



beta 0.89

Thanks for signing up to try out Soylent beta! Your willingness to share your Soylent experience makes you an invaluable part of the team as we work towards our v1.0 release. We are excited to hear what you think of the Soylent experience, and encourage you to mix up a batch as soon as you read this instructional sheet!

Enclosed

500g Soylent beta daily servings

Daily servings of:

grapeseed oil (1 oz.)

omega 3 (fish oil)

v0.89 Ingredients

Maltodextrin (carbs)

Oat Powder (carbs, fiber, protein, fat)

Rice Protein

Pea Protein

Grapeseed Oil (fat)

Potassium Gluconate

Salt (sodium)

Magnesium Gluconate

Monosodium Phosphate

Calcium Carbonate

Methylsulfonylmethane (Sulfur)

Creatine

Powdered Soy Lecithin

Choline Bitartrate

Ferrous Gluconate (Iron)

Vitamin mix

If you have questions about your Soylent beta, please don't hesitate to email julio@soylent.me or call/text Matt at 520-203-3785.

You'll need:

1 2.5L+ pitcher with lid

1 1L Nalgene bottle or similar

1 bag of Soylent

1.5-2 liters of water

Preparation

Empty the contents of one bag into the pitcher.

Fill the pitcher with 1.5-2L of water while stirring vigorously until well mixed. Add a daily serving of oil, continue mixing until blended. *Using a whisk or an immersion blender will speed up the mixing process and eliminate clumps.*

Put the pitcher in the fridge to chill**

Once chilled, pour into desired container and enjoy! A daily serving contains around 2400kcal (male) or 1800kcal (female).

Best Practices

Soylent tastes much better when chilled, we do not recommend drinking or storing it above 42° F.

Splitting a day's supply between 2 1L Nalgene bottles seems to be the easiest way to consume Soylent while on-the-go.

If you want to experiment with flavoring, try out vanilla extract, cinnamon, and blended fruits!

***Refrigerated, Soylent will keep for 1-2 days after mixing with water. Some settling in the bottom of the pitcher is normal, just shake it up before enjoying your next serving. Be sure to clean the pitcher with antibacterial soap after each use.*