

Bret's Soylent Instructions for:

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

<https://diy.soylent.com/recipes/brets-soylent-oat-whey-complete-low-price>

<https://diy.soylent.com/recipes/brets-soylent-oat-wheat-more-protein-low-price>

<https://diy.soylent.com/recipes/brets-soylent-corn-oat-wheat-protein-complete-low-price>

If you are new to soylent, it's best to start with one meal a day at first and work up to two or three meals after a few days. As far as taste goes, you shouldn't compare it to a milkshake. It's pleasant food, but not dessert, and our brains are trained to think that junk food is real food.

Try it first when you're hungry, after it's chilled overnight and you haven't eaten for hours.

When I first started with soylent, it was weird, but we kept going, and my wife and I found that it takes **about two weeks to really start enjoying the taste of any soylent**...your brain learns it is solid, good food and so the taste is now good, but it sometimes takes two weeks. So be patient. If you want to buy a "2 days" sample to try, that's eight 500 calorie meals...you could eat one of those a day for 8 days when you're hungry, and wait to judge then. Most people don't have trouble, but if you have problems, to start with you can **double** the **sugar** and then start slowly reducing them. That was actually my process in experimenting toward my first recipe: started out with 2x the sugar and 4x the chocolate, and found I could reduce them as I came to like the taste and texture, and it started tasting too sweet.

Here are some quotes from user Spike002 in the comments/review, for my oat/rice recipe:

Day 1: "There is definitely something off about the taste...."

Day 7: "Actually I seem to have simply gotten used to the taste"

Day 21: "Good overall taste...tastes pretty damn close to official Soylent 1.4 to me."

2000 calories is more than many people need in a day, so adjust your portions. My wife chose meals of 500 cal (2 cups, 500 ml). I usually drink soylent in smaller amounts ($\frac{3}{4}$ cup = 190 cal) about every two hours during the morning and afternoon and never really get hungry. A thermos works well for keeping it cool at work or on a bike or car ride.

If you find that you're not hungry but need something to chew or want some variety try fruit, vegetables or crackers.

My habit is to use soylent for breakfast and lunch and eat a regular meal at dinner. I've used these recipes during weeks and months of heavy exercise: 6-10 hr days of manual labor and long cycling tours. When my daughter-in-law was breastfeeding and found she couldn't eat much regular food because of nausea, she used this soylent for many weeks and saw her breast milk fully come back.

Mixing the drink

One day's powder is 3 cups (2000 calories)

Water: 2 quarts (2 liters)

Oil: $\frac{1}{4}$ cup canola oil

Blender: Blend at medium speed until smooth. Can include ice.

Shaking: I use this method. Add unchilled water to about ½ full, then the powder and oil to a clear container (it **has to have space to slosh around to mix**) and shake until it looks smooth. Add the rest of the water (this water can be cold or with ice) and shake again.

You will want a clear 2 quart airtight pitcher (e.g. Takeya Airtight Pitcher, 2-Quart (2 liters)). It should be clear so you can see you've shaken it to be uniform. It will settle in the fridge. A plastic milk jug also works fine if you have a good sized funnel or skills to get the mix in.

Tastes good as mixed or chilled overnight. It thickens in the first few hours. It has a richer flavor without chilling, and with less xanthan.

Mixing large powder batches

I mix a month's supply of powder (everything but the oil and water) in a 5 or 7 gallon bucket with a [mixer](#) that's powered by my drill in reverse. Pour it into a second 5 gallon 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](#) in a very large bread mixing bowl (holds about 6 lb /3 kg of flour) and put it into the bucket for mixing. You'll be glad if you get a [lid like this](#) for the bucket.

Here are spreadsheet calculators 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.

[Rice protein recipe calculator](#)

[Whey protein recipe calculator](#)

[Wheat protein recipe calculator](#)

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 opening and then put on the lid to avoid dust) including salt and xanthan (and sucralose if that's in your recipe). I mix all in the big bowl with a whisk or big spoon and store. Then just add the number of grams of this vitamin mix that the calculator above says. Then it's only a few ingredients plus this powder to mix up a month's worth of powder. This method means you can get good vitamin accuracy with a [scale with 1 g resolution](#)

For example, for 180 days of vitamins/minerals, I go to the recipe [calculator](#) 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.

Storing

The drink will keep fine for more than 4 days in the fridge (mine is at 42 deg F), often to a week. The powder mix does fine at room temperature. It stores well as a powder for at least two years (and probably more) if it's at normal temperature and humidity. In a hot garage, one year or more. Humidity should be low enough so that mold doesn't grow where it's stored

The 50 lb bags can be sealed after opening by putting a garbage bag over them and securing with one or more bungee elastic cords around the 50 lb bags, closer to the bottom.

Comments?

Please send me comments, questions or feedback: email me at [bret dot hess at gmail.com](mailto:bret.hess@gmail.com) (replace the dot and at with the real symbols).