavour.

Buying Ingredients

I've found online sources for everything, but it's probably worth shopping locally for some of the ingredients (eg: much easier to buy salt in Sainsbury's).

Potassium Gluconate fluctuates in price & supply. I recommend checking Amazon and iHerb for the best deal. The lowest price I've seen was £10.84

This recipe uses Vanilla whey. Other flavours have different nutritional values, so check before you buy. Also, I've heard that the Raspberry flavour is horrible! You have been warned.

WARNING! Make sure you get the correct type of Kirkland multivitamins. As Synthank found out, Amazon sometimes send out the wrong vitamins which look similar. Make sure you check the nutritional values match.

Correct one: "Kirkland Signature Daily Multi Vitamins & Minerals Tablets"

Wrong one: "Kirkland Daily Multi Vitamins & Minerals Food Supplement with Sweetener"

Also, if you want £5 off your first order at Bulk Powders, I'd love it if you would use my referral code: MC146967

(<https://web.archive.org/web/20210119215015/https://www.bulkpowders.co.uk/customer/account/create/?code=MC146967>).

The price of Potassium Gluconate seems to fluctuate quite often. Keep checking Amazon & try to grab it when it's cheapest. You can also get iHerb (<https://web.archive.org/web/20210119215015/http://www.iherb.com/>) to ship it.

Notes on highest values

Most of the extreme % values are down to the multivitamin, so I don't expect them to cause any problems. I'm no expert though, so if in doubt, check with your doctor.

FAQ

Is it safe? I'm not a medical professional, so I can only give you anecdotal evidence. Talk to your Doctor, get blood tests, read the forums, do some research.

It's too sweet! Can I use unflavoured whey / mix the two together? Yes, but be aware that the nutritional values for unflavoured whey are different. If in doubt, create a private copy of the recipe to play with.

Can I use different vitamins? No! Unfortunately, this is the hardest thing in the recipe to change - Liquid Cake has been designed around the Kirkland Multivitamins. If you are using different vitamins, I strongly suggest you create a private copy of the recipe & adjust it to your needs.

I don't want to lose weight, can I increase the calories in Liquid Cake? Yes! You'll want to increase the carbs and fat, so I recommend adding Maltodextrin and increasing the amount of oil. Make a private copy of the recipe to get the values that are right for you.

Can I make this recipe more Ketogenic? That might be tricky. Wikipedia says "The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet". Although Liquid Cake is low carb, it's also high protein.

The old recipe had the wrong values for some ingredients. Does that mean I was drinking Liquid Poison? No, don't worry, all the values were well within the recommended maximum.

The recipe is a bit gritty. Can this be fixed? Most of the grittiness comes from the oats. It would be great to find a cheap source of oat flour, but in the UK that's no easy task. You might try blending your oats before mixing.

I'm using MincePie/Popcorn/Raspberry flavoured whey. Why does it taste so bad? The whey makes up over half the recipe - make sure you pick a flavour you like. If in doubt, buy a couple of 500g bags and see which one you prefer.

How much water should I use? I recommend 500ml, but you should adjust to suit your taste.

Do I need a blender? No, hand mixing is fine. A blender can be faster though.

Nutrition Facts

Amount Per Day

Calories 1862 20% Carb, 47% Protein, 33% Fat

% Daily Values*

Total Carbohydrate 89g **112%**

Dietary Fiber 29g **103%**

Protein 205g **101%**

Total Fat 64g **103%**

Saturated Fat 17g

Monounsaturated Fat 27g

Polyunsaturated Fat 12g

Omega-3 Fatty Acids 3g **209%**

Omega-6 Fatty Acids 6g **173%**

Cholesterol 0mg

Calcium 181% • Vitamin A 117%

Chloride 100% • Vitamin B6 164%

Chromium 100% • Vitamin B12 250%

Copper 179% • Vitamin C 100%

Iodine	100%	• Vitamin D	233%
Iron	292%	• Vitamin E	184%
Magnesium	101%	• Vitamin K	103%
Manganese	342%	• Thiamin	228%
Molybdenum	100%	• Riboflavin	247%
Phosphorus	223%	• Niacin	132%
Potassium	100%	• Folate	141%
Selenium	170%	• Pantothenic Acid	230%
Sodium	123%	• Biotin	100%
Sulfur	410%	• Choline	134%
Zinc	141%		

* Percent Daily Values are based on "Low Carb Profile" (/web/20210119215015/https://www.completefoods.co/diy/nutrient-profiles/534fd31bbf075a02001a7f01). You may use the Nutrient Calculator (/web/20210119215015/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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([https://web.archive.org/web/20210119215015/https://www.complete](https://web.archive.org/web/20210119215015/https://www.completefoods.co/diy/terms)

The Wayback Machine - <https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing...>

QuidNYC's Ketofood (for Ongoing Ketosis)

Weight Loss

Ketogenic

by QuidNYC ([/web/20201225025635/https://www.completefoods.co/diy/users/QuidNYC](https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/users/QuidNYC)) 

Last updated May 18, 2014

 Copy

Overview

Reviews ²Comments ²¹⁷

Recipe Editor

Variants ¹³⁵

Buy from Amazon

Amount	Ingredient	\$ / day	Source
100 g	Organic Coconut Flour	\$0.42	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B008RJMZA4?tag=19-72342-20)
78 g	Whey Protein Isolate (Unflavored)	\$1.90	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
26 g	Bob's Red Mill Chia Seeds	\$0.36	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 g	Navitas Naturals Organic Raw Cacao	\$0.54	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B001E5E0Y2?tag=19-72342-20)
8 g	Bob's Red Mill Soy Lecithin Granules	\$0.15	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
4 g	Organic Ceylon Cinnamon Powder	\$0.25	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B001GKV8DQ?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
4 g	Potassium Citrate	\$0.12	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
59.15 ml	Extra Virgin Olive Oil	\$0.72	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
59.15 ml	MCT Oil	\$1.12	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 pill	Now Foods Vitamin D-3 & K-2	\$0.05	Amazon (S) (https://web.archive.org/web/20201225025635/https://www.amazon.com/dp/B0019QT9LA?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	\$5.71	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:			

This is a ketogenic version of my "Superfood" recipe, which has a more traditional nutrient profile:

<https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>

(<https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

The following companion "Ketofood" recipe is designed to have a bare-minimum net carb content suitable for inducing ketosis, while remaining nutritionally complete: <https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis> (<https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis>)

This "Ketofood" recipe is designed with somewhat more forgiving parameters intended for ongoing ketosis.

I have also developed a "'Hot Java' Ketofood" for enhanced thermogenic effect: <https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis> (<https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis>)

For detailed notes on a variety of topics also applicable to this recipe, please refer to the "Superfood" Notes section.

Please bear in mind that I am new to ketogenic diets, and no expert by any means. I have found the following resources to be helpful for background information:

- <http://keto-calculator.ankerl.com/> (<https://web.archive.org/web/20201225025635/http://keto-calculator.ankerl.com/>)
- <http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html> (<https://web.archive.org/web/20201225025635/http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html>)

Blending is recommended for this recipe -- it starts off somewhat prone to separation (though if you let it sit in the refrigerator overnight it will thicken up quite a bit). Once you've blended it, it should have the consistency of frothy milk (I recommend blending thoroughly enough that most of the chia seeds are broken up). It won't separate again after that.

Be sure to drink it cold.

Nutrition Facts

Amount Per Day

Calories 1765 7% Carb, 23% Protein, 70% Fat

% Daily Values*

Total Carbohydrate

Dietary Fiber 58g 224%

Protein 100g 101%

Total Fat

Saturated Fat 75g

Monounsaturated Fat 42g

Polyunsaturated Fat 14g

Omega-3 Fatty Acids 5g 255%

Omega-6 Fatty Acids 9g 1391%

Cholesterol

Calcium 101% • Vitamin A 193%

Chloride 109% • Vitamin B6 230%

Chromium 100% • Vitamin B12 363%

Copper 362% • Vitamin C 138%

Iodine 158% • Vitamin D 233%

Iron 337% • Vitamin E 201%

Magnesium 120% • Vitamin K 124%

Manganese 262% • Thiamin 202%

Molybdenum 165% • Riboflavin 199%

Phosphorus 181% • Niacin 202%

Potassium 111% • Folate 227%

Selenium 207% • Pantothenic Acid 298%

Sodium 125% • Biotin 100%

Sulfur 329% • Choline 153%

Zinc 196%

* Percent Daily Values are based on "QuidNYC's DRI for Him: Male, 31-50" ([/web/20201225025635/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd510200000242](https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd510200000242)). You may use the Nutrient Calculator ([/web/20201225025635/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20201225025635/https://www.completefoods.co/diy/terms>)

Coach Grady's Soylent: 33-46-21 for a Swimmer's Body

Weight Loss

Weight Gain

Bodybuilding

by martyg ([/web/20201202143228/https://www.completefoods.co/diy/users/martyg](https://web/20201202143228/https://www.completefoods.co/diy/users/martyg)) 

Last updated July 4, 2015

 Copy

Overview
Reviews 1
Comments 5
Recipe Editor
Variants 13
Buy from Amazon

Amount	Volume	Ingredient	\$ / day	Source
285 g		Optimum Nutrition 100% Whey Gold Standard, Double Rich Chocolate, 10 Pounds Bag	\$7.03	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B000GIQT2O?tag=19-72342-20)
190 g	1¾ cups	Oat Flour	\$0.49	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B009D4XDO4?tag=19-72342-20)
25 g		Optimum Nutrition Fitness Fiber (Pack of 2=390g)	\$0.70	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B004B8F85Y?tag=19-72342-20)
20 g		Chia Seeds	\$0.34	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 ml		Zoye Premium Low Saturated Fat Vegetable (i.e. Soybean) Oil	\$0.37	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B007CFTC64?tag=19-72342-20)
12 g		Potassium Citrate	\$0.36	Amazon (https://web.archive.org/web/20201202143228/http://www.amazon.com/gp/aw/d/B00ENSA93S?vs=1)
5 g		NOW Foods Potassium Chloride Powder, 8 Ounces (Pack of 4 = 908g)	\$0.22	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B001F0QW42?tag=19-72342-20)
3 g		Morton Salt Regular Table Salt - 26 oz	\$0.03	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B0005ZV1CQ?tag=19-72342-20)

Amounts for: 1 day 

\$9.87

Add Ingredients to Amazon Cart

Total Daily Cost:

Amount	Volume	Ingredient	\$ / day	Source
2 pill		Source Naturals Inositol & Choline	\$0.19	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B000I4C4OS?tag=19-72342-20)
1 g		Jarrow Formulas MSM Sulfur Powder, 35.3 oz	\$0.03	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B00130SJ7S?tag=19-72342-20)
1 pill		Kirkland Signature Daily Multi Vitamins & Minerals Tablets, 500-Count Bottle	\$0.03	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 pill		NOW Foods Vitamin K- 2,100mcg, 100 Vcaps 2 Pack	\$0.09	Amazon (https://web.archive.org/web/20201202143228/https://www.amazon.com/dp/B00YEX8ALA?tag=19-72342-20)
1 portion		Daily Sunshine :)	\$0.00	Outside

Amounts for:

\$9.87

[Add Ingredients
to Amazon Cart](#)

Total Daily Cost:

Nutrition Facts

Amount Per Day

Calories 2243 33% Carb, 46% Protein, 21% Fat

% Daily Values*

Total Carbohydrate 185g **103%**

Dietary Fiber 40g **142%**

Protein 264g **106%**

Total Fat 53g **106%**

Saturated Fat 7g

Monounsaturated Fat 10g

Polyunsaturated Fat 23g

Omega-3 Fatty Acids 5g **325%**

Omega-6 Fatty Acids 17g **102%**

Cholesterol 97mg

Calcium 140% • Vitamin A 117%

Chloride 122% • Vitamin B6 172%

Chromium 100% • Vitamin B12 250%

Copper 213% • Vitamin C 103%

Iodine 100% • Vitamin D 400%

Iron 339% • Vitamin E 169%

Magnesium 146% • Vitamin K 140%

Manganese 456% • Thiamin 245%

Molybdenum 100% • Riboflavin 152%

Phosphorus 246% • Niacin 154%

Potassium 260% • Folate 143%

Selenium	238%	• Pantothenic Acid	208%
Sodium	112%	• Biotin	100%
Sulfur	122%	• Choline	156%
Zinc	164%		

* Percent Daily Values are based on "martyg's U.S. government DRI, male 19-50, 2000 calories" (</web/20201202143228/https://www.completefoods.co/diy/nutrient-profiles/55876185df9cfcef04290e58>). You may use the Nutrient Calculator (</web/20201202143228/https://www.completefoods.co/diy/nutrient-profiles/calculator>) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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The Wayback Machine - <https://web.archive.org/web/20210128110052/https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood>

QuidNYC's Cheaperfood

by QuidNYC ([/web/20210128110052/https://www.completefoods.co/diy/users/QuidNYC](https://web.archive.org/web/20210128110052/https://www.completefoods.co/diy/users/QuidNYC)) 

Last updated February 14, 2014

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Overview	Reviews ²	Comments ¹⁰³	Recipe Editor	Variants ¹³⁶	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
346 g	Maseca White Corn Masa Harina	\$0.99	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B005S0DIA6?tag=19-72342-20)
66 g	Whey Protein Concentrate	\$1.02	Novus Life (https://web.archive.org/web/20210128110052/http://www.novuslifesolutions.com/Unflavored-Whey-Protein-Concentrate--10lb_p_18.html)
14 g	Bob's Red Mill Organic Golden Flaxseeds	\$0.07	Amazon (S) (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B000ED9LDU?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
4 g	Potassium Citrate	\$0.12	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
53 ml	Extra Virgin Olive Oil	\$0.64	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 portion	Thorne Research Vitamin D / K2 Liquid	\$0.02	Amazon (https://web.archive.org/web/20210128110052/https://www.amazon.com/dp/B0038NF8MG?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	\$2.95	Add Ingredients to Amazon Cart
Total Daily Cost:			

This is a scaled-back, cheaper version of my "Superfood" recipe: <https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him> (<https://web.archive.org/web/20210128110052/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

This is designed for those folks who are looking to minimize daily cost, while also avoiding the nutritional pitfalls (namely oxidative stress) that come with regular consumption of industrially processed seed oils.

Come on, people -- nobody should consume soybean oil or canola oil on purpose!

For detailed notes on a variety of topics also applicable to this recipe, please refer to the "Superfood" Notes section.

Preparation Notes:

Please note that the flaxseeds need to be ground before consuming (otherwise they will pass through undigested). Purchasing whole seeds is preferable to buying flaxseed meal in bulk, because the PUFA / omega-3 content is unstable and prone to oxidation once exposed to the air. I'd recommend keeping your supply of seeds in the freezer and using a coffee grinder to prepare the amount you need for the day (or perhaps for the week).

On "Vegetable" Oils and Oxidative Stress:

My primary concerns about soybean oil and canola oil have to do with the role of oxidative stress, which may be particularly acute in circumstances where degraded polyunsaturated fats represent a large proportion of one's total lipid intake:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/>

(<https://web.archive.org/web/20210128110052/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/>)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/>

(<https://web.archive.org/web/20210128110052/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/>)

I have chosen to substitute olive oil in particular in my own recipes since there is evidence that it actually has a protective role in terms of oxidative stress: <http://www.ncbi.nlm.nih.gov/pubmed/22236145>

(<https://web.archive.org/web/20210128110052/http://www.ncbi.nlm.nih.gov/pubmed/22236145>)

If I had to sum up the basic organizing principle of my "Superfood

(<https://web.archive.org/web/20210128110052/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him/>)" recipe, it is to ensure that all sources of polyunsaturated fat have been degraded as little as possible -- i.e., that they are fresh, minimally processed, and carefully stored. I believe industrially processed seed oils like soybean and canola are highly suspect in that regard.

I see a number of red flags when it comes to the production of canola oil (and of other seed / "vegetable" oils). The GMO seeds are heated and crushed to extract the oil, a process which immediately turns it rancid (due to oxidative damage to the polyunsaturated fats). The oil is then "refined" with hexane, bleached, and deodorized. Then, bon appétit. It's unclear to me how much that process is truly mitigating the oxidative damage that is done to the lipids, or how much it is simply covering it up. Either way, it seems prudent to get your lipids from a source where none of that is even part of the equation.

In the end, it's your call. Maybe canola isn't that bad. But personally, I'd rather consume something that has been demonstrated as safe -- and even beneficial in terms of human health -- over a period of thousands of years (i.e., extra-virgin olive oil).

Nutrition Facts

Amount Per Day

Calories 2000

53% Carb, 17% Protein, 30% Fat

% Daily Values*

Total Carbohydrate 272g			109%
Dietary Fiber 28g			100%
Protein 86g			101%
Total Fat 69g			106%
Saturated Fat 10g			
Monounsaturated Fat 40g			
Polyunsaturated Fat 15g			
Omega-3 Fatty Acids 4g			170%
Omega-6 Fatty Acids 12g			1722%
Cholesterol 11mg			
Calcium	102%	• Vitamin A	117%
Chloride	109%	• Vitamin B6	316%
Chromium	100%	• Vitamin B12	317%
Copper	192%	• Vitamin C	104%
Iodine	100%	• Vitamin D	150%
Iron	334%	• Vitamin E	188%
Magnesium	144%	• Vitamin K	129%
Manganese	182%	• Thiamin	242%
Molybdenum	100%	• Riboflavin	261%
Phosphorus	259%	• Niacin	168%
Potassium	106%	• Folate	159%
Selenium	227%	• Pantothenic Acid	289%
Sodium	113%	• Biotin	100%
Sulfur	208%	• Choline	107%
Zinc	199%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories (fixed fiber requirement, ω -6 & ω -3 PUFA requirements)" ([/web/20210128110052/https://www.completefoods.co/diy/nutrient-profiles/52c4b5840a55d90200000363](https://web/20210128110052/https://www.completefoods.co/diy/nutrient-profiles/52c4b5840a55d90200000363)). You may use the Nutrient Calculator ([/web/20210128110052/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web/20210128110052/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20210128110052/https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood)

The Wayback Machine - <https://web.archive.org/web/20210116122726/https://www.completefoods.co/diy/recipes/basic-complete-soy-lent-bachelor-chow>

Basic Complete Soy lent - "Bachelor Chow"

by max ([/web/20210116122726/https://www.completefoods.co/diy/users/max](https://web.archive.org/web/20210116122726/https://www.completefoods.co/diy/users/max)) 

Last updated December 31, 2013



Overview

Reviews

Comments 105

Recipe Editor

Photos 2

Variants 1962

[Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
36 g	GNC Mega Men® Sport - Vanilla Bean	\$1.67	GNC (https://web.archive.org/web/20210116122726/http://www.anrdoezrs.net/links/7340157/type/dlg/http://www.gnc.com/productId=4021740)
50 g	Whey Protein Isolate	\$1.32	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
200 g	Oat Flour/Powder	\$0.10	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B009D4XDO4?tag=19-72342-20)
185 g	Pre-cooked Masa (Masa Precocida)	\$0.93	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B00032KL1I?tag=19-72342-20)
40 g	Soybean Oil	\$0.28	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B007CFTC64?tag=19-72342-20)
10 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.44	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
3.5 g	Iodised Salt	\$0.01	local
4 g	Morton Salt Substitute (Potassium Chloride)	\$0.09	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B00473QUGO?tag=19-72342-20)
2 g	Choline bitartrate	\$0.02	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
5 g	MSM Sulfur Powder	\$0.29	Amazon (https://web.archive.org/web/20210116122726/https://www.amazon.com/dp/B0013OVVHI?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	\$5.15	Add Ingredients to Amazon Cart
Total Daily Cost:			

NOTE: This recipe has been replaced by People Chow 2.x. Please search for it in the Recipes. You can find it as well as my other recipes at <https://www.completefoods.co/diy/users/max> (<https://web.archive.org/web/20210116122726/https://www.completefoods.co/diy/users/max>) . I will not be removing this version of the recipe, but it is no longer being actively maintained.

====

The goals of this recipe are:

1. basic nutritional completeness
2. affordability
3. health
4. ease of assembly

Addressing point 1: all nutrients are accounted for and within the recommended ranges for an adult male 19 - 50 years of age. Adjust per your own nutritional requirements.

Addressing point 2: Everything can be purchased for less than the cost of soy lent.me's product. (\$8.50 / day) Additionally, I merely linked the easiest-to-find Amazon result for most products, leaving plenty of room for reducing the price further by shopping around.

Addressing point 3: A lot of nutrients that are not accounted for by makesoylent.com are included in this mixture. Everything from lycopene and creatine to vanadium and inositol are provided by this mixture. I make no claims as to the completeness or usefulness of these nutrients, but the idea is to cover any micronutrients that might be left out by a simpler mixture. Furthermore, I've tried to take into account some other factors that aren't considered by other "soy lent" mixtures. For example, many mixtures choose maltodextrin as a primary source of carbohydrates. Maltodextrin, despite being technically classified as a polysaccharide has a very high glycemic load, being essentially a short-to-medium chain of glucose molecules. That can cause an undesirable spike in blood glucose and has been implicated in triggering hypoglycemic episodes and other metabolic disorders according to my amateur research. Because of that, I've resorted to using oat flour and pre-cooked masa (masa precocida) as primary sources of carbohydrates. I looked into a number of other flours: wheat flour can be dangerous if uncooked. Toasted wheat flour could be a viable possibility, but commercially available products are prohibitively expensive and requiring the user to toast their own wheat could make the recipe too inconvenient to adopt. Additionally, those trying to minimize gluten consumption might be deterred. Pre-cooked basic corn flour is another cheap alternative, but its glycemic load is somewhat high. I suppose this could be a quirk of the calculation of glycemic load and I might do some further research into that but in the mean time I've made the decision to use precooked masa. Toasted lentil flour or sprouted lentil flour are also viable alternatives -- and by all the data I can find, much much healthier on a number of metrics -- but it's been difficult to find detailed nutritional information about those particular forms of lentil flour. (Or any lentil flour for that matter.) I've also looked into other flours such as coconut flour and chia flour. Both have excellent nutritional profiles but can be expensive. Coconut flour, unfortunately, has a very high level of saturated fats. Another reason I chose to use multiple sources of complex carbohydrates is to provide a richer variety of micronutrients to the human body that might not be documented in the nutrition facts.

Addressing point 4: All ingredients save one may be purchased directly from Amazon via their links on this recipe. At a future date I will update the links to all ingredients to ensure they're pointing to the appropriate Amazon product, if possible. I tried to restrict the number of ingredients as well as the initial investment cost. All products except the oil come in powder form so they may simply be mixed without further preparation. The oil can be mixed in with the other powders, providing a

meal-like texture. After that, I'd recommend refrigerating the semi-prepared mixture. It may have a shelf-life of several years before water has been added for all I know, but I'm not about to test that. You might consider experimenting with an emulsifier to improve the miscibility of the preparation, but I haven't gotten that far yet.

There is still room for improvement here. If you have any suggestions, please leave them in the comments.

Additional notes:

I chose to allow high levels of niacin and chloride. This is because (1) it is not generally possible to overdose on niacin. You can experience a "niacin flush" if you take a tremendous amount of niacin in one sitting, but we're splitting this over at least three meals. (2) The chloride content in this recipe (and most of the recipes on this site) is actually much higher than given in the figures here. Because chloride is not generally included in nutritional labeling, it is quite difficult to measure accurately how much chloride would be present in this recipe. I do not know why the chloride amount here is limited to 3.6g. According to the references I found, despite the low UL on chloride, it is generally safe up to about 15g / day. <http://www.healthsupplementsnutritionalguide.com/Chloride.html> (<https://web.archive.org/web/20210116122726/http://www.healthsupplementsnutritionalguide.com/Chloride.html>) If you would prefer a lower-chloride alternative, consider replacing the potassium chloride in this recipe with potassium gluconate or potassium citrate.

The most surprising thing to me about this recipe is it's actually quite tasty. The salt flavor comes through and I've been contemplating reducing the salt and choline for my personal purposes, but I kind of expected it to taste awful. It's not. It's got a mild, slightly sweet taste that isn't bad.

Nutrition Facts	
Amount Per Day	
Calories 2154	54% Carb, 18% Protein, 28% Fat
	% Daily Values*
Total Carbohydrate 293g	117%
Dietary Fiber 28g	101%
Protein 99g	117%
Total Fat 65g	100%
Saturated Fat 11g	
Monounsaturated Fat 15g	
Polyunsaturated Fat 30g	
Omega-3 Fatty Acids 3g	188%
Omega-6 Fatty Acids 27g	156%
Cholesterol 34mg	
Calcium	147% • Vitamin A 228%
Chloride	183% • Vitamin B6 3862%
Chromium	343% • Vitamin B12 2083%
Copper	311% • Vitamin C 333%
Iodine	210% • Vitamin D 174%
Iron	267% • Vitamin E 184%
Magnesium	292% • Vitamin K 133%
Manganese	435% • Thiamin 4283%
Molybdenum	1056% • Riboflavin 3862%
Phosphorus	129% • Niacin 331%
Potassium	107% • Folate 166%
Selenium	487% • Pantothenic Acid 1008%
Sodium	105% • Biotin 1000%
Sulfur	106% • Choline 162%
Zinc	285%

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" ([/web/20210116122726/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007](http://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007)). You may use the Nutrient Calculator ([/web/20210116122726/https://www.completefoods.co/diy/nutrient-profiles/calculator](http://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<http://web.archive.org/web/20210116122726/https://www.completefoods.co/diy/nutrient-profiles/calculator>)

The Wayback Machine - <https://web.archive.org/web/20210510055435/https://www.completefoods.co/diy/recipes/bachelorette-chow-basic-choc...>

"Bachelorette Chow" - Basic (Chocolate) Complete Soy lent, 1500 calories

Weight Loss

by hharris (</web/20210510055435/https://www.completefoods.co/diy/users/hharris>) 

Last updated November 5, 2013

[Copy](#)

Overview

Reviews 1

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Recipe Editor

Variants 58

[Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
1 g	rainbow light just once women's one multivitamin	\$0.13	Amazon (https://web.archive.org/web/20210510055435/https://www.amazon.com/dp/B0009KNLV6?tag=19-72342-20)
41 g	Whey Protein (Body Fortress Super Advanced)	\$0.72	Local (Walmart)
0 g	Flaxseed Meal (Hodgson Mill)	\$0.00	Local (Walmart)
135 g	Oat Flour/Powder (grind from oats)	\$0.35	Sams Club
60 g	Pre-cooked Masa (Masa Precocida)	\$0.30	Amazon (https://web.archive.org/web/20210510055435/https://www.amazon.com/dp/B00032KL11?tag=19-72342-20)
32 g	Soybean Oil (Nutrioli)	\$0.08	Walmart
7 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.24	iHerb (https://web.archive.org/web/20210510055435/http://www.iherb.com/now-foods-calcium-magnesium-8-oz-227-g/455?rcode=jbv822)
4 g	Iodized Salt	\$0.00	Local (HT)
1 g	Choline bitartrate	\$0.08	iHerb (https://web.archive.org/web/20210510055435/http://www.iherb.com/nature-s-way-choline-500-mg-bitartrate-100-tablets/1877?rcode=jbv822)
2 g	MSM Sulfur Powder (Doctor's Best)	\$0.07	iHerb (https://web.archive.org/web/20210510055435/http://www.iherb.com/doctor-s-best-best-msm-powder-250-g/5?rcode=jbv822)
44 g	cocoa powder (Toll House)	\$0.47	Local (Walmart)
45 g	Brown Sugar	\$0.10	local
17 g	NOW Potassium Gluconate	\$0.45	Amazon (https://web.archive.org/web/20210510055435/http://www.iherb.com/now-foods-potassium-gluconate-100-pure-powder-1-lb-454-g/13939?rcode=jbv822)
2.5 g	Potassium chloride	\$0.05	iHerb (https://web.archive.org/web/20210510055435/http://www.iherb.com/now-foods-potassium-chloride-powder-8-oz-227-g/777?rcode=jbv822)
Amounts for:	<input type="text" value="1 day"/>	\$3.04	Add Ingredients to Amazon Cart
Total Daily Cost:			

A Variant of Max's "Bachelor Chow" - adjusted for ladies ;)

Hats off for making such a great mix, Max!

This formulation is only 1500 calories, which is good for a variety of food goals. People can have a reduced calorie diet that is easy to manage for weight loss. Folks who still want to eat dinner have that luxury. You can still drink coffee all day at the office or have a piece of Janice's birthday cake, whatever. You've just got some wiggle room if you need it.

#####NOTE! This recipe is chocolate flavored, and is only mildly sweet. If you'd like it sweeter, add sugar and decrease oats or corn to get the calories back in line. It is tasty, but those who don't want chocolate overload might enjoy a plain vanilla Soy lent:

#####Vanilla Basic Soy lent (<https://web.archive.org/web/20210510055435/https://www.completefoods.co/diy/recipes/bachelorette-chow-made-with-gnc-womens-formula-1500-calories>)

Things to get locally (if possible):

- Oats (pulse in food processor or coffee grinder to make oat flour)
- Whey Protein
- Flaxseed meal
- Precooked Masa
- Soybean oil

(Expect future edits. They are the spice of life.)

##Updates

####11/5/13 It's been over a week on 100% Soylent and I feel amazing. Like AMAZING. I have more energy than I know what to do with. The only negative is that I'm starting to flush - Niacin is suspect. Going back over the ingredient nutrient profiles, I found that the data for masa was probably incomplete. Beyond the data listed on the label were more than a dozen other nutrients it did not account for... including niacin.

reference: <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5690/2>

(<https://web.archive.org/web/20210510055435/http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5690/2>)

Edits to the recipe:

- Reigned in Masa to keep nutrient levels in check
- Increased protein, oil, and oats to fill the gaps
- BONUS: Because Masa had more fiber than was accounted for, use of flaxseed meal is now completely unnecessary.

Debulking this mix will hopefully lead to a smoother, more enjoyable Soylent. I've also been experimenting with unflavored Designer Whey protein, which is delightful. I've never had a sweet tooth, so the unflavored version is lighter and refreshing.

More later, thanks for watching! -HH

####10/21/13 Oof. I'm getting a little flaxed-out. I dialed down on the flaxseed meal, oil and whey protein. To compensate, I bumped up oats, potassium gluconate and cocoa. I'm feeling very happy about this mix. I'm continuing to use the Vanilla Basic Soylent (<https://web.archive.org/web/20210510055435/https://www.completefoods.co/diy/recipes/bachelorette-chow-made-with-gnc-womens-formula-1500-calories>) to use up the GNC powder I bought. It is still very palatable and I feel good when using it.

I started a blog about this experience: [Soylenter.wordpress.com](http://soylenter.wordpress.com) I'm about to go 100% Soylent in a week, check in to see how it goes! Thanks, you guys rock :)

####9/22/13 I'm proposing a compromise: potassium gluconate/chloride blend. This reduces the amount of potassium gluconate, without too much chloride in the mix.

####9/20/13 (2nd) Guess what. You're gonna love this.

I was doing some more research about the proposed ingredients in this Soylent formulation, and the Optimum Nutrition Women's vitamin is made with Chasteberry and Dong Quai. Depending on who you talk to, these herbs may or may not "interfere with birth control." While the jury is still out on this one, I'd prefer to go with a vitamin that doesn't contain herbal blends that do who knows what. "Interfering with birth control" is the last thing ladies want out of Soylent!

I've replaced the Optimum Nutrition vitamin with a Rainbow Light Women's One Multivitamin. I did add brown sugar for sweetness, and reduced oat flour to keep carbs and calories in check.

####9/20/13 I had been mildly concerned about the high niacin and chloride levels in the recipe (caused by using the GNC Women's formula), but being kind of lazy, I left it alone.

Before you flame me: I fixed it. I did, but I want to say something else first, so hang on.

I'm attempting to make a Soylent blend that accomplishes 4 basic goals:

- **The blend must be nutritionally complete.** I should be able to subsist solely on Soylent, and Soylent alone.
- **The blend must be cheap.** Because if it's more expensive than food, I'll just eat food.
- **It must be easy to make.** The more things I don't have to order, the better. I'm not a fan of grinding up pills, corn, or liver, and I want to use the smallest number of ingredients possible. I also mean to avoid "fresh" food - no eggs, bananas, or peanut butter.
- **It must be tasty.** I know this is a "fluid" requirement at best - let's just say it must be palatable. It cannot be similar to drinking a slug or chewing up aspirins.

So I set out to fix the niacin/chloride problem. The GNC formula was a substantial part of the recipe, and to replace it I had to reconjigger the whatsit levels and add a few whoseits, too. Anyhoo, here are the changes:

- Removed GNC Formula entirely, and replaced it with the Optimum Nutrition Opti-Women Multivitamin.
- Bumped up Protein powder, flaxseed meal, masa, calcium/magnesium, and table salt.
- Decreased oat flour, sulfur, and soybean oil.
- Replaced Potassium Chloride with Potassium Gluconate. I have to use three times more... I was hesitant, but we'll see. At least it's supposed to dissolve well...
- I had to increase fiber again, so I added cocoa powder for fiber and flavor. Flax meal and cocoa powder have about the same fiber per gram, but I worried about my fourth requirement - taste - becoming threatened. Cocoa without sweetness is a black hole of sadness, so I'll have to mix up a batch to see if it's disgusting or not. Good news is, since we're only at 1500 calories, there's room for brown sugar or some form of sweetener of necessary.

As always, expect changes and tweaks - I'll be starting production soon, as I hope to have a more final formula and all ingredients this week. Cheers!

--Holly

####Original Changelog:

- Subbed out GNC men's formula for Women's. Because it's for ladies.
- Decreased oils, carbs to make it less caloric. Fancy ladies are dainty flowers.
- Decreasing calories and carbs from oats and corn also decreased fiber. Flaxseed meal was added to return fiber to normal levels, because everybody poops.
- In the interest of tracking better prices, I've sourced some supplements through iHerb. They seem to have good prices, a good selection, and shipping over \$20 is free (and fast, to boot). Make sure to snag some free lip balm while you're there.
- I am also encouraging folks to locally source grocery-type ingredients to keep costs down. This is still in process, and I don't know what stores are in your area, so expect costs to vary. All told, it shouldn't cost more than \$4 a day for this stuff.

I am waiting on one ingredient from Amazon... and then we will make some magic! I'll keep you updated on the flavor, texture, and everything.

Nutrition Facts

Amount Per Day

Calories 1502

53% Carb, 16% Protein, 31% Fat

		% Daily Values*
Total Carbohydrate	209g	111%
Dietary Fiber	30g	118%
Protein	65g	106%
Total Fat	53g	127%
Saturated Fat	13g	
Monounsaturated Fat	13g	
Polyunsaturated Fat	24g	
Omega-3 Fatty Acids	2g	218%
Omega-6 Fatty Acids	22g	180%
Cholesterol	85mg	
Calcium	113%	• Vitamin A 715%
Chloride	156%	• Vitamin B6 1952%
Chromium	800%	• Vitamin B12 1042%
Copper	184%	• Vitamin C 160%
Iodine	225%	• Vitamin D 185%
Iron	122%	• Vitamin E 351%
Magnesium	396%	• Vitamin K 147%
Manganese	526%	• Thiamin 2435%
Molybdenum	767%	• Riboflavin 2329%
Phosphorus	164%	• Niacin 241%
Potassium	112%	• Folate 249%
Selenium	476%	• Pantothenic Acid 514%
Sodium	114%	• Biotin 500%
Sulfur	116%	• Choline 134%
Zinc	237%	

* Percent Daily Values are based on "Female Sedentary - weight loss goal 1500 calories"
 (/web/20210510055435/https://www.completefoods.co/diy/nutrient-profiles/522a2e759cd7290200000203). You may use the Nutrient Calculator
 (/web/20210510055435/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the
 Recipe Editor tab.

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(https://web.archive.org/web/20210510055435/https://www.completefoods.co/complete)

Men's Basic Complete Nutrition (Chocolate) - 1600

Weight Loss Tasty!

by Ty Robbins ([/web/20200929144938/https://www.completefoods.co/diy/users/Ty Robbins](https://web.archive.org/web/20200929144938/https://www.completefoods.co/diy/users/Ty%20Robbins))  Last updated November 25, 2013

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Overview Reviews Comments **82** Recipe Editor Photos **1** Variants **60** [Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
208 g	Oat Flour/Powder	\$0.50	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B009D4XDO4?tag=19-72342-20)
75 g	Whey Protien Isolate (Chocolate)	\$2.27	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B0013P1HPS?tag=19-72342-20)
34 g	Soybean Oil	\$0.46	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B007CFTC64?tag=19-72342-20)
34 g	Mega Men® Maximum Nutrition (Milk Chocolate)	\$1.33	GNC (https://web.archive.org/web/20200929144938/http://www.anrdoezrs.net/links/7340157/type/dlg/http://www.gnc.com/productId=11107346)
10 g	Cocoa Powder (Hershey's)	\$0.13	Local
6 g	Potassium Gluconate	\$0.19	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B0015C2Z12?tag=19-72342-20)
5 g	MSM Sulfur Powder	\$0.47	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B00130VVHI?tag=19-72342-20)
3 g	Iodised Salt	\$0.01	Local
2 g	Salt Substitute (Potassium Chloride)	\$0.05	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B00473QUGO?tag=19-72342-20)
2 g	Choline Bitartrate	\$0.07	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
1 g	Calcium/Magnesium 1000/500 mg	\$0.04	Amazon (https://web.archive.org/web/20200929144938/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
Amounts for: <input type="text" value="1 day"/>		\$5.53	Add Ingredients to Amazon Cart
		Total Daily Cost:	

I started with Max's Bachelor Chow.

<https://www.completefoods.co/diy/recipes/basic-complete-soylent-bachelor-chow>
(<https://web.archive.org/web/20200929144938/https://www.completefoods.co/diy/recipes/basic-complete-soylent-bachelor-chow>)

The primary difference is the elimination of masa to reduce calories for weight loss. I also replaced some of the components for their chocolate flavored counterparts.

I have the same niacin overload; see Max's notes for the rationale. I've eliminated his chloride overload by reducing the salt and salt substitute and adding potassium gluconate.

Where data was available, prices are up-to-date and include shipping.

20131116 - Added cocoa powder for flavor; it merits the "Tasty" tag now.

Process: mix (with a blender is best) list of ingredients with water until mixture is approximately 64 fl. oz., best if refrigerated over-night before consuming. Can be consumed as 3-5 meals, or sipped throughout the day.

Nutrition Facts			
Amount Per Day			
Calories	1574	42% Carb, 25% Protein, 33% Fat	
			% Daily Values*
Total Carbohydrate	162g		108%
Dietary Fiber	38g		181%
Protein	96g		102%
Total Fat	58g		100%
Saturated Fat	10g		
Monounsaturated Fat	14g		
Polyunsaturated Fat	26g		
Omega-3 Fatty Acids	3g		163%
Omega-6 Fatty Acids	24g		140%
Cholesterol	26mg		
Calcium	104%	• Vitamin A	167%
Chloride	121%	• Vitamin B6	3862%
Chromium	343%	• Vitamin B12	2083%
Copper	315%	• Vitamin C	333%
Iodine	194%	• Vitamin D	341%

Iron	130%	• Vitamin E	181%
Magnesium	116%	• Vitamin K	124%
Manganese	449%	• Thiamin	4288%
Molybdenum	1091%	• Riboflavin	3862%
Phosphorus	135%	• Niacin	332%
Potassium	102%	• Folate	117%
Selenium	492%	• Pantothenic Acid	1008%
Sodium	101%	• Biotin	1000%
Sulfur	107%	• Choline	162%
Zinc	288%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 1500 calories, low carb" (/web/20200929144938/https://www.completefoods.co/diy/nutrient-profiles/51edfbc10ea520200000052). You may use the Nutrient Calculator (/web/20200929144938/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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Sean Superfood V3

Weight Gain

Bodybuilding

Vegan

Tasty!

by Glint ([/web/20210123203510/https://www.completefoods.co/diy/users/Glint](https://web.archive.org/web/20210123203510/https://www.completefoods.co/diy/users/Glint)) 

Last updated April 8, 2015

 Copy

Overview	Reviews ⁵	Comments ¹¹⁹	Recipe Editor	Variants ⁴⁸	Buy from Amazon
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Amount	Volume	Ingredient	\$ / day	Source
180 g	2 cups	Vanilla Rice Protein	\$4.23	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00014DLC4?tag=19-72342-20)
200 g	1¾ cups	Oat Flour	\$0.51	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B009D4XDO4?tag=19-72342-20)
200 g	2 cups	Maltodextrin	\$0.56	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B0098QJPO4?tag=19-72342-20)
100 g	½ cup	Canola Oil	\$0.19	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00I8G79ES?tag=19-72342-20)
1 pill	1 capsule	Daily Multivitamin Powder Capsule	\$0.32	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00B4IKQPG?tag=19-72342-20)
20 g	2 tbsp	Psyllium Husk Powder	\$0.41	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
10 g	2 tsp	Potassium Citrate	\$0.50	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
10 g	1¼ tbsp	NOW Foods Calcium/magnesium 1000/500 mg	\$0.44	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
4 g	1 tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
1.5 g	3 scoop	Choline Bitartrate	\$0.19	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00EIS9NVW?tag=19-72342-20)
0.7 g	¼ tsp	Stevia Powder	\$0.13	Amazon (https://web.archive.org/web/20210123203510/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)

Amounts for:

Total Daily Cost: \$7.50

[Add Ingredients to Amazon Cart](#)

Based off of "Schmoilent (<https://web.archive.org/web/20210123203510/https://www.completefoods.co/diy/recipes/schmoilent>)" by axcho (<https://web.archive.org/web/20210123203510/https://www.completefoods.co/diy/users/axcho>), but with a higher calorie intake and protein content.

Designed for steady lean mass gain while exercising ~ 5 days / week. ~160g protein per day (adjust freely based on body weight to roughly 1g/lb), higher fat content for maximal testosterone and other hormone synthesis and central nervous system recovery, enough carbs to hit 3000+ calories.

Recommended Preparation Protocol:

1) Measure out and combine all dry powder ingredients (i.e. everything except oil) in bag or jar (1-gallon ziplock bags work well). Each container holds one day of food. Best to prepare ~7 containers at a time (assembly line style). Tip: pull open multivitamin capsules and dump the powder contents into the mix.

2) Shake a few times to mix evenly. Can store dry powder indefinitely in air-tight container.

3) When ready to consume, mix contents of one bag with ~ 2.5 liters of water (blender is fastest). After mixing with water, add oil, and mix / blend / shake again. Can be stored in refrigerator for up to 3 days in air-tight container.

4) Store in refrigerator, consume as desired throughout the day. Shake once or twice each time before consuming as some mild settling may have occurred (can use Xanthan Gum to avoid settling if desired).

Notes:

- Recipe is vegan.
- Should still drink water in addition to consuming superfood.
- If just looking to "try out" this recipe, buy the smaller (and much cheaper) versions of ingredients. Ingredients are linked to the largest bulk order possible (eg. 50 lbs of flour) so as to minimize the per-day cost, but this creates a very large start-up cost for someone just looking to try it for a day or two.
- Can mix up fractions of a bag instead of an entire bag at a time, if desired, for just a single meal instead of an entire day of food (in which case, can "eyeball" how much oil to add -- not important if too much / little, or if completely omitted if eating other food).
- Consistency will vary slightly within the first several hours after blending (from grittier to slightly smoother and higher viscosity).
- If wishing to vary overall caloric content, do so by proportionally changing the macronutrient ingredients only (rice protein, oat flour, maltodextrin, and canola oil). Leave the other ingredients the same, to ensure complete nutrition remains. Additionally, if substantially reducing caloric content (to < 2800 calories / day), can entirely omit Maltodextrin (it exists only as a pure carbohydrate source beyond the maximum amount of oat flour that can be used before exceeding max RDI's for other micronutrients).
- Can vary how much water added to control thickness / consistency of shake.
- Can optionally add Xanthan Gum. It reduces settling and separation over time for the blended up mix. However, I personally prefer to omit the Xanthan Gum, as I do not like the gel-like texture it causes after a few hours.
- Increase sodium (salt) content to account for high activity levels (i.e. lots of sweating).

Future Considerations:

- Consider replacing Maltodextrin with rice flour.

Nutrition Facts

Amount Per Day

Calories 3192

45% Carb, 21% Protein, 34% Fat

		% Daily Values*
Total Carbohydrate	355g	124%
Dietary Fiber	40g	105%
Protein	167g	135%
Total Fat	121g	139%
Saturated Fat	11g	
Monounsaturated Fat	69g	
Polyunsaturated Fat	35g	
Omega-3 Fatty Acids	9g	589%
Omega-6 Fatty Acids	25g	149%
Cholesterol	0mg	
Calcium	137%	• Vitamin A 167%
Chloride	104%	• Vitamin B6 788%
Chromium	343%	• Vitamin B12 4167%
Copper	153%	• Vitamin C 119%
Iodine	175%	• Vitamin D 241%
Iron	420%	• Vitamin E 244%
Magnesium	283%	• Vitamin K 131%
Manganese	436%	• Thiamin 949%
Molybdenum	167%	• Riboflavin 788%
Phosphorus	266%	• Niacin 143%
Potassium	124%	• Folate 116%
Selenium	251%	• Pantothenic Acid 208%
Sodium	137%	• Biotin 100%
Sulfur	403%	• Choline 120%
Zinc	149%	

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2400 calories" ([/web/20210123203510/https://www.completefoods.co/diy/nutrient-profiles/52c2e49d87fea90200000170](https://www.completefoods.co/diy/nutrient-profiles/52c2e49d87fea90200000170)). You may use the Nutrient Calculator ([/web/20210123203510/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator))

to personalise your own profile, then select it from the list on the Recipe Editor tab.

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([/web/20210123203510/https://www.completefoods.co/diy/terms](https://www.completefoods.co/diy/terms))



(<https://web.archive.org/web/20210123203510/https://www.completefoods.co/diy/terms>)

The Wayback Machine - <https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-inducti...>

QuidNYC's Ketofood (for Induction Phase Ketosis)

Weight Loss

Ketogenic

by QuidNYC ([/web/20201221145341/https://www.completefoods.co/diy/users/QuidNYC](https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/users/QuidNYC))

Last updated March 8, 2014

Copy

Overview	Reviews ²	Comments ⁶²	Recipe Editor	Variants ⁴³	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
107 g	Whey Protein Isolate (Unflavored)	\$2.61	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
26 g	Bob's Red Mill Chia Seeds	\$0.36	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
17 g	Psyllium Husk Powder	\$0.20	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B001G7R734?tag=19-72342-20)
8 g	Bob's Red Mill Soy Lecithin Granules	\$0.15	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
5 g	Potassium Citrate	\$0.14	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
4 g	Organic Ceylon Cinnamon Powder	\$0.25	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B001GKV8DQ?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
118 ml	MCT Oil	\$2.24	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
30 ml	Extra Virgin Olive Oil	\$0.36	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 pill	Now Foods Vitamin D-3 & K-2	\$0.05	Amazon (S) (https://web.archive.org/web/20201221145341/https://www.amazon.com/dp/B0019QT9LA?tag=19-72342-20)
Amounts for:	1 day	\$6.45	Add Ingredients to Amazon Cart
Total Daily Cost:			

This is a ketogenic version of my "Superfood" recipe, which has a more traditional nutrient profile:

<https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>

(<https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

This "Ketofood" recipe is designed to have a bare-minimum net carb content suitable for inducing ketosis, while remaining nutritionally complete.

The following companion "Ketofood" recipe is designed with somewhat more forgiving parameters intended for ongoing ketosis:

<https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis>

(<https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis>)

I have also developed a "'Hot Java' Ketofood" recipe for enhanced thermogenic effect: <https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis>

(<https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-thermogenic-ketosis>)

For detailed notes on a variety of topics also applicable to this recipe, please refer to the "Superfood" Notes section.

Please bear in mind that I am new to ketogenic diets, and no expert by any means. I have found the following resources to be helpful for background information:

- <http://keto-calculator.ankerl.com/> (<https://web.archive.org/web/20201221145341/http://keto-calculator.ankerl.com/>)
- <http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html> (<https://web.archive.org/web/20201221145341/http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html>)

Blending is basically a requirement for this recipe -- it starts off very watery and prone to separation. Once you've blended it, it turns a lighter color and has the consistency of thick milk (I recommend blending thoroughly enough that most of the chia seeds are broken up). It won't separate again after that.

Be sure to drink it cold.

It doesn't taste like much, but has a vague hint of coconut (my intention is to make the taste of the "Ongoing Ketosis" recipe better than this one, since its parameters are a bit more forgiving).

Nutrition Facts

Amount Per Day

Calories 1806

1% Carb, 22% Protein, 77% Fat

% Daily Values*

Total Carbohydrate 5g

Dietary Fiber 26g

102%

Protein 100g

101%

Total Fat 153g

Saturated Fat 118g

Monounsaturated Fat 21g

Polyunsaturated Fat 11g

Omega-3 Fatty Acids 5g

245%

Omega-6 Fatty Acids 6g

941%

Cholesterol 13mg

Calcium	117%	• Vitamin A	221%
Chloride	109%	• Vitamin B6	250%
Chromium	100%	• Vitamin B12	406%
Copper	266%	• Vitamin C	145%
Iodine	158%	• Vitamin D	233%
Iron	360%	• Vitamin E	193%
Magnesium	104%	• Vitamin K	121%
Manganese	164%	• Thiamin	216%
Molybdenum	100%	• Riboflavin	216%
Phosphorus	165%	• Niacin	217%
Potassium	109%	• Folate	238%
Selenium	205%	• Pantothenic Acid	325%
Sodium	131%	• Biotin	100%
Sulfur	419%	• Choline	162%
Zinc	196%		

* Percent Daily Values are based on "QuidNYC's DRI for Him: Male, 31-50" ([/web/20201221145341/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd51020000242](https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd51020000242)). You may use the Nutrient Calculator ([/web/20201221145341/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20201221145341/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis)

The Wayback Machine - <https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/recipes/brets-soylent-oat-rice-complete-low-...>

Bret's Soylent: Oat, Rice. Complete, low price.

Tasty!

by hess8 ([/web/20210123203432/https://www.completefoods.co/diy/users/hess8](https://web/20210123203432/https://www.completefoods.co/diy/users/hess8)) 

Last updated January 3, 2021

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Overview

Reviews **7**Comments **100**

Recipe Editor

Photos **3**Variants **87**

Buy from Amazon

Amount	Volume	Ingredient	\$ / day	Source
217 g		Oat Flour Honeyville Farms	\$0.85	Honeyville (https://web.archive.org/web/20210123203432/http://shop.honeyville.com/oat-flour.html)
66 g		Rice protein powder, 77% protein by weight	\$0.96	Bulk foods (https://web.archive.org/web/20210123203432/http://www.bulkfoods.com/protain-powder-distributor/2497-Brown-Rice-Protein-25-pounds.html)
81 ml	0.37 cup	Canola Oil	\$0.14	Local, 5qt (Costco)
46 g		Sugar or sugar+sucralose (see notes)	\$0.13	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00HJCXX24?tag=19-72342-20)
5 g	1 tbsp	Hershey's Special Dark Cocoa	\$0.07	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B001EQ4SHK?tag=19-72342-20)
1 pill		Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
5 g		Potassium chloride	\$0.10	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00ENS39XK?tag=19-72342-20)
1.56 g		Lysine	\$0.01	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00ENP2146?tag=19-72342-20)
0.9 g	$\frac{3}{8}$ tsp	Xanthan gum (see notes on amount)	\$0.03	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00CYMU3TA?tag=19-72342-20)
3.1 g		Salt	\$0.01	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B001GHYO4E?tag=19-72342-20)
1.23 g		Choline Bitartrate	\$0.03	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00EIS9NW6?tag=19-72342-20)
1.2 pill		Calcium and vitamin D	\$0.05	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B002RL8FBQ?tag=19-72342-20)
0.08 pill		Vitamin K	\$0.01	Amazon (https://web.archive.org/web/20210123203432/https://www.amazon.com/dp/B00014FNU2?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	Total Daily Cost:	\$2.43	Add Ingredients to Amazon Cart

Uses a macro nutrition profile very close to Soylent 1.4, which was 43-40-17 carb/fat/protein by calories percentage.

See my **other recipes** using whey protein (<https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/recipes/brets-soylent-oat-whey-complete-low-price>), corn and wheat protein (<https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/recipes/brets-soylent-corn-oat-wheat-protein-complete-low-price>), and wheat protein (<https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/recipes/brets-soylent-oat-wheat-more-protein-low-price>). They taste very different. I also created a solid soylent (<https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/recipes/brets-solid-soylent-peanut-butter-hazelnut-wheat-bread>) for bicycle touring and backpacking.

This recipe is almost universally liked, and probably the best to start with if you don't have a preference. It has medium texture (grit). If this is a problem for you, the smoothest ones are whey and wheat protein.

You need to buy in bulk (see the links) to get these low costs. And an Amazon prime account might help. The recipe editor on this site automatically calculates price per day. It shows you how many days that each purchase lasts... look at the recipe editor tab, column "days/unit". As far as how long your first order would last, you can see that the oat flour bag runs out first at 105 days. If you ordered 2 bags of flour and 2 calcium bottles, you'd be up to 165 days when the rice protein runs out, and you have to order that again. So it's about \$450 investment to get started, and then it will average about \$2.50 a day to replace supplies...or less if you eat less than 2000 cal/day.

See instructions here (<https://web.archive.org/web/20210123203432/https://docs.google.com/document/d/1bbhmtWT1rFDW0eFPXm6ZB2kipp-YehBsvj-FDft3IRg/edit>) for how to use this mix and adjust to soylent.

If you want to try it before you invest in ingredients, I'll send you a day's supply of powder to try by priority mail (2-3 days), if you send me \$19 (\$26 for 2 days, \$44 for 4 days, \$57 for 6 days, \$67 for 8 days) by SquareCash (\$brethess), Venmo (BHess), Google Wallet or PayPal to: bret dot hess at gmail.com (replace the "dot" and "at" with the real symbols). Be clear about whether you want the rice, wheat, or whey version, or a combination. I sell only samples (no continuing orders). A "day" here is 2000 calories.





Background

My family used official Soylent (1.1 through 1.4) for about 5 months for about 2 meals a day. At the same time, I experimented with my own recipes, while matching the official Soylent nutrition, and finding the right prices for the ingredients. In Feb 2015 I found a rice protein recipe that was a hit with the family, who said it tastes better than the official product (v1.4). I now rotate between all of my recipes.

I find that weight loss/maintenance is a lot easier with soylent for two meals a day than eating traditional meals. It's very satisfying, and you know you're getting complete nutrition. I could have marked this "Weight Loss!"...just watch your total calories.

Mixing

I mix a month's supply of powder (everything but the oil and water) in a 5 gallon bucket with a mixer (<https://web.archive.org/web/20210123203432/https://www.amazon.com/RMS-Unlimited-Goods-Heavy-Mixer/dp/B01GQTDZQO>) that's powered by my drill in reverse. Pour it into a second bucket (to turn it upside down) to do the final mixing of what was on the bottom of the first bucket. I

measure amounts on a digital scale (<https://web.archive.org/web/20210123203432/http://www.amazon.com/Etekcitey-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>) in a very large bread mixing bowl (holds about 3 kg of flour) and put it into the bucket for mixing. You'll be glad if you get a lid like this (<https://web.archive.org/web/20210123203432/http://www.amazon.com/The-Gamma-Seal-Lid-Black/dp/B0089QJQTS/>) for the bucket.

Here's a spreadsheet calculator

(<https://web.archive.org/web/20210123203432/https://docs.google.com/spreadsheets/d/133MN3zDAwMD1rKNB3tprfWUPqzajEoZDJ0bP-Yuaspl/edit?usp=sharing>) for mixing any number of days you want of the mix or the vitamin mix. Just replace "Days to Mix" number with the number of days you want to mix.

To save time, I mix about 4-6 months at a time of the vitamins and minerals (the pills go in the blender with a tight lid...I put plastic over the blender and then the lid...the dust is not pleasant) including salt and xanthan, and mix all in the big bowl with a whisk and store. Then just add the number of grams of this vitamin mix that the calculator above says. So it's only 4 ingredients plus this powder to mix up a month's worth. This method means you can get good vitamin accuracy with a scale with 1 g resolution

(<https://web.archive.org/web/20210123203432/http://www.amazon.com/Etekcitey-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>)

For example, for 180 days of vitamins/minerals, I go to the recipe calculator

(<https://web.archive.org/web/20210123203432/https://docs.google.com/spreadsheets/d/14j4RuOghAhDB78BJ6KYT3UQmAFodwMZys9REEf4Eqvk/edit?usp=sharing>) and choose 180 days. This is many multivitamin pills, but I don't count them, I just weigh them. The calculator gives the number of grams of multivitamins to use, and the number of other pills (I just round to whole or half pills) Then I blend them all up. Then add this to the powders in the big bowl and whisk.

–

Protein

The protein comes from brown rice and oats. I added lysine to achieve the balance for complete protein. See the protein essential amino acid analysis

(<https://web.archive.org/web/20210123203432/https://docs.google.com/spreadsheets/d/14j4RuOghAhDB78BJ6KYT3UQmAFodwMZys9REEf4Eqvk/edit?usp=sharing>) (blue columns are the summary). This recipe provides at least 150% of the WHO recommended of each essential amino acid, and the balance is very good. There is a lot of tryptophan in oats, but in amounts similar to meats, fish, cheeses and beans (ref)

(<https://web.archive.org/web/20210123203432/https://en.wikipedia.org/wiki/Tryptophan>). Larger amounts of tryptophan in foods does not seem to change the blood levels of tryptophan, as opposed to the purified form in supplements (ref)

(<https://web.archive.org/web/20210123203432/https://en.wikipedia.org/wiki/Tryptophan>).

–

Oats

All my recipes have some oat flour. It's easy to digest and has excellent protein and fiber (why add a fiber supplement when this grain is so good?).

–

Xanthan gum

This adds a little thickening for texture. It also reduces all tastes somewhat, including sweetness (slips right past those tastebuds if you put in a lot). Optional. I mix it in with my big powder batches so I don't have to add one more ingredient on a daily basis. If you do choose to add it separately into the blender each day, use only half as much! It's a more effective thickener before it's mixed with the other powders.

–

Sodium

Most nutritional and medical associations have lowered their recommendations to 1500 mg sodium/day (down from 2300 mg). Remember that only 40% of the mass of salt is sodium. The amount of sodium here (1200mg per 2000 cal) is below that, If you want to lower sodium further, it also tastes good with 1000 mg.

But I actually don't recommend lowering the salt further: two recent major studies (2016 and 2018) have shown that there is a sweet spot in sodium intake (around 3 g sodium, which is 7.5 g of salt). There is increased disease at both high and low intake. I think the study of disease as the final judgement on sodium intake is the right one. See <https://www.sciencedaily.com/releases/2018/08/180809202057.htm>

(<https://web.archive.org/web/20210123203432/https://www.sciencedaily.com/releases/2018/08/180809202057.htm>). This may convince me to raise the salt in the recipe, but for now I don't want to get into the controversy.

–

Chloride

The potassium comes with chloride. In the past I used some potassium citrate for part of the potassium to keep the chloride within the typical "maximum" amount. But I researched this, and there is no chloride toxicity from chloride in the range of double the "maximum" amount. Because there is no danger from chloride itself, the "maximum" amount was simply set to match the amount of chloride that comes in the recommended amount of salt. In other words, it's sodium that can be dangerous, and whoever set the "maximum" amount of chloride was making things up: "The

Al for chloride is set at a level equivalent on a molar basis to that of sodium, since almost all dietary chloride comes with the sodium added during processing or consumption of foods."(ref) (<https://web.archive.org/web/20210123203432/http://www.nap.edu/catalog/10925/dietary-reference-intakes-for-water-potassium-sodium-chloride-and-sulfate>) In fact studies of patients taking potassium chloride (in addition to a steady salt intake) showed a reduction in sodium levels in the body.(ref) (<https://web.archive.org/web/20210123203432/http://www.nap.edu/catalog/10925/dietary-reference-intakes-for-water-potassium-sodium-chloride-and-sulfate>), caused by the presence of potassium.

-

Sugar

The sugar amount is "within" the WHO guidelines (https://web.archive.org/web/20210123203432/http://who.int/nutrition/publications/guidelines/sugars_intake/en/): - "In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake (strong recommendation). • WHO suggests a further reduction of the intake of free sugars to below 5% of total energy intake (conditional recommendation). • Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates."

As written (chocolate) the recipe has 9% of calories from sugar (disaccharide), which is better than their "strong recommendation (10%)" and close to their "hopeful" one (5%). Their 5% goal doesn't count fruit eaten, so if you're replacing some fruit consumption with this, it could easily meet the health effects of the 5% goal.

To reduce sugar, you can replace half of it with the equivalent volume (not weight) of sucralose (Splenda). Tastes the same.

-

Oil

Official SoyLent went from 30% to 40% of calories by fat in version 1.4 and 1.5, and I've followed that here. I think this reflects the increasing understanding that getting a significant portion of our calories by healthy fats can be very healthy and satisfying. The problem with our diets wasn't too much fat, but too many calories, too much sugar and unhealthy fats.

Oil preference is more a matter of fad than science these days, so if you're against Canola, find a new oil...I don't mind. It won't really change the price or calories. But the research in these notes has convinced me that canola oil is quite healthy:

"Canola oil is low in saturated fat and contains both omega-6 and omega-3 fatty acids in a ratio of 2:1. If consumed, it also reduces low-density lipoprotein and overall cholesterol levels, and as a significant source of the essential omega-3 fatty acid is associated with reduced all-cause and cardiovascular mortality" Wikipedia (https://web.archive.org/web/20210123203432/http://en.wikipedia.org/wiki/Canola#Health_information). "In 2001, researchers at a conference sponsored by the National Institutes of Health concluded that the two classes of fatty acid should be consumed in a 1:1 ratio. As of 2007, the Japanese government recommended a ratio of 4:1, while the Swedish government recommended a ratio of 5:1, and the Institute of Medicine of the National Academy of Science in the United States recommended a ratio of 10:1. (In all cases, the number to the left of the ratio is omega-6 fats, while the number to the right is omega-3s.)" Wikipedia (https://web.archive.org/web/20210123203432/http://en.wikipedia.org/wiki/Ratio_of_fatty_acids_in_different_foods).

"Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 essential fatty acids (EFA) of approximately 1 whereas in Western diets the ratio is 15/1-16.7/1. Western diets are deficient in omega-3 fatty acids, and have excessive amounts of omega-6 fatty acids ... A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences" 2002 study (<https://web.archive.org/web/20210123203432/http://www.ncbi.nlm.nih.gov/pubmed/12442909>).

So the ratios are all over the place. But the info above makes me think that the high ratio of omega-6 to omega-3 in western diets is probably an extreme to avoid. This recipe has a total ratio of about 3:1.

Another issue in the oils controversy that wrongly criticizes canola and is not an issue in this recipe is the form of vitamin E, gamma vs alpha. One correlation study (<https://web.archive.org/web/20210123203432/http://www.northwestern.edu/newscenter/stories/2014/05/vitamin-e-in-canola-and-other-oils-hurts-lungs.html>) suggests that the consumption of higher gamma over alpha in the US could reduce the lung capacity for 1% of people. Another study (https://web.archive.org/web/20210123203432/http://www.lef.org/magazine/2006/4/report_gamma/Page-02) says that the gamma form might guard against cancer and dementia. So it's not decided, but regardless, high gamma consumption in the US is due to soybean oil (76% gamma) and corn oil, not canola (7% gamma).

In any case, the multivitamin vitamin E used here has the alpha-form, which is where almost all of the vit. E comes from, and so the vitamin E in this recipe is overwhelmingly alpha form; the gamma form is very small here (about 1%), and you probably should be glad to get a little of it, since just one form is probably not great.

So canola seems to work well with a good ratio of omega-6 to omega-3, and no issues with vitamin E.

Nutrition Facts

Amount Per Day

Calories 1939 41% Carb, 18% Protein, 41% Fat

	% Daily Values*
Total Carbohydrate 202g	106%
Dietary Fiber 36g	131%
Protein 87g	108%
Total Fat 90g	100%
Saturated Fat 8g	
Monounsaturated Fat 53g	
Polyunsaturated Fat 28g	
Omega-3 Fatty Acids 7g	281%
Omega-6 Fatty Acids 21g	206%

Cholesterol 0mg

Calcium	105%	• Vitamin A	117%
Chloride	197%	• Vitamin B6	171%
Chromium	100%	• Vitamin B12	250%
Copper	218%	• Vitamin C	100%
Iodine	100%	• Vitamin D	147%
Iron	112%	• Vitamin E	257%
Magnesium	109%	• Vitamin K	104%
Manganese	477%	• Thiamin	252%
Molybdenum	1064%	• Riboflavin	149%
Phosphorus	161%	• Niacin	146%
Potassium	100%	• Folate	143%
Selenium	236%	• Pantothenic Acid	209%
Sodium	102%	• Biotin	100%
Sulfur		• Choline	101%
Zinc	166%		

* Percent Daily Values are based on "Soylent 1.4, 1900 calories, U.S. government DRI male 19-50, whey adjust" (/web/20210123203432/https://www.completefoods.co/diy/nutrient-profiles/580d83ef6624bc2c4d5378e9). You may use the Nutrient Calculator (/web/20210123203432/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20210123203432/https://www.completefoods.co/diy/terms)

The Wayback Machine - <https://web.archive.org/web/20201212143126/https://www.completefoods.co/diy/recipes/chewable-soylent-v30-drinkzero-gritrolled-oats...>

Chewable Soylent v3.0 [drink][zero grit][rolled oats][delicious!] - 1800 kcal

[Weight Loss](#) [Bodybuilding](#) [Tasty!](#)by abemore (</web/20201212143126/https://www.completefoods.co/diy/users/abemore>)  Last updated May 13, 2016 [Copy](#)[Overview](#)[Reviews](#) ³[Comments](#) ⁶⁸[Recipe Editor](#)[Variants](#) ⁵⁰[Buy from Amazon](#)

Amount	Volume	Ingredient	\$ / day	Source
240 g	2½ cups	rolled oats (celiacs look for gluten-free oats)	\$0.42	Costco (https://web.archive.org/web/20201212143126/http://www2.costco.com/Browse/Product.aspx?prodid=11534716&whse=BD_563&topnav=national&cat=11911&hierPath=11121*11911*&lang=en-US)
6 g	1 tsp	Potassium Citrate	\$0.18	Amazon (https://web.archive.org/web/20201212143126/https://www.amazon.com/dp/B00ENSA942?tag=19-72342-20)
4 g	½ tsp	Iodised Salt	\$0.00	local
2 g	½ tsp	Choline bitartrate	\$0.06	Amazon (https://web.archive.org/web/20201212143126/https://www.amazon.com/dp/B00EIS9NVW?tag=19-72342-20)
50 g	¼ cup	Canola Oil	\$0.12	local
2 pill	2 piece	Kirkland Calcium Chews (caramel or chocolate)	\$0.13	Costco Amazon (https://web.archive.org/web/20201212143126/http://www.amazon.com/gp/aw/d/B004L56554/ref=pd_aw_sims_1?pi=SS115&simLd=1)
1 pill	1 piece	Kirkland Signature Daily Multi Vitamins & Minerals Tablets	\$0.03	Costco Amazon (https://web.archive.org/web/20201212143126/http://www.costco.com/Kirkland-Signature%E2%84%A2-Daily-Multi,-500-Tablets.product.11491625.html)
105 g	3 scoop	CytoSport 100% Whey Protein - Vanilla	\$1.54	Costco (https://web.archive.org/web/20201212143126/http://www.costco.com/Cytosport-100%25-Whey-Protein-Vanilla-6lb-2-pack.product.100086276.html)
Amounts for: <input type="text" value="1 day"/>			\$2.49	Add Ingredients to Amazon Cart
Total Daily Cost:				

Summary

Chewable Soylent (originally named Bodybuilder Chow, then Chewable Chow) was made because all other soylent drinks irritated the back of my throat with their grittiness. I solved this by using rolled oats, so now we have a drink that we can chew. I also optimized protein for muscle gain. This recipe was originally based on People Chow 3.0.1, but I've modified it so many times, almost no People Chow ingredients remain.

Benefits

- Always 100% free of grit** - The rolled oats lets you joyfully chew your carbs like you love to do instead of choking tiny crumbs down your neck hole :-)
- Easily mixes with water** - No need for a shaker screen or blender ball (don't use these with this recipe!). The oats do all the work! I barely need to gently twist my bottle a couple times and that's it! There are never clumps of powder in this drink!
- Formulated for muscle gain** - Evidence-based optimized protein for effective muscle gain. See protein details below.
- Tastes great!** - I really like it! My girlfriend does too! I've been drinking it daily since mid 2014.
- Super healthy** - Recipe has a 3:1 omega-6/omega-3 ratio and only 4.5% saturated fat. See the Details below.
- Super low cost** - Charities pay more to feed the homeless less nutritious food.

Concerns

- Manganese** is very near the safe upper limit mainly due to the oats. The multivitamin also provides 100% RDI.
- Flatulence** is common purportedly due to the fiber in the oats.
- Omega-3** from fish oil (EPA/DHA) is supposedly required for optimum health. Omega-3 from plants (ALA), from the Canola oil, is supposedly converted into these other two forms at a loss.

4. **Shells**, also called the hull of the oat. While these are mostly removed by Quaker, I usually find at least one or two of these annoying, unchewable shells in each daily batch. But don't worry, they can't hurt you. I just find them annoying to spit out. **SOLVED:** Lately (Sept 2015) I've been consuming this soylent immediately after mixing, before the oats get a chance to soften, and I've not once noticed a single hull! I like it better this way.

Updates

- **Version 3.0.1** - 2015.04.15 - renamed to Chewable Soylent because "chow" reminds me of dog food, added Benefits & Concerns sections, updated Mixing Advice and Canola Oil sections.
- **Version 3.0** - taking a page from Liquid Cake, QuidNYC, and others, I've decided to replace the expensive, wasteful, and urine-tinting GNC Mega Men Sport with a Kirkland Daily Multi multivitamin. Also replaced NOW Foods Calcium/magnesium powder with delicious Kirkland Calcium+D+K soft chew candies.
- **Version 2.0.2** - renamed from Bodybuilder Chow to Chewable Chow, updated some measurements using a more accurate scale
- **Version 2.0.1** - updated the prices, defaulted to bulk quantities, added mixing advice
- **Version 2.0** - replaced the carb with simple inexpensive rolled oats and removed psyllium husk! Amazing results! Chew your oat drink! Delicious! Easy to flavor with cocoa, cinnamon, or instant coffee (my favorite)! Zero grit! Doesn't irritate the back of your throat! Drink it cold or microwave it into oatmeal!
- **Version 1.4** - added psyllium husk for fiber and 300 calories more corn flour for more complete micros.
- **Version 1.3** - Divided the ingredients into 2 separate recipes, a drink and a food. The food can be baked into cornbread. The drink contains zero fibrous grit.
- **Version 1.2** - Hated the constant gritty texture and ever present tortilla flavor from the People Chow recipe so I decreased the corn flour by 60% and increased the oil by 70% to make up for some of the calorie loss. Ditched the vitamin K supplements too because 90% RDI of K sounds like plenty to me.
- **Version 1.1** - added vitamin K supplement since the canola oil only provides 70% RDI

Details

Canola (rapeseed) oil

1. **Has the healthiest Omega-6/Omega-3 ratio** (2:1) of any dietary fat available (except for flax and chia. According to WebMD, flaxseed oil consumption over 30g/day acts as a laxative). The excessively high omega-6/omega-3 ratio of the typical western diet (~16:1) promotes many diseases, including cardiovascular disease, cancer, and inflammatory and autoimmune diseases, whereas a low omega-6/omega-3 ratio suppresses these diseases: <http://www.ncbi.nlm.nih.gov/pubmed/12442909> (<https://web.archive.org/web/20201212143126/http://www.ncbi.nlm.nih.gov/pubmed/12442909>) (Cited by over 1600 other papers). Olive oil, by comparison, contains almost no Omega-3 and a 13:1 ratio. Comparison Chart: <http://i.imgur.com/vXISccx.jpg> (<https://web.archive.org/web/20201212143126/http://i.imgur.com/vXISccx.jpg>)
2. **Has the lowest saturated fat** of any dietary fat source meaning it will lower your cholesterol and you will be much less likely to have cardiovascular diseases, cancer, stroke, vascular diseases, type-2 diabetes, and high blood pressure. Comparison Chart: <http://i.imgur.com/O4gvz3B.gif> (<https://web.archive.org/web/20201212143126/http://i.imgur.com/O4gvz3B.gif>)
3. **Is a clear healthy choice** unless you subscribe to fears of GMOs and processed foods. But what about the 0.2g of trans fat per 50g of oil? There is no evidence of harm at such low levels. After all, tiny amounts of trans fats also occur in nature.
4. **Myths debunked:** <http://www.canolacouncil.org/oil-and-meal/canola-oil/canola-the-myths-debunked/> (<https://web.archive.org/web/20201212143126/http://www.canolacouncil.org/oil-and-meal/canola-oil/canola-the-myths-debunked/>)
5. **How it's made** video: <https://youtu.be/Cfk2IXIZdbI> (<https://web.archive.org/web/20201212143126/https://youtu.be/Cfk2IXIZdbI>)
6. **Wikipedia:** http://en.wikipedia.org/wiki/Canola#Canola_oil (https://web.archive.org/web/20201212143126/http://en.wikipedia.org/wiki/Canola#Canola_oil)
7. **Snopes** debunking a canola email fear campaign: <http://www.snopes.com/medical/toxins/canola.asp> (<https://web.archive.org/web/20201212143126/http://www.snopes.com/medical/toxins/canola.asp>)

Cytosport 100% Whey from Costco is \$0.26/day less expensive than the whey isolate used in the official People Chow 3.0.1 recipe. The extra cost of whey isolate is not justifiable when you can reach the same protein goal using whey concentrate with no down side. Some say calculating the **sulfur** in the whey is done by this formula: $0.27 \times \text{Cysteine mass} + 0.21 \times \text{Methionine mass}$. However, the RDI requirement is for sulfur-containing amino acids (SAA), not sulfur directly, so the correct formula should be simply: Cysteine mass + Methionine mass or 1.18g of SAA per scoop of Cytosport Whey. <http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/4> (<https://web.archive.org/web/20201212143126/http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/4>) <http://www.cytosport.com/products/100-whey/?tab=technical> (<https://web.archive.org/web/20201212143126/http://www.cytosport.com/products/100-whey/?tab=technical>)

My nutrient profile says to eat 2700 calories so I'll be making up the remaining calories from regular food. Make sure you **generate your own calorie/nutrient profile** here <https://www.completefoods.co/diy/nutrient-profiles/calculator> (<https://web.archive.org/web/20201212143126/https://www.completefoods.co/diy/nutrient-profiles/calculator>)

Adjust your **protein** to 0.8g/lb (1.8g/kg) of your total body weight for optimum muscle gain. Maximum protein is 25% total cals, or approximately 0.9-1.1g/lb (2-2.5g/kg) [http://en.wikipedia.org/wiki/Protein_\(nutrient\)#Dietary_requirements](http://en.wikipedia.org/wiki/Protein_(nutrient)#Dietary_requirements) ([https://web.archive.org/web/20201212143126/http://en.wikipedia.org/wiki/Protein_\(nutrient\)#Dietary_requirements](https://web.archive.org/web/20201212143126/http://en.wikipedia.org/wiki/Protein_(nutrient)#Dietary_requirements))

Fat should be 25-35% of total caloric intake. **Saturated fat**, no more than 5-7%.

Fiber is 14g per 1000 kcals consumed.

Oats are naturally **gluten-free**, however, most have been found to be contaminated with varying levels of gluten during processing. According to cureceliacdisease.org (<https://web.archive.org/web/20201212143126/http://www.cureceliacdisease.org/archives/faq/do-oats-contain-gluten>), "Oats can be in a celiac's diet provided they are selected from sources that *guarantee* a lack of contamination by wheat, rye or barley." So if you're a celiac, look for oats labeled gluten-free.

Buying Advice

For the best price, all Amazon listed items include free shipping. Get the whey at Costco or replace it with something else. The remaining items should be picked up locally. The Potassium Citrate and Choline Bitartrate can be purchased in different quantities. Choose the smallest quantities to save \$40 on your initial cost, but pay 40¢ more per day. The largest quantities are used in my recipe.

Mixing Advice

Daily Batches: Eat the calcium chews like the candy they are. Crush the multivitamin between two spoons and mix it in. Add the Canola oil to the dry mix, then stir with a fork to break up the clumps. This way you only have to deal with the oil once instead of each time you fill your shaker/meal bottle. I've been mixing the oil into the dry mix for many months without any negative effects (Mar 2015: the official Soylent just started doing this in v1.4). I make a week's worth of daily batches using separate 42 oz Hoody's Peanuts containers for each batch.

Adding water: I do about a 1:1.5 ratio of soylent to water. Each daily batch makes three 750ml bottles (300ml or 1¼ cup of soylent, the rest water). Using the 90cc scoop that comes with the Cytosport whey, 3 level scoops is what you need. I used to use less water but quickly got tired of the strong flavor. Soylent first, then water, then shake. Do not use a shaker screen or blender ball. The rolled oats make shaking super easy and clumping impossible. Leave in the fridge until drink is chilled. This will soften the oats (★ alternatively add an ice cube, shake or stir, and drink while oats are still firm ★). Once chilled, drink the separated liquid from the top half of the bottle (It's good!). The liquid-to-oat ratio is now perfect to swirl as you drink-and-chew the remaining chewable soylent. Inevitably, some oats will remain once you've finished all the liquid. Just add a shot of water to coax them out or grab a spoon.

Old Measuring Guide for version 2.0

Ingredient	Volume
Rolled oats	2½ cups (very slightly rounded)
Whey	3 scoops (loose, very slightly rounded)
Mega Men Sport	1 scoop packed + ½ Tbs (1½ tsp) packed
Iodized salt	½ tsp
Choline bitartrate	½ tsp (very slightly rounded)
Potassium citrate	1 tsp (very slightly rounded)
Calcium/magnesium	2 tsp (loose, level)
Canola oil	¼ cup

Nutrition Facts	
Amount Per Day	
Calories 1782	40% Carb, 25% Protein, 35% Fat
% Daily Values*	
Total Carbohydrate 181g	
Dietary Fiber 24g	94%
Protein 112g	114%
Total Fat 72g	
Saturated Fat 8g	
Monounsaturated Fat 32g	
Polyunsaturated Fat 14g	
Omega-3 Fatty Acids 5g	233%
Omega-6 Fatty Acids 15g	2352%
Cholesterol 120mg	
Calcium	162% • Vitamin A 117%
Chloride	156% • Vitamin B6 172%
Chromium	100% • Vitamin B12 250%
Copper	207% • Vitamin C 100%
Iodine	356% • Vitamin D 133%
Iron	354% • Vitamin E 176%
Magnesium	103% • Vitamin K 121%
Manganese	476% • Thiamin 225%
Molybdenum	100% • Riboflavin 168%
Phosphorus	230% • Niacin 142%
Potassium	143% • Folate 180%
Selenium	226% • Pantothenic Acid 253%
Sodium	139% • Biotin 100%
Sulfur	287% • Choline 170%
Zinc	179%

* Percent Daily Values are based on "QuidNYC's DRI for Him: Male, 31-50" (web/20201212143126/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd51020000242). You may use the Nutrient Calculator (web/20201212143126/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.




(<https://web.archive.org/web/20201212143126/https://www.completefoods.co/diy/recipes/chewable-soylent-v30-drinkzero-gritrolled-oatsdelicious-1800-kcal>)

The Wayback Machine - <https://web.archive.org/web/20210108140524/https://www.completefoods.co/diy/recipes/quidnycs-female-blend>

QuidNYC's Female Blend

Weight Loss

Tasty!

by QuidNYC ([/web/20210108140524/https://www.completefoods.co/diy/users/QuidNYC](https://web/20210108140524/https://www.completefoods.co/diy/users/QuidNYC)) 

Last updated January 26, 2014

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Buy from Amazon

Amount	Ingredient	\$ / day	Source
200 g	Organic Blue (Purple) Corn Masa Flour	\$1.06	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B0019LBX46?tag=19-72342-20)
36 g	Whey Protein Isolate (Unflavored)	\$0.83	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
26 g	Bob's Red Mill Chia Seeds	\$0.36	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 g	Navitas Naturals Organic Raw Cacao	\$0.54	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B001E5E0Y2?tag=19-72342-20)
11 g	Bob's Red Mill Soy Lecithin Granules	\$0.20	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
5 g	Calcium & Magnesium Citrate	\$0.20	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
4 g	Potassium Citrate	\$0.12	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
4 g	Saigon Cinnamon Powder	\$0.08	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B00ASD2F8O?tag=19-72342-20)
29.57 ml	Extra Virgin Olive Oil	\$0.36	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
14.79 ml	MCT Oil	\$0.28	Amazon (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
1 pill	Rainbow Light Prenatal One Multivitamin	\$0.16	Amazon (S) (https://web.archive.org/web/20210108140524/https://www.amazon.com/dp/B00115BJ30?tag=19-72342-20)
Amounts for:	1 day 	\$4.20	Add Ingredients to Amazon Cart
Total Daily Cost:			

For detailed notes and other information, please see the original (male) version: <https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him> (<https://web.archive.org/web/20210108140524/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

Nutrition Facts

Amount Per Day

Calories 1485

47% Carb, 15% Protein, 38% Fat

	% Daily Values*	
Total Carbohydrate 180g		
Dietary Fiber 32g		154%
Protein 59g		100%
Total Fat 66g		
Saturated Fat 22g		
Monounsaturated Fat 24g		
Polyunsaturated Fat 15g		
Omega-3 Fatty Acids 5g		313%
Omega-6 Fatty Acids 10g		1963%
Cholesterol 4mg		
Calcium	143%	• Vitamin A 218%
Chloride	106%	• Vitamin B6 1261%
Chromium	480%	• Vitamin B12 1094%
Copper	421%	• Vitamin C 154%
Iodine	100%	• Vitamin D 104%
Iron	222%	• Vitamin E 170%
Magnesium	314%	• Vitamin K 122%
Manganese	283%	• Thiamin 994%
Molybdenum	167%	• Riboflavin 968%
Phosphorus	144%	• Niacin 216%
Potassium	101%	• Folate 240%
Selenium	291%	• Pantothenic Acid 351%
Sodium	114%	• Biotin 1000%
Sulfur	313%	• Choline 107%
Zinc	305%	

* Percent Daily Values are based on "QuidNYC's DRI for Her: Female, 31-50, non-gravid, non-lactating"

(/web/20210108140524/https://www.completefoods.co/diy/nutrient-profiles/52a7527a98f7a00200000306). You may use the Nutrient Calculator

(/web/20210108140524/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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The Wayback Machine - <https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent>

Schmoylent

Vegan

Tasty!

by axcho ([/web/20210116211152/https://www.completefoods.co/diy/users/axcho](https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/users/axcho)) 

Last updated November 17, 2016

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Recipe Editor

Photos 3

Variants 205

Buy from Amazon

Amount	Volume	Ingredient	\$ / day	Source
200 g	2 cups	Oat Flour	\$1.47	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B01GL6PXLX?tag=19-72342-20)
110 g	1 cup	Vanilla Rice Protein	\$3.48	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B0033TA8K2?tag=19-72342-20)
107 g	¾ cup	Maltodextrin	\$0.66	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B000MD8AAM?tag=19-72342-20)
9 g	1 tbsp	Psyllium Husk Powder	\$0.13	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
8 g	1¼ tsp	Potassium Citrate	\$0.40	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
4 g	1¼ tsp	Calcium Citrate	\$0.21	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00F8I5XQU?tag=19-72342-20)
4 g	½ tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
2 g	½ tsp	Choline Bitartrate	\$0.08	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00I080C48?tag=19-72342-20)
1 g	¼ tsp	Magnesium Citrate	\$0.06	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00GW5NX9C?tag=19-72342-20)
0.5 g	¼ tsp	Stevia Powder	\$0.07	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)
0.5 g	⅛ tsp	Xanthan Gum	\$0.02	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B0040DWCXG?tag=19-72342-20)
1 pill	1 capsule	One Daily Superfood Multivitamin	\$0.32	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B00B4IKQPG?tag=19-72342-20)
50 ml	3⅓ tbsp	Canola Oil	\$0.40	Amazon (https://web.archive.org/web/20210116211152/https://www.amazon.com/dp/B0051OQPJ0?tag=19-72342-20)
Amounts for:	1 day <input type="button" value="v"/>		\$7.32	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:				

Schmoylent is my take on the official **Soylent 1.0** formula.

It has the exact same macronutrient amounts in each daily serving, and is based on a mix of oat flour, maltodextrin, and rice protein just like **Soylent**. But instead of artificial vanillin, I've used rice protein with natural vanilla flavor, along with a tiny bit of stevia instead of sucralose for those who are sensitive to it (like me!). And it's vegan and soy-free.

Also, check out the *new recipe*, which uses rice flour instead of maltodextrin, as a more natural alternative. Available in three recommended flavors, including the classic Vanilla (<https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent-vanilla>), my personal favorite Cinnamon (<https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent-cinnamon>), and of course, Chocolate (<https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent-chocolate>). And, for the masochists among you, an unsweetened Plain (<https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent-plain>).

If you want to buy some ready-made from me, you can order Schmoylent here (<https://web.archive.org/web/20210116211152/http://custombodyfuel.com/product/schmoylent/>).

Nutrition Facts

Amount Per Day

Calories 2098 48% Carb, 22% Protein, 30% Fat

	% Daily Values*
Total Carbohydrate 252g	100%
Dietary Fiber 27g	102%
Protein 114g	100%
Total Fat 70g	100%
Saturated Fat 7g	
Monounsaturated Fat 37g	
Polyunsaturated Fat 21g	
Omega-3 Fatty Acids 5g	194%
Omega-6 Fatty Acids 16g	212%
Cholesterol 0mg	

Calcium	116%	•	Vitamin A	167%
Chloride	104%	•	Vitamin B6	785%
Chromium	343%	•	Vitamin B12	4167%
Copper	144%	•	Vitamin C	116%
Iodine	175%	•	Vitamin D	167%
Iron	295%	•	Vitamin E	204%
Magnesium	103%	•	Vitamin K	122%
Manganese	435%	•	Thiamin	950%
Molybdenum	1056%	•	Riboflavin	785%
Phosphorus	213%	•	Niacin	144%
Potassium	104%	•	Folate	116%
Selenium	251%	•	Pantothenic Acid	208%
Sodium	127%	•	Biotin	100%
Sulfur	230%	•	Choline	156%
Zinc	149%			

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories, Soy lent 1.0 macros"

([/web/20210116211152/https://www.completefoods.co/diy/nutrient-profiles/53762d2cede3640200d54adf](https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/nutrient-profiles/53762d2cede3640200d54adf)). You may use the Nutrient Calculator ([/web/20210116211152/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20210116211152/https://www.completefoods.co/diy/recipes/schmoylent>)

The Wayback Machine - <https://web.archive.org/web/20190725171802/https://www.completefoods.co/diy/recipes/chocolate-silk>

Chocolate Silk

[Weight Loss](#)
[Tasty!](#)

 by hharris (</web/20190725171802/https://www.completefoods.co/diy/users/hharris>) 

Last updated January 21, 2015

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Overview	Reviews	Comments 25	Recipe Editor	Variants 27	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
53 g	Whey Protein (Body Fortress Super Advanced)	\$0.93	Local (Walmart)
124 g	rice flour	\$0.44	amazon (Local korean market has it for \$1/lb OMG) (https://web.archive.org/web/20190725171802/https://www.amazon.com/dp/B004VLSV7I?tag=19-72342-20)
60 g	Pre-cooked Masa (Masa Precocida)	\$0.08	local (Walmart)
50 g	Brown Sugar	\$0.11	local
52 g	cocoa powder (Toll House)	\$0.55	Local (Walmart)
32 g	Soybean Oil (Nutrioli)	\$0.08	Walmart
4 g	Iodized Salt	\$0.00	Local (HT)
1 g	rainbow light just once women's one multivitamin	\$0.12	Amazon (https://web.archive.org/web/20190725171802/https://www.amazon.com/dp/B0009KNLV6?tag=19-72342-20)
1 portion	Choline bitartrate	\$0.16	iHerb (https://web.archive.org/web/20190725171802/http://www.iherb.com/advance-physician-formulas-inc-choline-bitartrate-650-mg-60-capsules/54565?rcode=jbv822)
7 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.26	iHerb (https://web.archive.org/web/20190725171802/http://www.iherb.com/now-foods-calcium-magnesium-8-oz-227-g/455?rcode=jbv822)
3 g	MSM Sulfur Powder (Doctor's Best)	\$0.11	iHerb (https://web.archive.org/web/20190725171802/http://www.iherb.com/doctor-s-best-best-msm-powder-250-g/5?rcode=jbv822)
2.5 g	Potassium chloride	\$0.06	iHerb (https://web.archive.org/web/20190725171802/http://www.iherb.com/now-foods-potassium-chloride-powder-8-oz-227-g/777?rcode=jbv822)
17 g	Potassium Gluconate	\$0.45	iHerb (https://web.archive.org/web/20190725171802/http://www.iherb.com/now-foods-potassium-gluconate-100-pure-powder-1-lb-454-g/13939?rcode=jbv822)
Amounts for:	<input type="text" value="1 day"/>	\$3.35	Add Ingredients to Amazon Cart
Total Daily Cost:			

7/13/15 UPDATE!!!

I wanted to let you know that I've made another version of this recipe that KICKS ASS

(<https://web.archive.org/web/20190725171802/https://www.completefoods.co/diy/recipes/chocolate-silk-for-active-people>)!

Features:

- Lots more protein (127g)
- Lots less carbs (171g)
- Lots less corn/rice flour!!!! (WAY better texture)
- 1600 calories
- Smack-ya-in-the-face chocolate flavor

Seriously. Check it out. (<https://web.archive.org/web/20190725171802/https://www.completefoods.co/diy/recipes/chocolate-silk-for-active-people>)

I want to let you know about another version of this for *active* people with closer to a 40/30/30 macronutrient ratio

The major complaint with the Bachelorette Chow series is the texture. The oat flour seemed to give it a definite... lumpiness... that was hard to get around. The Chocolate Silk recipe uses rice flour instead, and the texture is unbelievable.

Silky and smooth, this formulation is also high in flavor because it uses a boatload of cocoa powder to make up for the rice flour's lack of iron and fiber. The result is an intensely flavored, immensely healthy chocolate milk clone that tastes too good to be true.

NOTES

1/5/15 — Went AWOL for a minute, sorry. Hallo! Back now. I did do a 30-day diet last October and it went very well. Had labs done throughout to make sure my body wasn't falling apart, and everything looked good normal. Lost 10 lbs, too. Felt great.

The real obstacle to the all-Soylent diet is honestly the mental one. It takes a couple weeks before it *clicks* and your brain accepts the liquid diet. After you get over the hump, though, it feels good.

I have an **event** in April I want to look good for, so I'm back on the sauce. I'll drop in periodically to let you know how it goes.

Prep Notes

- The whey protein is the Vanilla flavor. With all the cocoa, chocolate flavored would be too strong.
- It's best to LET IT SIT a couple hours, preferably overnight before drinking. This lets the masa relax and thicken, so it's not like drinking sand.
- Get a blender bottle (or 2 or 3) and shake it up when drinking to keep your Soylent reasonably mixed. You don't want to get to the end of your pitcher and realize you got dregs to munch on. Keep it well mixed.
- I make a couple weeks' worth at a time and store it in a big 10-gal bucket with a top I got @ Walmart. Works great. Conversion is 3 cups + 3 Tbsp of the mix + 2 Liters of water/day.
- YES you can add the oil into the mix. I was hesitant to do so @ first for fear it might go rancid, but I kept forgetting to add the oil later and would wind up *starving!* It's fine for a month or so at least. I haven't tested the upper limits.
- It's good to run the bulk mixture through a food processor so it's evenly mixed, especially if you add the oil in.
- IT IS TOTALLY WORTH IT to get powdered versions of ingredients over tablets. There's a choline caplet with powder inside that is like \$2 more on iHerb, but SO worth it (no grinding!) Also, never never never run out of Potassium Gluconate powder. You do not want to be caught grinding up an entire bottle of tabs from the drugstore. Misery.
- I see some folk having concerns about the niacin in here, which is understandable, but I haven't had adverse effects. The upper limit according to the DRI preset is **35 mg** and this recipe contains **35.138 mg** (not a lot over). Niacin therapy is regularly used for cholesterol treatment, and those doses are 2-3 *grams* or more — many times what's in this recipe. The symptom of taking too much niacin? Your face gets flushed.

Nutrition Facts

Amount Per Day

Calories 1501 59% Carb, 16% Protein, 25% Fat

% Daily Values*

Total Carbohydrate 231g **123%**

Dietary Fiber 26g **106%**

Protein 62g **102%**

Total Fat 44g **106%**

Saturated Fat 12g

Monounsaturated Fat 10g

Polyunsaturated Fat 20g

Omega-3 Fatty Acids 2g **208%**

Omega-6 Fatty Acids 18g **148%**

Cholesterol 110mg

Calcium 111% • Vitamin A 715%

Chloride 156% • Vitamin B6 1984%

Chromium 800% • Vitamin B12 1042%

Copper 142% • Vitamin C 160%

Iodine 225% • Vitamin D 185%

Iron 100% • Vitamin E 348%

Magnesium 362% • Vitamin K 142%

Manganese 326% • Thiamin 2363%

Molybdenum 167% • Riboflavin 2316%

Phosphorus	105%	• Niacin	251%
Potassium	112%	• Folate	241%
Selenium	429%	• Pantothenic Acid	529%
Sodium	114%	• Biotin	500%
Sulfur	150%	• Choline	161%
Zinc	203%		

* Percent Daily Values are based on "Female Sedentary - weight loss goal 1500 calories"

(/web/20190725171802/https://www.completefoods.co/diy/nutrient-profiles/522a2e759cd729020000203). You may use the Nutrient Calculator (/web/20190725171802/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20190725171802/https://www.completefoods.co/diy/terms>)

The Wayback Machine - <https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/recipes/quidnycs-significantly-more-r...>

QuidNYC's Significantly More Realistic DIY Rendition of the "Official" Soylent

by QuidNYC ([/web/20201218032826/https://www.completefoods.co/diy/users/QuidNYC](https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/users/QuidNYC)) 

Last updated September 11, 2014

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Overview	Reviews ²	Comments ²²	Recipe Editor	Variants ¹⁹	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
150 g	Oat Flour	\$0.36	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B009D4XDO4?tag=19-72342-20)
150 g	Maltodextrin	\$0.41	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B0098QJPO4?tag=19-72342-20)
75 g	Brown Rice Protein Isolate	\$2.63	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B0084WRQB2?tag=19-72342-20)
20 g	Psyllium Husk Powder	\$0.23	Amazon (S) (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B001G7R734?tag=19-72342-20)
9 g	Calcium & Magnesium Citrate	\$0.36	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
6 g	Potassium Citrate	\$0.17	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
6 g	Soy Lecithin	\$0.11	Amazon (S) (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
50 ml	Canola Oil (not recommended - see notes)	\$0.17	Amazon (S) (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B0045TIGT4?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
1 portion	Thorne Research Vitamin D / K2 Liquid	\$0.02	Amazon (https://web.archive.org/web/20201218032826/https://www.amazon.com/dp/B0038NF8MG?tag=19-72342-20)
Amounts for:	1 day <input type="button" value="v"/>	\$4.55	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:			

This is an attempt to create a DIY recipe that approximates the "official" Soylent as specified here

(<https://web.archive.org/web/20201218032826/http://blog.soylent.me/post/68180382810/soylent-1-0-macronutrient-overview>), here

(<https://web.archive.org/web/20201218032826/http://blog.soylent.me/post/69835344439/soylent-micronutrient-breakdown>), and here

(<https://web.archive.org/web/20201218032826/http://discourse.soylent.me/t/production-questions/10703/10?u=quidnyc>).

In this version of the recipe, I have attempted to optimize the ingredients -- such as using a pre-combined vitamin supplement -- in order to make it significantly more suitable for assembly in a DIY context.

For the more authentic / "overly faithful" rendition of the "official" Soylent, please see: <https://www.completefoods.co/diy/recipes/quidnycs-overly-faithful-diy-rendition-of-the-official-soylent>

(<https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/recipes/quidnycs-overly-faithful-diy-rendition-of-the-official-soylent>)

That said, I don't actually think it's a good idea for people to consume canola oil on purpose. For my recommended "Superfood" DIY formula, please see: <https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>

(<https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

If you're particularly concerned about costs, you might want to take a look at my "Cheaperfood" recipe, which cuts some corners without crossing any nutritional red lines: <https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood>

(<https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/recipes/quidnycs-cheaperfood>)

On "Vegetable" Oils and Oxidative Stress:

My primary concerns about soybean oil and canola oil have to do with the role of oxidative stress, which may be particularly acute in circumstances where degraded polyunsaturated fats represent a large proportion of one's total lipid intake:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/>

(<https://web.archive.org/web/20201218032826/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215974/>)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/>

(<https://web.archive.org/web/20201218032826/http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126710/>)

I have chosen to substitute olive oil in particular in my own recipes since there is evidence that it actually has a protective role in terms of oxidative stress: <http://www.ncbi.nlm.nih.gov/pubmed/22236145>

(<https://web.archive.org/web/20201218032826/http://www.ncbi.nlm.nih.gov/pubmed/22236145>)

If I had to sum up the basic organizing principle of my "Superfood

(<https://web.archive.org/web/20201218032826/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)" recipe, it is to ensure that all sources of polyunsaturated fat have been degraded as little as possible -- i.e., that they are fresh, minimally processed, and carefully stored. I believe industrially processed seed oils like soybean and canola are highly suspect in that regard.

I see a number of red flags when it comes to the production of canola oil (and of other seed / "vegetable" oils). The GMO seeds are heated and crushed to extract the oil, a process which immediately turns it rancid (due to oxidative damage to the polyunsaturated fats). The oil is then "refined" with hexane, bleached, and deodorized. Then, bon appétit. It's unclear to me how much that process is truly mitigating the oxidative damage that is done to the lipids, or how much it is simply covering it up. Either way, it seems prudent to get your lipids from a source where none of that is even part of the equation.

In the end, it's your call. Maybe canola isn't that bad. But personally, I'd rather consume something that has been demonstrated as safe -- and even beneficial in terms of human health -- over a period of thousands of years (i.e., extra-virgin olive oil).

Nutrition Facts

Amount Per Day

Calories 2004

52% Carb, 18% Protein, 30% Fat

		% Daily Values*
Total Carbohydrate 259g		104%
Dietary Fiber 29g		102%
Protein 89g		104%
Total Fat 67g		103%
Saturated Fat 7g		
Monounsaturated Fat 36g		
Polyunsaturated Fat 20g		
Omega-3 Fatty Acids 5g		223%
Omega-6 Fatty Acids 15g		2311%
Cholesterol 0mg		
Calcium	110%	• Vitamin A 117%
Chloride	109%	• Vitamin B6 168%
Chromium	100%	• Vitamin B12 250%
Copper	173%	• Vitamin C 100%
Iodine	100%	• Vitamin D 217%
Iron	443%	• Vitamin E 200%

Magnesium	266%	• Vitamin K	142%
Manganese	362%	• Thiamin	212%
Molybdenum	100%	• Riboflavin	145%
Phosphorus	112%	• Niacin	139%
Potassium	104%	• Folate	137%
Selenium	193%	• Pantothenic Acid	206%
Sodium	106%	• Biotin	100%
Sulfur	201%	• Choline	115%
Zinc	144%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories (fixed fiber requirement, ω-6 & ω-3 PUFA requirements)" ([/web/20201218032826/https://www.completefoods.co/diy/nutrient-profiles/52c4b5840a55d90200000363](https://www.completefoods.co/diy/nutrient-profiles/52c4b5840a55d90200000363)). You may use the Nutrient Calculator ([/web/20201218032826/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.


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(<https://web.archive.org/web/20201218032826/https://www.completefoods.co/>)

[03/2015] NerdShake v1.2.1 [100% Amazon DE/AT/CH] [European] [Many natural parts] [Male/Female 18+] [See Notes]

by guesste (/web/20210119220514/https://www.completefoods.co/diy/users/gueste) 

Last updated May 6, 2015

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Overview	Reviews ⁵	Comments ¹³²	Recipe Editor	Variants ¹⁷	Buy from Amazon
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Amount	Ingredient	€ / day	Source
210 g	Schottischer Hafer [Prime]	€0.69	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00CHJ3H4I?tag=19-82342-21)
120 g	Maltodextrin [Prime]	€0.44	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00BSOC4DS?tag=19-82342-21)
70 g	BodyWorldGroup Protein 98% [Prime]	€0.58	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00CYGYU1S?tag=19-82342-21)
20 g	Gerstengras [Prime]	€0.52	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B004RJ46GO?tag=19-82342-21)
15 g	Sanct Bernhard Lecithin Vital-Granulat	€0.45	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B0080ESBM2?tag=19-82342-21)
15 g	Indische Flohsamen	€0.11	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B008FWVGTY?tag=19-82342-21)
4 g	Natron (Natriumhydrogencarbonat)	€0.01	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00383APOW?tag=19-82342-21)
2 g	Kaliumchlorid	€0.02	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B006QRUXU8?tag=19-82342-21)
1 portion	Vitamin D Granulat	€0.16	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00LD22ESK?tag=19-82342-21)
1 pill	Biofood Mega Mineral [Prime]	€0.10	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B00NDSYW14?tag=19-82342-21)
35 g	Rapsöl [Prime]	€0.23	Amazon DE (https://web.archive.org/web/20210119220514/https://www.amazon.de/dp/B003SLF7YW?tag=19-82342-21)
Amounts for:	1 day <input type="button" value="v"/>	Total Daily Cost: €3.30	<input type="button" value="Add Ingredients to Amazon Cart"/>

GERMAN / DEUTSCH:

Hinweis 13. März 2015: Aus gegebenem Anlass (siehe mein Kommentar im Kommentarbereich) habe ich das Rezept komplett überarbeitet. Ziel der neuen Version ist es, möglichst viele Nährstoffe aus natürlichen Power Foods (in diesem Falle Gerstengras) und Pulvern zu beziehen, um so möglichst wenige Tabletten zu sich nehmen zu müssen (aktuell ist es nur 1 Tablette, zur Ergänzung der Mineralstoffe). Gerstengras bietet eine hohe Bio-Verfügbarkeit der Nährstoffe und auch viele Antioxidantien und sekundäre Pflanzenstoffe. Die Zutatenliste ist nun kürzer und der Großteil der Produkte sind Amazon-Prime-Produkte. Alle Amazon-Preise wurden aktualisiert. Das Protein wurde reduziert und es wurden Zutaten getauscht, der Geschmack sollte auf jeden Fall anders sein als zuvor. Der Preis ist noch weiter gesunken, während die Nährstoffe nun besser den Empfehlungen innerhalb des EU-Raums entsprechen. Als Beispiel sei der Omega6-Gehalt und auch Proteingehalt genannt, welcher laut EU-Empfehlungen 0,83g pro Kilo Körpergewicht beträgt -> was bei einer 80 Kilo schweren Person lediglich 66,4g Protein wären.

Das Verhältnis Kohlenhydrate/Eiweiß/Fett deckt sich nun auch schön mit den häufigsten Empfehlungen: In den gängigen Richtlinien wird für eine ausgewogene Ernährung folgendes empfohlen:

eine Eiweißzufuhr von 10 – 15 % ; eine Fettzufuhr < 30 % ; eine Kohlenhydratzufuhr von 55 – 60 %

Für die verwendeten RDA-Empfehlungen für Mineralstoffe wurden in der aktuellen Rezeptversion 1:1 die EU-Empfehlungen herangezogen:

<http://www.eufic.org/pdfarticle/en/expid/miniguide-minerals/colour/G/?staging=1&rnd=48972720>

([https://web.archive.org/web/20210119220514/http://www.eufic.org/pdfarticle/en/expid/miniguide-minerals/colour/G/?](https://web.archive.org/web/20210119220514/http://www.eufic.org/pdfarticle/en/expid/miniguide-minerals/colour/G/?staging=1&rnd=48972720)

[staging=1&rnd=48972720](http://www.eufic.org/pdfarticle/en/expid/miniguide-minerals/colour/G/?staging=1&rnd=48972720))

Ich werde diese Version natürlich selbst testen, aber erst Mitte April. Wer natürlich vorher selbst testen will, wie immer die Warnung, dass das Rezept noch nicht verkostet wurde.

Zum Mischen werde ich diesmal diesen Shaker verwenden: <http://www.amazon.de/dp/B00F2HUL8C/>

(<https://web.archive.org/web/20210119220514/http://www.amazon.de/dp/B00F2HUL8C/>) (alle Zutaten rein und mit Wasser anfüllen (oder die Zutaten ggf. auch auf 2-3 Portionen pro Tag aufteilen, falls der Shake zu dickflüssig wird mit sämtlichen Zutaten auf einmal). Dann über den Tag verteilt trinken. Zusätzlich noch 1,5-2L reines Wasser trinken pro Tag, oder bei Aufteilung der Zutaten auf mehrere Shakes pro Tag auch weniger.

Liebe Gemeinde,

das Rezept meines NerdShake hat zum Ziel, möglichst ausgewogen und komplett zu sein. Insbesondere wird auch auf das Mengenverhältnis von Omega 6 zu Omega 3 geachtet. (Grundsätzlich werden Verhältnisse von 2:1 - 5:1 als ideal angesehen.)

Die Omega-Verhältnisse, die verschiedene Öle zu bieten haben, findet ihr schön aufgelistet hier: <https://stuttgart.lieferladen.de/online-supermarkt-stuttgart/themenwelten/ernaehrungsberatung-omega-3-und-omega-6.html>

(<https://web.archive.org/web/20210119220514/https://stuttgart.lieferladen.de/online-supermarkt-stuttgart/themenwelten/ernaehrungsberatung-omega-3-und-omega-6.html>)

Der Preis pro Tag, denke ich, ist ein guter Kompromiss.

Die Amazon-Liste kann problemlos aus Deutschland und aus Österreich bestellt werden, wobei in Österreich höhere Lieferkosten anfallen können (ich selbst lebe in Österreich). Welche Lieferkosten genau entstehen, seht ihr im Amazon Warenkorb, bevor ihr die Bestellung abschickt.

Einzelne Zutaten, bei welchen keine spezielle Marke angegeben ist, können außerdem auch in einem lokalen Supermarkt besorgt werden und müssen nicht extra über Amazon bezogen werden.

Optional, für einen einmaligen Kauf empfehle ich euch einen luftdichten und schüttelbaren Shaker mit knapp einem Liter Volumen. - z.B.:

<http://www.amazon.de/dp/B00F2HUL8C/> (<https://web.archive.org/web/20210119220514/http://www.amazon.de/dp/B00F2HUL8C/>)

Für die Mineralstoff-Tablette kann u.U. ein Tablettenmörser verwendet werden (wenn man sie beimengen möchte):

<http://www.amazon.de/gp/product/B000XPGDU8/>

(<https://web.archive.org/web/20210119220514/http://www.amazon.de/gp/product/B000XPGDU8/>)

Ansonsten: Ich freue mich über Feedback und werde euch über meine NerdShake-Reise am Laufenden halten :-)

Grüße, Stefan

Zubereitung: Die Spalte "Amount" stellt die Komplett-Versorgung für einen Tag dar. Es ist so gedacht, dass alle Zutaten in den angegebenen Mengen zusammengemischt werden (inklusive der Tabletten, welche leicht mit einem Tablettenmörser zerstäubt werden können). Ich empfehle das in einem luftdichten Plastik-Krug zu machen und ihn komplett mit Wasser aufzufüllen (und anschließend zu schütteln, bis alles gut vermischt ist). Der Inhalt des Kruges kann dann beliebig über den Tag konsumiert werden (zum Beispiel jeweils zu den Mahlzeiten 1/3 des Kruges oder je nach Belieben).

Ich empfehle, den Shake vor dem Konsum eine Zeit lang im Kühlschrank zu lassen (z.B. über Nacht), und dann erst zu trinken (vor dem Trinken nochmals schütteln).

Bestell-Tipp: Um monatliche Versandkosten zu sparen, bietet es sich an, verschiedene Zutaten gleich in größeren Mengen zu bestellen und einzelne Zutaten je nach Verfügbarkeit in lokalen Geschäften zu besorgen. Zutaten, die im Namen keine spezifischen Markennamen enthalten, können herstellerunabhängig gekauft werden.

CHANGELOG:::

v1.2.1 - kleine Variationen der Mengenangaben als Reaktion auf einen Kommentar. Haferanteil erhöht, Preis gesunken.

v1.2 - siehe Hinweis oben

v1.1.1 - stabiles Release für einen längeren Testzeitraum; Zusammenstellung aufgrund persönlicher Tests mit allen Zutaten der vorherigen Rezept-Versionen. Version auch gut geeignet für sportliche Personen, aufgrund des Protein- & Kohlenhydrate-Anteils.

v1.1.0 - Ersatz des Maismehls durch geschmacksneutrale Instant-Hafer & Maltodextrin als neue Kohlenhydrat-Quellen, da das Maismehl den angenehmen leichten Vanille-Geschmack der Protein-Quellen unangenehm überlagert hat. Adjustierung verschiedener Zutaten-Mengen -> Resultat: höherer Protein-Anteil, dafür etwas weniger Kohlenhydrate und Fett; optimaleres Omega3/6 Verhältnis; Kalorien näher am 2000er-Ziel

v1.0.6 - Auf Community-Anfrage/Feedback: Niedrigerer Vitamin A-Level & Niacin-Level durch Ergänzung der vorhandenen Protein-Quelle um eine weitere

v1.0.5 - Wechsel der Öl-Mengenangaben auf g statt ml (100ml Speiseöl = rund 90g)

v1.0.4 - Wechsel der Öl-Kombinationen; Tausch des Hanföls gegen preiswerteres Rapsöl; Verbesserung der Omega3/6-Mengen

v1.0.3 - Zutat "MSM" entfernt, da der tägliche Schwefelbedarf bereits durch die schwefelhaltigen Aminosäuren L-Cystein & L-Methionin im Protein-Mix ausreichend abgedeckt wird. Siehe auch <http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/23?u=gueste> (<https://web.archive.org/web/20210119220514/http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/23?u=gueste>) & <http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/15?u=gueste> (<https://web.archive.org/web/20210119220514/http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/15?u=gueste>) --- die Menge der schwefelhaltigen Aminosäuren liste ich nun aufgrund dieses Vorschlages <http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/16?u=gueste> (<https://web.archive.org/web/20210119220514/http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/16?u=gueste>) im Feld "Sulfur" des Rezeptes.

v1.0.2 - Tägliche Omega3-Zufuhr verringern, um nicht 5g/Tag zu überschreiten

v1.0.1 - Entfernung Lecithin-Softgel-Kapseln (nicht benötigt)

v1.0 - Erst-Veröffentlichung

Die Anwendung dieses Rezeptes erfolgt ausschließlich auf eigene Verantwortung. Im Zweifel immer zuerst einen Arzt konsultieren.

Nutrition Facts

Amount Per Day

Calories 2066

55% Carb, 16% Protein, 29% Fat

		% Daily Values*
Total Carbohydrate	279g	111%
Dietary Fiber	34g	138%
Protein	79g	120%
Total Fat	67g	122%
Saturated Fat	7g	
Monounsaturated Fat	29g	
Polyunsaturated Fat	22g	
Omega-3 Fatty Acids	4g	120%
Omega-6 Fatty Acids	18g	112%
Cholesterol	0.63mg	

Calcium	125%	• Vitamin A	381%
Chloride	119%	• Vitamin B6	136%
Chromium	100%	• Vitamin B12	219%
Copper	194%	• Vitamin C	159%
Iodine	130%	• Vitamin D	215%
Iron	196%	• Vitamin E	108%
Magnesium	187%	• Vitamin K	276%
Manganese	489%	• Thiamin	224%
Molybdenum	940%	• Riboflavin	226%
Phosphorus	147%	• Niacin	134%
Potassium	130%	• Folate	252%
Selenium	266%	• Pantothenic Acid	115%

Sodium	120%	• Biotin	151%
Sulfur	200%	• Choline	128%
Zinc	171%		

* Percent Daily Values are based on "EU RDI/RDA" (/web/20210119220514/https://www.completefoods.co/diy/nutrient-profiles/55025078561cabab6ede50d0). You may use the Nutrient Calculator (/web/20210119220514/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20210119220514/https://www.completefoods.co/diy/terms)


The Wayback Machine - <https://web.archive.org/web/20190722152004/https://www.completefoods.co/diy/recipes/highprotein-mediumcarb-weightlifti...>

High-protein, medium-carb weightlifting food

Weight Loss

Bodybuilding

Tasty!

by jadamgo (/web/20190722152004/https://www.completefoods.co/diy/users/jadamgo)  Last updated October 30, 2013 Copy

Overview

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Buy from Amazon

Amount	Ingredient	\$ / day	Source
200 g	Oat Flour/Powder	\$0.82	Local (https://web.archive.org/web/20190722152004/http://www.bobsredmill.com/whole-grain-oat-flour.html)
115 g	Soy protein isolate	\$2.29	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B000CDMFW6?tag=19-72342-20)
80 g	Lean Body MRP	\$2.21	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B00384ABT0?tag=19-72342-20)
45 g	Dextrose	\$0.24	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B002JNM8YM?tag=19-72342-20)
35 g	Dutch Cocoa powder	\$0.67	Local
20 g	Bob's Red Mill Flaxseed Meal	\$0.12	Local
5 g	Now Foods Creatine Monohydrate	\$0.17	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B0013OXD38?tag=19-72342-20)
3 g	Table Salt, iodized	\$0.02	Local
3 g	NOW Potassium Gluconate	\$0.09	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B0015C2Z12?tag=19-72342-20)
3 g	Vitamin Shoppe Multivitamin/mineral powder	\$0.21	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B0001VKY72?tag=19-72342-20)
17 g	Canola Oil	\$0.04	Local
16 ml	Lecithin	\$0.33	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
3 pill	NOW Foods Glucosamine/Chondroitin/MSM	\$0.37	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B0013OSMRK?tag=19-72342-20)
2 pill	Now Foods Vitamin D-3 & K-2	\$0.09	Amazon (https://web.archive.org/web/20190722152004/https://www.amazon.com/dp/B0019QT9LA?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	Total Daily Cost: \$7.66	<input type="button" value="Add Ingredients to Amazon Cart"/>

This recipe is for resistance-training athletes who want lots of protein with fewer carbs than most soylent recipes include. This soylent does not include enough carbs for high-volume aerobic work -- endurance athletes and cardio lovers beware, you'll need to add plenty of carbohydrate!

There are two goals for this recipe:

- Improve body composition by enhancing growth of muscle mass while minimizing gains in fat
- Speed CNS and bodily recovery from strenuous exercise by providing plenty of nutritional value and caloric energy

I intend this to be useful for beginning and intermediate bodybuilders and powerlifters. It's designed to be compatible with mild to moderate-intensity bulking and cutting phases by supplying enough protein and vitamins to aid recovery even if you change the amount of calories. You can do so by adding or reducing dextrose, oat flour, oil, and soy protein isolate -- but don't alter the amount of Lean Body MRP powder because it contains most of the vitamins in this recipe!

This recipe would require more significant modifications to be appropriate for advanced bodybuilders or powerlifters, especially those who use AAS, so I wouldn't recommend it if that describes you.

Please note that if you cut the sugar to a very low level you may need to sweeten the recipe to taste using sucralose. If you object to sucralose, you could instead use stevia or a sugar alcohol like xylitol.

You can enhance the taste by adding powdered cinnamon, nutmeg, clove, or allspice.

Nutrition Facts

Amount Per Day

Calories 2268 40% Carb, 31% Protein, 29% Fat

	% Daily Values*
Total Carbohydrate 229g	102%
Dietary Fiber 37g	132%
Protein 175g	106%
Total Fat 73g	104%
Saturated Fat 8g	
Monounsaturated Fat 17g	
Polyunsaturated Fat 17g	
Omega-3 Fatty Acids 6g	292%
Omega-6 Fatty Acids 12g	

Cholesterol 80mg

Calcium	118%	• Vitamin A	136%
Chloride	107%	• Vitamin B6	454%
Chromium	125%	• Vitamin B12	120%
Copper	446%	• Vitamin C	252%
Iodine	117%	• Vitamin D	376%
Iron	246%	• Vitamin E	387%
Magnesium	201%	• Vitamin K	132%
Manganese	459%	• Thiamin	518%
Molybdenum	910%	• Riboflavin	376%
Phosphorus	312%	• Niacin	176%
Potassium	115%	• Folate	139%
Selenium	159%	• Pantothenic Acid	399%
Sodium	153%	• Biotin	416%
Sulfur		• Choline	105%
Zinc	175%		

* Percent Daily Values are based on "40:30:30 plan for Resistance Athletes" (/web/20190722152004/https://www.completefoods.co/diy/nutrient-profiles/525f2027fad821020000044b). You may use the Nutrient Calculator (/web/20190722152004/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20190722152004/https://www.completefoods.co/diy/nutrient-profiles/calculator)

The Wayback Machine - <https://web.archive.org/web/20210119205855/https://www.completefoods.co/diy/recipes/australian-soy-lent-10-improve...>

Australian Soy lent 1.0 - Improved logistics, Refined nutrient profiles - no oil - WPC

Tasty!

by deselected (</web/20210119205855/https://www.completefoods.co/diy/users/deselected>)

Last updated April 18, 2015

Copy

Amount	Ingredient	\$ / day	Source
280 g	Fine Powdered Oats	\$2.07	Bulk Powders (https://web.archive.org/web/20210119205855/http://www.bulkpowders.com.au/shop-by-range/carbohydrate-supplements/carbohydrate-powders/superfine-oats.html)
100.48 g	Whey Protein Concentrate	\$2.32	Bulk Powders (https://web.archive.org/web/20210119205855/http://www.bulkpowders.com.au/whey-protein-concentrate-natural-aus.html)
97.2 g	LoGI Cane Sugar	\$0.46	Coles (https://web.archive.org/web/20210119205855/http://shop.coles.com.au/online/national/csr-sugar-logicane)
10 g	Linseed Meal (Flaxseed)	\$0.11	Coles (https://web.archive.org/web/20210119205855/http://shop.coles.com.au/online/nsw-metro-burwood/coles-linseed-meal)
16.65 g	Lecithin	\$0.51	Coles (https://web.archive.org/web/20210119205855/http://shop.coles.com.au/online/nsw-metro-burwood/coles-brand-lecithin-granules)
2.215 g	Table Salt	\$0.01	Coles (https://web.archive.org/web/20210119205855/http://shop.coles.com.au/online/nsw-metro-burwood/saxa-table-salt-plain)
3.33 g	Potassium Chloride	\$0.06	iHerb (https://web.archive.org/web/20210119205855/http://www.iherb.com/now-foods-potassium-chloride-powder-8-oz-227-g/777?rcode=jbv822)
1.421 g	Calcium Carbonate	\$0.02	iHerb (https://web.archive.org/web/20210119205855/http://www.iherb.com/now-foods-calcium-carbonate-100-pure-powder-12-oz-340-g/480?rcode=jbv822)
2 pill	Opti-Women Multivitamin	\$0.35	iHerb (https://web.archive.org/web/20210119205855/http://www.iherb.com/optimum-nutrition-opti-women-nutrient-optimization-system-120-capsules/38973?rcode=jbv822)
Amounts for: 1 day		\$5.92	Add Ingredients to Amazon Cart
Total Daily Cost:			

UPDATE 19-APR-2015: Removed MSM as whey protein contains cysteine and methionine providing enough SAA, see <http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/13> (<https://web.archive.org/web/20210119205855/http://discourse.soylent.me/t/sulfur-intake-recommendations/2637/13>)

Switched WPI for WPC as it's cheaper.

Lo GI cane sugar has an advertised GI of 50, much lower than maize starch or maltodextrin which is variously reported around 100. Starch tastes bad and is difficult to handle and sugar is easier to source logistically.

Potassium chloride has a much higher content of potassium than gluconate, again bringing cost down as less is needed to get the potassium RDI. Also provides a source of chloride other than table salt so I can bring the sodium intake down.

Switched the calcium/magnesium tablets for calcium carbonate powder for easier logistics, so now the only pill is the multivitamin. Sufficient magnesium comes from the oats and protein given the extended nutrient profile.

Linseed/flaxseed meal instead of flaxseed oil for easier logistics and handling. Oil makes everything more difficult to clean and is annoying to transport. Without oil everything can easily just be rinsed clean.

Works great split into 3 meals a day mixed with water to become about 500mL of liquid a meal, easy to just down in a few gulps if you're in a rush.

- Refined oats nutrition profile <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/7440/2> (<https://web.archive.org/web/20210119205855/http://nutritiondata.self.com/facts/cereal-grains-and-pasta/7440/2>) (Molybdenum, Biotin, Iodine values from <http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=109> (<https://web.archive.org/web/20210119205855/http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=109>))

- Refined whey nutrition profile <http://nutritiondata.self.com/facts/custom/1360377/2?quantity=0.25>
(<https://web.archive.org/web/20210119205855/http://nutritiondata.self.com/facts/custom/1360377/2?quantity=0.25>)
- Refined lecithin nutrition profile <http://nutritiondata.self.com/facts/fats-and-oils/592/2>
(<https://web.archive.org/web/20210119205855/http://nutritiondata.self.com/facts/fats-and-oils/592/2>)
http://en.wikipedia.org/wiki/Choline#Food_sources_of_choline
(https://web.archive.org/web/20210119205855/http://en.wikipedia.org/wiki/Choline#Food_sources_of_choline)
- Refined flaxseed nutrition profile <http://nutritiondata.self.com/facts/fats-and-oils/7554/2>
(<https://web.archive.org/web/20210119205855/http://nutritiondata.self.com/facts/fats-and-oils/7554/2>)
- Refined salt nutrition profile <http://nutritiondata.self.com/facts/spices-and-herbs/216/2>
(<https://web.archive.org/web/20210119205855/http://nutritiondata.self.com/facts/spices-and-herbs/216/2>)

Nutrition Facts

Amount Per Day	
Calories 2010	55% Carb, 23% Protein, 22% Fat
	% Daily Values*
Total Carbohydrate 270g	108%
Dietary Fiber 31g	113%
Protein 114g	100%
Total Fat 48g	108%
Saturated Fat 10g	
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Omega-3 Fatty Acids 4g	472%
Omega-6 Fatty Acids 16g	1080%
Cholesterol 0mg	
Calcium	100% • Vitamin A 100%
Chloride	108% • Vitamin B6 1564%
Chromium	343% • Vitamin B12 4167%
Copper	360% • Vitamin C 278%
Iodine	145% • Vitamin D 150%
Iron	149% • Vitamin E 340%
Magnesium	170% • Vitamin K 100%
Manganese	715% • Thiamin 1843%
Molybdenum	616% • Riboflavin 1562%
Phosphorus	219% • Niacin 153%
Potassium	100% • Folate 175%
Selenium	305% • Pantothenic Acid 413%
Sodium	100% • Biotin 1020%
Sulfur	163% • Choline 107%
Zinc	222%

* Percent Daily Values are based on "Soylent 1.0 - Deselected" (<https://web/20210119205855/https://www.completefoods.co/diy/nutrient-profiles/538f361cd90dda02004c83c6>). You may use the Nutrient Calculator (<https://web/20210119205855/https://www.completefoods.co/diy/nutrient-profiles/calculator>) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20210119205855/https://www.completefoods.co>)

The Wayback Machine - <https://web.archive.org/web/20201215121238/https://www.completefoods.co/diy/recipes/quidnycs-hot-java-ketofood-for-therm...>

QuidNYC's "Hot Java" Ketofood (for Thermogenic Ketosis)

Weight Loss

Ketogenic

Tasty!

by QuidNYC ([/web/20201215121238/https://www.completefoods.co/diy/users/QuidNYC](https://web/20201215121238/https://www.completefoods.co/diy/users/QuidNYC))

Last updated March 8, 2014

 Copy

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Buy from Amazon

Amount	Ingredient	\$ / day	Source
60 g	Organic Coconut Flour	\$0.25	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B008RJMZA4?tag=19-72342-20)
50 g	NutraBio "Java" Whey Protein Isolate (x4)	\$1.64	NutraBio (https://web.archive.org/web/20201215121238/http://www.nutrabiobio.com/mm5/merchant.mvc?Store_Code=NOS&Screen=PROD&Product_Code=25550)
41 g	Whey Protein Isolate (Unflavored)	\$1.00	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
26 g	Bob's Red Mill Chia Seeds	\$0.36	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 g	Dutch Process Cocoa Powder	\$0.39	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B0042M7PS2?tag=19-72342-20)
8 g	Bob's Red Mill Soy Lecithin Granules	\$0.15	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
5 g	Cayenne Pepper	\$0.10	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B001VNGG58?tag=19-72342-20)
4 g	Organic Ceylon Cinnamon Powder	\$0.25	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B001GKV8DQ?tag=19-72342-20)
4 g	Iodized Sea Salt	\$0.04	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B007FE326I?tag=19-72342-20)
4 g	Potassium Citrate	\$0.12	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
4 g	Calcium & Magnesium Citrate	\$0.16	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
0.1 g	Ascorbic Acid	\$0.01	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B00AYIM9YS?tag=19-72342-20)
59.15 ml	Extra Virgin Olive Oil	\$0.72	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
59.15 ml	MCT Oil (x3)	\$1.12	Amazon (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B0041TXLO?tag=19-72342-20)
1500 ml	New York City Drinking Water	\$0.00	Tap (https://web.archive.org/web/20201215121238/http://www.nyc.gov/html/dep/html/drinking_water/wsstate.shtml)

Amounts for:

\$6.38

Add Ingredients
to Amazon Cart1 day 

Total Daily Cost:

Amount	Ingredient	\$ / day	Source
1 pill	Now Foods Vitamin D-3 & K-2	\$0.05	Amazon (S) (https://web.archive.org/web/20201215121238/https://www.amazon.com/dp/B0019QT9LA?tag=19-72342-20)
Amounts for:		\$6.38	Add Ingredients to Amazon Cart
1 day			
Total Daily Cost:			

This is a ketogenic version of my "Superfood" recipe, which has a more traditional nutrient profile:

<https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>

(<https://web.archive.org/web/20201215121238/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>)

This iteration of "Ketofood" is built around a new "Java" whey protein isolate from NutraBio (which incorporates caffeine, a modest amount of flavoring, and a custom vitamin blend).

The caffeine, cayenne pepper, and MCT oil all provide an increased thermogenic effect.

Unlike my previous recipes, this mix will not require a separate multivitamin pill -- but it does need ascorbic acid to round out the micros.

Updates:

- **March 7, 2014:** While I'm sure it's not for everybody, I have added cayenne pepper to the latest iteration of this recipe for an increased thermogenic effect (it should work synergistically with the caffeine and MCT oil in that regard).
- **March 5, 2014:** I have replaced some of the Java Whey powder with "plain" whey protein isolate, cutting down on the daily cost and reducing the caffeine dosage somewhat. Please note that I also had to switch from sea salt to iodized salt to replace some of the iodine.
- **February 11, 2014:** I have removed flaxseed from the recipe, due to concerns about the potential effects of lignans in flax on hormone levels.
- **January 29, 2014:** I finally received all of the ingredients and have tested out the mix, and I've got to say it's pretty damn good. Sort of like a smoothie that you'd actually imagine normal people enjoying. It's slightly sweet, but not overly so. Thick, but not too thick (very smooth consistency if you use a blender). Apart from the relatively light chocolate and coffee flavors, there's a hint of the fresh olive oil flavor, which I don't mind at all. It definitely doesn't seem oily (the difference between this and my "Induction" recipe is night and day).

On Caffeine:

If you're wondering about the caffeine content of the recipe, here is the updated breakdown:

50g of Java Whey = 330mg caffeine

20g of dutch cocoa = 16mg caffeine

346mg per day parcels out to ~115mg per 1/3 "meal" portion (in the ballpark of the amount contained in 1 cup or 8 fl oz of coffee).

A 2010 Canadian study on the health effects of caffeine

(<https://web.archive.org/web/20201215121238/http://www.tandfonline.com/doi/abs/10.1080/0265203021000007840>) concluded that an amount up to 6 mg/kg body weight per day represents a "moderate daily caffeine intake [that] is not associated with adverse effects such as general toxicity, cardiovascular effects, effects on bone status and calcium balance (with consumption of adequate calcium), changes in adult behaviour, increased incidence of cancer and effects on male fertility."

The recommended intake for reproductive age women is significantly lower.

The previous iteration of "Ketofood" (which I've been using to this point) can be found here: <https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis> (<https://web.archive.org/web/20201215121238/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-ongoing-ketosis>)

The following additional "Ketofood" recipe is designed to have a bare-minimum net carb content suitable for inducing ketosis, while remaining nutritionally complete: <https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis>

(<https://web.archive.org/web/20201215121238/https://www.completefoods.co/diy/recipes/quidnycs-ketofood-for-induction-phase-ketosis>)

This "Ketofood" recipe is designed with somewhat more forgiving parameters intended for ongoing ketosis. It also tastes a whole lot better than my previous ketogenic recipes.

For detailed notes on a variety of topics also applicable to this recipe, please refer to the "Superfood" Notes section.

Please bear in mind that I am new to ketogenic diets, and no expert by any means. I have found the following resources to be helpful for background information:

- <http://keto-calculator.ankerl.com/> (<https://web.archive.org/web/20201215121238/http://keto-calculator.ankerl.com/>)
- <http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html> (<https://web.archive.org/web/20201215121238/http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html>)

Nutrition Facts

Amount Per Day			
Calories 1704		6% Carb, 24% Protein, 70% Fat	
			% Daily Values*
Total Carbohydrate 26g			
Dietary Fiber 43g			167%
Protein 100g			101%
Total Fat 131g			
Saturated Fat 72g			
Monounsaturated Fat 42g			
Polyunsaturated Fat 14g			
Omega-3 Fatty Acids 5g			257%
Omega-6 Fatty Acids 9g			1445%
Cholesterol 5mg			
Calcium	114%	• Vitamin A	194%
Chloride	106%	• Vitamin B6	> 5211%
Chromium	170%	• Vitamin B12	> 34621%
Copper	377%	• Vitamin C	170%
Iodine	268%	• Vitamin D	229%
Iron	104%	• Vitamin E	127%
Magnesium	168%	• Vitamin K	125%
Manganese	140%	• Thiamin	112%
Molybdenum	176%	• Riboflavin	111%
Phosphorus	139%	• Niacin	114%
Potassium	113%	• Folate	104%
Selenium	136%	• Pantothenic Acid	152%
Sodium	118%	• Biotin	496%
Sulfur	361%	• Choline	137%
Zinc	130%		

* Percent Daily Values are based on "QuidNYC's DRI for Him: Male, 31-50" ([/web/20201215121238/https://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd510200000242](http://www.completefoods.co/diy/nutrient-profiles/5295f1e306dd510200000242)). You may use the Nutrient Calculator ([/web/20201215121238/https://www.completefoods.co/diy/nutrient-profiles/calculator](http://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20201215121238/http://www.completefoods.co>)

Bret's Soylent: Oat, Whey. Complete, low price.

Tasty!

by hess8 ([/web/20210123193830/https://www.completefoods.co/diy/users/hess8](https://web.archive.org/web/20210123193830/https://www.completefoods.co/diy/users/hess8))  Last updated September 14, 2020[Copy](#)

Overview

Reviews ²Comments ⁶¹

Recipe Editor

Variants ⁴²[Buy from Amazon](#)

Amount	Volume	Ingredient	\$ / day	Source
216 g		Oat Flour Honeyville Farms	\$0.85	Honeyville (https://web.archive.org/web/20210123193830/http://shop.honeyville.com/oat-flour.html)
2.7 g		Salt	\$0.01	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B001GHYO4E?tag=19-72342-20)
1 pill		Kirkland Signature Daily Multivitamin	\$0.03	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
5.1 g		Potassium chloride	\$0.10	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00ENS39XK?tag=19-72342-20)
1.5 g	1 tbsp	Sucralose (Splenda)	\$0.04	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B001GVIYRS?tag=19-72342-20)
78 ml	½ cup	Canola Oil	\$0.13	Local, 5qt (Costco)
47 g		Sugar, white	\$0.13	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00HJCXX24?tag=19-72342-20)
0.03 g	0.01 tsp	Vanilla (equiv to 1 tbsp of liquid extract) imitation	\$0.01	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00IAZHW0I?tag=19-72342-20)
1.24 g		Choline Bitartrate	\$0.03	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00EIS9NW6?tag=19-72342-20)
1.8 g	⅜ tsp	Xanthan gum (see notes on amount)	\$0.06	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00CYMU3TA?tag=19-72342-20)
57 g		Whey 80% protein concentrate	\$0.83	Bulk Foods (https://web.archive.org/web/20210123193830/http://www.bulkfoods.com/protain-powder-distributor/543-Whey-Protein-Concentrate-25-pounds.html)
0.7 pill		Calcium and vitamin D	\$0.03	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B002RL8FBQ?tag=19-72342-20)
0.081 pill		Vitamin K	\$0.00	Amazon (https://web.archive.org/web/20210123193830/https://www.amazon.com/dp/B00014FNU2?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	Total Daily Cost:	\$2.26	Add Ingredients to Amazon Cart

This has a nice texture and a milky vanilla taste...a bit of yogurt "tart" also. Note that the sucralose (Splenda) is essential to the good taste...it masks the vitamins, and gives a more rounded taste. Likewise, the vanilla is not just a flavor, it's essential to rounding out the taste.

If you want to use pure vanilla rather than imitation, here is a powder source which costs \$0.30 per day (3/4 tsp or 2.8 g is equivalent to 1 tbsp liquid extract).

Very close to the macro nutrition profile of Soylent 1.4, which is 43-40-17 carb/fat/protein by calories percentage. This is 44-39-17. At about 1/4 the price.

See my **other recipes** using rice protein (<https://web.archive.org/web/20210123193830/https://www.completefoods.co/diy/recipes/brets-soylent-oat-rice-complete-low-price>), corn and wheat protein (<https://web.archive.org/web/20210123193830/https://www.completefoods.co/diy/recipes/brets-soylent-corn-oat-wheat-protein-complete-low-price>), and wheat protein (<https://web.archive.org/web/20210123193830/https://www.completefoods.co/diy/recipes/brets-soylent-oat-wheat-more-protein-low-price>). They taste very different.

Yes, the great price is for real and I update the ingredient prices when I buy more. You need to buy in bulk (see the links) to get these savings. And an Amazon prime account might help. Costs: The recipe editor on this site automatically calculates price per day. It shows you how many days that each purchase lasts... look at the recipe editor tab, column "days/unit". So it's about \$400 investment to get started, then averages about \$70/month (\$2.50/day) after that to order replacements. As far as how long your first order would last, you can see that the vanilla runs out first at 88 days. If you ordered 2 bags of flour and 2 vanilla, you'd be up to 150 days when the whey protein runs out, and you have to order that again.

See instructions here (<https://web.archive.org/web/20210123193830/https://docs.google.com/document/d/1bbhmtWT1rFDW0eFPXm6ZB2kipp-YehBsvj-FDft3IRg>) for how to use this mix and adjust to soylent.

If you want to try it before you invest in ingredients, I'll send you a day's supply of powder to try by priority mail (2-3 days), if you send me \$19 (\$26 for 2 days, \$44 for 4 days, \$57 for 6 days, \$67 for 8 days) by SquareCash (\$brethess), Venmo (BHess), Google Wallet or PayPal to: bret dot hess at gmail.com (replace the "dot" and "at" with the real symbols). Be clear about whether you want the rice, wheat, or whey version, or a combination. I sell only samples (no continuing orders). A "day" here is 2000 calories.





Background

My family used official Soylent (1.1 through 1.4) for about 5 months for about 2 meals a day. At the same time, I experimented with my own recipes, while matching the official Soylent nutrition, and finding the right prices for the ingredients. In Feb 2015 I found a rice protein recipe that was a hit with the family, who said it tastes better than the official product (v1.4). I now rotate between all of my recipes.

I find that weight loss/maintenance is a lot easier with soylent for two meals a day than eating traditional meals. It's very satisfying, and you know you're getting complete nutrition without worrying about what to prepare and eat.

Mixing

I mix three-week's supply of powder (everything but the oil and water) in a 5 gallon bucket with a mixer (<https://web.archive.org/web/20210123193830/https://www.amazon.com/RMS-Unlimited-Goods-Heavy-Mixer/dp/B01GQTDZQO>) that's powered by my drill in reverse. Pour it into a second bucket (to turn it upside down) to do the final mixing of what was on the bottom of the first bucket. I measure amounts on a digital scale (<https://web.archive.org/web/20210123193830/https://docs.google.com/spreadsheets/d/15HBiHzlxAmpRMDHdLUZRAJaUo7AoYBHqay3e4fB0Y8/edit?usp=sharing>) in a very large bread mixing bowl (holds about 3 kg of flour) and put it into the bucket for mixing. You'll be glad if you get a lid like this (<https://web.archive.org/web/20210123193830/http://www.amazon.com/The-Gamma-Seal-Lid-Black/dp/B0089QJQTS/>) for the bucket.

Here's a spreadsheet calculator

(<https://web.archive.org/web/20210123193830/https://docs.google.com/spreadsheets/d/1R0IXatedOQkWF0gyDJ2kafypL5IL19Fw6FAM0CONmTw/edit?usp=sharing>) for mixing any number of days you want of the mix or the vitamin mix. Just replace "Days to Mix" number with the number of days you want to mix. If you're using the 34% Whey, see this calculator (<https://web.archive.org/web/20210123193830/https://docs.google.com/spreadsheets/d/15HBiHzlxAmCPRMDHdLUZRAJaUo7AoYBHqay3e4fB0Y8/edit?usp=sharing>)

To save time, I mix about 4-6 months at a time of the vitamins and minerals (the pills go in the blender with a tight lid...I put plastic over the blender and then the lid..the dust is not pleasant) including salt and xanthan, and mix all in the large bowl with a whisk. I save the powder to add to the monthly batches. Then just add the number of grams of this vitamin mix that the calculator above says. So it's only 3 ingredients plus this vitamin powder to mix the monthly batches. This method means you can get good vitamin accuracy with a scale with 1 g resolution (<https://web.archive.org/web/20210123193830/http://www.amazon.com/The-Gamma-Seal-Lid-Black/dp/B0089QJQTS/>).

For example, for 180 days of vitamins/minerals, I go to the recipe calculator (<https://web.archive.org/web/20210123193830/https://docs.google.com/spreadsheets/d/15HBiHzlxAmCPRMDHdLUZRAJaUo7AoYBHqay3e4fB0Y8/edit?usp=sharing>) and choose 180 days. This is many multivitamin pills, but I don't count them, I just weigh them. The calculator gives the number of grams of multivitamins to use, and the number of other pills (I just round to whole or half pills) Then I blend them all up. Then add this to the powders in the big bowl and whisk.

Protein

The protein comes from whey and oats, and is complete See the protein essential amino acid analysis (https://web.archive.org/web/20210123193830/https://docs.google.com/spreadsheets/d/1FL3SHNEiW1oiSKM0FHBYGjskelZ_0h1Bx715eEd_kk/edit?usp=sharing) (blue columns are the summary). This recipe provides at least 175% of the WHO recommended of each essential amino acid, and the balance is very good. There is a lot of tryptophan in oats, but in amounts similar to meats, fish, cheeses and beans (ref) (<https://web.archive.org/web/20210123193830/https://en.wikipedia.org/wiki/Tryptophan>). Larger amounts of tryptophan in foods does not seem to change the blood levels of tryptophan, as opposed to the purified form in supplements (ref) (<https://web.archive.org/web/20210123193830/https://en.wikipedia.org/wiki/Tryptophan>).

Oats

All my recipes have some oat flour. It's easy to digest and has excellent protein and fiber (why add a fiber supplement when this grain is so good?).

Xanthan gum

This adds a little thickening for texture, and keeps it from separating. It also reduces all tastes somewhat, including sweetness (slips right past those tastebuds if you put a lot). Optional. I mix it in with my big powder batches so I don't have to add it on a daily basis. If you do choose to add it separately into the blender each day, use only half as much! It's a more effective thickener before it's mixed with the other powders.

Sodium Most nutritional and medical associations have lowered their recommendations to 1500 mg/day (down from 2300 mg). The amount here (1250mg per 2000 cal) is below that, and below that in official SoyLent 1.5 (1440). If you want to lower sodium further, it also tastes good with 1000 mg.

Chloride

The potassium comes with chloride. In the past I used some potassium citrate for part of the potassium to keep the chloride within the typical "maximum" amount. But I researched this, and there is no chloride toxicity from chloride in the range of double the "maximum" amount. Because there is no danger from chloride itself, the "maximum" amount was simply set to match the amount of chloride that comes in the recommended amount of salt. In other words, it's sodium that can be dangerous, and whoever set the "maximum" amount of chloride was making things up: "The AI for chloride is set at a level equivalent on a molar basis to that of sodium, since almost all dietary chloride comes with the sodium added during processing or consumption of foods."(ref) (https://web.archive.org/web/20210123193830/https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0CB0QFjAAahUKewjuw7yW-NzIAhUHxWMMKHQ2BBWM&url=http%3A%2F%2Fwww.nal.usda.gov%2Ffnic%2FDRI%2FDRI_Water%2Fwater_full_report.pdf&usq=AFQjCNFLitoHt67LAV4J9Z-X11j1Fc45A&sig2=Pb-sSzSKIH7JhXYMqvKrfA) In fact studies of patients taking potassium chloride (in addition to a steady salt intake) showed a reduction in sodium levels in the body.(ref) (<https://web.archive.org/web/20210123193830/https://en.wikipedia.org/wiki/Tryptophan>), caused by the presence of potassium.

Sugars

The sugar amount is within the WHO guidelines

(https://web.archive.org/web/20210123193830/http://who.int/nutrition/publications/guidelines/sugars_intake/en/): - "In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake (strong recommendation). • WHO suggests a further reduction of the intake of free sugars to below 5% of total energy intake (conditional recommendation). • Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates."

This recipe is less than 5% calories from free sugars.

Some sucralose (Splenda) is used because it masks the taste of the vitamins. It makes a BIG difference in taste.

—

Oil

Official SoyLent went from 30% to 40% of calories by fat in version 1.4 and 1.5, and I've followed that here. I think this reflects the increasing understanding that getting a significant portion of our calories by healthy fats can be very healthy and satisfying. The problem with our diets wasn't too much fat, but too many calories, too much sugar and unhealthy fats.

Oil preference is more a matter of fad than science these days, so if you're against Canola, find a new oil...I don't mind. It won't really change the price or calories. But the research in these notes has convinced me that canola oil is quite healthy:

"Canola oil is low in saturated fat and contains both omega-6 and omega-3 fatty acids in a ratio of 2:1. If consumed, it also reduces low-density lipoprotein and overall cholesterol levels, and as a significant source of the essential omega-3 fatty acid is associated with reduced all-cause and cardiovascular mortality" Wikipedia (https://web.archive.org/web/20210123193830/http://en.wikipedia.org/wiki/Canola#Health_information). "In 2001, researchers at a conference sponsored by the National Institutes of Health concluded that the two classes of fatty acid should be consumed in a 1:1 ratio. As of 2007, the Japanese government recommended a ratio of 4:1, while the Swedish government recommended a ratio of 5:1, and the Institute of Medicine of the National Academy of Science in the United States recommended a ratio of 10:1. (In all cases, the number to the left of the ratio is omega-6 fats, while the number to the right is omega-3s.)" Wikipedia (https://web.archive.org/web/20210123193830/http://en.wikipedia.org/wiki/Ratio_of_fatty_acids_in_different_foods).

"Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 essential fatty acids (EFA) of approximately 1 whereas in Western diets the ratio is 15/1-16.7/1. Western diets are deficient in omega-3 fatty acids, and have excessive amounts of omega-6 fatty acids ... A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences" 2002 study (<https://web.archive.org/web/20210123193830/http://www.ncbi.nlm.nih.gov/pubmed/12442909>).

So the ratios are all over the place. But the info above makes me think that the high ratio of omega-6 to omega-3 in western diets is probably an extreme to avoid. This recipe has a total ratio of about 3:1.

Another issue in the oils controversy that wrongly criticizes canola and is not an issue in this recipe is the form of vitamin E, gamma vs alpha. One correlation study (<https://web.archive.org/web/20210123193830/http://www.northwestern.edu/newscenter/stories/2014/05/vitamin-e-in-canola-and-other-oils-hurts-lungs.html>) suggests that the consumption of higher gamma over alpha in the US could reduce the lung capacity for 1% of people. Another study (https://web.archive.org/web/20210123193830/http://www.lef.org/magazine/2006/4/report_gamma/Page-02) says that the gamma form might guard against cancer and dementia. So it's not decided, but regardless, high gamma consumption in the US is due to soybean oil (76% gamma) and corn oil, not canola (7% gamma).

In any case, the multivitamin vitamin E used here has the alpha-form, which is where almost all of the vit. E comes from, and so the vitamin E in this recipe is overwhelmingly alpha form; the gamma form is very small here (about 1%), and you probably should be glad to get a little of it, since just one form is probably not great.

So canola seems to work well with a good ratio of omega-6 to omega-3, and no issues with vitamin E.

Nutrition Facts

Amount Per Day

Calories 1899	40% Carb, 17% Protein, 43% Fat
	% Daily Values*
Total Carbohydrate 191g	93%
Dietary Fiber 28g	105%
Protein 80g	100%
Total Fat 90g	101%
Saturated Fat 8g	
Monounsaturated Fat 51g	
Polyunsaturated Fat 27g	
Omega-3 Fatty Acids 7g	271%
Omega-6 Fatty Acids 20g	201%

More Nutritious than Batman, Superman and The Incredible Hulk put Together

Tasty!

by PH03N1X ([/web/20190721144257/https://www.completefoods.co/diy/users/PH03N1X](https://web.archive.org/web/20190721144257/https://www.completefoods.co/diy/users/PH03N1X)) 

Last updated September 15, 2014

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Overview Reviews Comments **119** Recipe Editor Photos **5** Variants **53** [Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
310 g	Pre-cooked Masa (Masa Precocida)	\$0.67	Amazon (https://web.archive.org/web/20190721144257/https://www.amazon.com/dp/B00032KL1?tag=19-72342-20)
120 g	Whey Protein Isolate (Vanilla Ice Cream)	\$2.88	Costco (https://web.archive.org/web/20190721144257/http://www.kaizenprotein.com/index.html)
32 g	GNC Maximum Nutrition Powder	\$1.33	GNC
15 g	Almond meal	\$0.33	Local (https://web.archive.org/web/20190721144257/https://www.amazon.com/dp/B000EDG598?tag=19-72342-20)
1.25 g	Choline bitartrate	\$0.07	purebulk
3 g	Iodized Salt	\$0.01	Local
3 g	Salt Substitute (Potassium Chloride)	\$0.05	Local
40 ml	Soybean Oil (Vegetable Oil)	\$0.17	Local
40 g	100% Pure Honey (20g =1 teaspoon)	\$0.23	Cosco
Amounts for: <input type="button" value="1 day"/>		\$5.74	Add Ingredients to Amazon Cart
Total Daily Cost:			

Hey guys, if anyone still uses this recipe I just wanted to let you know I've changed it again. I just tried it with the megamen vanilla powder and its great. It's exactly like drinking a vanilla milkshake and smoother than it used to be. I still get everything locally in Ontario (Bulk barn/ Costco/ Walmart). Note: When buying honey, try to find 100%. Most Honey is diluted with water and/or high fructose corn syrup. Any questions or concerns please address in the comments. Enjoy!

Nutrition Facts

Amount Per Day		50% Carb, 26% Protein, 24% Fat	
Calories 2192		% Daily Values*	
Total Carbohydrate 277g			102%
Dietary Fiber 33g			117%
Protein 145g			107%
Total Fat 61g			101%
Saturated Fat 9g			
Monounsaturated Fat 14g			
Polyunsaturated Fat 25g			
Omega-3 Fatty Acids 3g			183%
Omega-6 Fatty Acids 28g			162%
Cholesterol 0mg			
Calcium	157%	• Vitamin A	270%
Chloride	141%	• Vitamin B6	2038%
Chromium	343%	• Vitamin B12	1042%
Copper	304%	• Vitamin C	333%
Iodine	143%	• Vitamin D	133%

Iron	286%	• Vitamin E	202%
Magnesium	115%	• Vitamin K	104%
Manganese	169%	• Thiamin	2448%
Molybdenum	167%	• Riboflavin	1953%
Phosphorus	111%	• Niacin	160%
Potassium	87%	• Folate	124%
Selenium	207%	• Pantothenic Acid	544%
Sodium	95%	• Biotin	1000%
Sulfur	251%	• Choline	103%
Zinc	191%		

* Percent Daily Values are based on "PH03N1X's U.S. government DRI, male 19-50, 2000 calories" ([/web/20190721144257/https://www.completefoods.co/diy/nutrient-profiles/52643bbca4e05902000002e7](https://www.completefoods.co/diy/nutrient-profiles/52643bbca4e05902000002e7)). You may use the Nutrient Calculator ([/web/20190721144257/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://www.archive.org/web/20190721144257/https://www.complete>

The Wayback Machine - <https://web.archive.org/web/20210116221059/https://www.completefoods.co/diy/recipes/brets-soylent-oat-wheat-more-protei...>

Bret's Soylent: Oat, Wheat. More protein, low price.

Tasty!

by hess8 ([/web/20210116221059/https://www.completefoods.co/diy/users/hess8](https://web/20210116221059/https://www.completefoods.co/diy/users/hess8))

Last updated January 3, 2021

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Overview

Reviews ³Comments ⁵⁶

Recipe Editor

Variants ⁴⁶

Buy from Amazon

Amount	Volume	Ingredient	\$ / day	Source
196 g		Oat Flour Honeyville Farms	\$0.77	Honeyville (https://web.archive.org/web/20210116221059/http://shop.honeyville.com/oat-flour.html)
83 ml	0.37 cup	Canola Oil	\$0.14	Local, 5qt (Costco)
46 g		Sugar or sugar+sucralose (see notes)	\$0.13	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00HJCXX24?tag=19-72342-20)
7.5 g	1½ tbsp	Hershey's Special Dark Cocoa	\$0.11	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B001EQ4SHK?tag=19-72342-20)
1 pill		Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
5.2 g		Potassium chloride	\$0.10	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00ENS39XK?tag=19-72342-20)
1.23 g		Choline Bitartrate	\$0.03	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00EIS9NW6?tag=19-72342-20)
0.08 pill		Vitamin K	\$0.00	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00014FNU2?tag=19-72342-20)
2.3 g		Lysine	\$0.02	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00ENP215K?tag=19-72342-20)
91 g		Wheat protein isolate 80%	\$0.54	Honeyville farms (https://web.archive.org/web/20210116221059/http://shop.honeyville.com/wheat-protein-isolate.html)
3.1 g		Salt	\$0.01	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B001GHYO4E?tag=19-72342-20)
0.6 g		Orange flavor, unsweetened	\$0.04	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B005ERUCVQ?tag=19-72342-20)
1.1 pill		Calcium and vitamin D	\$0.05	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B002RL8FBQ?tag=19-72342-20)
0.4 g		Cardamom spice	\$0.02	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B002OOLUTK?tag=19-72342-20)
0.9 g	⅜ tsp	Xanthan gum (see notes on amount)	\$0.03	Amazon (https://web.archive.org/web/20210116221059/https://www.amazon.com/dp/B00CYMU3TA?tag=19-72342-20)
Amounts for: <input type="button" value="1 day"/>		Total Daily Cost:	\$2.03	<input type="button" value="Add Ingredients to Amazon Cart"/>

Both the cardamom and the orange are pretty subtle, and round out the natural wheat aftertaste. Don't leave them out. You can drop the chocolate.

See my **other recipes** using whey protein (<https://web.archive.org/web/20210116221059/https://www.completefoods.co/diy/recipes/brets-soylent-oat-whey-complete-low-price>), corn and wheat protein

(<https://web.archive.org/web/20210116221059/https://www.completefoods.co/diy/recipes/brets-soylent-corn-oat-wheat-protein-complete-low-price>)

price/edit), and rice protein (<https://web.archive.org/web/20210116221059/https://www.completefoods.co/diy/recipes/brets-soylent-oat-rice-complete-low-price>). They each taste very different.

If you don't have a preference, I suggest starting with the rice or whey versions, or get samples (below).

This has 22% of calories from complete protein, higher than my other recipes (17%). I don't have an opinion that higher protein than in my other recipes is necessarily healthier (above 15% is great), but some people want a higher protein diet, and this came naturally in the goal to limit the number of ingredients, since this protein source is inexpensive.

Yes, the great price is for real and I update the ingredient prices when I buy more. You need to buy in bulk (see the links) to get these savings. And an Amazon prime account might help. Costs: The recipe editor on this site automatically calculates price per day. It shows you how many days that each purchase lasts... look at the recipe editor tab, column "days/unit". As far as how long your first order would last, you can see that the oat flour bag runs out first at 105 days. If you ordered 2 bags of flour and 2 calcium bottles, you'd be up to about 200 days when the potassium runs out, and you have to order that again. So it's about \$400 investment to get started, and then it will average about \$2.00 a day to replace supplies.

See instructions here (<https://web.archive.org/web/20210116221059/https://docs.google.com/document/d/1bbhmtWT1rFDW0eFPXm6ZB2kipp-YehBsvJ-FDft3IRg/edit>) for how to use this mix and adjust to soyLent.

If you want to try it before you invest in ingredients, I'll send you a day's supply of powder to try by priority mail (2-3 days), if you send me \$19 (\$26 for 2 days, \$44 for 4 days, \$57 for 6 days, \$67 for 8 days) by SquareCash (\$brethess), Venmo (BCHess), Google Wallet or PayPal to: bret dot hess at gmail.com (replace the "dot" and "at" with the real symbols). Be clear about whether you want the rice, wheat or whey version, or a combination. I sell only samples (no continuing orders). A "day" here is 2000 calories.





Background

My family used official Soylent (1.1 through 1.4) for about 5 months for about 2 meals a day. At the same time, I experimented with my own recipes, while matching the official Soylent nutrition, and finding the right prices for the ingredients. In Feb 2015 I found a rice protein recipe that was a hit with the family, who said it tastes better than the official product (v1.4). I now rotate between all of my recipes.

I find that weight loss/maintenance is a lot easier with soylent for two meals a day than eating traditional meals. It's very satisfying, and you know you're getting complete nutrition. I could have marked this "Weight Loss!"...just watch your total calories.

Mixing

I mix a month's supply of powder (everything but the oil and water) in a 5 gallon bucket with a mixer (<https://web.archive.org/web/20210116221059/https://www.amazon.com/RMS-Unlimited-Goods-Heavy-Mixer/dp/B01GQTDZQO>) that's powered by my drill in reverse. Pour it into a second bucket (to turn it upside down) to do the final mixing of what was on the bottom of the first bucket. I

measure amounts on a digital scale (<https://web.archive.org/web/20210116221059/http://www.amazon.com/Etekcitey-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>) in a very large bread mixing bowl (holds about 3 kg of flour) and put it into the bucket for mixing. You'll be glad if you get a lid like this (<https://web.archive.org/web/20210116221059/http://www.amazon.com/The-Gamma-Seal-Lid-Black/dp/B0089QJQTS/>) for the bucket.

Here's a spreadsheet calculator

(<https://web.archive.org/web/20210116221059/https://docs.google.com/spreadsheets/d/1OpGUUQhcOtfhxhaFPi6m0ONU0Znac9qunfrUpmQ9fU/edit?usp=sharing>) for mixing any number of days you want of the mix or the vitamin mix. Just replace "Days to Mix" number with the number of days you want to mix.

To save time, I mix about 4-6 months at a time of the vitamins and minerals (the pills go in the blender with a tight lid...I put plastic over the blender and then the lid...the dust is not pleasant) including salt and xanthan, and mix all in the big bowl with a whisk and store. Then just add the number of grams of this vitamin mix that the calculator above says. This method means you can get good vitamin accuracy with a scale with 1 g resolution (<https://web.archive.org/web/20210116221059/http://www.amazon.com/Etekcitey-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>)

For example, for 180 days of vitamins/minerals, I go to the recipe calculator

(<https://web.archive.org/web/20210116221059/http://well.blogs.nytimes.com/2016/05/25/a-low-salt-diet-may-be-bad-for-the-heart>) and choose 180 days. This is many multivitamin pills, but I don't count them, I just weigh them. The calculator gives the number of grams of multivitamins to use, and the number of other pills (I just round to whole or half pills) Then I blend them all up. Then add this to the powders in the big bowl and whisk.

–

Protein

The protein comes from wheat and oats. I added lysine to achieve the balance for complete protein. See the protein essential amino acid analysis (https://web.archive.org/web/20210116221059/https://docs.google.com/spreadsheets/d/1o9zsiAngrDceQcasMQMqbrxQZWwT2rN_wKgluGHiwfU/edit?usp=sharing) (blue columns are the summary). This recipe provides at least 200% of the WHO recommended of each essential amino acid, and the balance is very good. There is a lot of tryptophan in oats, but in amounts similar to meats, fish, cheeses and beans (ref) (<https://web.archive.org/web/20210116221059/https://en.wikipedia.org/wiki/Tryptophan>). Larger amounts of tryptophan in foods does not seem to change the blood levels of tryptophan, as opposed to the purified form in supplements (ref) (<https://web.archive.org/web/20210116221059/https://en.wikipedia.org/wiki/Tryptophan>).

–

Oats

All my recipes have some oat flour. It's easy to digest and has excellent protein and fiber (why add a fiber supplement when this grain is so good?).

–

Xanthan gum

This adds a little thickening for texture, and keeps it from separating. It also reduces all tastes somewhat, including sweetness (slips right past those tastebuds if you put in a lot). Optional. I mix it in with my big powder batches so I don't have to add one more ingredient on a daily basis. If you do choose to add it separately into the blender each day, use only half as much! It's a more effective thickener before it's mixed with the other powders.

–

Sodium

Most nutritional and medical associations have lowered their recommendations to 1500 mg/day (down from 2300 mg). The amount here (1250mg per 2000 cal) is below that, and below that in official SoyLent 1.5 (1440).

But note that 2016 study that says low sodium diets (below 3000 mg/day), while they may keep blood pressure lower, are actually bad for your heart (<https://web.archive.org/web/20210116221059/http://well.blogs.nytimes.com/2016/05/25/a-low-salt-diet-may-be-bad-for-the-heart>) (as are very high sodium diets with 7000mg/day or more). So I'm going to be experimenting with getting the sodium around 3 g.

–

Chloride

The potassium comes with chloride. In the past I used some potassium citrate for part of the potassium to keep the chloride within the typical "maximum" amount. But I researched this, and there is no chloride toxicity from chloride in the range of double the "maximum" amount. Because there is no danger from chloride itself, the "maximum" amount was simply set to match the amount of chloride that comes in the recommended amount of salt. In other words, it's sodium that can be dangerous, and whoever set the "maximum" amount of chloride was making things up: "The AI for chloride is set at a level equivalent on a molar basis to that of sodium, since almost all dietary chloride comes with the sodium added during processing or consumption of foods."(ref) (<https://web.archive.org/web/20210116221059/http://www.nap.edu/catalog/10925/dietary-reference-intakes-for-water-potassium-sodium-chloride-and-sulfate>) In fact studies of patients taking potassium chloride (in addition to a steady salt intake) showed a reduction in sodium levels in the body.(ref) (https://web.archive.org/web/20210116221059/http://who.int/nutrition/publications/guidelines/sugars_intake/en/), caused by the presence of potassium.

Sugar

The sugar amount is "within" the WHO guidelines

(https://web.archive.org/web/20210116221059/http://en.wikipedia.org/wiki/Canola#Health_information): - "In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake (strong recommendation). • WHO suggests a further reduction of the intake of free sugars to below 5% of total energy intake (conditional recommendation). • Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates."

As written the recipe has 7% of calories from sugar (disaccharide), which is better than their "strong recommendation (10%)" and close to their "hopeful" one (5%). Their 5% goal doesn't count fruit eaten, so if you're replacing some fruit consumption with this, it could easily meet the health effects of the 5% goal.

To further reduce sugar, you can replace half of it with the equivalent volume (not weight) of sucralose (Splenda). Tastes the same.

Oil

Official Soylent went from 30% to 40% of calories by fat in version 1.4 and 1.5, and I've followed that here. I think this reflects the increasing understanding that getting a significant portion of our calories by healthy fats can be very healthy and satisfying. The problem with our diets wasn't too much fat, but too many calories, too much sugar and unhealthy fats.

Oil preference is more a matter of fad than science these days, so if you're against Canola, find a new oil...I don't mind. It won't really change the price or calories. But the research in these notes has convinced me that canola oil is quite healthy:

"Canola oil is low in saturated fat and contains both omega-6 and omega-3 fatty acids in a ratio of 2:1. If consumed, it also reduces low-density lipoprotein and overall cholesterol levels, and as a significant source of the essential omega-3 fatty acid is associated with reduced all-cause and cardiovascular mortality" Wikipedia

(https://web.archive.org/web/20210116221059/http://en.wikipedia.org/wiki/Ratio_of_fatty_acids_in_different_foods). "In 2001, researchers at a conference sponsored by the National Institutes of Health concluded that the two classes of fatty acid should be consumed in a 1:1 ratio. As of 2007, the Japanese government recommended a ratio of 4:1, while the Swedish government recommended a ratio of 5:1, and the Institute of Medicine of the National Academy of Science in the United States recommended a ratio of 10:1. (In all cases, the number to the left of the ratio is omega-6 fats, while the number to the right is omega-3s.)" Wikipedia

(<https://web.archive.org/web/20210116221059/http://www.ncbi.nlm.nih.gov/pubmed/12442909>).

"Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 essential fatty acids (EFA) of approximately 1 whereas in Western diets the ratio is 15/1-16.7/1. Western diets are deficient in omega-3 fatty acids, and have excessive amounts of omega-6 fatty acids ... A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences" [2002 study][22].

So the ratios are all over the place. But the info above makes me think that the high ratio of omega-6 to omega-3 in western diets is probably an extreme to avoid. This recipe has a total ratio of about 3:1.

Another issue in the oils controversy that wrongly criticizes canola and is not an issue in this recipe is the form of vitamin E, gamma vs alpha. One correlation [study][23] suggests that the consumption of higher gamma over alpha in the US could reduce the lung capacity for 1% of people. Another [study][24] says that the gamma form might guard against cancer and dementia. So it's not decided, but regardless, high gamma consumption in the US is due to soybean oil (76% gamma) and corn oil, not canola (7% gamma).

In any case, the multivitamin vitamin E used here has the alpha-form, which is where almost all of the vit. E comes from, and so the vitamin E in this recipe is overwhelmingly alpha form; the gamma form is very small here (about 1%), and you probably should be glad to get a little of it, since just one form is probably not great.

So canola seems to work well with a good ratio of omega-6 to omega-3, and no issues with vitamin E.

<https://www.completefoods.co/diy/recipes/brets-soylent-oat-rice-complete-low-price>

(<https://web.archive.org/web/20210116221059/https://www.completefoods.co/diy/recipes/brets-soylent-oat-rice-complete-low-price>)

Nutrition Facts

Amount Per Day

Calories 2006

37% Carb, 21% Protein, 42% Fat

% Daily Values*

Total Carbohydrate 185g

123%

The Wayback Machine - <https://web.archive.org/web/20210116213224/https://www.completefoods.co/diy/recipes/ax-chow-13>

Ax Chow 1.3 Tasty!

by axcho ([/web/20210116213224/https://www.completefoods.co/diy/users/axcho](https://web.archive.org/web/20210116213224/https://www.completefoods.co/diy/users/axcho)) 

Last updated November 17, 2016

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Amount	Volume	Ingredient	\$ / day	Source
190 g	2 cups	Gluten-Free Oat Flour	\$1.29	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B003LPKETS?tag=19-72342-20)
70 g	1 cup	Whey Protein Isolate	\$2.57	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B0013OWAB4?tag=19-72342-20)
22 g	2½ tbsp	GNC Mega Men® Sport	\$0.89	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B00T69D4KY?tag=19-72342-20)
20 g	2 tbsp	Chia Seeds	\$0.32	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
9 g	1 tbsp	Psyllium Husk Powder	\$0.18	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
7 g	1 tsp	Potassium Citrate	\$0.35	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
6 g	2 tsp	Calcium Magnesium	\$0.26	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
4 g	½ tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
1 g	¼ tsp	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B00I080C48?tag=19-72342-20)
1 pill	1 capsule	MK-7 Vitamin K-2	\$0.20	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B004QD4PHQ?tag=19-72342-20)
95 ml	6½ tbsp	Olive Oil	\$1.12	Amazon (https://web.archive.org/web/20210116213224/https://www.amazon.com/dp/B0027EOTKO?tag=19-72342-20)
Amounts for: <input type="text" value="1 day"/>			\$7.23	Add Ingredients to Amazon Cart
Total Daily Cost:				

Ax Chow is my variant of the popular People Chow 3.0.1

(<https://web.archive.org/web/20210116213224/https://www.completefoods.co/diy/recipes/people-chow-301-tortilla-perfection>) recipe, adjusted for my own specific dietary needs and restrictions. But I bet you'll like it too!

New and Improved

Here's what's changed:

People Chow 3.0.1 (Original)

- *overly starchy and not very satisfying*
- too many Carbs, not enough Fat
- allergic to Soybean Oil

- not enough Omega-3

Ax Chow 1.3 (Improved!)

- *a pleasantly balanced taste and much more satisfying*
- changed the Carb/Protein/Fat ratio to **30/20/50** (from 50/17/33)
- replaced the Soybean Oil with **Olive Oil** and **Vitamin K**
- replaced the Masa Harina with **Oat Flour** for flavor
- added **Psyllium Husk Powder** for **Fiber** and texture
- added **Chia Seeds** for **Omega-3** and **Fiber**

Measuring Guide

Here are the approximate measurements for the daily portions of each ingredient:

MeasurementIngredient

2 cups	Gluten-Free Oat Flour
1 cup	Whey Protein Isolate
2 1/2 tbsp	GNC Mega Men Sport
2 tbsp	Chia Seeds
1 tbsp	Psyllium Husk Powder
1 tsp	Potassium Citrate
2 tsp	Calcium Magnesium
1/2 tsp	Iodized Salt
1/4 tsp	Choline Bitartrate
6 tbsp	Olive Oil
3 cups	Total

I still recommend using a **digital kitchen scale** to get the precise measurements in grams, but knowing the approximate container sizes can speed up preparation quite a bit.

How to Make It

I find it easiest to mix up a week's worth of **Ax Chow** at a time, measuring each dry ingredient into six or seven **jars**, one for each day, before moving to the next ingredient. I save the **olive oil** for later.

Each night, I measure out the olive oil into three **blender bottles**, one for each meal. Then I put a day's worth of **Ax Chow** powder into a **plastic freezer bag** and shake it to mix it more evenly. I scoop out one cup of the powder for each of the three blender bottles with the help of a **canning funnel**, and if there's any left over I try to distribute it evenly between them. I reuse the plastic freezer bag without washing it, since the dry ingredients do not need refrigeration.

At this point I can add spices or flavorings to each of the three blender bottles and shake them to mix the dry ingredients.

Then I'll fill at least one of the three blender bottles with water and shake to mix it thoroughly, and put it in the refrigerator to chill overnight. Breakfast!

I recommend letting each mixture chill in the fridge for a few hours after adding water before you drink it. It will taste much better.

Try This...

I like to add a little **cinnamon** and a tiny bit of **cayenne pepper** to each batch for flavor. Not only does this taste good, but the cinnamon also helps regulate blood sugar, and the cayenne pepper improves circulation. Win!

And there's always the option to add a bit of **cocoa powder** and **stevia** if you're in the mood for a chocolate shake.

I also like to supplement my **Ax Chow** diet with a small amount of **live sauerkraut**, for the probiotics and the fiber. Plus it's nice to have something to chew on after downing a soylent shake. Try it sometime!

Updates

Ax Chow 1.3

- changed the Carb/Protein/Fat ratio to **30/20/50** (from 20/30/50)
- removed **Masa Harina**

Ax Chow 1.2

- changed the Carb/Protein/Fat ratio to **20/30/50** (from 25/25/50)
- added **Psyllium Husk Powder** for **Fiber** and texture

Ax Chow 1.1

- changed the Carb/Protein/Fat ratio to **25/25/50** (from 35/25/40)
- added **Oat Flour** for flavor and texture

Ax Chow 1.0

- changed the Carb/Protein/Fat ratio to **35/25/40** (from 50/17/33)
- replaced the Soybean Oil with **Olive Oil** and **Vitamin K**
- added **Chia Seeds** for **Omega-3** and **Fiber**

Nutrition Facts

Amount Per Day

Calories 2004 30% Carb, 20% Protein, 50% Fat

	% Daily Values*
Total Carbohydrate 152g	102%
Dietary Fiber 33g	118%
Protein 100g	100%
Total Fat 115g	103%
Saturated Fat 17g	
Monounsaturated Fat 12g	
Polyunsaturated Fat 81g	
Omega-3 Fatty Acids 13g	794%
Omega-6 Fatty Acids 36g	753%
Cholesterol 22mg	

Calcium	124%	• Vitamin A	102%
Chloride	108%	• Vitamin B6	2368%
Chromium	210%	• Vitamin B12	1345%
Copper	245%	• Vitamin C	206%
Iodine	186%	• Vitamin D	106%
Iron	126%	• Vitamin E	165%
Magnesium	248%	• Vitamin K	172%
Manganese	407%	• Thiamin	2671%
Molybdenum	946%	• Riboflavin	2476%
Phosphorus	280%	• Niacin	225%
Potassium	108%	• Folate	115%
Selenium	394%	• Pantothenic Acid	696%
Sodium	117%	• Biotin	611%
Sulfur	193%	• Choline	113%
Zinc	242%		

* Percent Daily Values are based on "axcho's U.S. government DRI, male 19-50, 2000 calories, 30/20/50" ([/web/20210116213224/https://www.completefoods.co/diy/nutrient-profiles/536aea8c1a68410200210992](https://www.completefoods.co/diy/nutrient-profiles/536aea8c1a68410200210992)). You may use the Nutrient Calculator ([/web/20210116213224/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://www.archive.org/web/20210116213224/https://www.completefoods.co/diy/nutrient-profiles/calculator>)

The Wayback Machine - <https://web.archive.org/web/20190719084811/https://www.completefoods.co/diy/recipes/simplecheapvegannosoy-soylent-low-carb>

SimpleCheapVeganNoSoy Soylent - low carb

Vegan

by bkc ([/web/20190719084811/https://www.completefoods.co/diy/users/bkc](https://web/20190719084811/https://www.completefoods.co/diy/users/bkc))  Last updated September 28, 2013 Copy

Overview	Reviews	Comments 29	Recipe Editor	Variants 115	Buy from Amazon
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Amount	Ingredient	£ / day	Source
36 g	Peas, Split, Dry	£0.07	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B009JUQIZ8?tag=19-82341-21)
80 g	Pea Protein Powder	£0.61	Bulkpowders (https://web.archive.org/web/20190719084811/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fsuper-pea-protein-isolate.html)
55 g	Flaxseed Meal	£0.52	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B00A79AE4G?tag=19-82341-21)
94 g	Rice, Brown Flour	£0.30	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B00AIH3SM2?tag=19-82341-21)
56 g	Maltodextrin (from corn)	£0.14	Bulkpowders (https://web.archive.org/web/20190719084811/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fmaltodextrin.html)
6 ml	Olive Oil	£0.04	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B003TO9SJS?tag=19-82341-21)
19 g	Sunflower Oil	£0.03	Supermarket (https://web.archive.org/web/20190719084811/http://www.tesco.com/groceries/Product/Details/?id=254918234)
1.71 g	Iodised Salt	£0.01	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B000Q3CJGO?tag=19-82341-21)
1 pill	Rainbow Light Prenatal One Multivitamin	£0.22	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B00115BJ30?tag=19-82341-21)
2 g	MSM Sulfur Powder	£0.10	Amazon UK (https://web.archive.org/web/20190719084811/https://www.amazon.co.uk/dp/B000BD4DIQ?tag=19-82341-21)
1.1 g	Choline bitartrate	£0.04	BulkPowders (https://web.archive.org/web/20190719084811/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&p=http%3A%2F%2Fwww.bulkpowders.co.uk%2Fcholine-bitartrate.html)
5 g	Potassium chloride	£0.06	Ebay (https://web.archive.org/web/20190719084811/http://www.ebay.co.uk/itm/Potassium-Chloride-500g-Ultra-Pure-/140746549304#vi-content)
2 pill	Calcium & Vitamin D plus Vitamin K Tablets	£0.07	Healthspan (https://web.archive.org/web/20190719084811/http://www.healthspan.co.uk/vitamin-d/calcium-vitamin-d-plus-vitamin-k/productdetail-p3196672-c3193482.aspx)
Amounts for:	1 day <input type="button" value="v"/>	£2.22	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:			

Trying a different spin on my other recipe:

Less solids in general to reduce the amount to swallow

Reduce peas - a bit overpowering in the other recipe

Sweeten things a bit with the maltodextrin

Not really on a low carb / low calorie diet but would like to leave some room for normal food on top while covering all the bases here.

Added sunflower oil to hit 100% but as the intention is to leave some room for normal food I'll likely leave out some sunflower oil, maltodextrin and salt in daily use.

Prices in GBP.

Nutrition Facts

Amount Per Day

Calories 1532 40% Carb, 25% Protein, 35% Fat

	% Daily Values*
Total Carbohydrate 150g	100%
Dietary Fiber 30g	141%
Protein 96g	102%
Total Fat 58g	101%
Saturated Fat 5g	
Monounsaturated Fat 21g	
Polyunsaturated Fat 24g	
Omega-3 Fatty Acids 13g	836%
Omega-6 Fatty Acids 18g	106%
Cholesterol 0mg	

Calcium	128%	• Vitamin A	135%
Chloride	148%	• Vitamin B6	1216%
Chromium	343%	• Vitamin B12	1042%
Copper	290%	• Vitamin C	112%
Iodine	113%	• Vitamin D	100%
Iron	546%	• Vitamin E	226%
Magnesium	117%	• Vitamin K	116%
Manganese	317%	• Thiamin	959%
Molybdenum	167%	• Riboflavin	790%
Phosphorus	114%	• Niacin	172%
Potassium	104%	• Folate	241%
Selenium	223%	• Pantothenic Acid	328%
Sodium	100%	• Biotin	1000%
Sulfur	100%	• Choline	103%
Zinc	182%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 1500 calories, low carb" ([/web/20190719084811/https://www.completefoods.co/diy/nutrient-profiles/51edfbc10ea520200000052](https://www.completefoods.co/diy/nutrient-profiles/51edfbc10ea520200000052)). You may use the Nutrient Calculator ([/web/20190719084811/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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The Wayback Machine - <https://web.archive.org/web/20210116204048/https://www.completefoods.co/diy/recipes/schmilk>

Schmilk

Tasty!

by axcho ([/web/20210116204048/https://www.completefoods.co/diy/users/axcho](https://web/20210116204048/https://www.completefoods.co/diy/users/axcho)) 

Last updated November 17, 2016

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Overview	Reviews ²	Comments ³¹	Recipe Editor	Photos ¹	Variants ²⁴	Buy from Amazon
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Amount	Volume	Ingredient	\$ / day	Source
200 g	2 cups	Oat Flour	\$1.47	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B01GL6PXLX?tag=19-72342-20)
10.5 g	2 tbsp	Acacia Fiber	\$0.31	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B0025OUVPI?tag=19-72342-20)
6 g	2 tsp	Psyllium Husk Powder	\$0.09	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
3.2 g	½ tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
1.1 g	¼ tsp	Potassium Citrate	\$0.07	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B00ENSA942?tag=19-72342-20)
1.1 g	¼ tsp	Choline Bitartrate	\$0.04	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B00I080C48?tag=19-72342-20)
0.4 g	¼ tsp	Stevia Powder	\$0.06	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)
0.3 g	⅛ tsp	Xanthan Gum	\$0.01	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B0040DWCXG?tag=19-72342-20)
1 g	1 capsule	One Daily Superfood Multivitamin	\$0.32	Amazon (https://web.archive.org/web/20210116204048/https://www.amazon.com/dp/B00B4IKQPG?tag=19-72342-20)
1900 ml	8 cups	Whole Milk	\$1.68	Local
Amounts for: <input type="text" value="1 day"/>			\$4.07	Add Ingredients to Amazon Cart
Total Daily Cost:				

Schmilk is cheap and tasty. If you can drink milk and you want an easy, inexpensive source of complete nutrition, this is your best option. Way better than People Chow (<https://web.archive.org/web/20210116204048/https://www.completefoods.co/diy/recipes/people-chow-301-tortilla-perfection>)! ;)

Mixes smooth and tastes like cereal milk.

Also, check out the other flavor variations, like Plain

(<https://web.archive.org/web/20210116204048/https://www.completefoods.co/diy/recipes/schmilk-plain>), Cinnamon

(<https://web.archive.org/web/20210116204048/https://www.completefoods.co/diy/recipes/schmilk-cinnamon>), and of course, Chocolate

(<https://web.archive.org/web/20210116204048/https://www.completefoods.co/diy/recipes/schmilk-chocolate>).

If you want to buy some ready-made from me, you can order Schmilk here

(<https://web.archive.org/web/20210116204048/http://custombodyfuel.com/product/schmilk/>).

Nutrition Facts

Amount Per Day

Calories 2031

47% Carb, 18% Protein, 35% Fat

		% Daily Values*
Total Carbohydrate	238g	101%
Dietary Fiber	27g	101%
Protein	90g	106%
Total Fat	80g	100%
Saturated Fat	39g	
Monounsaturated Fat	21g	
Polyunsaturated Fat	10g	
Omega-3 Fatty Acids	2g	114%
Omega-6 Fatty Acids	9g	192%
Cholesterol	190mg	
Calcium	229%	• Vitamin A 269%
Chloride	119%	• Vitamin B6 837%
Chromium	343%	• Vitamin B12 4523%
Copper	197%	• Vitamin C 111%
Iodine	150%	• Vitamin D 168%
Iron	108%	• Vitamin E 167%
Magnesium	116%	• Vitamin K 115%
Manganese	438%	• Thiamin 1023%
Molybdenum	1056%	• Riboflavin 1032%
Phosphorus	357%	• Niacin 154%
Potassium	110%	• Folate 140%
Selenium	379%	• Pantothenic Acid 350%
Sodium	143%	• Biotin 100%
Sulfur	120%	• Choline 140%
Zinc	213%	

* Percent Daily Values are based on "Standard American Diet, 2000 calories, 47/17/36" (/web/20210116204048/https://www.completefoods.co/diy/nutrient-profiles/54d512dc6b28fc295cdf8f40). You may use the Nutrient Calculator (/web/20210116204048/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(http://web.archive.org/web/20210116204048/https://www.completefoods.co/complete)

Cheap Supermarket Based Soy lent

by The_Mastor ([/web/20200809044736/https://www.completefoods.co/diy/users/The_Mastor](https://web.archive.org/web/20200809044736/https://www.completefoods.co/diy/users/The_Mastor)) 

Last updated November 8, 2014

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Overview Reviews Comments **14** Recipe Editor Variants **42** [Buy from Amazon](#)

Amount	Ingredient	£ / day	Source
70 g	Whey Protein	£0.42	OlympusHealth (https://web.archive.org/web/20200809044736/http://www.olympushealth.com/olympus-health-premium-protein-5kg)
118 g	Porridge Oats	£0.13	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1390605072373&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
100 g	Flour	£0.04	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1391788733959&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
100 g	Sugar	£0.09	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1391822048114&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
31 g	Flaxseed	£0.38	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1390605877263&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
37 ml	Sunflower Oil	£0.05	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1390605920047&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
9 g	Lo Salt	£0.04	Sainsburys (https://web.archive.org/web/20200809044736/http://www.sainsburys.co.uk/groceries/shopping/details/product_detail.jsp?bmUID=1390606232036&NEW_NAVIGATOR%3C%3Elevel_0_id=0&NEW_NAVIGATOR%3C%3Elevel_1_id=1&NEW_NAVIGATOR%3C%3Elevel_2_id=1)
3 pill	Calcium & Vitamin D plus Vitamin K Tablets	£0.11	Healthspan (https://web.archive.org/web/20200809044736/http://www.healthspan.co.uk/vitamin-d/calcium-vitamin-d-plus-vitamin-k/)
2 g	Choline bitartrate	£0.07	BulkPowders (https://web.archive.org/web/20200809044736/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&pin=187239)
2 g	MSM	£0.07	Bulk Powders (https://web.archive.org/web/20200809044736/http://www.awin1.com/cread.php?awinmid=4822&awinaffid=187239&pin=187239)
1 pill	Kirkland Signature Daily Multi Vitamin & Mineral with Lycopene and Lutein	£0.04	Amazon UK (https://web.archive.org/web/20200809044736/https://www.amazon.co.uk/dp/B006VRNEFO?tag=19-82341-21)

Amounts for: **£1.45** [Add Ingredients to Amazon Cart](#)
 Total Daily Cost:

Nutrition Facts			
Amount Per Day			
Calories 1994	52% Carb, 18% Protein, 30% Fat		
			% Daily Values*
Total Carbohydrate 251g			100%
Dietary Fiber 28g			100%
Protein 85g			100%
Total Fat 66g			101%
Saturated Fat 8g			
Monounsaturated Fat 10g			
Polyunsaturated Fat 33g			
Omega-3 Fatty Acids 8g			474%
Omega-6 Fatty Acids 29g			172%
Cholesterol 0mg			
Calcium	156%	• Vitamin A	117%
Chloride	125%	• Vitamin B6	182%
Chromium	100%	• Vitamin B12	250%
Copper	166%	• Vitamin C	100%
Iodine	100%	• Vitamin D	100%
Iron	372%	• Vitamin E	270%
Magnesium	123%	• Vitamin K	101%
Manganese	347%	• Thiamin	282%

Molybdenum	100%	•	Riboflavin	184%
Phosphorus	129%	•	Niacin	176%
Potassium	112%	•	Folate	187%
Selenium	225%	•	Pantothenic Acid	234%
Sodium	104%	•	Biotin	100%
Sulfur	100%	•	Choline	162%
Zinc	156%			

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" (/web/20200809044736/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007). You may use the Nutrient Calculator (/web/20200809044736/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20200809044736/https://www.completefoods.co/diy/recipes/cheap-supermarket-based-soyent-2>)

The Wayback Machine - <https://web.archive.org/web/20190722234347/https://www.completefoods.co/diy/recipes/tiny-female-1200-calorie-milk-...>

Tiny Female, 1200 calorie, Milk Base (Based on QuidNYC's Ketofood)

[Weight Loss](#)
[Ketogenic](#)
[Tasty!](#)
[by addy \(/web/20190722234347/https://www.completefoods.co/diy/users/addy\)](#)

Last updated May 16, 2014


[Overview](#)
[Reviews](#)
[Comments](#) ⁸
[Recipe Editor](#)
[Variants](#) ¹²
[Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
46 g	Organic Coconut Flour	\$0.19	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B008RJMZA4?tag=19-72342-20)
19 g	Bob's Red Mill Potato Starch	\$0.19	
40 g	Whey Protein Isolate (Unflavored)	\$0.97	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B0015AQL1Q?tag=19-72342-20)
40 g	Optimum Nutrition Gold	\$1.02	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B000QSNYGI?tag=19-72342-20)
15 g	Bob's Red Mill Chia Seeds	\$0.21	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
18 g	Navitas Naturals Organic Raw Cacao	\$0.49	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B001E5E0Y2?tag=19-72342-20)
6 g	Bob's Red Mill Soy Lecithin Granules	\$0.11	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B000EDK7F6?tag=19-72342-20)
3 g	Organic Ceylon Cinnamon Powder	\$0.19	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B001GKV8DQ?tag=19-72342-20)
4 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
4.2 g	Potassium Citrate	\$0.12	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
2 g	Choline Bitartrate	\$0.09	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
25 ml	Extra Virgin Olive Oil	\$0.30	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
1 g	Vitamin D Supplement	\$0.02	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B000A0LE6O?tag=19-72342-20)
25 ml	MCT Oil	\$0.47	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)

Amounts for:

\$4.74

[Add Ingredients to Amazon Cart](#)

Total Daily Cost:

Amount	Ingredient	\$ / day	Source
1 pill	NOW Foods Vitamin k-2	\$0.12	Amazon (https://web.archive.org/web/20190722234347/https://www.amazon.com/dp/B0013EJ5QM?tag=19-72342-20)
200 ml	Whole Milk	\$0.20	Grocer
Amounts for: <input type="text" value="1 day"/>		\$4.74	Add Ingredients to Amazon Cart
Total Daily Cost:			

User adjustments:

1. If you don't care about resistant starch or gut flora, you can make this cheaper by removing the potato starch and increasing the coconut flour to 70g. Adjust the potassium chloride down as necessary.
2. I use half ON protein powder because I feel like they have some of the best balance between flavor and protein. Personally, I use Delicious Strawberry. To keep costs down, I only use Gold, but using Platinum is preferred. If you use Platinum (Hydro Whey), you can replace all of the protein powder with this for even better flavor.
3. Again, for the sake of cost, I did not include fish oil. You get plenty of Omega3/6 at the preferred ratio 1:1 (this is especially important in women where it has been shown that this ratio is correlated with reduced breast cancer risk). However, I highly recommend replacing 5ml of each type of oil (EVOO/MCT) with 10ml of Nordic Naturals Fish Oil. Don't get the Arctic-D Cod Liver Oil, due to the Vitamin A content in this, you do not want the high Vitamin A content in the cod liver oil to decrease your Vitamin D absorption efficacy.
4. If you don't care about MCT Oil, try Coconut Oil. It gives a really great flavor to this.
5. I usually use 8 drops of Sucralose per day, I also add 2g of Matcha for a really nice subtle umami flavor.

Changelog:

5/9/2014

Changed the Potassium goal to 2.7 based on research.

5/7/2014

Users on discourse noted that for probiotic health, resistant starch is important. I aimed for 15g of supplemented resistant starch using 19g of potato starch (80% RS content). Coconut flour was adjusted down to keep carbs and calories at the same level as before.

To Do

Nutrition Facts	
Amount Per Day	
Calories 1200	16% Carb, 31% Protein, 53% Fat
	% Daily Values*
Total Carbohydrate 47g	233%
Dietary Fiber 32g	126%
Protein 91g	182%
Total Fat 68g	113%
Saturated Fat 37g	
Monounsaturated Fat 20g	
Polyunsaturated Fat 8g	
Omega-3 Fatty Acids 3g	
Omega-6 Fatty Acids 5g	
Cholesterol 25mg	
Calcium	110% • Vitamin A 713%
Chloride	109% • Vitamin B6 199%
Chromium	140% • Vitamin B12 347%
Copper	271% • Vitamin C 144%
Iodine	100% • Vitamin D 418%
Iron	133% • Vitamin E 125%
Magnesium	119% • Vitamin K 183%
Manganese	258% • Thiamin 188%
Molybdenum	130% • Riboflavin 230%
Phosphorus	121% • Niacin 192%

Potassium	101%	• Folate	157%
Selenium	172%	• Pantothenic Acid	266%
Sodium	121%	• Biotin	100%
Sulfur	106%	• Choline	255%
Zinc	222%		

* Percent Daily Values are based on "addy's: 1150 Calorie, RDI, Lower Potassium" (/web/20190722234347/https://www.completefoods.co/diy/nutrient-profiles/5363ff84976f9f02005b8cbb). You may use the Nutrient Calculator (/web/20190722234347/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20190722234347/https://www.completefoods.co/diy/recipes/tiny-female-1200-calorie-milk-base-based-on-quidnycs-ketofood>)

Simple Soylent

by max ([/web/20210225044420/https://www.completefoods.co/diy/users/max](https://web.archive.org/web/20210225044420/https://www.completefoods.co/diy/users/max))  Last updated December 31, 2013 [Copy](#)

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[Buy from Amazon](#)

Amount	Ingredient	\$ / day	Source
30 g	Whey protein isolate	\$0.51	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B001G8Y948?tag=19-72342-20)
25 g	Soybean Oil	\$0.18	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B007CFTC64?tag=19-72342-20)
200 g	Oat Flour/Powder	\$0.82	Bob's Red Mill (https://web.archive.org/web/20210225044420/http://www.bobsredmill.com/whole-grain-oat-flour.html)
36 g	GNC Mega Men® Sport - Vanilla Bean	\$1.67	GNC (https://web.archive.org/web/20210225044420/http://www.anrdoezrs.net/links/7340157/type/dlg/http://www.gnc.com/productId=4021740)
5.5 g	Morton Lite Salt Mixture	\$0.02	Wal*Mart
5 g	MSM Sulfur Powder	\$0.29	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B0013OVVHI?tag=19-72342-20)
200 g	Coconut Flour	\$1.85	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.co.uk/dp/B00A8D8XK8?tag=19-82341-21)
2 g	Choline bitartrate	\$0.02	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B003VZT1Y?tag=19-72342-20)
10 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.44	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
2 g	Morton Salt Substitute	\$0.05	Amazon (https://web.archive.org/web/20210225044420/https://www.amazon.com/dp/B00473QUGO?tag=19-72342-20)
Amounts for:	1 day <input type="button" value="v"/>	\$5.83	Add Ingredients to Amazon Cart
Total Daily Cost:			

NOTE: This recipe is a bit dated. For a better recipe, please see the People Chow 2.x series. You can find it as well as my other recipes at <https://www.completefoods.co/diy/users/max> (<https://web.archive.org/web/20210225044420/https://www.completefoods.co/diy/users/max>)

====

Minimal ingredients, maximum nutrition.

For best results, combine with fresh vegetables or other healthy foods.

If someone can recommend a better supplement it would be much appreciated.

Nutrition Facts

Amount Per Day

Calories 2159 50% Carb, 18% Protein, 32% Fat

% Daily Values*

Total Carbohydrate 271g		109%
Dietary Fiber 96g		343%
Protein 96g		113%
Total Fat 77g		119%
Saturated Fat 37g		
Monounsaturated Fat 12g		
Polyunsaturated Fat 21g		
Omega-3 Fatty Acids 2g		124%
Omega-6 Fatty Acids 19g		112%
Cholesterol 25mg		

Calcium	127%	• Vitamin A	167%
Chloride	179%	• Vitamin B6	3862%
Chromium	343%	• Vitamin B12	2083%
Copper	311%	• Vitamin C	333%
Iodine	100%	• Vitamin D	174%
Iron	100%	• Vitamin E	175%
Magnesium	295%	• Vitamin K	110%
Manganese	435%	• Thiamin	4283%
Molybdenum	1056%	• Riboflavin	3862%
Phosphorus	136%	• Niacin	331%
Potassium	101%	• Folate	166%
Selenium	487%	• Pantothenic Acid	1008%
Sodium	105%	• Biotin	1000%
Sulfur	106%	• Choline	162%

Zinc	285%
<small>* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" (/web/20210225044420/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007). You may use the Nutrient Calculator (/web/20210225044420/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.</small>	

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


(<https://web.archive.org/web/20210225044420/https://www.completefoods.co/diy/terms>)

The Wayback Machine - <https://web.archive.org/web/20201215062851/https://www.completefoods.co/diy/recipes/people-chow-302-tortilla-perfection-with-olive-oil>

People Chow 3.0.2 - "Tortilla Perfection!" with olive oil

by [chris.bair](https://web.archive.org/web/20201215062851/https://www.completefoods.co/diy/users/chris.bair)  Last updated January 6, 2015

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Amount	Ingredient	\$ / day	Source
345 g	Masa harina	\$0.50	Walmart (https://web.archive.org/web/20201215062851/http://linksynergy.walmart.com/fs-bin/click?id=O4I2YYEDw4s&subid=&offerid=223073.1&type=10&tmpid=1082&RD_PARM1=http%3A%2F%2Fwww.walmart.com%2Fip%2FInstant-Masa-Corn-Flour-4.4-lb%2F10291185)
55 g	NOW Whey Protein Isolate (also comes in smaller sizes)	\$1.33	Bodybuilding.com (https://web.archive.org/web/20201215062851/http://www.pntrs.com/t/TUJGRkdHS0JGRkZMR0ZCRkIMSE?url=http%3A%2F%2Fwww.bodybuilding.com%2Fstore%2Fnow%2Fwhey.html)
23 g	GNC Mega Men® Sport - Vanilla Bean	\$0.90	GNC (https://web.archive.org/web/20201215062851/http://www.anrdoezrs.net/links/7340157/type/dlg/http://www.gnc.com/productId=4021740)
6 g	NOW Foods Calcium/magnesium 1000/500 mg	\$0.26	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B0002PU648?tag=19-72342-20)
6 g	Potassium Citrate	\$0.16	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B00MSWQYTY?tag=19-72342-20)
4 g	Iodised Salt	\$0.00	local (https://web.archive.org/web/20201215062851/https://click.linksynergy.com/fs-bin/click?id=O4I2YYEDw4s&subid=&offerid=477763.1&type=10&tmpid=13344&RD_PARM1=http%3A%2F%2Fwww.samsclub.com%2Fiodized-table-salt-4lb-box%2F156330.ip)
2 g	Choline bitartrate	\$0.08	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B006HLYODA?tag=19-72342-20)
0.5 pill	Now Foods MK-7 Vitamin K-2	\$0.09	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B004QD4PHQ?tag=19-72342-20)
0.5 pill	Now Foods MK-4 Vitamin K-2	\$0.05	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B0013EJ5QM?tag=19-72342-20)
50 ml	Extra Virgin Olive Oil	\$0.32	local (https://web.archive.org/web/20201215062851/https://click.linksynergy.com/fs-bin/click?id=O4I2YYEDw4s&subid=&offerid=477763.1&type=10&tmpid=13344&RD_PARM1=http%3A%2F%2Fwww.samsclub.com%2Flucca-extra-virgin-olive-oil-68-oz%2F157801.ip)
0.1 g	Pure Stevia - 1/4 tsp per week	\$0.01	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)
0.571 g	Xanthan Gum (4g/week)	\$0.02	Amazon (https://web.archive.org/web/20201215062851/https://www.amazon.com/dp/B0040DWXCG?tag=19-72342-20)

Amounts for: \$3.74 [Add Ingredients to Amazon Cart](#)

Total Daily Cost:

This is exactly the same as Max's People Chow 3.0.1 except I removed the soybean oil, added two vitamin K supplements and stole QuidNYC's olive oil. I'll be taking one of the K supplements on even days and the other on odd days since both seem good and it's difficult to tell which is better - hence the .5 pill.

Completely mixed and ready to go packages of this recipe is available at <http://www.thebairs.net/product-category/people-chow/> (<https://web.archive.org/web/20201215062851/http://www.thebairs.net/product-category/people-chow/>) (including samples)

Nutrition Facts			
Amount Per Day			
Calories	1959	55% Carb, 17% Protein, 28% Fat	
			% Daily Values*
Total Carbohydrate	274g		110%
Dietary Fiber	30g		108%
Protein	87g		103%
Total Fat	62g		95%
Saturated Fat	9g		
Monounsaturated Fat	33g		
Polyunsaturated Fat	5g		
Omega-3 Fatty Acids	0.53g		33%
Omega-6 Fatty Acids	10g		60%
Cholesterol	21mg		
Calcium	140%	• Vitamin A	221%
Chloride	109%	• Vitamin B6	2586%
Chromium	219%	• Vitamin B12	1387%
Copper	214%	• Vitamin C	214%
Iodine	189%	• Vitamin D	108%
Iron	321%	• Vitamin E	129%

Magnesium	250%	• Vitamin K	150%
Manganese	131%	• Thiamin	3067%
Molybdenum	106%	• Riboflavin	2568%
Phosphorus	214%	• Niacin	204%
Potassium	103%	• Folate	125%
Selenium	347%	• Pantothenic Acid	748%
Sodium	121%	• Biotin	639%
Sulfur	189%	• Choline	178%
Zinc	233%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" ([/web/20201215062851/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007](https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007)). You may use the Nutrient Calculator ([/web/20201215062851/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20201215062851/https://www.completefoods.co/diy/recipes/people-chow-302-tortilla-perfection-with-olive-oil>)

The Wayback Machine - <https://web.archive.org/web/20210116205743/https://www.completefoods.co/diy/recipes/spencer-fuel>

Spencer Fuel

Weight Loss

Ketogenic

Vegan

Tasty!

by axcho ([/web/20210116205743/https://www.completefoods.co/diy/users/axcho](https://web.archive.org/web/20210116205743/https://www.completefoods.co/diy/users/axcho)) 

Last updated November 17, 2016

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Overview	Reviews	Comments 27	Recipe Editor	Photos 1	Variants 19	Buy from Amazon
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Amount	Volume	Ingredient	\$ / day	Source
75 g	¾ cup	Vanilla Rice Protein	\$2.37	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B0033TA8K2?tag=19-72342-20)
30 g	3 tbsp	Chia Seeds	\$0.48	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
12 g	1 tbsp	Psyllium Husk Powder	\$0.18	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
10 g	2 tbsp	Cocoa Powder	\$0.13	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B001EQ5AHW?tag=19-72342-20)
10 g	1½ tsp	Potassium Citrate	\$0.50	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
4 g	1¼ tsp	Calcium Citrate	\$0.21	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B00F8I5XQU?tag=19-72342-20)
4 g	½ tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
3 g	1 tsp	Magnesium Citrate	\$0.17	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B00GW5NX9C?tag=19-72342-20)
2 g	½ tsp	Choline Bitartrate	\$0.08	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B001080C48?tag=19-72342-20)
1.5 g	¾ tsp	Stevia Powder	\$0.22	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)
0.5 g	⅛ tsp	Xanthan Gum	\$0.02	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B0040DWCXG?tag=19-72342-20)
1 pill	1 capsule	One Daily Superfood Multivitamin	\$0.32	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B00B4IKQPG?tag=19-72342-20)
30 ml	2 tbsp	MCT Oil	\$0.70	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B0019LRY8A?tag=19-72342-20)
130 ml	8¾ tbsp	Canola Oil	\$1.05	Amazon (https://web.archive.org/web/20210116205743/https://www.amazon.com/dp/B0051OQPJ0?tag=19-72342-20)
Amounts for:	1 day <input type="button" value="v"/>		\$6.44	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:				

Spencer Fuel is a custom ketogenic recipe for Spencer, who wanted something vegan with not too much protein. If you don't like the taste, feel free to water it down as much as you want. ;)

If you want to buy some ready-made from me, you can order Spencer Fuel here
 (https://web.archive.org/web/20210116205743/http://custombodyfuel.com/product/spencer-fuel/).

Nutrition Facts

Amount Per Day		8% Carb, 13% Protein, 79% Fat	
Calories 1840		% Daily Values*	
Total Carbohydrate 37g			116%
Dietary Fiber 28g			100%
Protein 64g			102%
Total Fat 170g			107%
Saturated Fat 39g			
Monounsaturated Fat 83g			
Polyunsaturated Fat 44g			
Omega-3 Fatty Acids 17g			1077%
Omega-6 Fatty Acids 27g			552%
Cholesterol 0mg			
Calcium	121%	• Vitamin A	167%
Chloride	104%	• Vitamin B6	770%
Chromium	343%	• Vitamin B12	4167%
Copper	128%	• Vitamin C	115%
Iodine	175%	• Vitamin D	167%
Iron	180%	• Vitamin E	264%
Magnesium	133%	• Vitamin K	144%
Manganese	139%	• Thiamin	849%
Molybdenum	167%	• Riboflavin	775%
Phosphorus	104%	• Niacin	143%
Potassium	111%	• Folate	104%
Selenium	160%	• Pantothenic Acid	201%
Sodium	120%	• Biotin	100%
Sulfur	158%	• Choline	146%
Zinc	110%		

* Percent Daily Values are based on "Spencer's DRI, 1800 calories, 7/14/79" (/web/20210116205743/https://www.completefoods.co/diy/nutrient-profiles/53c84cd087465e0200dc3788). You may use the Nutrient Calculator (/web/20210116205743/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20210116205743/https://www.completefoods.co/diy/terms)

The Wayback Machine - <https://web.archive.org/web/20190723135831/https://www.completefoods.co/diy/recipes/simply-100-v1-for-2day>

"Simply 100%" v1 for \$2/day

by audiodrumnerguy (/web/20190723135831/https://www.completefoods.co/diy/users/audiodrumnerguy)  Last updated June 26, 2014[Copy](#)

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Amount	Ingredient	\$ / day	Source
74 g	Whey Protein Concentrate	\$1.14	Novus Life (https://web.archive.org/web/20190723135831/https://bulkfoodsdirect.com/Unflavored-Whey-Protein-Concentrate--10lb_p_9.html)
4 g	Bob's Red Mill Sea Salt	\$0.01	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
6 g	Potassium Citrate	\$0.22	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
1 g	Choline Bitartrate	\$0.03	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B00EIS9NW6?tag=19-72342-20)
1 pill	Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
348 g	Masa harina	\$0.35	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B0000JYK4?tag=19-72342-20)
2.5 g	Kirkland Signature Optifiber	\$0.07	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B0091FABUE?tag=19-72342-20)
1 portion	Thorne Research Vitamin D / K2 Liquid	\$0.02	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B0038NF8MG?tag=19-72342-20)
52 g	Canola Oil	\$0.13	Amazon (https://web.archive.org/web/20190723135831/https://www.amazon.com/dp/B009LI32NY?tag=19-72342-20)
Amounts for:	<input type="text" value="1 day"/>	\$2.00	Add Ingredients to Amazon Cart
Total Daily Cost:			

PLEASE READ IN FULL (6/25/14):

- Prices may vary. I used my Amazon Prime prices for all the ingredients. I did not include shipping or tax costs.
- I recommend looking for 25 lb or 50 lb bags of the "Masa Harina" flour at a local store. That will save you shipping costs.
- The "Thorne Research Vitamin D / K2 Liquid" ingredient is to be applied via a dropper.
- You should independently verify the accuracy of the nutrition facts listed in this recipe for each individual ingredient before consuming.
- You should independently verify the cost of each individual ingredient before purchasing.
- Please note that some of the items will last you up to 1,200 days. If you do not want to buy in such bulk, reduce the amount you want to buy on the Amazon page. For example, both choline bitartrate and potassium citrate can be bought in smaller amounts. This leads to a lower initial cost in buying the product, but a higher cost/day.
- I take no responsibility for any harm this recipe may cause to anyone. Use at your own risk.

If you like this recipe, favorite it! If you have a comment about this recipe, including any recommendations you have, comment it! I may use it for a v2!

Thanks for reading, and happy DIY Soylent.

Nutrition Facts

Amount Per Day		
Calories 2000		53% Carb, 18% Protein, 29% Fat
		% Daily Values*
Total Carbohydrate 273g		109%
Dietary Fiber 28g		100%
Protein 90g		106%
Total Fat 67g		102%
Saturated Fat 6g		
Monounsaturated Fat 31g		
Polyunsaturated Fat 15g		
Omega-3 Fatty Acids 3g		201%
Omega-6 Fatty Acids 18g		106%
Cholesterol 12mg		
Calcium	104%	• Vitamin A 233%
Chloride	109%	• Vitamin B6 316%
Chromium	100%	• Vitamin B12 326%
Copper	174%	• Vitamin C 100%
Iodine	100%	• Vitamin D 150%
Iron	549%	• Vitamin E 207%
Magnesium	149%	• Vitamin K 123%
Manganese	176%	• Thiamin 569%
Molybdenum	100%	• Riboflavin 272%
Phosphorus	266%	• Niacin 130%
Potassium	104%	• Folate 156%
Selenium	225%	• Pantothenic Acid 330%
Sodium	119%	• Biotin 100%
Sulfur	216%	• Choline 108%
Zinc	199%	

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories" (/web/20190723135831/https://www.completefoods.co/diy/nutrient-profiles/51e4e6ca7789bc0200000007). You may use the Nutrient Calculator (/web/20190723135831/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20190723135831/https://www.completefoods.co/diy/terms)

The Wayback Machine - <https://web.archive.org/web/20201111231543/https://www.completefoods.co/diy/recipes/canadian-jizz-11>

Canadian Jizz 1.1


Weight Loss

Weight Gain

Bodybuilding

Baked

Tasty!

by guill999 (/web/20201111231543/https://www.completefoods.co/diy/users/guill999) 

Last updated March 29, 2015

 Copy

Overview	Reviews	Comments 30	Recipe Editor	Photos 3	Variants 19	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
200 g	Only Oats pure whole grain oat flour	\$1.17	amazon canada (https://web.archive.org/web/20201111231543/https://www.amazon.com/dp/B00LNUREQ4?tag=19-72342-20)
130 g	Maltodextrin	\$1.15	canadianprotein.com (https://web.archive.org/web/20201111231543/http://www.canadianprotein.com/maltodextrin.html)
100 g	Ultra Grade Unflavoured Whey Protein Blend	\$1.71	canadianprotein.com (https://web.archive.org/web/20201111231543/http://www.canadianprotein.com/bulk-protein.html)
60 ml	Canola oil	\$0.14	Local
20 g	Cacao powder	\$0.28	Local
8.3 g	Potassium citrate	\$0.33	purebulk.com (https://web.archive.org/web/20201111231543/http://purebulk.com/potassium-citrate-powder/)
4.5 g	Iodeized sea salt	\$0.02	Local
3.5 g	Super-Men Multivitamin Powder 3 Month Supply	\$0.44	canadianprotein.com (https://web.archive.org/web/20201111231543/http://www.canadianprotein.com/super-men-multivitamin-powder.html)
1.4 g	Choline Birtrate	\$0.04	purebulk.com (https://web.archive.org/web/20201111231543/http://purebulk.com/choline-bitartrate-powder/)
1 g	Daily sunlight!	\$0.00	Outside
Amounts for: 1 day <input type="button" value="v"/>		\$5.29	<input type="button" value="Add Ingredients to Amazon Cart"/>
Total Daily Cost:			

I present you Canadian Jizz, a simple and versatile diy soylent recipe that is made for people who exercise 2-3 times a week (musuculation & cardiovascular activities). Not exercising? Cut 30g of maltodextrin and 40g of protein. Want to lose weight? Cut 60g of maltodextrin and 40g of protein.

One of the best diy recipe, from my point of view.

Baked version:

Prepare oven at 350F°. Replace maltodextrin with sugar. Put 40g of cacao powder instead of 20. Put 1 tsp of baking powder and put 3g of salt instead of 4.5g. Mix all the powders together. Add 250ml of warm water. Mix thoroughly. Add the oil. Mix again. Put the stuff in whatever kind of baking plates you want. Cook for 15 or 20 minutes, depending on the thickness desired. Cut in rectangular pieces once done.

Flavoring note:

Add more cacao powder for more chocolate flavor or add 20ml of pure vanilla extract (this one is my favorite so far). To increase the sweetness level, one can either reduce the quantity of maltodextrin and add sugar to compensate or add sucralose / stevia.

Version 1.1

Changed brown sugar to maltodextrin. The sweetness became disgusting way too quickly. The price is still very reasonable at 5.30\$ per day.

Picture: <http://i.imgur.com/133WNNv.jpg?1> (<https://web.archive.org/web/20201111231543/http://i.imgur.com/133WNNv.jpg?1>)

Version 1.0:

Preparation method:

1. Mix all the powders together.
2. Put it in an airtight pitcher
3. Add hot water from the sink until it makes 2L with the ingredients (hot enough to hurt you but not boiling)
4. Shake like crazy
5. Immediately let it rest in the refrigerator for the night and let it breathe (otherwise your pitcher could explode)
6. Add oil in the morning
7. Repeat step 4
8. Enjoy your Jizz

Preparation note:

With cold water, it's quite gritty. A good blender could fix this issue, but i don't have one. If you use hot water, never let it rest at room temperature for too long, otherwise the oat flour will turn to crap.

Taste, texture, consistency:

Mildly sweet, taste like chocolate (the multivitamin has a bad taste on its own, so cacao is really necessary to overcome it), texture is kind of creamy/silky, the consistency is more thick than pure water. Just like a shake, really.

Ingredients note:

Almost all Canadian sourced, under 5\$ per day. As far as i know, purebulk.com does not charge duty taxes. I once ordered 1.5kg of potassium and some L-theanine to Montreal and there was no extra fee.

All other ingredients are very easy to get. Canadianprotein.com is a very reliable source. So is amazon.ca . For the canola oil and the cacao powder, i use the private brand (Selection) of my nearest grocery store, Super C. Most chain grocery stores have their own brand

Nutrition Facts

Amount Per Day

Calories 2233

48% Carb, 20% Protein, 32% Fat

		% Daily Values*
Total Carbohydrate	280g	100%
Dietary Fiber	30g	107%
Protein	118g	106%
Total Fat	82g	109%
Saturated Fat	10g	
Monounsaturated Fat	45g	
Polyunsaturated Fat	23g	
Omega-3 Fatty Acids	5g	304%
Omega-6 Fatty Acids	19g	114%
Cholesterol	67mg	
Calcium	117%	• Vitamin A 333%
Chloride	105%	• Vitamin B6 3867%
Chromium	343%	• Vitamin B12 4167%
Copper	333%	• Vitamin C 333%
Iodine	100%	• Vitamin D 100%
Iron	125%	• Vitamin E 1005%
Magnesium	177%	• Vitamin K 103%
Manganese	565%	• Thiamin > 6372%
Molybdenum	1067%	• Riboflavin > 5974%
Phosphorus	133%	• Niacin 490%
Potassium	109%	• Folate 167%
Selenium	497%	• Pantothenic Acid 1508%
Sodium	127%	• Biotin 1000%
Sulfur	167%	• Choline 116%
Zinc	333%	

* Percent Daily Values are based on "guill999's U.S. government DRI, male 19-50, 2000 calories"

(/web/2020111231543/https://www.completefoods.co/diy/nutrient-profiles/5410cb93cd4cac0200d9492d). You may use the Nutrient Calculator

(/web/2020111231543/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(<https://web.archive.org/web/20201111231543/https://www.completefoods.co/diy/terms>)


The Wayback Machine - <https://web.archive.org/web/20190720014459/https://www.completefoods.co/diy/recipes/liberation-chow>

Liberation Chow

Vegan

Kosher

Tasty!

by vacuoustruth ([/web/20190720014459/https://www.completefoods.co/diy/users/vacuoustruth](https://web/20190720014459/https://www.completefoods.co/diy/users/vacuoustruth))  Last updated March 16, 2015

Last updated March 16, 2015

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Overview	Reviews	Comments 41	Recipe Editor	Photos 2	Variants 13	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
280 g	Masa harina	\$2.03	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B001HTIT9C?tag=19-72342-20)
65 g	Soy protein isolate	\$1.02	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B000EDG4EO?tag=19-72342-20)
60 ml	Extra Virgin Olive Oil	\$1.16	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B0006Z7NPO?tag=19-72342-20)
40 g	Chia Seeds	\$0.66	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
20 g	Oat Flour/Powder	\$0.16	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B004VLBUM?tag=19-72342-20)
5 pill	AOR Ortho Core	\$1.50	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B0018KKOQG?tag=19-72342-20)
3 g	Iodised Salt	\$0.03	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B005MER0RA?tag=19-72342-20)
3 g	Potassium chloride	\$0.09	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B001FOQW42?tag=19-72342-20)
2 g	Choline bitartrate	\$0.02	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B003VZT21Y?tag=19-72342-20)
2 g	Jarrow Formulas, MSM Sulfur Powder	\$0.07	Amazon (https://web.archive.org/web/20190720014459/https://www.amazon.com/dp/B0013OULBU?tag=19-72342-20)

Amounts for: 1 day

\$6.75

Total Daily Cost:

Soylent is a breakthrough from an animal rights perspective. We can no longer say it's too hard to be vegan, or that we aren't sure we're getting all required nutrients.

Liberation Chow favors locally-sourced, non-gmo ingredients. Unlike many Soylent recipes, the nutrition profile does not deviate from the most recent U.S. government DRI recommendations, and is almost exactly 2000 calories.

Preparation

It's easy to make several weeks worth of the dry powder, and keep it at work and home. When ready to eat, just grab a pint glass, fill it a third of the way with the chow, add a dash of oil (slightly less than a shot glass), and fill the remainder of the glass with water. Mix thoroughly and enjoy!

You can see the photos page for the glass and storage bins I use.

Flavoring

While the recipe is great to drink without additional flavoring, I've found a couple different flavorings that work well. To get an apple pie or pumpkin pie flavoring, add about 20g of cinnamon, 10g of brown sugar, and some small combination of ginger, nutmeg, allspice, and ground cloves.

Macronutrient comparison

The macronutrient calorie ratios end up at 48/17/35 carbs/protein/fat, which is in the slightly lower-carb, higher-fat ranges of RDI. For comparison, RDI ratios typically hover around 55/20/25, Crossfit and Zone diets suggest 40/30/30, Paleo suggests 20/15/65, Keto is somewhere around 5/20/75, and body-building recommendations range from 40/40/20 to 50/30/20. I tried to remain conservative and stick to government recommendations. For lower-carb options or as a way to make room for flavoring, you can remove about 50g of the Masa Harina and the recipe will still fall within DRI ranges. Let me know if you find ways to achieve any other interesting ratios. I've found the ingredients here to be somewhat flexible.

Are all the ingredients vegan?

I have not verified all the ingredients in the AOR Ortho Core are vegan, and it's possible some aren't. So you may wish to choose another multivitamin. The methylcobalamin in the Ortho Core is synthetically-produced, and is physiologically equivalent to B12, which is reassuring.

Why is there so much niacin?

The excess niacin comes mostly from the AOR Ortho Core multivitamin. The multivitamin is supposed to be taken over the course of the day and uses a form of niacin known as IHN, a no-flush niacin whose safe upper limit is much higher than what the recipe contains. A larger quantity is necessary to account for IHN's relatively slow absorption into the bloodstream.

Supplementing with microalgae

Polyunsaturated fats (PUFA) are one of the most important considerations in plant-based diets. Animal-based ω -3 fats DHA and EPA provide broad health benefits, promoting cardiovascular and cognitive health. Excessive intake of plant-based ω -6 is associated with an increase in cancer and heart disease. Humans have the enzymes to produce the DHA and EPA fats from plant-based ω -3, but nearly none of the plant-based ω -3 is converted, and relying on these reactions is not considered optimal for development and health. For this reason, it may be worth supplementing with microalgae and reducing the olive oil intake.

Omega ratio

I'm using a modified nutrient profile to highlight the ratio of ω -3 to ω -6, which in Liberation Chow is about 1:2. Research suggests keeping the ratio between 1:1 and 1:4. Before Soylent, my ratio was probably around 1:10 or 1:20! For those interested, about 8% of total calories come from ω -6. Also, lowering total PUFA to less than 10% of calories would require changing the recipe completely, making it incompatible with DRI recommendations.

Iron

The soy protein contributes about a third of the iron, and much comes from the corn masa and oat flour. In a private copy of Liberation Chow, the soy protein is replaced with raw amino acid powder, the oat flour is increased and the corn masa decreased, the other ingredients are adjusted, and it was possible to get below 20mg of iron and still remain vegan!

GMOs

The main ingredients are non-GMO, even though there appears to be a lot of pro-GMO research by reputable sources. The non-GMO label just seems safer to me, given the number and variety of GMO techniques and uncertainty about which ones have been validated over the long term. As far as the supplement sources go, I could not determine if they contain GMOs or not. Note that the cost is almost double with non-GMO, so feel free to swap out ingredients for cheaper options. This appears to be a good source of research for those interested

<http://www.biofortified.org/genera/studies-for-genera/>

(<https://web.archive.org/web/20190720014459/http://www.biofortified.org/genera/studies-for-genera/>).

My credentials

I am not a nutritionist or medical expert. If you're interested, here's a summary of relevant info about me.

- Software developer
- Member of the DIY Soylent community for a little over a year, and regularly eat modified versions the People Chow and Hacker School recipes
- Participate in the animal rights activism group Direct Action Everywhere

Preachy stuff

Beyond simply being interested in SoyLent and wanting to learn more, I made this recipe as a statement against the daily atrocities happening in factory farms, waterways, and oceans.

The World Health Organization now considers antibiotic resistance a serious threat, with resistance to common strains found in 114 countries[1]. It is suspected that antibiotic use for animal growth is a major contributor.

Meat production requires significantly more "virtual water" than vegetable farming, dwarfing water saved in conservation efforts around the home and workplace. Lastly, climate change is known to be largely driven by beef consumption[2].

Rob Reinhart posted to his blog after the 20M Andreessen Horowitz fundraising:

Agriculture butchers billions of animals, covers over a third of the earth's habitable land and uses 80% of our water supply.

I would like to believe that any responsible member of society would do their part to reduce meat consumption, if not just for their health.

[1] <http://www.bbc.com/news/health-27204988> (<https://web.archive.org/web/20190720014459/http://www.bbc.com/news/health-27204988>)

[2] <http://daily.jstor.org/are-cows-bad-for-the-environment/> (<https://web.archive.org/web/20190720014459/http://daily.jstor.org/are-cows-bad-for-the-environment/>)

Updates

Update 10/2014: I've purchased some hazelnut and almond extract, and I'd like to try mixing with various teas (chai, rooibos, spiced tea). This thread had a number of great ideas: <http://discourse.soylent.me/t/the-flavoring-soylent-thread> (<https://web.archive.org/web/20190720014459/http://discourse.soylent.me/t/the-flavoring-soylent-thread>).

Update 1/2015: Added a section on high iron after a recent blood test showed iron levels at 158 ug/dL and bilirubin at 2.2 mg/dL. A followup a couple days later showed iron serum back at 124 ug/dl and everything else right on target. I'm not sure what happened, but I'll speak to my doctor, and keep tracking progress to this recipe. I tried the extracts, and they didn't really do much for flavor. The winner seems to still be the brown sugar.

Nutrition Facts

Amount Per Day

Calories 2006 48% Carb, 17% Protein, 35% Fat

% Daily Values*

Total Carbohydrate 251g			100%
Dietary Fiber 34g			122%
Protein 89g			105%
Total Fat 83g			128%
Saturated Fat 11g			
Monounsaturated Fat 42g			
Polyunsaturated Fat 16g			
Omega-3 Fatty Acids 8g			762%
Omega-6 Fatty Acids 13g			650%

Cholesterol 0mg

Calcium	103%	• Vitamin A	114%
Chloride	140%	• Vitamin B6	> 6527%
Chromium	239%	• Vitamin B12	> 22500%
Copper	349%	• Vitamin C	112%
Iodine	177%	• Vitamin D	138%
Iron	385%	• Vitamin E	196%
Magnesium	128%	• Vitamin K	112%
Manganese	227%	• Thiamin	984%
Molybdenum	172%	• Riboflavin	188%
Phosphorus	224%	• Niacin	598%
Potassium	106%	• Folate	222%
Selenium	207%	• Pantothenic Acid	1710%
Sodium	134%	• Biotin	833%
Sulfur	153%	• Choline	170%
Zinc	150%		

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories -- Rob's newest Omega ratio" (/web/20190720014459/https://www.completefoods.co/diy/nutrient-profiles/5368544f440bbc02004f4073). You may use the Nutrient Calculator (/web/20190720014459/https://www.completefoods.co/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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(https://web.archive.org/web/20190720014459/https://www.completefoods.co/complete)

The Wayback Machine - <https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/recipes/schmoyleft-vanilla>

Schmoyleft Vanilla

Vegan

Tasty!

by axcho ([/web/20210116203702/https://www.completefoods.co/diy/users/axcho](https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/users/axcho)) 

Last updated November 17, 2016

 Copy

Overview

Reviews 1

Comments 43

Recipe Editor

Photos 1

Variants 93

Buy from Amazon

Amount	Volume	Ingredient	\$ / day	Source
160 g	1½ cups	Oat Flour	\$1.18	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B01GL6PXLCTag=19-72342-20)
160 g	1¼ cups	Rice Flour	\$0.84	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B004VLSV7ITag=19-72342-20)
105.6 g	1 cup	Vanilla Rice Protein	\$3.34	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B0033TA8K2?tag=19-72342-20)
10.6 g	1½ tsp	Potassium Citrate	\$0.53	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B00ENSA910?tag=19-72342-20)
9.6 g	1 tbsp	Psyllium Husk Powder	\$0.14	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B002RWUNYM?tag=19-72342-20)
5.2 g	½ tsp	Iodized Salt	\$0.01	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B000Q3CJGO?tag=19-72342-20)
3.5 g	1¼ tsp	Calcium Citrate	\$0.18	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B00F8I5XQU?tag=19-72342-20)
1.8 g	½ tsp	Choline Bitartrate	\$0.07	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B001080C48?tag=19-72342-20)
1.8 g	½ tsp	Magnesium Citrate	\$0.10	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B00GW5NX9C?tag=19-72342-20)
0.7 g	¼ tsp	Stevia Powder	\$0.10	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B00DSQZNF0?tag=19-72342-20)
0.4 g	⅓ tsp	Xanthan Gum	\$0.01	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B0040DWCXG?tag=19-72342-20)
0.9 g	2 capsule	Celebrate Multivitamin Capsules	\$0.37	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B003VVR6WK?tag=19-72342-20)
52 ml	3½ tbsp	Canola Oil	\$0.42	Amazon (https://web.archive.org/web/20210116203702/https://www.amazon.com/dp/B0051OQPJ0?tag=19-72342-20)
Amounts for: <input type="text" value="1 day"/>			\$7.30	Add Ingredients to Amazon Cart
Total Daily Cost:				

Schmoyleft Vanilla is my take on the official **Soylent 1.0** formula. If you need a gluten-free version, try **Schmoyleft Clean Vanilla** (<https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/recipes/schmoyleft-clean-vanilla>).

It has the exact same macronutrient amounts in each daily serving, and is based on a mix of oat flour and rice protein just like **Soylent**. But instead of artificial vanillin, I've used rice protein with natural vanilla flavor, along with a tiny bit of stevia instead of sucralose for those who are sensitive to it (like me!). More recently, I've stopped using maltodextrin and now use rice flour instead. And it's vegan and soy-free.

Also, check out the other flavor variations, like Plain

(<https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/recipes/schmoyleft-plain>), Cinnamon

(<https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/recipes/schmoyleft-cinnamon>), and of course, Chocolate

(<https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/recipes/schmoyleft-chocolate>).

If you want to buy some ready-made from me, you can order Schmoyleft Vanilla here

(<https://web.archive.org/web/20210116203702/http://custombodyfuel.com/product/schmoyleft/>).

Nutrition Facts

Amount Per Day

Calories 2116 48% Carb, 22% Protein, 30% Fat

% Daily Values*

Total Carbohydrate 253g **100%**

Dietary Fiber 29g **106%**

Protein 114g **100%**

Total Fat 71g **101%**

Saturated Fat 7g

Monounsaturated Fat 38g

Polyunsaturated Fat 21g

Omega-3 Fatty Acids 5g **204%**

Omega-6 Fatty Acids 15g **206%**

Cholesterol 0mg

Calcium 104% • Vitamin A 200%

Chloride 136% • Vitamin B6 620%

Chromium 343% • Vitamin B12 > 12500%

Copper 294% • Vitamin C 125%

Iodine 223% • Vitamin D 300%

Iron 274% • Vitamin E 234%

Magnesium 140% • Vitamin K 114%

Manganese 414% • Thiamin 712%

Molybdenum 811% • Riboflavin 569%

Phosphorus 206% • Niacin 191%

Potassium 129% • Folate 134%

Selenium 296% • Pantothenic Acid 273%

Sodium 158% • Biotin 1200%

Sulfur 237% • Choline 141%

Zinc 222%

* Percent Daily Values are based on "U.S. government DRI, male 19-50, 2000 calories, Soy lent 1.0 macros"

([/web/20210116203702/https://www.completefoods.co/diy/nutrient-profiles/53762d2cede3640200d54adf](https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/nutrient-profiles/53762d2cede3640200d54adf)). You may use the Nutrient Calculator

([/web/20210116203702/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web.archive.org/web/20210116203702/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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The Wayback Machine - <https://web.archive.org/web/20210108042739/https://www.completefoods.co/diy/recipes/brets-soylent-corn-oat-wheat-p...>

Bret's Soylent: Corn, Oat, Wheat Protein. Complete, low price.

Tasty!

by hess8 ([/web/20210108042739/https://www.completefoods.co/diy/users/hess8](https://web/20210108042739/https://www.completefoods.co/diy/users/hess8))

Last updated October 11, 2017

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Overview	Reviews	Comments 12	Recipe Editor	Variants 30	Buy from Amazon
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Amount	Volume	Ingredient	\$ / day	Source
145 g		Oat Flour Honeyville Farms	\$0.40	Honeyville (https://web.archive.org/web/20210108042739/http://shop.honeyville.com/oat-flour.html)
79 ml	0.34 cup	Canola Oil	\$0.13	Local, 5qt (Costco)
36 g	3 tbsp	Sugar or sugar+sucralose (see notes)	\$0.10	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00HJCXX24?tag=19-72342-20)
1 pill		Kirkland Signature Daily Multi	\$0.03	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B006VRNEFO?tag=19-72342-20)
5 g		Potassium chloride	\$0.10	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00ENS39XK?tag=19-72342-20)
1.35 g		Lysine	\$0.02	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00ENP215K?tag=19-72342-20)
66 g		Wheat protein isolate 80%	\$0.38	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B0096R2ZPQ?tag=19-72342-20)
3.1 g		Salt	\$0.01	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B001GHYO4E?tag=19-72342-20)
111 g		Yellow corn flour	\$0.21	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B0096QRHM8?tag=19-72342-20)
0.19 g		Nutmeg, powdered	\$0.02	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00269YPBS?tag=19-72342-20)
1.33 g		Choline Bitartrate	\$0.03	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00EIS9NW6?tag=19-72342-20)
0.9 pill		Calcium and vitamin D	\$0.03	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B002RL8FBQ?tag=19-72342-20)
0.9 g	⅔ tsp	Xanthan gum (see notes on amount)	\$0.03	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00CYMU3TA?tag=19-72342-20)
0.08 pill		Vitamin K	\$0.00	Amazon (https://web.archive.org/web/20210108042739/https://www.amazon.com/dp/B00014FNU2?tag=19-72342-20)
Amounts for:	1 day		\$1.51	Add Ingredients to Amazon Cart
Total Daily Cost:				

For variety, it's great with a little salsa, or curry powder and other Indian spice, or probably lots of "main dish" flavors I haven't tried yet. You can exchange the wheat protein powder with rice protein.

This has a tiny amount of nutmeg in it...not enough to make it a noticeable flavor, but it rounds out the taste nicely..., more satisfying. I tried several spices, and nutmeg is it.

See my **other recipes** using whey protein (<https://web.archive.org/web/20210108042739/https://www.completefoods.co/diy/recipes/brets-soy-lent-oat-whey-complete-low-price>) , rice protein (<https://web.archive.org/web/20210108042739/https://www.completefoods.co/diy/recipes/brets-soy-lent-oat-rice-complete-low-price>), and wheat protein (<https://web.archive.org/web/20210108042739/https://www.completefoods.co/diy/recipes/brets-soy-lent-oat-wheat-more-protein-low-price>). They taste very different. I sell samples of my other recipes, but not for this one.

This corn version is the least used of my recipes. I would try the other versions first. It has a main dish flavor rather than a breakfast one. This has the most texture of my recipes. I like it for variety.

Yes, the great price is for real and I update the ingredient prices when I buy more. You need to buy in bulk (see the links) to get these savings. And an Amazon prime account might help. Costs: The recipe editor on this site automatically calculates price per day. It shows you how many days that each purchase lasts... look at the recipe editor tab, column "days/unit". As far as how long your first order would last, you can see that the oat flour bag runs out first at 105 days. If you ordered 2 bags of oat flour and 2 calcium jars, you'd be up to about 200 days when the potassium runs out, and you have to order that again. So it's about \$400 investment to get started, and then it will average less than \$2.00 a day to replace supplies.

See instructions here

(<https://web.archive.org/web/20210108042739/https://docs.google.com/document/d/1bbhmtWT1rFDW0eFPXm6ZB2kipp-YehBsvj-FDft3IRg/edit>) for how to use this mix and adjust to soy lent.



Background

My family used official Soy lent (1.1 through 1.4) for about 5 months for about 2 meals a day. At the same time, I experimented with my own recipes, while matching the official Soy lent nutrition, and finding the right prices for the ingredients. In Feb 2015 I found a rice protein recipe that was a hit with the family, who said it tastes better than the official product (v1.4). I now rotate between all of my recipes.

I find that weight loss/maintenance is a lot easier with soy lent for two meals a day than eating traditional meals. It's very satisfying, and you know you're getting complete nutrition without worrying about what to prepare and eat.

-

Mixing

I mix a month's supply of powder (everything but the oil and water) in a 5 gallon bucket with a mixer (<https://web.archive.org/web/20210108042739/https://www.amazon.com/RMS-Unlimited-Goods-Heavy-Mixer/dp/B01GQTDZQO>) that's powered by my drill in reverse. Pour it into a second bucket (to turn it upside down) to do the final mixing of what was on the bottom of the first bucket. I measure amounts on a digital scale (<https://web.archive.org/web/20210108042739/http://www.amazon.com/Etekcitey-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>) in a very large bread mixing bowl (holds about 3 kg of flour) and put it into the bucket for mixing. You'll be glad if you get a lid like this (<https://web.archive.org/web/20210108042739/http://www.amazon.com/The-Gamma-Seal-Lid-Black/dp/B0089QJQTS/>) for the bucket.

Here's a spreadsheet calculator

(<https://web.archive.org/web/20210108042739/https://docs.google.com/spreadsheets/d/1bt1yVfuV1xkjuP2D3HYSiicam39BggzGI71J-qhzp6k/edit#gid=0>) for mixing any number of days you want of the mix or the vitamin mix. Just replace "Days to Mix" number with the number of days you want to mix.

To save time, I mix about 4-6 months at a time of the vitamins and minerals (the pills go in the blender with a tight lid...I put plastic over the blender and then the lid..the dust is not pleasant) including salt and xanthan, and mix all in the large bowl with a whisk. I save the powder to add to the monthly batches. Then just add the number of grams of this vitamin mix that the calculator above says. This method means you

can get good vitamin accuracy with a scale with 1 g resolution

(<https://web.archive.org/web/20210108042739/http://www.amazon.com/Etekcit-Accuracy-approved-Batteries-Included/dp/B00FGI2E78>).

For example, for 180 days of vitamins/minerals, I go to the recipe calculator

(https://web.archive.org/web/20210108042739/https://docs.google.com/spreadsheets/d/1owjel-O96UKx06_FUhgPH4NkZvU2aOl6AKEk0zb9-g/edit?usp=sharing) and choose 180 days. This is many multivitamin pills, but I don't count them, I just weigh them. The calculator gives the number of grams of multivitamins to use, and the number of other pills (I just round to whole or half pills) Then I blend them all up. Then add this to the powders in the big bowl and whisk.

–

Protein

The protein comes from wheat, oats, and a little from corn. I added lysine to achieve the balance for complete protein. See the protein essential amino acid analysis (https://web.archive.org/web/20210108042739/https://docs.google.com/spreadsheets/d/1owjel-O96UKx06_FUhgPH4NkZvU2aOl6AKEk0zb9-g/edit?usp=sharing) (blue columns are the summary). This recipe provides at least 144% of the WHO recommended of each essential amino acid, and the balance is very good. There is a lot of tryptophan in oats, but in amounts similar to meats, fish, cheeses and beans (ref) (<https://web.archive.org/web/20210108042739/https://en.wikipedia.org/wiki/Tryptophan>). Larger amounts of tryptophan in foods does not seem to change the blood levels of tryptophan, as opposed to the purified form in supplements (ref) (<https://web.archive.org/web/20210108042739/https://en.wikipedia.org/wiki/Tryptophan>).

–

Oats

All my recipes have some oat flour. It's easy to digest and has excellent protein and fiber (why add a fiber supplement when this grain is so good?).

–

Xanthan gum

This adds a little thickening for texture, and keeps it from separating. It also reduces all tastes somewhat, including sweetness (slips right past those tastebuds if you put a lot). Optional. I mix it in with my big powder batches so I don't have to add it on a daily basis. If you do choose to add it separately into the blender each day, use only half as much! It's a more effective thickener before it's mixed with the other powders.

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Sodium

Most nutritional and medical associations have lowered their recommendations to 1500 mg/day (down from 2300 mg). The amount here (1250mg per 2000 cal) is below that, and below that in official Soylent 1.5 (1440). If you want to lower sodium further, it also tastes good with 1000 mg.

–

Chloride

The potassium comes with chloride. In the past I used some potassium citrate for part of the potassium to keep the chloride within the typical "maximum" amount. But I researched this, and there is no chloride toxicity from chloride in the range of double the "maximum" amount. Because there is no danger from chloride itself, the "maximum" amount was simply set to match the amount of chloride that comes in the recommended amount of salt. In other words, it's sodium that can be dangerous (high blood pressure), and whoever set the "maximum" amount of chloride was making things up: "The AI for chloride is set at a level equivalent on a molar basis to that of sodium, since almost all dietary chloride comes with the sodium added during processing or consumption of foods."(ref) (<https://web.archive.org/web/20210108042739/http://www.nap.edu/catalog/10925/dietary-reference-intakes-for-water-potassium-sodium-chloride-and-sulfate>). In fact studies of patients taking potassium chloride (in addition to a steady salt intake) showed a reduction in sodium levels in the body.(ref) (<https://web.archive.org/web/20210108042739/http://www.nap.edu/catalog/10925/dietary-reference-intakes-for-water-potassium-sodium-chloride-and-sulfate>), caused by the presence of potassium.

–

Sugar

The sugar amount is within the WHO guidelines

(https://web.archive.org/web/20210108042739/http://who.int/nutrition/publications/guidelines/sugars_intake/en/): - "In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake (strong recommendation). • WHO

suggests a further reduction of the intake of free sugars to below 5% of total energy intake (conditional recommendation). • Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates."

This recipe is less than 5% calories from free sugars.

To reduce sugar, you can replace half of it with the equivalent volume (not weight) of sucralose (Splenda). Tastes the same.

Oil

Official Soylent went from 30% to 40% of calories by fat in version 1.4 and 1.5, and I've followed that here. I think this reflects the increasing understanding that getting a significant portion of our calories by healthy fats can be very healthy and satisfying. The problem with our diets wasn't too much fat, but too many calories, too much sugar and unhealthy fats.

Oil preference is more a matter of fad than science these days, so if you're against Canola, find a new oil...I don't mind. It won't really change the price or calories. But the research in these notes has convinced me that canola oil is quite healthy:

"Canola oil is low in saturated fat and contains both omega-6 and omega-3 fatty acids in a ratio of 2:1. If consumed, it also reduces low-density lipoprotein and overall cholesterol levels, and as a significant source of the essential omega-3 fatty acid is associated with reduced all-cause and cardiovascular mortality" Wikipedia (https://web.archive.org/web/20210108042739/http://en.wikipedia.org/wiki/Canola#Health_information). "In 2001, researchers at a conference sponsored by the National Institutes of Health concluded that the two classes of fatty acid should be consumed in a 1:1 ratio. As of 2007, the Japanese government recommended a ratio of 4:1, while the Swedish government recommended a ratio of 5:1, and the Institute of Medicine of the National Academy of Science in the United States recommended a ratio of 10:1. (In all cases, the number to the left of the ratio is omega-6 fats, while the number to the right is omega-3s.)" Wikipedia (https://web.archive.org/web/20210108042739/http://en.wikipedia.org/wiki/Ratio_of_fatty_acids_in_different_foods).

"Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 essential fatty acids (EFA) of approximately 1 whereas in Western diets the ratio is 15/1-16.7/1. Western diets are deficient in omega-3 fatty acids, and have excessive amounts of omega-6 fatty acids ... A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences" 2002 study (https://web.archive.org/web/20210108042739/http://www.ncbi.nlm.nih.gov/pubmed/12442909).

So the ratios are all over the place. But the info above makes me think that the high ratio of omega-6 to omega-3 in western diets is probably an extreme to avoid. This recipe has a total ratio of about 3:1.

Another issue in the oils controversy that wrongly criticizes canola and is not an issue in this recipe is the form of vitamin E, gamma vs alpha. One correlation study (https://web.archive.org/web/20210108042739/http://www.northwestern.edu/newscenter/stories/2014/05/vitamin-e-in-canola-and-other-oils-hurts-lungs.html) suggests that the consumption of higher gamma over alpha in the US could reduce the lung capacity for 1% of people. Another study (https://web.archive.org/web/20210108042739/http://www.lef.org/magazine/2006/4/report_gamma/Page-02) says that the gamma form might guard against cancer and dementia. So it's not decided, but regardless, high gamma consumption in the US is due to soybean oil (76% gamma) and corn oil, not canola (7% gamma).

In any case, the multivitamin vitamin E used here has the alpha-form, which is where almost all of the vit. E comes from, and so the vitamin E in this recipe is overwhelmingly alpha form; the gamma form is very small here (about 1%), and you probably should be glad to get a little of it, since just one form is probably not great.

So canola seems to work well with a good ratio of omega-6 to omega-3, and no issues with vitamin E.

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Nutrition Facts	
Amount Per Day	
Calories 2023	44% Carb, 17% Protein, 39% Fat
	% Daily Values*
Total Carbohydrate 221g	108%
Dietary Fiber 27g	101%
Protein 84g	106%
Total Fat 90g	100%

Saturated Fat	8g		
Monounsaturated Fat	50g		
Polyunsaturated Fat	25g		
Omega-3 Fatty Acids	7g		270%
Omega-6 Fatty Acids	18g		180%
Cholesterol	0mg		
Calcium	101%	• Vitamin A	118%
Chloride	197%	• Vitamin B6	206%
Chromium	100%	• Vitamin B12	250%
Copper	187%	• Vitamin C	101%
Iodine	100%	• Vitamin D	127%
Iron	118%	• Vitamin E	251%
Magnesium	103%	• Vitamin K	101%
Manganese	374%	• Thiamin	230%
Molybdenum	744%	• Riboflavin	151%
Phosphorus	143%	• Niacin	150%
Potassium	100%	• Folate	145%
Selenium	218%	• Pantothenic Acid	210%
Sodium	102%	• Biotin	100%
Sulfur		• Choline	106%
Zinc	160%		

* Percent Daily Values are based on "Soylent 1.4, 2000 calories as published, other U.S. government DRI male 19-50" ([/web/20210108042739/https://www.completefoods.co/diy/nutrient-profiles/55d5061f2a64cb7f0eeee236](https://www.completefoods.co/diy/nutrient-profiles/55d5061f2a64cb7f0eeee236)). You may use the Nutrient Calculator ([/web/20210108042739/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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Full version Text-only version (<http://webcache.googleusercontent.com/search?q=cache:Hpvgr4kOKnYJ:https://www.completefoods.co/diy/recipes/college-student-soy-lent-2&hl=en&gl>)

Tip: To quickly find your search term on this page, press **Ctrl+F** or **⌘-F** (Mac) and use the find bar.

College Student Soy lent

by Razur (/diy/users/Razur)  Last updated August 6, 2014

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[Variants](#) ³

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Amount	Ingredient	\$ / day	Source
65 g	MuscleTech Premium Whey Protein Plus (3/4 cup)	\$1.00	Sam's Club
50 g	Pre-cooked Masa	\$0.12	local grocery store
4 g	Iodised Salt	\$0.01	local
1 g	Choline bitartrate	\$0.04	Pure Bulk (http://purebulk.com/choline-bitartrate-powder.html)
2 g	MSM Sulfur Powder	\$0.07	Pure Bulk (http://purebulk.com/msm-methylsulfonylmethane-powder.html)
11 g	Potassium Citrate	\$0.41	PureBulk, Inc. (http://purebulk.com/potassium-citrate-powder.html&usd=2&usg=ALhdy2-ZgKn4Pq75VKFH9MP60JPNj4nAGQhttp://purebulk.com/potassium-citrate-powder.html)
30 g	Soybean Oil (Vegetable Oil)--2 tablespoons	\$0.06	local grocery store
35 g	Chia Seeds (3.5 tablespoons)	\$0.77	local grocery store--bulk section
1 g	Rainbow Light "Just Once" Prenatal Multivitamin	\$0.15	Amazon (https://www.amazon.com/dp/B00115BJ30?tag=19-72342-20)
1 pill	Up and Up Calcium & Vitamin D	\$0.02	Target
175 g	Oat Flour/Powder (grind from oats)	\$0.29	ALDI
4 g	Cinnamon	\$0.04	local grocery store
Amounts for:	<input type="text" value="1 day"/>	Total Daily Cost: \$2.99	Add Ingredients to Amazon Cart

Nutrition Facts

Amount Per Day

Calories 1563

47% Carb, 19% Protein, 34% Fat

% Daily Values*

Total Carbohydrate 188g **103%**

Dietary Fiber 27g **107%**

Protein 76g **82%**

Total Fat 60g **146%**

Saturated Fat 11g

Monounsaturated Fat 13g

Polyunsaturated Fat 31g

Omega-3 Fatty Acids 8g

Omega-6 Fatty Acids 17g

Cholesterol 70mg

Calcium 128% • Vitamin A 643%

Chloride 104% • Vitamin B6 1167%

Chromium 480% • Vitamin B12 1042%

Copper 314% • Vitamin C 133%

Iodine 225% • Vitamin D 200%

Iron 212% • Vitamin E 118%

Magnesium 146% • Vitamin K 140%

Manganese 542% • Thiamin 1020%

Molybdenum 1278% • Riboflavin 925%

Phosphorus 161% • Niacin 162%

Potassium 102% • Folate 214%

Selenium 290% • Pantothenic Acid 307%

Sodium 118% • Biotin 1000%

Sulfur 120% • Choline 111%

Zinc 273%

* Percent Daily Values are based on "Razur's Nutrient Profile" (/diy/nutrient-profiles/53e1da8881adf402002e8256). You may use the Nutrient Calculator (/diy/nutrient-profiles/calculator) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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Kennufs' Hybrid - v1.3

Weight Loss

Vegan

Tasty!

by kennufs ([/web/20190715050349/https://www.completefoods.co/diy/users/kennufs](https://web/20190715050349/https://www.completefoods.co/diy/users/kennufs)) 

Last updated May 27, 2014

 Copy

Overview	Reviews	Comments 24	Recipe Editor	Photos 3	Variants 20	Buy from Amazon
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Amount	Ingredient	\$ / day	Source
115 g	Organic White/Blue Corn Masa Flour	\$0.33	Amazon (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/aw/d/B005S0DIA6/ref=aw_ls_2?colid=3931FBKE7I6IM&coliid=I39FCRRFHV6Y94)
90 g	Soy Protein - Trader Joe's Unflavored	\$1.58	Trader Joe's
65 g	Light Brown Sugar	\$0.29	Amazon (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B001K36UR8?tag=19-72342-20)
23.9 ml	Extra Virgin Olive Oil (20 grams)	\$0.29	Amazon (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B003TO9SJS?tag=19-72342-20)
23.3 ml	MCT Oil (20 grams)	\$0.47	Amazon (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B0041TXXLO?tag=19-72342-20)
25 g	Flaxseed (whole)	\$0.13	Amazon (S) (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/aw/d/B000ED9LDU/ref=aw_ls_8?colid=3931FBKE7I6IM&coliid=I3TO517AV1JJMI)
20 g	Cocoa	\$0.39	Amazon (S) (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B0042M7PS2?tag=19-72342-20)
20 g	Soy Lecithin	\$0.64	Amazon (S) (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/aw/d/B00250UC92?cache=0fab984ebfde189787954fa12cbad6b6#ref=pd_aw_sbs_gro_0)
15 g	Chia Seeds	\$0.22	Amazon (S) (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B003LPKEPC?tag=19-72342-20)
6 g	Potassium Citrate	\$0.20	Amazon (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/aw/d/B00ENSA93S?vs=1)
4 g	Organic Ceylon Cinnamon Powder	\$0.20	Amazon (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/aw/d/B00416T8Q6?cache=0fab984ebfde189787954fa12cbad6b6#ref=mp_s_a_1_4&qid=1391473055&sr=8-4&precache=1)
3.8 g	Sea Salt	\$0.01	Amazon (S) (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B004VLVG0M?tag=19-72342-20)
1 g	Emergen-C Super Orange	\$0.03	Amazon (S) (https://web.archive.org/web/20190715050349/https://www.amazon.com/dp/B00016RL9G?tag=19-72342-20)
1 portion	Sunshine :)	\$0.00	Outside
Amounts for: <input type="text" value="1 day"/>		\$4.78	Add Ingredients to Amazon Cart
Total Daily Cost:			

For the Soy adverse, there are now several versions of this recipe using Whey protein.

For the Masa adverse, there is now a version using Oats.

For the Carb adverse, there is now a Ketogenic recipe.

Please see the recipe section below for links to all of my recipes.

Origins

I've started this journey by mixing the Hacker School

(<https://web.archive.org/web/20190715050349/http://www.cookingfor20.com/2013/06/18/hacker-school-soylent-recipe/>) soylent to try, but decided that I wanted to make it into a complete recipe, and I also liked the look of QuidNYC's Superfood.

(<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>) This recipe is my attempt at a combination of the two.

All of the components can be sourced from Amazon except for the Trader Joe's Soy Protein. I kept this protein in the recipe as I liked how well fortified it was, if you do choose to go with something else more easily obtained please be sure to adjust for the reduced nutrients.

Please see below for progress updates and tips. The change log is at the bottom of the page.

I welcome feedback, as I am new to DIY soylent. Please speak up if you see any glaring errors. :-)

Recipes

Kennufs' Hybrid v1.3 (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v13>) **1800kcal @ 40/20/40** (Weight Loss / Vegan / Tasty)

Kennufs' Hybrid v2.0 Java (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v20-java-2>) **1600kcal @ 40/30/30** (Weight Loss / Tasty) **using Trader Joe's Soy**

Kennufs' Hybrid v2.1 Java (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v21-java-2>) **1600kcal @ 40/25/35** (Weight Loss / Tasty) **using Trader Joe's Soy**

Kennufs' Hybrid v2.2 Java (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v22-java-2>) **1600kcal @ 40/30/30** (Weight Loss / Tasty) **w/o TJ's Soy**

Kennufs' Hybrid v2.3 Java (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v23-java>) **1600kcal @ 40/25/35** (Weight Loss / Tasty) **w/o TJ's Soy**

Kennufs' Hybrid v2.4 Java, with Oats (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v24-java-with-oats>) **1800kcal @ 40/25/35** (Weight Loss / Tasty) **w/o TJ's Soy**

Kennufs' Keto v1.0 Java (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-keto-v10-java>) **1800kcal** (Weight Loss / Tasty... well, workin' on it)

Equipment

Daily Use

- Blender (<https://web.archive.org/web/20190715050349/http://www.walmart.com/ip/Farberware-4-Speed-Digital-Blender-Black/22959002>)
- Quart Powder Jars (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B005T6FBOK/ref=oh_details_o06_s02_i00?ie=UTF8&psc=1)
- Oils Jars (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B005WX6HNO/ref=oh_details_o09_s03_i01?ie=UTF8&psc=1)
- Vacuum Bottles (https://web.archive.org/web/20190715050349/http://www.amazon.com/dp/B003U583YW/ref=wl_it_dp_o_pC_nS_ttl?_encoding=UTF8&colid=2UPMOBW9T98D6&coliid=I312VI4MI200O6)

Weekly/Monthly Use

- Scale (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B00AN44MJI/ref=oh_details_o00_s00_i01?ie=UTF8&psc=1)
- Bulk Flour Storage (https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B0002H3S5K/ref=oh_details_o02_s01_i00?ie=UTF8&psc=1)

- Large Ingredient Storage
(https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B000KHRXA8/ref=oh_details_o02_s02_i01?ie=UTF8&psc=1)
 - Small Ingredient Storage
(https://web.archive.org/web/20190715050349/http://www.amazon.com/gp/product/B0000AN4CN/ref=oh_details_o06_s01_i00?ie=UTF8&psc=1)
-

Preparation

Weekly/Monthly

I typically prepare at least a weeks worth, but prefer to do more. When making changes to the recipe it is better to try it out for a couple of days before committing to a large production run.

I have found it quicker and easier to use the above airtight containers, rather than trying to scoop out of the original packaging.

- Start by setting out all of your ingredients, you will also need a scale, a lightweight bowl large enough to fit your bulkiest ingredient, and something to add your measured ingredients to for mixing.

This recipe makes just shy of a full quart in dry ingredients. I prefer to use 2 quart resealable containers to do my mixing, they are cheap and reusable, I have also seen large ziplock bags used, but would rather have something reusable.

- Originally I had tried adding a days dry ingredients to a mixing bowl and stirring until combined, but found this took to much time. Now I line up a weeks worth of the 2 quart plastic tubs and add a days worth of the dry ingredients, seal them, shake them, and pour them into the 1 quart jars for daily use. This has saved a lot of time during the bulk preparation. You could of course skip adding them to the jars, but I prefer this as it takes less space and I have found it more convenient.
- Next, pour the first oil into the oil jar, tare (zero) your scale and add the second oil.
- Finish up by storing the dry ingredients in the fridge or freezer, I also keep the oils in the fridge. Refrigeration may not be necessary, but I would rather err on the side of caution, and I don't need the fridge for muggle food anymore.

Daily

I prepare my daily batch the night before. You can mix it on demand, but I have found that it can be a bit more gritty if consumed immediately, as well as being a thinner mixture. I much prefer this recipe cold and well incorporated. The added time also allows the Chia seeds to fully dissolve, which helps the texture and suspension of the mix.

- To start, add at least half of your water to the blender and turn it on low. Slowly pour in the dry mix, if you go too fast some clumps may stick to the side walls and you will need to scrape them into the liquid while blending.
 - Next, turn the blender to high and pour in the oils. Then add your remaining water. I typically let it run about two minutes total on high, including the time while adding the liquids.
 - Place the blender jug into the fridge to chill overnight. The batch should have stayed mixed through the night, I have not had any settling issues, but since it is still in the blender jug I will usually throw it back on high for a minute in the morning, though I don't actually think it is necessary.
 - Keep in mind that the Olive oil will freeze in the refrigerator, so it's best to take it out a little while before mixing the batch.
 - Finally, enjoy a good, nutritious food throughout your day.
-

Keto

I am new to keto myself, so am still learning. I plan to continue adding to this keto section slowly over time as I learn more or find something I think may be of interest to others here. There are varying opinions on ketosis, and I am not trying to convince any here of what is best for them. I do believe though that while no single diet is appropriate for everyone, a ketogenic diet could be beneficial for many of us and should not be dismissed out of hand. I don't know yet if keto is even right for me, but based on my limited knowledge and experience with it I think that it may provide the improved health in my case.

I would recommend visiting the blog of Peter Attia, The Eating Academy (<https://web.archive.org/web/20190715050349/http://eatingacademy.com/start-here>). He has been practicing a ketogenic diet for most of the last few years as he has gained better control of his health and metabolic disorder. His blog is well written and his development has been well

documented.

Another blog, by Joseph Arcita offers a Guide to Ketosis

(<https://web.archive.org/web/20190715050349/http://josepharcita.blogspot.com/2011/03/guide-to-ketosis.html>) that may help to answer many of your questions.

Use Log

2014-5-26

#####Vanilla Extract density @ 0.88 (<https://web.archive.org/web/20190715050349/http://www.aqua-calc.com/page/density-table/substance/vanilla-blank-extract>).

#####How much water should you drink every day?

(<https://web.archive.org/web/20190715050349/http://nutrition.about.com/library/blwatercalculator.htm>) I am at 168.5 ounces or 5.1 liters.

Keto v 1.0

I was on this keto recipe for a short time (about 3 weeks) and found that my energy level was good and I felt good overall. I personally had no issues with transitioning in and out of ketosis, but some may have trouble. I came off of the recipe due to family obligations that were going to make it difficult to continue at the time, not due to problems with the recipe or ketosis. I actually quite liked the time I was in ketosis and plan to take it up again soon. I am hesitant though because I am expecting my Soylent ship to come in fairly soon, and would like to be able to give it a fair shake without worry of carb content. I found the flavor of the recipe to be OK, but not yet where I would like it to be, it is a work in progress.

2014-2-9

####One month update

I have been living on this for a full month now. The first couple of weeks the recipe was a bit spotty as I didn't yet have all of the ingredients, but I had enough to get started. The last couple of weeks I have been using the full recipe.

So far I have been doing about 90% soylent overall, with most days being only soylent, and occasionally I will have a day with a social meal out. I do expect to have 1-3 traditional meals per week, so going forward soylent should remain about 90% of my diet.

I have liked this well enough to fully commit to it, I currently have a minimum of 3 months ingredients on hand, with a few that will last much longer. I do also have a large supply of Soylent coming, hopefully soon, but at this point I don't expect to abandon my home recipe to go exclusivity with the official version. I am hoping I like it well enough to keep it on hand as well to supplement my own supply when needed. I expect it will be easier to travel with, as they say it can be mixed on demand, whereas I prefer my mix to sit in the fridge overnight.

So far I am feeling fine, no complaints thankfully, but a few good points. I have noticed my energy being much steadier throughout the day, no more afternoon crashes. Sleep seems to be of a better quality, and getting up is not a problem.

I am not regularly hungry, I tend to have my soylent throughout the day. When I start to feel a bit peckish I will down a few ounces. I no longer experience food cravings, but since I am getting a much more complete diet I guess I'm not all that surprised. No more cravings, for me at least equals no more binging, which I'm sure helps with weight loss and health overall. Not being hungry, and not having cravings, also means I am not missing food, and of that I am glad.

Improving my health was one of the driving forces behind starting this journey. I have a sedentary job, and don't have a daily exercise routine, but I do try and stay active through some group activities and sports. Weight has been an issue for me since adolescence, although I stay active enough that I think my overall health is better than my weight suggests. I am down 14 pounds in my first month on soylent, so the trend is going in the right direction.

2014-1-11

Those of you wishing to weigh your oil may like to know that:

- Olive Oil has a density of 0.92 g/ml;
- MCT Oil has a density of 0.93-0.96 g/ml;

So for this recipe you would need 20 grams of Olive Oil, and 20 grams of MCT Oil.

Also, while I am not myself vegan, I believe this recipe may be. Please let me know if you see that it is not and I will remove the tag, or update the offending ingredient if feasible.

I will say that this is my third day using the Hacker School soylent, and so far I am enjoying it. I am looking forward to the official shipment of Soylent to come and am curious to see if I will continue down the DIY path or go with the easy order. One of my goals in this is the simplicity.

Change Log

2014-5-26

Keto v 1.0

Ketogenic recipe added, please see the **Keto** notes section above, as well as the notes in the **Use Log**.

2014-5-24

v 2.4

Latest recipe was changed to remove the masa in favor of oat flour. I have not yet tried the new brew, but thought it would be good to have available. The factory Soylent uses oats and many have complained of gastric issues. I want to have a chance to try it oats for myself while waiting on my shipment of Soylent.

2014-3-27

v 2.0, 2.1, 2.2 & 2.3

This recipe is no longer vegan, for a vegan version please see Kennufs' Hybrid v1.3 (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/kennufs-hybrid-v13>) **1800kcal @ 40/20/40**. The new Java Whey from NutriBio (https://web.archive.org/web/20190715050349/http://www.nutrabiocom/mm5/merchant.mvc?Store_Code=NOS&Screen=PROD&Product_Code=25550) has a nice flavor and I think enhances the recipe.

Much thanks to QuidNYC for recommending the NutriBio Java Whey Isolate (https://web.archive.org/web/20190715050349/http://www.nutrabiocom/mm5/merchant.mvc?Store_Code=NOS&Screen=PROD&Product_Code=25550), if you like it please contact NutriBio to let them know, hopefully we can get them to provide it in bulk.

2014-2-3

v 1.3

The flaxseed meal was changed to whole seed, and the Lecithin was changed to a powdered form. Be sure to grind the flaxseed first or use a blender, whole flaxseed is not digested.

The Amazon links have been updated, as well as the pricing, a few of the ingredient brands have changed. All Amazon products should be eligible for free shipping if you are a prime member, pricing for the Subscribe & Save items reflect the discount.

2014-1-30

v 1.2

The MSM sulfur has been removed from the recipe. The dietary sulfur totals have been updated showing the SAA (Sulfur-containing Amino Acids) content, which is coming from methionine and cysteine in the protein.

What I have been able to find indicates Soy Protein Isolate should contain 1.3g each of methionine/cysteine per 100g of protein.

Here is a discussion concerning SAA content (<https://web.archive.org/web/20190715050349/http://discourse.soylent.me/t/sulfur-in-cysteine-and-methionine/10626/10>) on Discourse for those who may be interested.

2014-1-14

v 1.1

I have made adjustments to the calories, dropping nearly 500, this recipe is now nearly down to 1800. I have also tweaked the Carb/Protein/Fat ratios to be close to a 40/20/40 for my personal use. The flour and oils now have been lowered, while the protein has been raised.

I am also expecting to remove the MSM Sulfur, from some of my reading it seems that the SAA content in some of the ingredients will likely cover the Sulfur needs, however I have not had a chance to calculate the current SAA's.

2014-1-10

v 1.0

I've started with mixing the Hacker School soylent to try, but wanted to make it into a complete recipe, and I also liked the look of QuidNYC's Superfood. This recipe is my attempt at a combination of the two.

All of the components can be sourced from Amazon except for the Trader Joe's Soy Protein. I kept this protein in the recipe as I liked how well fortified it was, if you do choose to go with something else more easily obtained please be sure to adjust for the reduced nutrients.

I highly recommend stopping by QuidNYC's page

(<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/quidnycs-superfood-for-him>) he has done an amazing job of explaining his process, and if you would like to see the original Hacker School recipe it can be found on their blog,

(<https://web.archive.org/web/20190715050349/http://www.cookingfor20.com/2013/06/18/hacker-school-soylent-recipe/>) or in a recipe from 2potatoes. (<https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/recipes/2potatoes-hacker-school-not-modified>)

I have only been making the Hacker School variety for a couple of days now, and will be getting the remaining ingredients to try this new hybrid recipe within the next week or two. I will post an update once I am able to try this out, fingers crossed.

I will say that so far I am happy with the flavor and overall experience of the Hacker School I am currently using, it just needed updated to fill in the gaps.

This recipe would be for weight loss for me...hopefully. YMMV.

I welcome feedback, as I am new to DIY soylent. Please speak up if you see any glaring errors. :smile:

Nutrition Facts

Amount Per Day

Calories 1837 40% Carb, 20% Protein, 40% Fat

% Daily Values*

Total Carbohydrate 181g			100%
Dietary Fiber 29g			105%
Protein 93g			103%
Total Fat 81g			101%
Saturated Fat 31g			
Monounsaturated Fat 22g			
Polyunsaturated Fat 22g			
Omega-3 Fatty Acids 9g			534%
Omega-6 Fatty Acids 14g			380%
Cholesterol 0mg			

Calcium	139%	• Vitamin A	182%
Chloride	101%	• Vitamin B6	304%
Chromium	180%	• Vitamin B12	382%
Copper	502%	• Vitamin C	193%
Iodine	234%	• Vitamin D	406%
Iron	463%	• Vitamin E	181%
Magnesium	176%	• Vitamin K	101%
Manganese	308%	• Thiamin	203%
Molybdenum	421%	• Riboflavin	165%
Phosphorus	248%	• Niacin	168%
Potassium	100%	• Folate	126%
Selenium	173%	• Pantothenic Acid	235%
Sodium	151%	• Biotin	1086%
Sulfur	150%	• Choline	120%
Zinc	227%		

* Percent Daily Values are based on "Kennufs" - U.S. DRI, @ 190" ([/web/20190715050349/https://www.completefoods.co/diy/nutrient-profiles/52d0df9fd496e40200000149](https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/nutrient-profiles/52d0df9fd496e40200000149)). You may use the Nutrient Calculator ([/web/20190715050349/https://www.completefoods.co/diy/nutrient-profiles/calculator](https://web.archive.org/web/20190715050349/https://www.completefoods.co/diy/nutrient-profiles/calculator)) to personalise your own profile, then select it from the list on the Recipe Editor tab.

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