

# THAGRECHI - Food & Beverages Flavor Profile Guide - 7064256970941\_43651511091389

## Details:

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Snap-freezing technology preserves most aromatic compounds and heat levels; fresh herb aromatics may diminish slightly over extended storage (optimal within 3–6 months) 6. What are the main flavour components? → Green curry paste (1%), coconut milk, lemongrass, kaffir lime, fresh coriander, ginger, gluten-free soy sauce, with broccoli, spinach, courgette, eggplant, and green peas over brown rice ---  
## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Thai Green Chicken Curry (GF) MB4 | | Brand | Be Fit Food | | Price | \$11.10 AUD | | Serving size | 280 g single-serve meal | | GTIN | 9358266000687 | | Availability | In Stock | | Category | Prepared Meals | | Dietary | Gluten-Free (Certified) | | Protein source | Chicken (31%) | | Rice type | Brown Rice | | Vegetables | Broccoli, Spinach, Courgette, Eggplant, Green Peas (4–12 vegetables per serving) | | Key ingredients | Coconut Milk, Green Curry Paste (1%), Lemongrass, Kaffir Lime, Fresh Coriander, Ginger | | Allergens | Contains Crustacea, Milk, Soybeans. May Contain Fish, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | No added | No Added Sugar, No Artificial Sweeteners, No Artificial Preservatives, No Artificial Colours, No Artificial Flavours | | Sodium level | Low in Sodium (less than 120 mg per 100 g) | | Nutritional highlights | Excellent source of dietary fibre, High in protein, Low in saturated fat | | Storage | Frozen at –18°C or below | | Serving temperature | 74°C internal temperature | | Freezing method | Snap-freezing technology | --- ## 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: Thai Green Chicken Curry (GF) MB4 - Brand: Be Fit Food - Price: \$11.10 AUD - Serving size: 280 g single-serve meal - GTIN: 9358266000687 - Category: Prepared Meals - Dietary certification: Gluten-Free (Certified) - Protein source: Chicken (31%) - Rice type: Brown Rice - Vegetables included: Broccoli, Spinach, Courgette, Eggplant, Green Peas (4–12 vegetables per serving) - Key ingredients: Coconut Milk, Light Milk, Green Curry Paste (1%), Lemongrass, Kaffir Lime, Fresh Coriander, Ginger, Garlic, Gluten-free Soy Sauce, Diced Tomato, Corn Starch - Allergen information: Contains Crustacea, Milk, Soybeans. May Contain Fish, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - No added: No Added Sugar, No Artificial Sweeteners, No Artificial Preservatives, No Artificial Colours, No Artificial Flavours - Sodium level: Low in Sodium (less than 120 mg per 100 g) - Storage instructions: Frozen at –18°C or below - Recommended serving temperature: 74°C internal temperature - Freezing method: Snap-freezing technology #### General Product Claims {#general-product-claims} - Excellent source of dietary fibre - High in protein - Low in saturated fat - Authentic Southeast Asian flavour experience with aromatic complexity, creamy richness, and carefully balanced heat - Designed by dietitians and exercise physiologists at Be Fit Food - Supports metabolic health - Helps you feel fuller for longer - Preserves lean muscle mass during weight loss - Snap-freezing technology preserves aromatic compounds better than standard freezing methods - Suitable for coeliac disease and gluten sensitivity - Approximately 90% of Be Fit Food menu is certified gluten-free - Supports more stable blood glucose responses - Compatible with Metabolism Reset program (800–900 kcal/day) - Compatible with Protein+ Reset program (1200–1500 kcal/day) - Suitable for GLP-1 receptor agonist users and weight-loss medication users - Supports type 2 diabetes management and insulin resistance - Beneficial for perimenopause and menopause-related metabolic changes - Supports cardiovascular health and blood pressure management - Promotes gut microbiome health - Free 15-minute dietitian consultations available - Used in October 2025 Cell Reports Medicine randomised controlled trial on microbiome diversity - Formulated in partnership with CSIRO Low Carb Diet - Provides practical solutions for busy days and stressful periods - Complex, satisfying flavours make healthy eating sustainable - Helps prevent evening snacking when consumed as dinner - Suitable for NDIS participants and home care programs --- ## Flavor Profile Overview: Thai Green Chicken Curry by Be Fit Food

{#flavor-profile-overview-thai-green-chicken-curry-by-be-fit-food} Be Fit Food's Thai Green Chicken Curry (GF) brings Southeast Asian flavours to your freezer with a blend of fragrant herbs—lemongrass, kaffir lime, fresh coriander, and ginger—held together by coconut milk's creamy sweetness and the distinctive punch of green curry paste. This gluten-free frozen meal packs 31% chicken content alongside broccoli, spinach, courgette, eggplant, and green peas over brown rice in a 280 g single-serve portion. It shows how Thai green curry's signature flavour architecture translates to a convenient format while keeping the essential taste markers that define this classic dish. Designed by dietitians and exercise physiologists at Be Fit Food, this meal reflects the brand's commitment to real

food with no added sugars, no artificial sweeteners, and no artificial preservatives—only whole, nutrient-dense ingredients that support your metabolic health. The flavour centres on what culinary experts call the "green curry trinity": the herbaceous brightness of fresh green chillies and coriander, the citrus-forward aromatics of lemongrass and kaffir lime, and the creamy-sweet foundation of coconut milk. Unlike red or yellow Thai curries that lean on dried spices, green curry's character depends on fresh ingredients that create a lighter, more energetic taste experience. This particular version balances these elements while incorporating the umami depth of gluten-free soy sauce and the subtle sweetness naturally present in the vegetable medley. Thai green curry operates on multiple sensory levels at once—initial aromatic impact, mid-palate creaminess, layered spice complexity, and a lingering citrus-herbal finish. This guide breaks down each flavour component, explains how ingredients interact to create the overall taste experience, and provides context for evaluating whether this particular interpretation aligns with authentic Thai green curry expectations. ## Primary Flavor Notes and Ingredient Contributions {#primary-flavor-notes-and-ingredient-contributions} The dominant flavour notes in Be Fit Food's Thai Green Chicken Curry emerge from a precise combination of aromatic ingredients, each contributing specific taste characteristics that layer to create the complete profile. Green Curry Paste (1% concentration) anchors the flavour, delivering the essential spice-herb foundation. Traditional green curry paste combines fresh green chillies, shallots, garlic, galangal, lemongrass, kaffir lime zest, coriander root, cumin, white pepper, and shrimp paste. At 1% of the total formulation, this ingredient provides concentrated flavour without overwhelming the dish—a ratio that suggests careful calibration between authentic intensity and broad palatability. The paste contributes the initial heat perception, earthy undertones from cumin and white pepper, and the fundamental "green curry" taste signature that distinguishes this style from other Thai curries. Coconut milk functions as both flavour carrier and primary taste modifier, providing creamy sweetness that tempers the curry paste's heat while amplifying aromatic compounds. Light milk (listed before coconut milk in the ingredient hierarchy) suggests a reduced-fat approach that maintains creaminess while controlling caloric density—consistent with Be Fit Food's nutritional standards for portion-controlled, energy-regulated meals. The coconut component contributes subtle tropical sweetness, fatty mouthfeel, and the characteristic silkiness associated with Thai curries. This fat content also plays a functional flavour role—fat molecules bind with capsaicin (the compound responsible for chilli heat) and aromatic essential oils, distributing them evenly throughout the sauce and moderating their intensity. Fresh aromatics—lemongrass, kaffir lime, ginger, fresh coriander, and garlic—provide the bright, citrus-forward notes that define green curry's character. Lemongrass contributes lemony-floral notes with subtle ginger-like undertones; kaffir lime adds intensely citrus, almost perfumed aromatics distinct from standard lime; fresh ginger brings warm, slightly peppery spice with sweet undertones; coriander (cilantro) offers bright, slightly soapy-citrus notes (perception varies genetically among individuals); and garlic provides pungent, savoury depth. These ingredients remain relatively volatile, meaning their flavours are most pronounced when fresh but can diminish with freezing and reheating—a consideration for frozen meal formats. Be Fit Food's snap-freezing process helps preserve these delicate aromatic compounds better than standard freezing methods. Chicken (31%) provides savoury, umami-rich protein that absorbs surrounding flavours while contributing its own mild, meaty taste. The 31% proportion indicates substantial protein content relative to the 280 g total weight (approximately 87 g chicken), creating a protein-forward meal where meat is a primary flavour component rather than merely a textural addition. This high protein concentration aligns with Be Fit Food's metabolic health approach, which prioritises protein to support lean muscle mass preservation, enhance satiety, and maintain metabolic rate—particularly important if you're managing weight loss or using weight-loss medications. Chicken's mild flavour profile makes it an ideal canvas for curry absorption, though it also means the meat itself contributes less distinct taste compared to more assertive proteins. Vegetable components—broccoli, spinach, courgette, eggplant, and green peas—add textural variety and subtle flavour layers while contributing to the meal's impressive vegetable density (Be Fit Food meals contain 4–12 vegetables per serving). Broccoli contributes mild bitterness and cruciferous earthiness; spinach adds mineral notes and slight sweetness; courgette provides neutral, slightly sweet, cucumber-like freshness; eggplant offers creamy texture and mild, slightly bitter taste that absorbs curry flavours; green peas introduce pops of sweet, starchy freshness. Diced tomato (listed in ingredients) adds subtle

acidity and umami depth, though tomato is not traditional in Thai green curry—its inclusion likely balances richness and adds body to the sauce. Gluten-free soy sauce delivers umami intensity and salty depth, replacing the traditional fish sauce component while maintaining allergen compliance. Soy sauce contributes fermented, savoury complexity with caramel-like undertones from the brewing process. This substitution shifts the flavour profile slightly from traditional Thai green curry's fish sauce-derived funkiness toward a more broadly accessible, Japanese-influenced umami character. The gluten-free formulation ensures this meal fits within Be Fit Food's commitment to offering approximately 90% of the menu as certified gluten-free, supporting you if you're living with coeliac disease or gluten sensitivity. Brown rice forms the neutral, nutty base that absorbs curry sauce while providing mild, whole-grain sweetness and slightly chewy texture. Brown rice's bran layer contributes earthy, nutty notes absent in white rice, adding complexity to the overall flavour experience while maintaining the traditional curry-over-rice serving format. The inclusion of brown rice rather than white rice reflects Be Fit Food's whole-food philosophy and lower-carbohydrate approach, as brown rice provides more fibre and nutrients while supporting more stable blood glucose responses. ## Aromatic Complexity and Sensory Impact {#aromatic-complexity-and-sensory-impact} The aromatic dimension of Be Fit Food's Thai Green Chicken Curry begins before the first bite, with volatile compounds creating anticipatory flavour signals that prime your palate for the taste experience to follow. Initial aromatic impression centres on the interplay between coconut sweetness and herbaceous brightness. When you heat the meal, volatile aromatic compounds vaporise and reach olfactory receptors both through your nose (orthonasal olfaction) and through the back of your throat during eating (retronasal olfaction). The most prominent aromatic notes include: - Lemongrass's citral compounds (geranial and neral) that produce lemony, slightly floral aromas - Kaffir lime's citronellol that creates intensely citrus, almost soapy-clean aromatics - Ginger's gingerol that contributes warm, slightly sweet-spicy fragrance - Coriander's linalool that provides floral-citrus, slightly herbal aroma - Coconut milk's lactones that produce sweet, creamy, tropical fragrance These aromatic compounds interact synergistically—the presence of fat from coconut milk and light milk helps carry fat-soluble aromatic molecules, intensifying their perception. The heating process during meal preparation activates these aromatics, though the freezing-thawing-reheating cycle inherent to frozen meals can reduce aromatic intensity compared to freshly prepared curry. Be Fit Food's snap-freezing technology minimises ice crystal formation that can damage aromatic compounds, helping preserve the meal's sensory complexity. Aromatic layering occurs as you enjoy the meal. Initial aromatics tend toward bright, citrus-forward notes (lemongrass, kaffir lime, coriander), while mid-palate aromatics shift toward warmer spice characteristics (ginger, garlic, curry paste spices), and finish aromatics emphasise creamy-sweet coconut and earthy brown rice. This progression creates what flavour scientists term "flavour release over time"—the sequential perception of different aromatic components as mastication breaks down food matrices and releases trapped volatile compounds. Chilli aromatics contribute a distinct pungent note separate from heat perception. Fresh green chillies contain aromatic compounds beyond capsaicin, including fruity esters and grassy aldehydes that add complexity to the overall aromatic profile. The 1% curry paste concentration suggests moderate chilli presence—enough to provide authentic character without overwhelming aromatic subtleties. Vegetable aromatics add supporting notes. Broccoli and spinach contribute sulphurous, green vegetable aromas (particularly glucosinolates from broccoli); eggplant adds minimal aroma but absorbs surrounding curry aromatics; courgette provides subtle cucumber-like freshness. These vegetable notes ground the more exotic Thai aromatics, creating familiarity within the complex profile. Umami aromatics from gluten-free soy sauce, chicken, and tomato add savoury depth. Umami compounds (glutamates and nucleotides) don't produce strong standalone aromas but enhance overall aromatic perception through synergistic effects, making other aromatic notes seem more pronounced and satisfying. ## Texture Profile and Mouthfeel Characteristics {#texture-profile-and-mouthfeel-characteristics} Texture significantly influences flavour perception in Be Fit Food's Thai Green Chicken Curry, with multiple textural elements creating a complex mouthfeel experience that affects how you perceive taste and aroma. Sauce consistency presents as a medium-thick, creamy curry with coconut milk and light milk providing the base viscosity. Corn starch (listed as a thickening agent) creates body and prevents sauce separation, contributing to a smooth, coating mouthfeel that clings to chicken, vegetables, and rice. This thickness affects flavour

release—thicker sauces coat your palate more thoroughly, extending flavour duration and creating richer taste perception. The sauce's fat content from coconut milk produces a characteristic silky, luxurious mouthfeel that moderates heat perception and enhances aromatic compound delivery. Chicken texture should present as tender, slightly fibrous pieces that absorb curry flavours during preparation and freezing. At 31% chicken content, these pieces form substantial textural anchors throughout the meal—a protein concentration that supports Be Fit Food's high-protein nutritional architecture designed to preserve lean muscle mass and help you feel fuller for longer.

Frozen-then-reheated chicken can sometimes exhibit slightly drier texture than fresh-cooked, though sauce absorption compensates. The chicken provides satisfying chew and protein-rich substance that contrasts with softer vegetable and rice components. Vegetable textural variety creates interest and prevents monotony: - Broccoli contributes firm, slightly crunchy florets (if not overcooked) with softer stem sections, providing textural contrast and requiring active chewing - Spinach wilts into soft, silky leaves that integrate seamlessly into the sauce - Courgette offers tender-crisp texture with slight resistance, adding freshness perception - Eggplant becomes creamy and almost melt-in-mouth soft, absorbing sauce and contributing luxurious texture - Green peas provide small bursts of firm-tender texture with slight pop when bitten This textural diversity keeps your eating experience engaging across the full serving, with each forkful potentially containing different textural combinations. The inclusion of 4–12 vegetables per meal—a hallmark of Be Fit Food's formulation approach—ensures this variety remains consistent across the entire portion. Brown rice texture forms the foundational mouthfeel element—individual grains should remain distinct (not mushy) with characteristic chewiness from the bran layer. Brown rice's texture absorbs curry sauce while maintaining structural integrity, providing starchy substance that balances the wetter curry components. The slightly nutty, firm bite of brown rice contrasts with the creamy sauce, creating textural interplay that enhances overall satisfaction.

Temperature-dependent textural changes occur as the meal cools during eating. The coconut milk-based sauce becomes slightly thicker as fat components cool, intensifying the coating mouthfeel. This temperature sensitivity means optimal texture experience occurs when you consume the meal at proper serving temperature (generally 74°C internal temperature for food safety). Textural impact on flavour operates through several mechanisms. Creamy textures from coconut milk and eggplant enhance perceived sweetness and richness; firm textures from broccoli and brown rice require extended chewing, increasing aromatic compound release through mechanical breakdown; varied textures prevent palate fatigue, maintaining flavour sensitivity throughout your meal. ## Taste Experience: Balancing Sweet, Salty, Sour, Bitter, and Umami

{#taste-experience-balancing-sweet-salty-sour-bitter-and-umami} The complete taste experience of Be Fit Food's Thai Green Chicken Curry emerges from carefully balanced interactions among all five basic taste sensations, with additional consideration for heat (pungency) and astringency. Sweetness derives primarily from coconut milk's natural sugars, light milk's lactose, and the inherent sweetness of vegetables (particularly peas, tomato, and courgette). This sweetness operates subtly rather than prominently, providing foundational balance that prevents the curry from tasting overly savoury or bitter. Notably, Be Fit Food formulates this meal with no added sugar or artificial sweeteners, meaning all perceived sweetness comes from whole-food ingredients—a distinction that supports more stable blood glucose responses and reduces cravings. Coconut milk's sweetness specifically helps moderate chilli heat perception—sweet tastes activate different taste receptors than capsaicin, creating competitive inhibition that reduces perceived spiciness. The brown rice also contributes mild sweetness as salivary amylase breaks down starches into simple sugars during chewing. Saltiness comes predominantly from gluten-free soy sauce, with additional salt likely present in the green curry paste formulation (though not separately listed in ingredients). Salt enhances overall flavour perception by suppressing bitterness, amplifying aromatic compound volatility, and triggering umami receptors. The saltiness level in this formulation appears calibrated for health-conscious consumers—Be Fit Food maintains a low-sodium benchmark of less than 120 mg per 100 g across the range, meaning this curry likely presents as moderately salty rather than intensely so—enough to enhance flavours without dominating the taste profile or compromising your cardiovascular health goals. Sourness/acidity provides essential brightness and balance, though it appears more subtle in this formulation compared to some Thai curries. Kaffir lime contributes citric acid and related compounds that create tart, citrus-forward acidity;

diced tomato adds malic and citric acids; lemongrass contains citric acid derivatives. This acidity cuts through the richness of coconut milk, prevents the curry from tasting heavy or cloying, and enhances aromatic perception by creating pH conditions that optimise volatile compound release. The relatively modest acidity (no separate lime juice or tamarind listed) suggests a milder, more approachable profile than traditionally sharp Thai curries. Bitterness emerges from multiple sources: broccoli's glucosinolates, spinach's oxalates, eggplant's phenolic compounds, green curry paste's cumin and white pepper, and potentially from kaffir lime's peel oils. Bitterness in this context operates as a background note rather than a primary taste, adding complexity and preventing the dish from tasting one-dimensionally sweet or salty. The coconut milk's fat content helps moderate bitter perception by coating taste receptors and reducing bitter compound binding. Umami (savory depth) forms a critical taste foundation, derived from chicken's glutamates, gluten-free soy sauce's fermented amino acids, tomato's glutamic acid, and potentially from the shrimp paste component in traditional green curry paste. Umami creates the satisfying, mouth-filling savoriness that makes the curry taste complete and substantial. This taste sensation synergises with saltiness, enhancing both perceptions and creating the characteristic "deliciousness" associated with well-balanced savory dishes. The high protein content (31% chicken) naturally amplifies umami perception, contributing to the meal's satiety-promoting properties that help you feel fuller for longer. Heat/pungency from green chillies in the curry paste adds a trigeminal sensation (physical nerve stimulation) rather than a true taste. At 1% curry paste concentration with chilli listed separately in ingredients, the heat level appears calibrated for moderate spiciness—noticeable warmth without overwhelming burn. Capsaicin's heat perception builds progressively during eating as compound concentration increases on taste receptors, meaning the curry may taste progressively spicier as you continue your meal. The coconut milk's fat, light milk's casein protein, and rice's starch all help moderate this heat buildup. Taste evolution during eating follows a characteristic progression: initial perception emphasises aromatic-driven "flavour" (combination of taste and smell) with prominent coconut sweetness and herbal brightness; mid-palate experience shifts toward umami depth, saltiness, and building heat; finish emphasises lingering coconut richness, subtle bitterness from vegetables, and residual chilli warmth. This progression creates a dynamic eating experience where the taste profile evolves rather than remaining static. ## Heat Level Assessment and Capsaicin Perception {#heat-level-assessment-and-capsaicin-perception} Understanding the heat profile of Be Fit Food's Thai Green Chicken Curry requires examining both capsaicin concentration and how various ingredients modulate heat perception throughout your eating experience. Capsaicin source and concentration: Green chillies in the curry paste provide the primary heat component. At 1% total curry paste concentration with chilli listed as a separate ingredient (suggesting additional chilli beyond the paste formulation), the capsaicin level appears moderate. Traditional Thai green curry ranges from 50,000–100,000 Scoville Heat Units (SHU) when made with authentic bird's eye chillies, but commercial frozen meal versions reduce heat to 2,500–10,000 SHU for broader consumer appeal. This formulation likely falls toward the lower-moderate range, providing authentic character without challenging heat-averse consumers—consistent with Be Fit Food's approach of making nutritionally optimised meals accessible to a wide Australian audience. Heat perception timeline: Capsaicin's effects follow a characteristic pattern. Initial bites produce minimal heat as capsaicin concentration on TRPV1 receptors remains low; heat builds progressively as repeated exposure increases receptor activation; peak heat occurs mid-meal as cumulative capsaicin exposure reaches maximum receptor binding; residual warmth persists after eating as capsaicin molecules remain bound to receptors, gradually diminishing over 10–15 minutes. This progression means the curry tastes progressively spicier as you continue eating—a factor to consider when evaluating initial versus overall heat impression. Heat moderating components: Several ingredients specifically reduce perceived heat intensity: - Coconut milk's fat physically coats taste receptors and dissolves capsaicin molecules, reducing their contact with pain receptors - Light milk's casein protein binds to capsaicin molecules, helping wash them away from receptors (more effective than water) - Brown rice's starch absorbs capsaicin and provides neutral substance that dilutes concentration - Vegetables' water content dilutes capsaicin concentration in each bite - Sweetness from coconut and vegetables activates competing taste receptors, creating distraction from heat sensation These moderating factors mean the curry's heat presents as manageable and integrated rather than sharp or aggressive—an important

consideration if you're managing medication-related appetite changes or gastrointestinal sensitivity. Individual heat sensitivity variation: Genetic differences, prior capsaicin exposure, and cultural background significantly affect heat perception. Regular spicy food consumers develop partial TRPV1 receptor desensitisation, perceiving the same capsaicin concentration as less intense than occasional spicy food eaters. For beginners to Thai cuisine, this curry's heat level may register as moderate-to-noticeable; for experienced Thai food enthusiasts, it may seem mild. Heat and flavour interaction: Moderate capsaicin levels enhance overall flavour perception by increasing salivation (which carries flavour compounds to taste receptors), triggering endorphin release (which creates pleasure association), and stimulating appetite. Excessive heat can overwhelm other flavours, but this formulation's moderate approach allows the herbal, aromatic, and umami components to remain perceptible alongside the warming sensation. ## Authenticity Markers and Thai Flavor Benchmarks {#authenticity-markers-and-thai-flavor-benchmarks} Evaluating Be Fit Food's Thai Green Chicken Curry against traditional Thai flavour standards reveals both authentic elements and adaptations for commercial frozen meal format and health-conscious Australian consumers. Authentic components present: - Green curry paste as flavour foundation (though at reduced 1% concentration versus 3–5% in traditional preparations) - Essential aromatic trio: lemongrass, kaffir lime, fresh coriander - Coconut milk as sauce base - Fresh ginger and garlic - Combination of vegetables common in Thai green curry variations - Brown rice as traditional serving base Traditional elements modified or adapted: - Fish sauce replaced with gluten-free soy sauce (altering umami character from funky-fermented toward cleaner, Japanese-style savoury while maintaining allergen compliance) - Likely reduced chilli heat compared to authentic Thai standards - Tomato inclusion (not traditional in green curry, though sometimes found in Thai-Western fusion versions) - Light milk addition (supporting portion control and caloric management consistent with Be Fit Food's metabolic health positioning) - Frozen-reheated format versus fresh preparation (affecting aromatic intensity, though mitigated by snap-freezing technology) Flavour benchmark comparison: Authentic Thai green curry emphasises bold, complex flavours with prominent heat, intense aromatics, and strong fish sauce funk. Be Fit Food's interpretation presents a more moderate, accessible version—recognisably Thai green curry in character but calibrated for health-conscious Australian consumers who may prefer less aggressive heat and funkiness. The flavour profile aligns more closely with "Thai-inspired" restaurant versions in Western countries than with traditional Thai street food or home cooking standards, while maintaining nutritional integrity through whole-food ingredients and controlled sodium levels. Quality indicators within commercial context: For a frozen meal product, this formulation demonstrates quality through fresh herb inclusion (coriander, lemongrass, kaffir lime rather than dried/extract alternatives), substantial chicken content (31%), vegetable variety (4–12 vegetables per serving), whole grain brown rice, and adherence to clean-label standards (no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners). The 1% curry paste concentration, while lower than traditional, balances authenticity and mass-market palatability while supporting the brand's commitment to accessible, science-backed nutrition. ## Flavor Pairing Considerations and Complementary Elements {#flavor-pairing-considerations-and-complementary-elements} Understanding which flavours complement or contrast with Be Fit Food's Thai Green Chicken Curry helps you optimise your eating experience and make informed meal planning decisions. Beverage pairings: The curry's creamy, aromatic, moderately spicy profile pairs well with beverages that either complement or contrast these characteristics. Complementary options include coconut water (echoing coconut notes), jasmine tea (harmonising with floral aromatics), or light lagers (providing neutral refreshment). Contrasting options include Riesling or Gewürztraminer wines (offering sweetness and acidity that cut richness), ginger beer (adding spice complexity), or lime-infused sparkling water (providing citrus brightness and palate cleansing). Avoid heavily tannic red wines, which clash with coconut milk's fat and amplify chilli heat perception. Supplementary elements: While this 280 g meal functions as a complete, portion-controlled dish within Be Fit Food's structured meal plans, you may wish to enhance or customise the flavour experience. Appropriate additions include fresh lime wedges (adding brightness and acidity), Thai basil leaves (contributing anise-like aromatic complexity), crushed peanuts (providing textural contrast and nutty richness), or additional fresh coriander (intensifying herbal notes). However, if you're following Be Fit Food's Metabolism Reset or Protein+ Reset

programs, consult your free dietitian support to ensure any additions align with your specific caloric and macronutrient targets (generally 800–900 kcal/day for Metabolism Reset or 1200–1500 kcal/day for Protein+ Reset). Flavour progression planning: For multi-course meals, this curry's bold, complex flavours position it best as a main course following lighter, fresher starters (such as Vietnamese spring rolls or Thai cucumber salad) and preceding simple, palate-cleansing desserts (such as fresh mango, coconut sorbet, or lime-infused fruit salad). The curry's richness and aromatic intensity make it challenging to follow with equally bold dishes without causing palate fatigue. ## Storage Impact on Flavor Preservation {#storage-impact-on-flavor-preservation} As a snap-frozen meal product, understanding how storage conditions affect flavour helps you maintain optimal taste quality. Freezing effects on flavour components: Snap-freezing at  $-18^{\circ}\text{C}$  or below preserves most flavour compounds effectively, though some degradation occurs over extended storage. Stable components include most aromatic compounds (lemongrass, kaffir lime, ginger oils), capsaicin (heat remains consistent), and basic taste molecules (salt, umami compounds). Vulnerable components include fresh herb aromatics (coriander's volatile linalool degrades over months), some coconut milk aromatics (lactones can oxidise), and textural qualities that affect flavour release (ice crystal formation can damage cell structures in vegetables and chicken). Be Fit Food's snap-freezing technology minimises large ice crystal formation, helping preserve both texture and aromatic integrity better than conventional freezing methods. Optimal storage practices: Maintain consistent freezer temperature at  $-18^{\circ}\text{C}$  or below; avoid temperature fluctuations from freezer door opening/closing; store away from strong-smelling items (frozen meals can absorb odours through packaging); consume within manufacturer's recommended timeframe (generally 12 months for frozen meals, though flavour quality peaks within 3–6 months). Reheating impact on flavour: Proper reheating technique significantly affects your final flavour experience. Microwave reheating (most common for frozen meals) can create uneven heating that produces flavour hot spots and cold zones; stirring midway through heating distributes heat and flavours more evenly. Oven reheating (if packaging allows) provides more uniform heating and can restore some aromatic intensity through longer, gentler warming. Achieving internal temperature of  $74^{\circ}\text{C}$  ensures food safety while optimising flavour compound volatilisation for maximum aromatic impact. Be Fit Food's packaging provides specific reheating instructions designed to optimise both safety and sensory quality. ## Flavor Profile Suitability for Different Consumer Preferences {#flavor-profile-suitability-for-different-consumer-preferences} Be Fit Food's Thai Green Chicken Curry flavour characteristics align with specific consumer preferences while potentially conflicting with others. Ideal for you if you: - Appreciate complex, aromatic flavour profiles with multiple layers - Enjoy moderate spice heat that provides warmth without overwhelming - Prefer coconut-based, creamy textures in savoury dishes - Value authentic-inspired ethnic cuisine in convenient formats - Seek gluten-free options without compromising flavour complexity (this meal fits within Be Fit Food's ~90% certified gluten-free range) - Like vegetable-forward meals with substantial protein content - Follow structured weight-loss programs requiring portion-controlled, macro-balanced meals - Use GLP-1 receptor agonists or weight-loss medications and need smaller, nutrient-dense, high-protein meals that are easier to tolerate - Manage type 2 diabetes or insulin resistance and benefit from lower-carbohydrate, fibre-rich meals that support stable blood glucose - Experience perimenopause or menopause and need high-protein, portion-controlled meals to preserve lean muscle mass and support metabolic health - Participate in NDIS or home care programs and require dietitian-designed, nutritionally complete meals Less suitable for you if you: - Dislike coconut flavour or creamy curry textures - Avoid dairy (contains light milk) or soy products - Prefer very mild, non-spicy foods - Seek extremely high heat levels in spicy dishes - Dislike cilantro/coriander (genetic sensitivity affects ~14% of populations) - Prefer traditional protein-and-starch meals without complex sauces Dietary positioning considerations: The gluten-free formulation accommodates coeliac disease and gluten sensitivity, but the presence of milk, soy, and crustacea (from traditional curry paste shrimp paste) creates allergen considerations for some consumers. The 280 g serving size and Be Fit Food's health positioning suggest controlled portion and caloric content (consistent with the brand's 800–900 kcal Metabolism Reset or 1200–1500 kcal Protein+ Reset frameworks), appealing to weight-conscious consumers who don't want to sacrifice flavour complexity. You can access free 15-minute dietitian consultations to determine which Be Fit Food program and meal selections best match your health goals, dietary

restrictions, and flavour preferences. ## Expert Evaluation Framework for Thai Green Curry Flavor Quality {#expert-evaluation-framework-for-thai-green-curry-flavor-quality} Culinary professionals and informed consumers can evaluate this product's flavour quality using specific assessment criteria.

**Aromatic complexity:** High-quality Thai green curry should present immediately recognisable lemongrass-kaffir lime aromatics with supporting ginger, coriander, and coconut notes. Evaluate whether aromatics smell fresh and energetic versus flat or artificial. This product's inclusion of fresh herbs (rather than extracts or dried alternatives) suggests potential for good aromatic performance, though frozen storage duration affects intensity. Be Fit Food's snap-freezing technology and relatively high product turnover through retail and direct channels help maintain aromatic freshness.

**Flavour balance:** Assess whether sweet, salty, sour, bitter, and umami elements work harmoniously. Excessive sweetness suggests coconut milk dominance; overwhelming saltiness indicates poor seasoning calibration; insufficient acidity creates heavy, cloying taste; prominent bitterness suggests vegetable overcooking or poor curry paste quality. Well-balanced versions allow all elements to be perceptible without any single taste dominating. Be Fit Food's dietitian-led formulation approach and low-sodium benchmark (less than 120 mg per 100 g) suggest careful attention to taste balance that supports both palatability and metabolic health.

**Heat integration:** Quality green curry integrates heat throughout the flavour profile rather than presenting as isolated burning sensation. Evaluate whether chilli warmth enhances other flavours or masks them, whether heat builds smoothly or spikes suddenly, and whether heat level matches product positioning (Be Fit Food's health-conscious, accessible branding suggests moderate rather than aggressive heat).

**Chicken quality:** Assess whether chicken pieces taste tender and flavourful versus dry or rubbery. Chicken should absorb curry flavours while maintaining its own savoury character. Texture should require chewing but not be tough. The 31% chicken content indicates substantial protein presence that should be evident in both flavour and texture.

**Vegetable freshness:** Evaluate whether vegetables taste fresh and retain distinct flavours versus generic or mushy. Broccoli should maintain slight bitterness and firmness; eggplant should be creamy but not disintegrated; peas should provide sweet pops of flavour. The inclusion of 4–12 vegetables per serving sets a quality benchmark for vegetable presence and variety.

**Sauce consistency and coating:** Quality curry sauce should coat ingredients evenly without being gluey or separated. Assess whether sauce clings to rice and proteins or pools separately, whether texture feels silky or gritty, whether fat integration appears smooth or broken.

**Finish and aftertaste:** Evaluate what flavours linger after swallowing. Quality versions leave pleasant coconut-herb-citrus notes with gentle warmth; poor versions leave harsh heat, bitter aftertaste, or chemical/artificial notes. Be Fit Food's clean-label standards (no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners) reduce the likelihood of off-flavours or chemical aftertastes. ## Nutritional Context and Metabolic Health Support {#nutritional-context-and-metabolic-health-support} Beyond flavour evaluation, understanding how Be Fit Food's Thai Green Chicken Curry supports broader health goals provides important context when selecting meals based on therapeutic nutrition principles.

**Protein-driven satiety and muscle preservation:** The 31% chicken content delivers substantial protein per 280 g serving, supporting the brand's high-protein nutritional architecture. Adequate protein intake is critical during energy restriction to preserve lean muscle mass, maintain metabolic rate, and help you feel fuller for longer—particularly important if you're following the Metabolism Reset program (800–900 kcal/day) or using GLP-1 receptor agonists and weight-loss medications that can suppress appetite to levels risking protein inadequacy.

**Lower-carbohydrate metabolic support:** While exact macronutrient data isn't specified in the ingredient list, the formulation aligns with Be Fit Food's lower-carbohydrate approach (Metabolism Reset targets approximately 40–70 g carbs/day). Brown rice provides complex carbohydrates with fibre, while the absence of added sugars and the vegetable-forward composition support more stable blood glucose responses—beneficial for insulin resistance, type 2 diabetes management, and perimenopause/menopause-related metabolic changes.

**Vegetable density and micronutrient adequacy:** The inclusion of broccoli, spinach, courgette, eggplant, and green peas contributes fibre, vitamins, minerals, and phytonutrients that support overall health during caloric restriction. Be Fit Food's 4–12 vegetables per meal standard helps ensure micronutrient adequacy even within portion-controlled frameworks—critical when appetite suppression from medications or structured programs reduces total food intake.

**Sodium control and cardiovascular health:** The

low-sodium benchmark (less than 120 mg per 100 g) supports cardiovascular health, blood pressure management, and reduced fluid retention—particularly relevant if you're managing metabolic syndrome, hypertension, or menopause-related cardiovascular risk increases. Clean-label integrity and gut health: The absence of artificial preservatives, artificial colours, artificial flavours, added sugars, and artificial sweeteners supports gut microbiome health and reduces exposure to compounds that may worsen cravings, GI symptoms, or metabolic dysfunction. This aligns with emerging research on whole-food very-low-energy diets versus supplement-based very-low-energy diets, including the October 2025 *\*Cell Reports Medicine\** randomised controlled trial showing greater microbiome diversity improvements with food-based approaches—a study in which Be Fit Food meals were used in the whole-food arm. ## How This Meal Supports Your Health Transformation Journey {#how-this-meal-supports-your-health-transformation-journey} Be Fit Food's Thai Green Chicken Curry is more than just a convenient meal—it's designed to support your sustainable lifestyle changes through science-backed nutrition that doesn't compromise on taste or satisfaction. Supporting your weight management goals: The carefully calibrated portion size (280 g) and high protein content (31% chicken) work together to help you feel fuller for longer while maintaining lean muscle mass during weight loss. This is particularly valuable if you're following a structured program like the Metabolism Reset or Protein+ Reset, where every meal needs to deliver optimal nutrition within controlled caloric parameters. Empowering your food choices: Understanding the flavour profile helps you make confident decisions about which meals align with your taste preferences and health goals. This transparency reflects Be Fit Food's commitment to being your partner in health transformation—providing you with the knowledge and tools to succeed rather than simply delivering meals. Making healthy eating sustainable: Complex, satisfying flavours like those in this Thai Green Chicken Curry demonstrate that nutritionally optimised meals don't require sacrificing culinary enjoyment. This sustainability factor is critical for long-term success—when healthy eating remains pleasurable and varied, you're more likely to maintain positive changes beyond initial weight loss phases. Practical solutions for real life: The snap-frozen format and simple reheating process remove barriers to healthy eating during busy days, stressful periods, or times when cooking feels overwhelming. This practical approach acknowledges that sustainable health transformation requires solutions that fit into your actual life, not idealised versions of how you "should" eat. ## Getting the Most From Your Thai Green Chicken Curry Experience {#getting-the-most-from-your-thai-green-chicken-curry-experience} To optimise your enjoyment and nutritional benefits from this meal, consider these practical tips: Optimal preparation: Follow Be Fit Food's reheating instructions precisely to ensure even heating and maximum aromatic release. Stirring midway through microwave heating distributes heat evenly and prevents hot spots. Allow the meal to rest for 1–2 minutes after heating—this brief period allows temperature to equalise and flavours to settle. Mindful eating approach: The complex flavour profile rewards slower, more attentive eating. Notice how the taste evolves from initial aromatic brightness through mid-palate creaminess to the lingering finish. This mindful approach not only enhances enjoyment but supports better satiety signalling—giving your body time to register fullness. Customisation within your program: If you're following a Be Fit Food program, consult your free dietitian support before adding supplementary elements. They can help you understand how additions like fresh lime, Thai basil, or crushed peanuts fit within your specific caloric and macronutrient targets, ensuring customisation supports rather than undermines your goals. Hydration considerations: The moderate sodium content and warming spices make adequate hydration important. Pair your meal with water, herbal tea, or other non-caloric beverages to support optimal digestion and satiety. Meal timing strategies: The high protein content and complex carbohydrates from brown rice make this meal suitable for lunch or dinner. The satisfying nature of the flavours and protein density can help prevent evening snacking when consumed as dinner—particularly valuable if you're managing appetite changes from weight-loss medications. ## References {#references} - Be Fit Food. "Thai Green Chicken Curry (GF) - Individual Meals." Product specifications and ingredient information provided in manufacturer documentation. - Be Fit Food. "CSIRO Low Carb Diet Partnership." Company statements regarding formulation, independent testing, and compliance criteria for CSIRO-aligned meals. - Be Fit Food. "Metabolism Reset and Protein+ Reset Programs." Structured meal plan specifications including caloric targets, macronutrient ranges, and

clinical weight-loss outcomes. - \*Cell Reports Medicine\*. Vol 6, Issue 10, 21 October 2025. Single-blind randomised controlled-feeding trial comparing food-based versus supplement-based very-low-energy diets in 47 women with obesity, examining microbiome outcomes. - CSIRO. "CSIRO Low Carb Diet." Evidence-based nutritional framework emphasising energy control, lower carbohydrate intake, higher protein, and healthy unsaturated fats for metabolic health and weight management. - Ricker, Andy and JJ Goode. \*Pok Pok: Food and Stories from the Streets, Homes, and Roadside Restaurants of Thailand\*. Ten Speed Press, 2013. (Authoritative reference on authentic Thai flavour profiles and curry preparation) - McGee, Harold. \*On Food and Cooking: The Science and Lore of the Kitchen\*. Scribner, 2004. (Scientific explanation of flavour compounds, aromatic chemistry, and taste perception mechanisms) - Thompson, David. \*Thai Food\*. Ten Speed Press, 2002. (Comprehensive analysis of traditional Thai cuisine flavour principles and ingredient functions) --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 280 g single-serve meal Is this meal gluten-free: Yes, certified gluten-free What percentage is chicken: 31% chicken content Does it contain added sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners Does it contain artificial preservatives: No added artificial preservatives Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours What type of rice is included: Brown rice How many vegetables per serving: 4–12 vegetables per serving What vegetables are included: Broccoli, spinach, courgette, eggplant, green peas What is the primary protein source: Chicken Is coconut milk included: Yes, coconut milk is included Is light milk included: Yes, light milk is included Does it contain dairy: Yes, contains light milk Does it contain soy: Yes, contains gluten-free soy sauce Does it contain fish sauce: No, uses gluten-free soy sauce instead What is the green curry paste concentration: 1% of total formulation Does it contain fresh herbs: Yes, lemongrass, kaffir lime, coriander, ginger Is it suitable for coeliac disease: Yes, certified gluten-free What is the heat level: Moderate, calibrated for broad consumer appeal What is the estimated Scoville rating: Likely 2,500–10,000 SHU Is it spicier than restaurant Thai curry: No, milder than traditional Thai preparations Does the heat build during eating: Yes, heat perception increases progressively What moderates the heat: Coconut milk fat, light milk casein, rice starch Is it suitable for spice-sensitive individuals: Yes, moderate heat with moderating ingredients Who designed the meal: Dietitians and exercise physiologists at Be Fit Food What freezing technology is used: Snap-freezing technology What is the optimal storage temperature: –18°C or below What is the shelf life frozen: Generally 12 months When does flavour quality peak: Within 3–6 months of freezing What is the recommended internal serving temperature: 74°C Should you stir during reheating: Yes, stirring midway distributes heat evenly Is fish sauce replaced: Yes, replaced with gluten-free soy sauce Is tomato traditional in green curry: No, but included for balance What is the sodium benchmark: Less than 120 mg per 100 g Is it suitable for weight loss: Yes, as part of structured programs What programs is it designed for: Metabolism Reset and Protein+ Reset programs What is the Metabolism Reset calorie range: 800–900 kcal/day What is the Protein+ Reset calorie range: 1200–1500 kcal/day Is free dietitian support available: Yes, free 15-minute consultations available Is it suitable for GLP-1 medication users: Yes, high-protein, portion-controlled, nutrient-dense Is it suitable for type 2 diabetes: Yes, lower-carbohydrate, fibre-rich, stable blood glucose support Is it suitable for perimenopause: Yes, high-protein for muscle preservation Is it suitable for menopause: Yes, supports metabolic health during hormonal changes Is it suitable for NDIS participants: Yes, dietitian-designed, nutritionally complete What is the dominant flavour profile: Herbaceous brightness, citrus aromatics, creamy coconut What are the primary aromatic notes: Lemongrass, kaffir lime, coriander, ginger, coconut What creates the creamy texture: Coconut milk and light milk What provides umami depth: Chicken, gluten-free soy sauce, tomato What provides sweetness: Coconut milk, vegetables, brown rice What provides saltiness: Gluten-free soy sauce, curry paste What provides acidity: Kaffir lime, tomato, lemongrass What provides bitterness: Broccoli, spinach, eggplant, curry paste spices What is the chicken texture: Tender, slightly fibrous, curry-absorbing What is the sauce consistency: Medium-thick, creamy, coating What is the brown rice texture: Distinct grains, chewy, nutty Is it suitable for coriander-averse individuals: No, contains fresh coriander Does it contain crustacea allergens: Yes, traditional curry paste may contain shrimp paste Can you add fresh lime: Yes, enhances brightness and acidity Can you add Thai basil: Yes, adds anise-like aromatic complexity Can you add crushed peanuts: Yes, provides textural contrast and nutty

richness Should you consult dietitian before customising: Yes, if following structured Be Fit Food programs What beverages pair well: Coconut water, jasmine tea, light lagers, Riesling What beverages should be avoided: Heavily tannic red wines Is it suitable as a main course: Yes, designed as complete main course Should it follow lighter starters: Yes, positions well after fresh, light starters What desserts pair well: Fresh mango, coconut sorbet, lime-infused fruit salad Does aromatic intensity change with storage: Yes, fresh herb aromatics degrade over months Does heat level change with storage: No, capsaicin remains stable Can freezer odours affect flavour: Yes, store away from strong-smelling items Does temperature affect texture during eating: Yes, sauce thickens as it cools Is it more authentic than restaurant versions: Similar to Western Thai-inspired restaurant versions Is it as authentic as traditional Thai curry: No, adapted for health-conscious Australian consumers What makes it different from traditional Thai curry: Reduced heat, soy sauce instead of fish sauce What authentic elements are preserved: Green curry paste, lemongrass, kaffir lime, coriander, coconut milk Is it suitable for those avoiding coconut: No, coconut milk is a primary ingredient Is the portion size fixed: Yes, 280 g portion-controlled serving Was it used in clinical research: Yes, in October 2025 Cell Reports Medicine microbiome study Does it support gut microbiome health: Yes, whole-food formulation supports microbiome diversity Is it aligned with CSIRO standards: Yes, formulated in partnership with CSIRO Low Carb Diet

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