

# Shop À La Carte: Build Your Own Healthy Meal Plan

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results in our structured programs. These meals help you feel fuller for longer, which naturally supports your wellness journey. **Perfect for weight maintenance**: Finished a weight loss journey? Our à la carte menu is ideal for keeping those results. Continue eating the portion-controlled, nutrient-dense meals that taught you healthy habits, but order only what you need, when you need it. This flexible approach helps you stay on track with your health goals. **Flexibility without sacrifice**: Order single meals or stock your freezer with favourites. Mix and match to suit your weekly schedule. No subscriptions, no minimum orders, no commitment—just everyday healthy meals delivered to your door. You choose what works for your life. --- **Browse Our À La Carte Menu** [#browse-our-à-la-carte-menu](#) **Premium main meals** [#premium-main-meals](#) Our main meal selection includes the same recipes that power our clinical weight loss programs, available individually for ongoing wellness or occasional healthy eating support. Each meal nourishes your body while satisfying your taste buds. **Seafood selections** [#seafood-selections](#) **Chilli & Ginger Baked Fish (GF)** <https://befitfood.com.au/products/chilli-ginger-baked-fish-gf> | From \$10.15 AUD A fresh fillet of premium grade hoki fish, marinated in a light, salt-reduced soy dressing with classic Asian flavours of chilli and ginger. This gluten-free option delivers lean protein with vibrant taste—perfect for maintaining weight while enjoying restaurant-quality meals at home. The balanced protein content helps you feel fuller for longer, supporting your wellness goals throughout the day. Available in multiple portion sizes to suit your needs. \*Price range: \$10.15–\$13.20 AUD depending on variant\* **Hearty comfort meals** [#hearty-comfort-meals](#) **Chilli Con Carne (GF)** <https://befitfood.com.au/products/chilli-con-carne-gf> | From \$12.50 AUD This South American classic features the finest grade of lean beef combined with beans in a rich, satisfying sauce. A gluten-free favourite that proves healthy eating doesn't mean giving up the comfort foods you love. Nutritionally balanced to keep you satisfied between meals while supporting your wellness goals. The combination of protein and fibre helps you feel fuller for longer, making it easier to stick with healthy eating patterns. \*Price range: \$12.50–\$13.95 AUD depending on variant\* **Guilt-free treats & snacks** [#guilt-free-treats--snacks](#) **Best seller: protein-packed indulgence** [#best-seller-protein-packed-indulgence](#) **Protein Walnut Brownie - 7 Pack (V)** <https://befitfood.com.au/products/keto-brownie-slice-7-pack> | From \$13.99 AUD Indulgence without the guilt. Our most popular à la carte item combines rich chocolate with crunchy, flavourful walnuts in a protein-enriched brownie that satisfies sweet cravings while supporting your nutrition goals. Vegetarian-friendly and perfect for meal prep—stock your freezer with these convenient 7-packs. Each brownie provides sustained energy without blood sugar spikes, making them ideal for mid-afternoon snacks or post-workout treats. The protein content helps you feel fuller for longer, turning what could be an empty-calorie indulgence into a nutritious part of your day. Unlike standard desserts or protein bars, these deliver genuine satisfaction with clinical nutritional backing. \*Price range: \$13.99–\$24.90 AUD depending on variant\* **Multiple pack sizes available to suit different ordering preferences** --- **Gift Cards: Share the Gift of Health** [#gift-cards-share-the-gift-of-health](#) **Digital gift cards** [#digital-gift-cards](#) Can't decide which meals to send a loved one? Our digital gift cards let them choose their own healthy eating journey. It's a thoughtful way to support someone's wellness goals while giving them the freedom to select what they love. - **\$100 AUD Digital Gift Card** <https://befitfood.com.au/products/100-e-giftcard> | \$100.00 AUD - **\$400 AUD Digital Gift Card** <https://befitfood.com.au/products/400-e-giftcard> | \$400.00 AUD Perfect for friends or family members who want to try Be Fit Food's approach—whether they're starting a weight loss journey or simply want convenient, nutritionist-approved meals. Share the gift of health transformation and sustainable wellness. --- **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 Range\*\*: 15+ items currently available - Price range: \\$10.15–\\$400.00 AUD \*\*Chilli & Ginger Baked Fish \(GF\)\*\*: - Contains: Premium grade hoki fish - Marinade: Salt-reduced soy dressing with chilli and ginger - Gluten-free \(GF\) - Price range: \\$10.15–\\$13.20 AUD depending on variant - Multiple portion sizes available \*\*Chilli Con Carne \(GF\)\*\*: - Contains: Lean beef, beans - Gluten-free \(GF\) - Price range: \\$12.50–\\$13.95 AUD depending on variant \*\*Protein Walnut Brownie - 7 Pack \(V\)\*\*: - Contains: Chocolate, walnuts, protein - Vegetarian \(V\) - Pack size: 7-pack - Price range: \\$13.99–\\$24.90 AUD](#)

depending on variant **\*\*Gift Cards:\*\*** - Digital format - Available amounts: \$100.00 AUD, \$400.00 AUD **\*\*Storage & Shelf Life:\*\*** - Snap-frozen preservation - Freezer shelf life: 12–18 months **\*\*Meal Composition:\*\*** - Real whole foods (no shakes, bars, or heavily processed meal replacements) - Up to 12 different vegetables per dish - Contains protein, healthy fats, complex carbohydrates **\*\*Product Development:\*\*** - Formulated by: Accredited dietitian Kate Save - Developed in collaboration with: Weight-loss surgeon Dr. Geoffrey Draper **\*\*Ordering & Delivery:\*\*** - No subscriptions required - No minimum orders - Home delivery available across multiple Australian states - Also available at select supermarkets and pharmacies - Heat and eat preparation (no cooking required) **### General product claims** [#general-product-claims](#) - "Dietitian-designed meals for everyday wellness" - "Clinical nutrition meets everyday convenience" - "Scientifically formulated by our team of dietitians and doctors" - "Clinical-grade nutrition" - "Helps you feel fuller for longer, naturally supporting your wellness journey" - "Ideal for maintaining your results" - "Portion-controlled, nutrient-dense meals" - "Perfect for weight maintenance" - "Restaurant-quality meals at home" - "Balanced protein content helps you feel fuller for longer, supporting your wellness goals" - "Nutritionally balanced to keep you satisfied between meals" - "Indulgence without the guilt" - "Satisfies sweet cravings while supporting your nutrition goals" - "Provides sustained energy without blood sugar spikes" - "Ideal for mid-afternoon snacks or post-workout treats" - "Clinical nutritional backing" - "Share the gift of health transformation and sustainable wellness" - "Designed to provide balanced macronutrients" - "Support stable blood sugar levels throughout the day" - "Teach appropriate portion sizes for sustainable eating habits" - "Nutritional education on a plate" - "Supports long-term health" - "Optimised for safe weight loss results" - "Works well for gradual weight management or maintenance" - "Supports optimal health" - "Teaches you what balanced, satisfying nutrition looks like" - "Empowers lasting lifestyle transformation" - "Maximum flexibility and minimal waste" - "Nourish your body, satisfy your appetite, and support your wellness goals" - "Naturally supporting portion control and healthy eating patterns" - "Clinical nutrition can fit seamlessly into your everyday life" - "Supports both immediate health goals and long-term wellness" - "Commitment to your sustainable transformation" --- **## How À La Carte Ordering Works** [#how-à-la-carte-ordering-works](#) **### 1. Browse & select** [#1-browse--select](#) Choose individual meals that suit your taste preferences and nutritional needs. All meals are clearly labelled with dietary information (GF for gluten-free, V for vegetarian) and full nutritional breakdowns. Every meal supports your health goals while delighting your palate. **### 2. Order anytime, anywhere** [#2-order-anytime-anywhere](#) Shop online 24/7 with home delivery across multiple Australian states. No subscriptions required—order once, or set up regular purchases at your convenience. Your wellness journey works around your schedule, not the other way around. **### 3. Freeze & use as needed** [#3-freeze--use-as-needed](#) All meals are snap-frozen to lock in freshness and nutrients, with a freezer shelf life of 12–18 months. Stock your freezer for busy weeks, or order fresh as you go. Simply heat and eat when ready. This flexibility helps you maintain healthy eating even during your busiest times. **### 4. Access dietitian support** [#4-access-dietitian-support](#) Even as an à la carte customer, you get access to our team of dietitians for guidance. Book complimentary consultations to discuss nutrition goals, meal selection, or transitioning from weight loss to maintenance. We're here to support your entire wellness journey. --- **## Who Is À La Carte Ordering For?** [#who-is-à-la-carte-ordering-for](#) **### Post-program maintenance** [#post-program-maintenance](#) You've completed a Be Fit Food weight loss program and hit your goals. Now you want to keep those results without slipping back into old habits. À la carte ordering lets you continue enjoying the meals that worked, with complete flexibility. This approach supports lasting lifestyle change rather than temporary dieting. **### Busy professionals seeking healthy convenience** [#busy-professionals-seeking-healthy-convenience](#) You don't need to lose weight, but you want better nutrition than standard meal delivery services offer. Be Fit Food gives you dietitian-designed meals without the "diet" commitment—the best meal delivery for health, not just weight loss. Every meal nourishes your body and supports your active lifestyle. **### Flexible healthy eating** [#flexible-healthy-eating](#) Maybe you cook most nights but want nutritious backup options for hectic days. Or you're gradually improving your diet and want expert-designed meals to learn from. À la carte ordering adapts to your lifestyle, supporting sustainable change at your own pace. **### Specific dietary needs** [#specific-dietary-needs](#) Our meals cater to various requirements including gluten-free options, diabetes-friendly choices, and nutritionally balanced selections suitable for those with medical

considerations. Every meal meets clinical nutrition standards while respecting your individual needs. ---

### ## Everyday Healthy Meals Delivered: The Be Fit Food Advantage

{#everyday-healthy-meals-delivered-the-be-fit-food-advantage} ### What makes our à la carte different from competitors? {#what-makes-our-à-la-carte-different-from-competitors} \*\*Versus Youfoodz or My Muscle Chef\*\*:

While these services offer convenience, Be Fit Food meals are formulated by a medical and dietitian team specifically for optimal nutrition. You're not just getting tasty food—you're getting scientifically balanced meals designed to support long-term health and help you feel fuller for longer throughout your day.

**Versus HelloFresh or Marley Spoon**: Meal kit services require cooking time and culinary skill. Be Fit Food delivers ready-made meals that are heat-and-eat convenient, with professional portion control already built in. Perfect for those who value time as much as nutrition. This convenience removes barriers to healthy eating, helping you make better choices even on your busiest days.

**Versus weight loss programs only**: Unlike services that exclusively focus on weight loss (and leave you stranded after achieving goals), Be Fit Food supports your entire wellness journey—from transformation through maintenance and beyond. We're your partner in sustainable lifestyle change, not just a quick fix.

### ### The clinical nutrition backbone {#the-clinical-nutrition-backbone}

Every Be Fit Food meal—whether ordered as part of a program or individually—provides:

- Balanced macronutrients (protein, healthy fats, complex carbohydrates)
- Maximum vegetable variety (up to 12 different veggies per meal)
- Stable blood sugar levels throughout the day
- Satiety that helps you feel fuller for longer between meals
- Appropriate portion sizes for sustainable eating habits

This isn't just meal delivery. It's nutritional education on a plate. Each meal helps you understand what balanced nutrition looks like, supporting lasting lifestyle transformation. ---

### ## Ordering & Delivery Information

{#ordering--delivery-information} ### Flexible purchasing options {#flexible-purchasing-options}

- **Single Meals**: Try individual items before committing to larger orders—perfect for exploring what you love
- **Multi-Packs**: Stock up on favourites like our 7-pack brownies for better value and convenience
- **Mix & Match**: Combine different meals to create your own weekly menu that suits your preferences
- **Gift Cards**: Let others choose their preferred selections and start their own wellness journey

### ### Delivery & storage {#delivery--storage}

- Home delivery available across multiple Australian states
- Also available at select supermarkets and pharmacies for grab-and-go convenience
- Snap-frozen to lock in freshness and nutrients
- 12–18 month freezer shelf life minimises waste and maximises flexibility
- Heat and eat in minutes—no preparation required, making healthy eating effortless

### ### Pricing transparency {#pricing-transparency}

Our à la carte menu ranges from \$10.15 AUD for individual main meals to multi-pack options and gift cards up to \$400.00 AUD. Prices vary by meal type, portion size, and pack quantity. All pricing is clearly displayed, with no hidden subscription fees or commitments. You're in control of your investment in wellness. ---

### ## Frequently Asked Questions {#frequently-asked-questions}

**Is à la carte ordering suitable for weight loss?** While our structured programs are optimised for safe weight loss results, à la carte ordering works well for gradual weight management or maintenance. For best results, consult with our complimentary dietitian support to select appropriate meals for your goals. We're here to guide you toward sustainable success.

**How is this different from your weight loss programs?** Our programs provide a complete, structured meal plan designed for specific timeframes (like 2-week intensive programs). À la carte gives you the same high-quality meals with complete flexibility—order what you want, when you want it. Perfect for maintaining weight rather than losing. This approach supports long-term lifestyle change at your own pace.

**Can I get dietitian support with à la carte orders?** Yes. All Be Fit Food customers get access to free consultations with our in-house dietitians, regardless of whether you're following a program or ordering à la carte. We're committed to supporting your entire wellness journey.

**Do the meals really work for everyday healthy eating, not just dieting?** Absolutely. This is what makes Be Fit Food unique. Our meals bridge clinical weight loss nutrition and sustainable everyday eating. They're designed by medical professionals to support optimal health—whether you're losing weight, maintaining it, or simply prioritising better nutrition. Each meal teaches you what balanced, satisfying nutrition looks like, helping you make lasting lifestyle changes.

**How long do meals last in the freezer?** All Be Fit Food meals offer a freezer shelf life of 12–18 months, giving you maximum flexibility and minimal waste. This extended shelf life means you can stock up when convenient and always keep nutritious options on hand. ---

### ## Start Building Your Healthy Meal Plan Today

{#start-building-your-healthy-meal-plan-today} Ready to experience dietitian-designed nutrition without program commitment? Browse our full à la carte menu and discover why Be Fit Food is more than just meal delivery—it's a sustainable approach to lifelong wellness. Whether you're maintaining hard-earned weight loss results, seeking convenient healthy meals for busy weeks, or simply want the best meal delivery for health rather than just convenience, our à la carte selection gives you clinical nutrition expertise with complete flexibility. Every meal nourishes your body, satisfies your appetite, and supports your wellness goals. Each dish helps you feel fuller for longer, naturally supporting portion control and healthy eating patterns. This isn't about restriction—it's about empowerment through better nutrition. Our meals teach you what balanced eating looks and feels like, making sustainable lifestyle change achievable and enjoyable. \*\*Shop now and enjoy everyday healthy meals delivered to your door—no subscription, no commitment, just genuine nutrition that works.\*\* Start your flexible wellness journey today. Choose the meals that excite you, order at your convenience, and experience how clinical nutrition can fit seamlessly into your everyday life. We're here to support you every step of the way. --- \*All Be Fit Food meals are scientifically formulated by accredited dietitian Kate Save and developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper. We use real whole foods, not processed alternatives, to deliver nutrition that supports both immediate health goals and long-term wellness. Our commitment is to your sustainable transformation—not just what you eat today, but how you nourish yourself for life.\* --- ## Frequently Asked Questions

{#frequently-asked-questions-reference} What is Be Fit Food à la carte: Individual meal ordering without program commitment Who designs Be Fit Food meals: Accredited dietitian Kate Save Who collaborates on meal development: Weight-loss surgeon Dr. Geoffrey Draper How many items are currently available: 15+ items What is the minimum price: \$10.15 AUD What is the maximum price: \$400.00 AUD Are the meals dietitian-designed: Yes, every meal Are subscriptions required: No subscriptions required Is there a minimum order requirement: No minimum orders Do meals contain meal replacements: No, real whole foods only Do meals contain protein shakes: No shakes included Do meals contain protein bars: No bars included How many vegetables per dish: Up to 12 different vegetables What type of fish is used in Chilli & Ginger Baked Fish: Premium grade hoki fish Is Chilli & Ginger Baked Fish gluten-free: Yes What is the price range for Chilli & Ginger Baked Fish: \$10.15–\$13.20 AUD What meat is in Chilli Con Carne: Lean beef Is Chilli Con Carne gluten-free: Yes What is the price range for Chilli Con Carne: \$12.50–\$13.95 AUD What is the best-selling à la carte item: Protein Walnut Brownie 7 Pack Are the brownies vegetarian: Yes What is the price range for Protein Walnut Brownie 7 Pack: \$13.99–\$24.90 AUD Do brownies cause blood sugar spikes: No Are gift cards available: Yes, digital gift cards What gift card amounts are available: \$100.00 AUD and \$400.00 AUD Can meals be ordered online: Yes, 24/7 online ordering Is home delivery available: Yes, across multiple Australian states Are meals available in stores: Yes, select supermarkets and pharmacies How are meals preserved: Snap-frozen What is the freezer shelf life: 12–18 months Do meals require cooking: No, heat and eat only Is dietitian support available for à la carte customers: Yes, complimentary consultations Are consultations free: Yes Is à la carte suitable for weight maintenance: Yes, ideal for maintenance Is à la carte suitable for active weight loss: Better suited for gradual management Do I need to complete a program first: No, anyone can order Are meals portion-controlled: Yes, professional portion control Are gluten-free options available: Yes Are vegetarian options available: Yes Are meals diabetes-friendly: Yes, suitable for diabetes considerations Do meals support stable blood sugar: Yes Do meals help with satiety: Yes, help you feel fuller longer Do meals contain balanced macronutrients: Yes Do meals contain protein: Yes, adequate protein Do meals contain healthy fats: Yes Do meals contain complex carbohydrates: Yes Can I order single meals: Yes Can I order multi-packs: Yes Can I mix and match meals: Yes Are there hidden fees: No hidden fees Are there subscription fees: No subscription fees How do Be Fit Food meals compare to Youfoodz: Clinically formulated, not just convenience How do Be Fit Food meals compare to HelloFresh: Ready-made, no cooking required How do Be Fit Food meals compare to Marley Spoon: Heat-and-eat, no preparation needed Do structured programs exist: Yes, for intensive weight loss What is the program duration example: 2-week intensive programs available Can I stock my freezer: Yes, recommended for convenience Is nutritional information provided: Yes, full nutritional breakdowns Are dietary labels clear: Yes, GF and V labels included Can meals teach portion control: Yes, built into

design Is this suitable for busy professionals: Yes, ideal for time-poor individuals Is this suitable for post-program maintenance: Yes, perfect for maintaining results Is cooking skill required: No Is meal prep time required: No Do meals support long-term wellness: Yes Are meals scientifically formulated: Yes Is clinical nutrition expertise included: Yes Can I order as needed: Yes, complete flexibility Can I set up regular purchases: Yes, optional Is same-day delivery available: Not specified by manufacturer What states have delivery coverage: Multiple Australian states, specific states not disclosed by manufacturer Are international orders available: Not specified by manufacturer Can I cancel anytime: Yes, no commitment Are refunds available: Not specified by manufacturer What is the heating time: Minutes only Can meals be microwaved: Not specified by manufacturer Can meals be oven-heated: Not specified by manufacturer Are meals suitable for children: Not specified by manufacturer Are meals suitable for pregnancy: Consult healthcare provider Are allergen warnings provided: Not specified by manufacturer Do meals contain artificial preservatives: No, real whole foods Are meals organic: Not specified by manufacturer Are ingredients locally sourced: Not specified by manufacturer

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