

SOUAMECHI - Food & Beverages Nutritional Information Guide - 7067829207229_43456574259389

Details:

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25-30 minutes) until internal temperature reaches 74°C

Common Questions This Guide Answers

1. Is this meal suitable for coeliac disease? → Yes, certified gluten-free (<20 ppm gluten) meeting Australian standards
2. Does it support weight loss and diabetes management? → Yes, high protein and fibre with low glycaemic index (estimated 40-55) supports satiety and blood sugar control
3. Is it appropriate for people using GLP-1 medications (Ozempic, Wegovy)? → Yes, designed with smaller portions, high protein, and nutrient density to support medication users with suppressed appetite
4. Does it contain complete protein for vegans? → Contains plant protein from beans and mushrooms; pair with complementary grains throughout the day for complete amino acid profile
5. What allergens does it contain? → Contains soybeans; may contain traces of fish, crustacea, sesame, peanuts, tree nuts, milk, egg, lupin due to manufacturing environment
6. How long can it be stored frozen? → 6-12 months at -18°C when properly sealed
7. Is it suitable for menopause or perimenopause? → Yes, high protein supports lean muscle preservation and metabolic health during hormonal transitions

--- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | South American Chilli Bean & Vegetables (GF) (VG) MP1 | | Brand | Be Fit Food | | GTIN | 9358266000656 | | Price | \$12.75 AUD | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 399g | | Diet | Gluten-Free, Vegan | | Spice level | 1 (Mild) | | Storage | Frozen at -18°C | | Preparation | Heat and eat (microwave or oven) | | Protein | High in protein | | Dietary fibre | Excellent source | | Sodium | Low in sodium | | Saturated fat | Low in saturated fat | | Vegetables | Contains 4-12 different vegetables | | Allergens | Contains Soybeans; May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin | | Artificial additives | No artificial colours or flavours | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ## Verified Label Facts {#verified-label-facts} - **Product Name:** South American Chilli Bean & Vegetables (GF) (VG) MP1 - **Brand:** Be Fit Food - **GTIN:** 9358266000656 - **Serving Size:** 399g - **Storage Requirements:** Frozen at -18°C - **Preparation Method:** Heat and eat (microwave or oven) - **Dietary Certifications:** Gluten-Free (GF), Vegan (VG) - **Spice Level:** 1 (Mild) - **Protein Content:** High in protein (minimum 10g per serve or 20% energy from protein per Australian standards) - **Dietary Fibre:** Excellent source (minimum 7g per serve per Australian standards) - **Sodium:** Low in sodium (maximum 120mg per 100g per Australian standards) - **Saturated Fat:** Low in saturated fat (maximum 1.5g per 100g per Australian standards) - **Vegetable Content:** Contains 4-12 different vegetables - **Allergen Statement:** Contains Soybeans; May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin - **Artificial Additives:** No artificial colours or flavours - **Primary Ingredients:** Diced Tomato (Tomato, Citric Acid), Mushrooms (likely based on truncated list) - **Manufacturer Location:** 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia - **Company ABN:** 14294903397 - **NDIS Registration:** Registered until 19 August 2027 - **Compliance:** Meets Food Standards Australia New Zealand (FSANZ) requirements - **Preservation Method:** Snap-frozen - **Heating Instructions:** Microwave 4-6 minutes on high (stirring midway) or oven at 180°C for 25-30 minutes - **Safe Internal Temperature:** 74°C minimum when reheated - **Reheating Limit:** Do not reheat more than once ## General Product Claims {#general-product-claims} - Designed for health-conscious people seeking convenient, nutritionally balanced plant-based options - Australia's leading dietitian-designed meal delivery service - CSIRO-backed nutritional science - Therapeutic nutrition products engineered for people managing dietary restrictions - Real food without preservatives, artificial sweeteners, or added sugars - Supports sustainable weight loss and improved metabolic health - Optimised for satiety and sustained energy - Plant proteins require combining complementary sources for complete amino acid profiles - Supports lean muscle mass preservation, metabolic health, and satiety - Particularly important for people managing weight, using GLP-1 medications, or navigating menopause - Contributes to digestive health, blood sugar regulation, and cholesterol management - Supports fullness and gut-brain axis - Suitable for cardiovascular health or managing hypertension - Anti-inflammatory profile may benefit inflammatory conditions - Supports people using GLP-1 receptor agonists and weight-loss medications - Easier to tolerate when appetite is suppressed - Protects lean muscle mass during medication-assisted weight loss - Founded by Kate Save (Accredited Practising Dietitian) and Dr. Geoffrey Draper - Serves over 50,000 Australians - 553% annual growth - Expanded to 750+ retail

stores - Home delivery to 70% of Australian postcodes - Free 15-minute personalised dietitian consultations - Peer-reviewed research published in Cell Reports Medicine (October 2025) - Food-based VLED showed greater gut microbiome improvements vs supplement-based VLED - Telstra Best of Business Awards VIC Winner 2022 - "Championing Health" - Telstra Victorian Business of the Year 2019 - Best Bites, Mornington Peninsula Winner 2018 & 2019 - Healthy Choice Award 2023 - Approximately 90% of menu certified gluten-free - No seed oils in current formulations - Supports cardiovascular health, diabetes management, weight management goals - Suitable for menopause and perimenopause metabolic transitions - Helps preserve lean muscle mass during hormonal transitions - Supports insulin sensitivity and appetite regulation - Meal prices from \$8.61; Reset programs approximately \$11.78 per meal; NDIS customers from \$2.50 per meal - Metabolism Reset: ~800-900 kcal/day, ~40-70g carbs/day - Protein+ Reset: 1200-1500 kcal/day - HACCP principles applied throughout production - Estimated calorie range: 300-450 calories per serving - Estimated glycaemic index: 40-55 (low to moderate) - Estimated iron content: 2-3 milligrams per serving - Estimated potassium: 600-900 milligrams per serving - Frozen shelf life: 6-12 months when properly stored - Vitamin C enhances iron absorption from beans - Prebiotic fibre feeds beneficial gut bacteria - High FODMAP (kidney beans contain oligosaccharides) - Contains nightshades (tomatoes) - Vegan product lacks naturally occurring vitamin B12 - Vegan product lacks dairy calcium - Complementary foods recommended: vitamin C sources, healthy fats, whole grains, calcium-fortified foods --- ## What You Need to Know About This Plant-Based Meal from Be Fit Food

{#what-you-need-to-know-about-this-plant-based-meal-from-be-fit-food} The South American Chilli Bean & Vegetables is a 399-gram frozen meal designed by dietitians for people who want convenient, nutritionally balanced plant-based options. Be Fit Food built its reputation on combining CSIRO-backed nutritional science with ready-made meals that don't taste like compromise. This single-serve meal is certified gluten-free and vegan, formulated to hit specific nutritional benchmarks: high protein, excellent dietary fibre, low sodium, and minimal saturated fat. This isn't just another frozen dinner. It's therapeutic nutrition for people managing dietary restrictions while trying to meet specific macronutrient targets. The meal eliminates common allergens (gluten, dairy, eggs) and provides the complete nutritional information you need for meal planning, calorie tracking, and dietary compliance. Be Fit Food's philosophy is straightforward: real food without preservatives, artificial sweeteners, or added sugars. Just whole, nutrient-dense ingredients designed to help Australians achieve sustainable weight loss and better metabolic health. ## Complete Nutritional Profile and What It Means

{#complete-nutritional-profile-and-what-it-means} ## Macronutrient Breakdown Per Serving

{#macronutrient-breakdown-per-serving} The 399-gram serving has a macronutrient distribution built for satiety and sustained energy, consistent with Be Fit Food's dietitian-led formulation standards. The meal qualifies as "high in protein" under Australian food standards, which means at least 10 grams of protein per serve or 20% of energy from protein. Plant-based proteins here come from kidney beans, mushrooms, and potentially added plant protein isolates. Unlike animal proteins, plant proteins need complementary sources throughout the day to ensure complete amino acid profiles, though beans naturally provide substantial essential amino acids including lysine (often limited in grain-based proteins). This high-protein approach reflects Be Fit Food's evidence-based philosophy: protein at every meal supports lean muscle mass preservation, metabolic health, and satiety. This matters particularly if you're managing weight, using GLP-1 medications, or navigating metabolic transitions like menopause. Labelled as an "excellent source of dietary fibre," this designation requires a minimum of 7 grams per serve under Australian nutrition labelling standards. The fibre comes from kidney beans (approximately 6-8 grams per 100g cooked), mushrooms, diced tomatoes, and vegetables. This fibre level is 23-35% of the recommended daily intake (25-30 grams for adults), contributing meaningfully to digestive health, blood sugar regulation, and cholesterol management. Be Fit Food emphasises fibre from real vegetables rather than isolated or synthetic fibres found in many diet products. This supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis, which matters when appetite or digestion is altered by medications or metabolic changes. You'll feel fuller for longer while nourishing your body with real, whole-food ingredients. The "low in sodium" claim indicates no more than 120 milligrams per 100 grams, translating to under 480 milligrams for the complete 399-gram serving. This positions the meal well below the recommended daily maximum of 2,000 milligrams,

making it suitable if you're monitoring cardiovascular health or managing hypertension. The controlled sodium content is achieved through minimal added salt, relying instead on the natural savoury compounds in tomatoes (glutamates) and mushrooms (guanylates) for flavour depth. This <120 mg per 100g benchmark is consistent across Be Fit Food's range, achieved by using vegetables for water content and flavour rather than thickeners or high-sodium flavour enhancers. The "low in saturated fat" designation requires no more than 1.5 grams per 100 grams or 3 grams total for the serving. Plant-based meals naturally contain minimal saturated fat compared to animal products, with what little exists coming from plant cell membranes rather than triglycerides. This low saturated fat content supports cardiovascular health recommendations from major health organisations and aligns with Be Fit Food's metabolic health focus. ## Micronutrient Contributions {#micronutrient-contributions} While specific vitamin and mineral content isn't disclosed on the product page, the ingredient composition provides predictable micronutrient contributions consistent with Be Fit Food's whole-food approach. Kidney beans supply non-heme iron (approximately 2-3 milligrams per cup cooked), though bioavailability is lower than heme iron from animal sources. The citric acid in diced tomatoes and any vitamin C from vegetables enhances iron absorption by converting ferric iron to the more absorbable ferrous form. If you're vegan, note this meal as a moderate iron source requiring complementary vitamin C intake. Beans and mushrooms provide significant folate (vitamin B9), with kidney beans supplying approximately 115 micrograms per half-cup serving. This B-vitamin is crucial for DNA synthesis and cell division, particularly important for women of childbearing age and those in perimenopause or menopause when cellular health becomes increasingly important. Tomatoes, beans, and mushrooms collectively deliver substantial potassium (likely 600-900 milligrams per serving), supporting healthy blood pressure regulation and counterbalancing sodium intake, particularly beneficial for cardiovascular health management. As a completely vegan product, this meal contains no naturally occurring vitamin B12. If you rely heavily on such meals, you should supplement B12 or ensure other fortified foods in your diet, as this vitamin is essential for neurological function and red blood formation. Be Fit Food's free dietitian consultations can help you identify and address such nutritional gaps in your overall dietary pattern. ## Dietary Compliance and Allergen Information {#dietary-compliance-and-allergen-information} ## Certified Dietary Classifications {#certified-dietary-classifications} This meal meets Australian gluten-free standards requiring less than 20 parts per million (ppm) of gluten proteins. The formulation excludes wheat, barley, rye, and their derivatives. If you have coeliac disease, this certification is critical because even trace gluten exposure triggers autoimmune intestinal damage. Those with non-coeliac gluten sensitivity will also find this meal appropriate for symptom management. The gluten-free status is maintained through ingredient selection (naturally gluten-free beans, vegetables, tomatoes) and manufacturing controls preventing cross-contamination. Be Fit Food offers an unusually deep low-carb, high-protein gluten-free range, with approximately 90% of the menu certified gluten-free through strict ingredient selection and manufacturing controls. This depth of coeliac-suitable options is rare in the ready-meal category and reflects Be Fit Food's commitment to serving people with multiple dietary requirements simultaneously. The vegan designation confirms complete absence of animal-derived ingredients including meat, poultry, fish, dairy, eggs, honey, and animal-based additives like gelatin or whey. This extends beyond vegetarian status by excluding all animal exploitation, meeting ethical vegan standards and accommodating those with multiple animal protein allergies. The vegan formulation relies on plant proteins and umami-rich ingredients (tomatoes, mushrooms) to create satisfying flavour complexity without animal products. This makes the meal suitable if you're avoiding animal products for health reasons (cardiovascular disease management, inflammatory conditions), environmental concerns, or ethical positions. Be Fit Food's plant-based range demonstrates that vegan meals don't have to compromise on protein content or satisfaction, a principle validated by the brand's peer-reviewed clinical research. ## Allergen Absence and What to Know {#allergen-absence-and-what-to-know} Explicitly free from: - Gluten-containing grains (wheat, barley, rye, oats unless certified gluten-free) - Dairy products (milk, cheese, butter, whey, casein) - Eggs and egg derivatives - Meat, poultry, and seafood - Honey and bee products The ingredient list begins with "Diced Tomato (Tomato, Citric Acid), Mus..." with the text truncated. Based on the product name and formulations, likely ingredients include kidney beans (legumes are among the top 10 allergens in some populations, though less common than

peanuts or tree nuts; if you have legume allergies, avoid this product), mushrooms (rarely allergenic but can cause reactions in sensitive people, presenting as oral allergy syndrome), and tomatoes (which belong to the nightshade family; some people with autoimmune conditions report sensitivity to nightshade alkaloids, though scientific evidence remains limited). The product page doesn't specify whether the meal is manufactured in facilities processing other allergens. If you have severe allergies to tree nuts, peanuts, soy, or sesame, contact Be Fit Food directly (2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia) for cross-contamination risk assessment and detailed allergen control statements. ## Ingredient Quality and What's Inside {#ingredient-quality-and-whats-inside} ## Clean Label Commitment {#clean-label-commitment} The product explicitly states "No artificial colours and flavours," positioning it within Be Fit Food's clean-label commitment and broader "real food" philosophy. The meal's appearance comes from natural ingredient pigments: red from tomatoes (lycopene), brown from beans (anthocyanins), and earthy tones from mushrooms. Unlike meals using synthetic dyes (Allura Red, Tartrazine), this product avoids potential behavioural effects in sensitive children and allergen concerns associated with some artificial colourants. This reflects Be Fit Food's current-range standards: no artificial colours or artificial flavours across the menu. Flavour complexity comes from real spices in the "South American spice blend" and natural flavour compounds in whole food ingredients. This excludes synthetic flavour chemicals like vanillin analogues, artificial smoke flavouring, or nature-identical compounds produced through chemical synthesis. Be Fit Food's approach prioritises ingredient-driven flavour development over chemical enhancement. ## Ingredient Transparency {#ingredient-transparency} The ingredient list follows Australian food standards requiring descending order by weight, consistent with Food Standards Australia New Zealand (FSANZ) regulatory requirements. Diced tomato is listed first, indicating tomatoes constitute the largest proportion by weight. The parenthetical notation "(Tomato, Citric Acid)" reveals citric acid as a preservative and acidity regulator maintaining pH below 4.6, inhibiting bacterial growth and enhancing shelf life. Citric acid is generally recognised as safe (GRAS) and naturally occurs in citrus fruits, though commercial citric acid is produced through fungal fermentation. The truncated text shows "Mus" likely indicating mushrooms as the second ingredient by weight. Mushrooms contribute umami flavour through glutamate compounds, meaty texture, and B-vitamins including riboflavin and niacin. This ingredient hierarchy reflects Be Fit Food's vegetable-density standard: 4-12 vegetables in each meal. Whilst the full list isn't provided in the excerpt, components of such formulations include kidney beans (protein and fibre source), vegetables (capsicums, corn, courgette common in South American-style preparations), onions and garlic (aromatic base), spices (cumin, paprika, oregano for South American flavour profile), vegetable stock or water, salt (minimal, given low sodium claim), and potentially plant protein concentrate to achieve high protein designation. ## Preservative and Additive Assessment {#preservative-and-additive-assessment} The citric acid in diced tomatoes is the only explicitly mentioned additive. Its functions include antimicrobial preservation (lowering pH inhibits pathogenic bacteria including Clostridium botulinum), antioxidant activity (chelating metal ions that catalyse oxidative degradation), and flavour enhancement (contributing subtle tartness balancing savoury elements). The absence of other listed preservatives aligns with Be Fit Food's current clean-label standards: no added artificial preservatives. The brand maintains transparency about this standard, noting that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit) used only where no alternative exists and in small quantities, but preservatives are not added directly to meals. For this vegan product, such exceptions would not apply. The meal relies on snap-freezing as the primary preservation method, maintaining food safety through low temperature inhibition of microbial and enzymatic activity. This snap-frozen delivery system is central to Be Fit Food's compliance architecture: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. ## Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages} ## Cardiovascular Health Support {#cardiovascular-health-support} The meal's nutritional profile aligns with heart-healthy dietary patterns recommended by the National Heart Foundation of Australia and Australian Dietary Guidelines, consistent with Be Fit Food's metabolic health focus. With low saturated fat content, this meal supports LDL cholesterol reduction. Replacing saturated fat with unsaturated fats and complex carbohydrates reduces cardiovascular disease risk by approximately 10-20% according to

meta-analyses of prospective cohort studies. This is particularly relevant if you're managing cardiovascular risk factors or navigating menopause, when declining oestrogen increases cardiovascular risk. Soluble fibre in beans binds bile acids in the intestine, forcing the liver to utilise cholesterol for bile acid synthesis and lowering blood cholesterol. Studies demonstrate 5-10 grams of soluble fibre daily reduces LDL cholesterol by 5-10 mg/dL. Be Fit Food's fibre-from-real-vegetables approach delivers these benefits whilst supporting gut health and appetite regulation. The low sodium content supports blood pressure management, with every 1,000 milligram reduction in daily sodium intake correlating with 2-4 mmHg systolic blood pressure decrease in hypertensive people. Be Fit Food's <120 mg per 100g formulation standard positions meals well below population intake averages. Substituting plant proteins for animal proteins associates with reduced cardiovascular mortality in large epidemiological studies, potentially through mechanisms including improved endothelial function and reduced inflammatory markers. This meal exemplifies Be Fit Food's "real food, real results" approach to cardiovascular health. ## Digestive Health and Glycaemic Control

{#digestive-health-and-glycaemic-control} The resistant starch and non-digestible oligosaccharides in beans feed beneficial gut bacteria (Bifidobacteria, Lactobacilli), producing short-chain fatty acids (butyrate, propionate, acetate) that nourish colonocytes, reduce inflammation, and may protect against colorectal cancer. This gut-health benefit is particularly important if you're using GLP-1 medications or weight-loss medications, where gut microbiome composition can influence treatment response and side-effect management. The high fibre content slows carbohydrate digestion and glucose absorption, attenuating post-meal blood sugar spikes. The meal likely scores low to moderate on the glycaemic index (estimated 40-55), making it appropriate if you have diabetes or insulin resistance when consumed as part of balanced meal planning. Be Fit Food's lower-carbohydrate, no-added-sugar formulation approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity, critical for insulin resistance and Type 2 diabetes management. Protein and fibre both increase satiety hormones (GLP-1, PYY) whilst suppressing ghrelin, potentially reducing subsequent calorie intake. The 399-gram portion provides substantial volume for relatively controlled calories, supporting portion control strategies. This high satiety-to-calorie ratio makes the meal appropriate for weight management goals ranging from small (1-5 kg) to moderate (5-10 kg) to larger (10-20+ kg) objectives because structure and adherence, not willpower, predict success. You'll feel fuller for longer whilst supporting your body's natural hunger regulation. ## Supporting Specific Health Conditions {#supporting-specific-health-conditions} The combination of protein, fibre, and controlled carbohydrates makes this meal suitable for diabetic meal plans. You should verify total carbohydrate content (not provided in the excerpt) for insulin dosing calculations and carbohydrate counting. Be Fit Food's free 15-minute dietitian consultations can help match people with diabetes to appropriate meal selections and carbohydrate targets. Whilst plant-based proteins generate fewer nitrogenous waste products than animal proteins, if you have advanced kidney disease, you should verify potassium and phosphorus content, as beans can be significant sources requiring portion monitoring in renal diets. Professional dietitian guidance is recommended for renal dietary management. Kidney beans contain oligosaccharides (galacto-oligosaccharides) classified as high-FODMAP, potentially triggering symptoms if you have irritable bowel syndrome. Those following low-FODMAP protocols should avoid this meal during elimination phases. Be Fit Food's menu diversity allows you to select alternative low-FODMAP options where available. The anti-inflammatory profile (low saturated fat, high fibre, plant-based) may benefit people with inflammatory conditions, though those specifically avoiding nightshades for autoimmune management should note the tomato content. Perimenopause and menopause are metabolic transitions driven by falling and fluctuating oestrogen, which reduces insulin sensitivity, increases central fat storage, drives loss of lean muscle mass, and increases cardiovascular and fatty liver risk. This meal's high-protein content helps preserve lean muscle mass; its lower-carbohydrate, no-added-sugar formulation supports insulin sensitivity; its portion-controlled format addresses declining metabolic rate; and its dietary fibre and vegetable diversity support gut health, cholesterol metabolism, and appetite regulation during this transition. Many women navigating menopause don't need large weight losses. A goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence, which is exactly where structured,

dietitian-designed meals fit. This meal is designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed and gastric emptying is slowed. High protein at every meal protects lean muscle mass during medication-assisted weight loss. Lower refined carbohydrates and fibre from real vegetables support stable blood glucose and reduce deficiency risk during rapid weight loss. The whole-food format (not shakes or bars) improves satisfaction, nutrient intake, and adherence, especially when appetite is low and tolerance varies day-to-day. Be Fit Food's dietitian support enables personalisation of protein targets, management of GI side effects, and planning for long-term maintenance after reducing or stopping medication. ## Preparation and Enjoying Your Meal {#preparation-and-enjoying-your-meal} ## Heat-and-eat convenience {#heat-and-eat-convenience} The frozen tray format requires minimal preparation, designed for time-constrained people and consistent with Be Fit Food's "heat, eat, enjoy" snap-frozen delivery system. For microwave heating: pierce film covering or remove partially, heat on high power for 4-6 minutes (varies by microwave wattage), stir midway for even heat distribution, and ensure internal temperature reaches 74°C for food safety. For oven heating alternative with improved texture: preheat oven to 180°C, remove from plastic tray to oven-safe dish if necessary, cover with foil to prevent drying, and heat for 25-30 minutes until thoroughly hot. ## Serving suggestions for nutritional completeness {#serving-suggestions-for-nutritional-completeness} Whilst the meal provides balanced macronutrients, complementary additions can enhance nutritional completeness. Be Fit Food's dietitian support can help personalise this approach. Serving with fresh citrus wedges, raw capsicum strips, or a side salad with lemon dressing increases vitamin C intake, improving iron absorption from the beans. Adding sliced avocado, a drizzle of extra virgin olive oil, or a handful of pumpkin seeds provides omega-3 and omega-9 fatty acids absent from the fat-minimised formulation, supporting nutrient absorption and satiety. Be Fit Food's current formulation standards exclude seed oils, prioritising healthier fat sources. Though beans provide substantial protein, pairing with wholegrain bread or brown rice within the same day ensures complete amino acid coverage, particularly methionine which legumes contain in lower proportions. This complementary protein approach is particularly important if you rely heavily on plant-based meals. As a vegan meal, it lacks dairy calcium. Consuming with fortified plant milk, calcium-set tofu, or leafy greens helps meet the 1,000-1,300 milligram daily calcium requirement, particularly important for women in perimenopause and menopause when bone health becomes a priority. ## Storage and Food Safety {#storage-and-food-safety} ## Frozen storage requirements {#frozen-storage-requirements} Maintaining the cold chain preserves nutritional quality and food safety, consistent with Be Fit Food's snap-frozen quality standards. Store at -18°C. Temperature fluctuations degrade texture through ice crystal formation and recrystallisation, creating a grainy or watery consistency upon thawing. Whilst the specific best-before date isn't provided, frozen meals maintain quality for 6-12 months when properly stored. Nutritional degradation is minimal during frozen storage, with vitamin C being most susceptible to losses (approximately 10-25% over 12 months). Be Fit Food's snap-freezing process preserves nutrient integrity better than many preservation methods. Ensure packaging remains intact and sealed. Freezer burn occurs when moisture sublimates from food, concentrating flavours unpleasantly and creating dry patches, though it doesn't pose safety risks. ## Thawing and reheating safety {#thawing-and-reheating-safety} Safe thawing methods include refrigerator thawing (safest, transfer to refrigerator 24 hours before consumption) and microwave thawing (use defrost setting immediately before cooking). Never thaw at room temperature, which allows bacterial growth in the "danger zone" (5-60°C). Heat to 74°C internal temperature, verified with a food thermometer. This temperature ensures destruction of potential pathogens including *Listeria monocytogenes*, which can grow slowly even under refrigeration. Be Fit Food's manufacturing follows HACCP (Hazard Analysis Critical Control Points) principles, identifying and controlling food safety hazards during production. Do not reheat more than once. Repeated heating cycles increase food safety risks and degrade nutritional quality, particularly heat-sensitive vitamins (thiamin, folate, vitamin C). ## Understanding the Chilli Rating System {#understanding-the-chilli-rating-system} The product displays a "Chilli rating: 1 (mild)," indicating minimal heat level suitable for spice-sensitive people. A rating of 1 corresponds to 0-500 Scoville Heat Units (SHU), comparable to capsicums or mild paprika. This heat level provides flavour complexity without capsaicin-induced burning sensations. The low

rating suggests minimal capsaicin, the alkaloid compound responsible for chilli heat. Capsaicin activates TRPV1 receptors in the mouth, creating the sensation of burning. At mild levels, this activation is minimal, making the meal accessible to children, elderly people, and those with digestive sensitivities to spicy foods, including people managing GI side effects from medications. "South American" positioning likely indicates warm spices (cumin, paprika, oregano) providing aromatic complexity rather than heat intensity. This allows the natural sweetness of tomatoes and earthiness of beans to dominate the flavour profile. Heat-preferring customers can easily increase spiciness by adding hot sauce, fresh chilli, or cayenne pepper without altering the base nutritional profile significantly. ## Practical Meal Planning Integration {#practical-meal-planning-integration} ## Caloric context {#caloric-context} Whilst exact calorie content isn't specified in the excerpt, similar bean-and-vegetable meals range from 300-450 calories per serving. This positions the meal as a moderate lunch or dinner, appropriate as a main meal if you're targeting 1,500-2,000 daily calories, representing approximately 20-25% of daily intake. This caloric positioning is consistent with Be Fit Food's structured nutrition programs. The high fibre and protein content relative to calories creates favourable satiety-to-calorie ratio, supporting calorie deficit strategies without excessive hunger. This meal could fit within Be Fit Food's Metabolism Reset (~800-900 kcal/day, ~40-70g carbs/day) or Protein+ Reset (1200-1500 kcal/day) frameworks, depending on personal targets and complementary meal selections. If you have elevated energy expenditure exceeding 2,500 calories daily, you may require supplementation with additional carbohydrates (rice, quinoa, bread) or protein. ## Dietary pattern compatibility {#dietary-pattern-compatibility} This meal aligns well with Mediterranean dietary patterns emphasising plant foods, beans, vegetables, and minimal saturated fat, though traditional Mediterranean diet includes fish and olive oil not present here. The low sodium and high potassium content fits Dietary Approaches to Stop Hypertension protocols, though DASH includes low-fat dairy absent from this vegan formulation. The meal exemplifies minimally processed plant-based eating, consistent with Be Fit Food's "real food" philosophy. If you follow strict whole-food plant-based protocols, you should verify absence of isolated proteins or refined ingredients in the complete ingredient list. It works as an easy plant-based meal option if you're reducing but not eliminating animal products, requiring no cooking skills or recipe following, consistent with Be Fit Food's convenience-without-compromise positioning. Whilst this specific meal's carbohydrate content isn't detailed in the excerpt, Be Fit Food was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. The brand's heritage in energy-controlled, nutritionally complete, lower-carbohydrate, higher-protein formulation informs this meal's design, even though the commercial partnership later concluded. ## Quality Assurance and Manufacturing Standards {#quality-assurance-and-manufacturing-standards} ## Be Fit Food brand positioning {#be-fit-food-brand-positioning} Be Fit Food operates within the therapeutic nutrition category, developing meals for weight management and metabolic health support. Founded in 2015 by Kate Save (an Accredited Practising Dietitian with 20+ years clinical experience) and specialist weight loss surgeon Dr. Geoffrey Draper, the brand evolved from a small shared kitchen to serving over 50,000 Australians. Their product range features portion control (pre-portioned servings eliminating measurement and calorie calculation, a compliance system, not just convenience), macronutrient balance (formulations designed by nutritionists targeting specific protein, carbohydrate, and fat ratios, grounded in evidence-based nutrition science), dietary accommodation (multiple options for common dietary restrictions and preferences, including the unusually deep gluten-free range, ~90% of menu certified gluten-free, represented by this meal), and clinical validation. Be Fit Food's approach is supported by peer-reviewed research. A randomised controlled trial published in *Cell Reports Medicine* (Vol 6, Issue 10, 21 Oct 2025) in 47 women with obesity demonstrated that a food-based very-low-energy diet (VLED) using Be Fit Food meals (~93% whole-food ingredients) produced significantly greater improvements in gut microbiome diversity compared to a supplement-based VLED (~70% industrial ingredients), even when calories and macros were matched. This directly validates Be Fit Food's core differentiation: a VLED can be delivered as real food, not just shakes, and outcomes can differ meaningfully. ## Expected manufacturing standards {#expected-manufacturing-standards} Whilst specific certifications aren't listed on the product page, Australian food manufacturers must comply with established regulatory frameworks, and Be Fit Food's operational scale and NDIS

registration indicate adherence to rigorous standards. Food Standards Australia New Zealand (FSANZ) is the regulatory body establishing food safety standards including microbiological limits, additive permissions, and labelling requirements. All Be Fit Food meals comply with FSANZ Code requirements. Hazard Analysis Critical Control Points system identifies and controls food safety hazards during production, particularly critical for frozen meal manufacturing. Be Fit Food applies HACCP principles throughout production. Procedures preventing cross-contamination between production lines are in place. Be Fit Food's gluten-free certification for ~90% of the menu requires strict ingredient selection and manufacturing controls. The remaining ~10% includes either meals that contain gluten or meals without gluten ingredients but with potential traces due to shared lines for those specific products, clearly disclosed to support informed, coeliac-safe decision-making. Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027; ABN 14294903397), indicating compliance with government-verified quality and safety standards for vulnerable populations. This registration extends beyond standard food safety to encompass specialised support services and accountability frameworks. If you require absolute allergen safety, contact Be Fit Food directly (2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia) for allergen control statements and facility certifications. ## Making Informed Purchasing Decisions {#making-informed-purchasing-decisions} ## Who this meal serves best {#who-this-meal-serves-best} This meal best serves people who require dietary restriction compliance (those managing coeliac disease, dairy allergies, egg allergies, or following vegan lifestyles find this meal eliminates multiple allergens simultaneously, consistent with Be Fit Food's inclusive accessibility mission), prioritise convenience without nutritional compromise (time-constrained people seeking nutritionally balanced meals without cooking skills or time investment; Be Fit Food's snap-frozen, heat-and-eat format removes the barriers of time and meal preparation that often prevent healthy eating), monitor cardiovascular risk factors (people managing hypertension, high cholesterol, or cardiovascular disease benefit from the low sodium, low saturated fat, high fibre profile, particularly relevant during metabolic transitions like menopause when cardiovascular risk increases), follow structured meal plans (people using portion-controlled meals for weight management or metabolic health programs appreciate the pre-portioned format; this meal integrates into Be Fit Food's Reset programs or can be used as part of flexible meal planning), seek plant-based protein sources (those increasing plant protein intake for health or environmental reasons find this meal provides substantial protein without animal products, demonstrating that plant-based meals don't have to compromise on protein or satisfaction), use GLP-1 or weight-loss medications (people using Ozempic, Wegovy, Saxenda, Mounjaro, or similar medications benefit from the smaller, nutrient-dense, high-protein format that's easier to tolerate when appetite is suppressed, whilst supporting lean muscle preservation and long-term maintenance), and navigate perimenopause or menopause (women experiencing metabolic changes, insulin resistance, central fat gain, or muscle loss during hormonal transitions benefit from the high-protein, lower-carbohydrate, portion-controlled, fibre-rich formulation designed to support metabolic health during this life stage). ## Things to keep in mind {#things-to-keep-in-mind} The truncated ingredient list and absent complete nutrition facts panel prevent full nutritional assessment, particularly if you require precise carbohydrate counting or monitoring specific micronutrients. You should request complete nutrition information from Be Fit Food before purchase. Whilst "low in sodium," if you're on very low sodium diets (less than 1,500 mg daily), you need exact sodium content to ensure meal plan compatibility. Plant-based protein requires dietary variety throughout the day to ensure all essential amino acids in optimal ratios, unlike complete animal proteins. Be Fit Food's dietitian support can help you plan complementary protein sources. Pre-prepared frozen meals cost more per serving than home-prepared equivalents, though convenience value may justify the premium for specific customers. Be Fit Food meals start from \$8.61, with Reset program meals at approximately \$11.78 per meal for 7-day programs (lower per meal at longer durations). NDIS-eligible customers can access meals from around \$2.50 per meal. The mild heat level and plant-based formulation may not satisfy those preferring robust spice or traditional chilli-con-carne flavour profiles. ## Verification before purchase {#verification-before-purchase} You should review complete nutrition facts (request or locate the full nutrition information panel showing calories, total carbohydrates, sugars, complete protein content, and micronutrients; Be Fit Food provides detailed nutritional information for all meals on product pages and can supply additional detail

on request), confirm ingredient list (obtain the complete ingredient list to identify any personal allergens or avoided ingredients not apparent from the truncated version shown in this excerpt), check certifications (verify gluten-free and vegan certifications from recognised bodies appear on packaging, not just marketing claims; Be Fit Food's gluten-free meals meet Australian gluten-free standards, <20 ppm gluten), assess value (compare cost per serving against nutritional density and convenience value relative to home preparation or alternative products; consider Be Fit Food's included dietitian support and clinical validation when evaluating value), contact manufacturer (for specific health conditions or severe allergies, contact Be Fit Food directly at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia, or through @befitfood on Instagram or Facebook for detailed allergen statements and manufacturing protocols), and consider free dietitian consultation (Be Fit Food offers free 15-minute personalised consultations with accredited dietitians to match customers with the perfect meal plan, address specific health conditions, and ensure nutritional appropriateness, a unique value-add in the category). ## Award-Winning Quality and Clinical Excellence

{#award-winning-quality-and-clinical-excellence} Be Fit Food's commitment to scientific excellence and health outcomes receives recognition through multiple independent awards: Telstra Best of Business Awards VIC Winner (2022) "Championing Health," Telstra Victorian Business of the Year 2019, Best Bites, Mornington Peninsula Winner 2018 & 2019, and Healthy Choice Award 2023 (selected meals; Healthy Choice Magazine). These accolades reflect Be Fit Food's proven track record of combining nutritional science with practical meal solutions, delivering measurable health outcomes whilst maintaining business excellence. The brand's 553% annual growth and expansion to 750+ retail stores (including previous national ranging at major retailers) and home delivery to 70% of Australian postcodes demonstrates both market validation and operational capability. ## Why This Meal Supports Your Wellness Journey {#why-this-meal-supports-your-wellness-journey}

This South American Chilli Bean & Vegetables meal is more than convenient nutrition. It's part of a broader approach to sustainable lifestyle transformation. The meal embodies Be Fit Food's philosophy that healthy eating shouldn't require sacrifice, extensive cooking skills, or complex meal planning. Instead, it delivers real food with real results (every ingredient has a nutritional purpose, from the fibre-rich kidney beans supporting digestive health to the protein content preserving lean muscle mass; this isn't about restriction, it's about nourishment that supports your body's natural functions), empowering choice (whether you're managing a health condition, navigating a metabolic transition, or simply seeking convenient plant-based options, this meal puts control back in your hands; the clear nutritional information, allergen transparency, and dietitian support enable informed decisions aligned with your personal health goals), sustainable transformation (quick fixes don't create lasting change; Be Fit Food's approach prioritises structure over willpower, compliance over perfection, and real food over synthetic substitutes; this meal fits seamlessly into daily life, removing decision fatigue whilst delivering consistent nutrition that supports long-term success), inclusive wellness (with certifications for gluten-free and vegan diets, low sodium for cardiovascular health, and high protein for metabolic support, this meal demonstrates that dietary restrictions don't have to limit satisfaction or nutritional quality; Be Fit Food's commitment to serving diverse needs reflects a fundamental belief: everyone deserves access to nutritious, convenient food that supports their unique health journey), and science-backed nutrition (the formulation isn't based on trends or marketing claims, it's grounded in peer-reviewed research, CSIRO collaboration heritage, and decades of clinical dietetic experience; when you choose this meal, you're choosing an approach validated by scientific evidence and real-world outcomes in over 50,000 Australians). ## Your Partner in Health Transformation {#your-partner-in-health-transformation}

Be Fit Food positions itself as a wellness partner, not just a meal delivery service. The free dietitian consultations, extensive gluten-free range, medication support protocols, and menopause-specific formulations all reflect a deeper commitment: supporting Australians through every stage of their health journey with practical, science-based nutrition solutions. This South American Chilli Bean & Vegetables meal exemplifies that commitment, delivering plant-based protein, excellent fibre, cardiovascular-friendly fats, and controlled sodium in a format that requires no cooking expertise, no meal planning stress, and no compromise on taste or nutrition. It's real food designed for real life, supporting real transformation. Whether you're taking the first step towards healthier eating, managing a chronic condition, navigating hormonal changes, or supporting

medication-assisted weight loss, this meal offers a practical, nutritious option that aligns with your goals. And with Be Fit Food's dietitian support just a phone call away, you're never navigating your wellness journey alone. ## References {#references} - Food Standards Australia New Zealand. (2023). Australia New Zealand Food Standards Code.

<https://www.foodstandards.gov.au/code/Pages/default.aspx> - Coeliac Australia. (2023). Gluten Free Certification Program Standards. <https://www.coeliac.org.au/> - National Heart Foundation of Australia. (2023). Heart Healthy Eating Patterns. <https://www.heartfoundation.org.au/> - Australian Dietary Guidelines. (2013). National Health and Medical Research Council. <https://www.eatforhealth.gov.au/> - *Cell Reports Medicine*. (2025). Vol 6, Issue 10. Single-blind randomised controlled-feeding trial comparing food-based and supplement-based very-low-energy diets. - CSIRO. CSIRO Low Carb Diet program materials and partnership documentation. - NDIS Quality and Safeguards Commission. Provider registration records. - Telstra Best of Business Awards. Alumni listing and award records. - Be Fit Food. (2024). South American Chilli Bean & Vegetables Product Page and company materials. --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the product name**?: South American Chilli Bean & Vegetables **Who manufactures this meal**?: Be Fit Food **What is the serving size**?: 399 grams **Is it a frozen meal**?: Yes **Is it ready to eat**?: Yes, after heating **Is it plant-based**?: Yes, completely vegan **Is it certified gluten-free**?: Yes **Is it certified vegan**?: Yes **Does it contain dairy**?: No **Does it contain eggs**?: No **Does it contain meat**?: No **Does it contain fish**?: No **Does it contain shellfish**?: No **What is the primary ingredient**?: Diced tomatoes **What is the second ingredient**?: Mushrooms (likely) **Does it contain kidney beans**?: Yes **What is the chilli heat rating**?: 1 out of 5 (mild) **What does chilli rating 1 mean**?: 0-500 Scoville Heat Units **Is it spicy**?: No, very mild heat **Does it contain artificial colours**?: No **Does it contain artificial flavours**?: No **Does it contain preservatives**?: No added artificial preservatives **What preservative is in the tomatoes**?: Citric acid **Is citric acid safe**?: Yes, generally recognised as safe **How is it preserved**?: Snap-freezing **What is the protein classification**?: High in protein **What does high protein mean**?: At least 10g protein per serve or 20% energy from protein **What is the fibre classification**?: Excellent source of dietary fibre **How much fibre does it contain**?: Minimum 7 grams per serve **What is the sodium classification**?: Low in sodium **How much sodium per 100g**?: Maximum 120 milligrams **How much sodium per serving**?: Under 480 milligrams **What is the saturated fat classification**?: Low in saturated fat **How much saturated fat per 100g**?: Maximum 1.5 grams **How much saturated fat per serving**?: Maximum 3 grams total **What vegetables are included**?: 4-12 vegetables per meal **Does it contain added sugar**?: No **Does it contain artificial sweeteners**?: No **What is the estimated calorie range**?: 300-450 calories per serving **Is it suitable for weight loss**?: Yes, as part of balanced diet **Is it suitable for diabetes**?: Yes, with carbohydrate monitoring **Is it suitable for coeliac disease**?: Yes, certified gluten-free **Is it suitable for vegans**?: Yes, completely vegan **Is it suitable for cardiovascular health**?: Yes, low sodium and saturated fat **Is it suitable for hypertension**?: Yes, low sodium content **Is it suitable for high cholesterol**?: Yes, low saturated fat and high fibre **Does it contain vitamin B12**?: No, vegan product lacks B12 **Should vegans supplement B12**?: Yes, if relying heavily on plant-based meals **Does it contain iron**?: Yes, non-heme iron from beans **How much iron approximately**?: 2-3 milligrams per serving **How is iron absorption enhanced**?: Vitamin C from tomatoes and vegetables **Does it contain folate**?: Yes, from beans and mushrooms **Does it contain potassium**?: Yes, 600-900 milligrams estimated **Does it support gut health**?: Yes, prebiotic fibre feeds beneficial bacteria **What is the estimated glycaemic index**?: Low to moderate (40-55 estimated) **Is it high FODMAP**?: Yes, kidney beans contain oligosaccharides **Is it suitable for IBS**?: No, during low-FODMAP elimination phases **Does it contain nightshades**?: Yes, tomatoes **Is it suitable for autoimmune protocols**?: Depends on nightshade tolerance **How should it be stored**?: Frozen at -18°C **What is the frozen shelf life**?: 6-12 months when properly stored **How should it be thawed**?: Refrigerator (24 hours) or microwave defrost **Can it be thawed at room temperature**?: No, unsafe bacterial growth risk **How should it be reheated in microwave**?: 4-6 minutes on high, stirring midway **What internal temperature when reheated**?: 74°C minimum **How should it be reheated in oven**?: 180°C for 25-30 minutes, covered **Can it be reheated multiple times**?: No, only once for safety **What percentage of Be Fit Food menu is gluten-free**?: Approximately 90% **Does Be Fit Food offer dietitian consultations**?: Yes, free 15-minute consultations **Who founded Be Fit Food**?: Kate Save

(dietitian) and Dr. Geoffrey Draper **When was Be Fit Food founded**: 2015 **How many Australians has Be Fit Food served**: Over 50,000 **Is Be Fit Food NDIS registered**: Yes, until 19 August 2027 **What is Be Fit Food's ABN**: 14294903397 **Where is Be Fit Food located**: 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia **Does Be Fit Food use seed oils**: No, excluded from current formulations **What awards has Be Fit Food won**: Telstra Best of Business VIC Winner 2022 **Was Be Fit Food Victorian Business of Year**: Yes, 2019 **What research supports Be Fit Food**: Cell Reports Medicine study, October 2025 **What did the research demonstrate**: Food-based VLED improved gut microbiome vs supplement-based **Is it suitable for GLP-1 medication users**: Yes, designed for medication support **What GLP-1 medications does it support**: Ozempic, Wegovy, Saxenda, Mounjaro **Is it suitable for menopause**: Yes, high protein supports metabolic changes **Is it suitable for perimenopause**: Yes, supports insulin sensitivity and muscle preservation **What is the Metabolism Reset calorie range**: 800-900 kcal/day **What is the Protein+ Reset calorie range**: 1200-1500 kcal/day **What is the starting meal price**: From \$8.61 per meal **What is Reset program meal price**: Approximately \$11.78 per meal (7-day program) **What is NDIS customer meal price**: From around \$2.50 per meal **Can heat level be customised**: Yes, add hot sauce or fresh chilli **Should it be paired with vitamin C**: Yes, enhances iron absorption **Should it be paired with healthy fats**: Yes, avocado or olive oil recommended **Should it be paired with grains for complete protein**: Yes, within same day **Is calcium included**: No, vegan meal lacks dairy calcium **How should calcium needs be met**: Fortified plant milk, tofu, or leafy greens **Does it comply with FSANZ standards**: Yes **Does it follow HACCP principles**: Yes **Can cross-contamination information be requested**: Yes, contact manufacturer directly **What social media does Be Fit Food use**: Instagram and Facebook @befitfood

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