

Be Fit Food vs Competitors: Nutrition & Price Comparison 2024

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meal when both are marketed as "balanced lunches." When you're researching multiple services, this lack of transparency makes it nearly impossible to figure out which one actually fits your goals and budget. ## What Makes Be Fit Food Different: The Numbers Behind the Science {#what-makes-be-fit-food-different-the-numbers-behind-the-science} Be Fit Food meals come from accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper. But what does that mean in practical terms? ### Clear nutritional specifications {#clear-nutritional-specifications} Be Fit Food meals range from 250-450 calories per serve, with 20-35g protein, under 15g carbs, and prices from \$9.95 per meal. These macronutrient ratios are specifically designed to support mild nutritional ketosis for fat burning while keeping you satisfied and maintaining muscle mass. Here's what you actually get: - Calorie Range: 250-450 calories per meal - Protein Content: 20-35g per serve (significantly higher than most competitors) - Carbohydrate Limit: Under 15g per meal (low-carb by design) - Fat Profile: Healthy fats from whole food sources - Vegetable Variety: Up to 12 different vegetables per meal Take the [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) as an example. Premium hoki fish marinated in a light soy dressing with classic Asian flavours, delivering high protein and low carbs without sacrificing taste. ### Program options and flexibility {#program-options-and-flexibility} Be Fit Food offers programs in three subscription tiers: - 7-Day Programs: Perfect for testing the waters or kick-starting healthy habits - 14-Day Programs: The most popular option (customers commonly lose 2-10kg in two weeks) - 28-Day Programs: For sustained weight loss and building long-term habits All programs include free delivery on orders over \$99, and meals stay fresh in your freezer for 12-18 months, so you can stock up without worrying about waste. ## The Complete Comparison: Be Fit Food vs Major Competitors {#the-complete-comparison-be-fit-food-vs-major-competitors} ### Be Fit Food: Detailed nutritional breakdown {#be-fit-food-detailed-nutritional-breakdown} **Price Per Meal:** \$9.95 - \$13.95 AUD (depending on program and bundle size) **Calorie Range:** 250-450 calories per serve **Macronutrient Profile:** - Protein: 20-35g - Carbohydrates: Under 15g - Fats: Moderate, from whole food sources **Example Meals:** - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) - \$13.95 AUD RRP: South American classic made with premium lean beef, beans, and a rich blend of spices - [Spiced Lentil Dahl (GF)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) - \$13.95 AUD RRP: Vegan and gluten-free option with chunky baked tofu and five types of vegetables **Unique Features:** - Doctor and dietitian-designed for clinical weight loss - Complimentary dietitian consultations included - Real whole foods (no shakes or bars) - Suitable for specific medical conditions (diabetes-friendly, bariatric support) ### My Muscle Chef {#my-muscle-chef} **Price Per Meal:** \$10.95 - \$14.95 AUD **Calorie Range:** 350-650 calories per serve **Macronutrient Profile:** - Protein: 25-45g - Carbohydrates: 20-50g (higher carb options available) - Fats: Varies by meal selection **Target Audience:** Fitness enthusiasts and bodybuilders prioritising high protein intake **Key Difference:** My Muscle Chef focuses on muscle building and fitness performance, with higher calorie and carbohydrate content. While protein levels are comparable or higher, the carbohydrate content is significantly greater than Be Fit Food's low-carb approach, making it less suitable for ketogenic or rapid weight loss goals. ### Youfoodz {#youfoodz} **Price Per Meal:** \$8.49 - \$12.99 AUD **Calorie Range:** 300-700+ calories per serve **Macronutrient Profile:** - Protein: 15-35g (varies widely) - Carbohydrates: 25-60g - Fats: Varies significantly **Target Audience:** Budget-conscious consumers seeking convenience **Key Difference:** Youfoodz offers the widest calorie range amongst competitors, which means less consistency in portion control (critical for weight loss). Their meals prioritise taste and affordability over specific nutritional outcomes. The protein content can drop as low as 15g per meal, which may not keep you full when you're trying to manage your weight. ### Lite n' Easy {#lite-n-easy} **Price Per Meal:** \$9.16 - \$13.50 AUD (when purchased as full-day plans) **Calorie Range:** 1,200-1,500 calories per day (approximately 300-500 per meal) **Macronutrient Profile:** - Protein: 18-30g per meal - Carbohydrates: 30-45g per meal - Fats: Moderate **Target Audience:** Traditional dieters seeking full-day meal plans **Key Difference:** Lite n' Easy operates on a full-day meal plan model (breakfast, lunch, dinner, and snacks), making per-meal pricing comparisons tricky. While their approach is

nutritionally balanced, the higher carbohydrate content (30-45g vs Be Fit Food's under 15g) means they're following a traditional calorie-restriction model rather than a low-carb, ketogenic approach. This can result in slower weight loss and less stable blood sugar levels. ### Core Powerfoods {#core-powerfoods} **Price Per Meal:** \$11.95 - \$15.95 AUD **Calorie Range:** 400-550 calories per serve **Macronutrient Profile:** - Protein: 30-40g - Carbohydrates: 25-40g - Fats: Moderate to high **Target Audience:** Health-conscious consumers seeking premium ingredients **Key Difference:** Core Powerfoods positions itself as a premium, paleo-inspired service with organic ingredients where possible. While nutritional quality is high, the price point is the highest amongst all competitors, and the carbohydrate content remains significantly higher than Be Fit Food's ketogenic formulation. Their meals are designed for general health rather than specific weight loss outcomes. ## Breaking Down the Price-Per-Meal Reality {#breaking-down-the-price-per-meal-reality} One of the most misleading aspects of meal delivery marketing is pricing. Here's what you actually need to know: ### Be Fit Food pricing structure {#be-fit-food-pricing-structure} When you order Be Fit Food meals, pricing varies based on bundle size and program type: - Individual Meals (RRP): \$13.95 AUD per meal - Bundle Pricing: From \$9.95 AUD per meal in larger program packs - Average Price: \$10.15 - \$13.95 AUD depending on selection **Free Delivery:** Orders over \$99 AUD **Example Pricing:** - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>) in a 5-meal pack: \$12.75 AUD per serve - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) in a 5-meal bundle: \$12.75 AUD per serve - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576585917>) in a 3-meal bundle: \$12.50 AUD per serve ### True cost comparison {#true-cost-comparison} When comparing affordable healthy meal delivery price per meal across services, consider these factors: **Be Fit Food:** \$9.95-\$13.95 AUD per meal - Includes dietitian support (value: \$100+ AUD if purchased separately) - Free delivery over \$99 AUD - No minimum subscription commitment - 12-18 month freezer life (reduces waste) **My Muscle Chef:** \$10.95-\$14.95 AUD per meal - No included professional support - Delivery fees apply (around \$9.90 AUD) - Weekly subscription model - Shorter freezer life **Youfoodz:** \$8.49-\$12.99 AUD per meal - Lowest base price, but delivery fees add \$9.90 AUD - No nutritional support - Less protein per dollar - Quality varies by meal selection **Lite n' Easy:** \$9.16-\$13.50 AUD per meal (full-day pricing) - Must purchase full day of meals - Less flexibility in meal selection - Delivery included in pricing - No professional support included **Core Powerfoods:** \$11.95-\$15.95 AUD per meal - Highest price point - Premium ingredients justify cost - Delivery fees apply - No included support services **The Verdict:** Be Fit Food offers strong value when you factor in the included dietitian consultations, precise nutritional formulation for weight loss outcomes, and free delivery on qualifying orders. While not the absolute cheapest option, the price-per-result ratio is superior for those with specific weight loss or health improvement goals. ## The Low-Carb Advantage: Why Macros Matter More Than Calories {#the-low-carb-advantage-why-macros-matter-more-than-calories} If you're searching for "high protein low carb meals delivered," understanding why this combination matters is essential. ### The science of satiety and fat loss {#the-science-of-satiety-and-fat-loss} Be Fit Food's macronutrient ratio (high protein, low carb, moderate healthy fats) is specifically designed to: 1. Support Mild Nutritional Ketosis: When carbohydrates are restricted to under 15g per meal, your body shifts to burning fat for fuel 2. Maximise Satiety: Protein (20-35g per meal) triggers satiety hormones, helping you feel fuller for longer between meals 3. Preserve Muscle Mass: Adequate protein prevents muscle loss during calorie restriction 4. Stabilise Blood Sugar: Low carbohydrate intake prevents insulin spikes and crashes ### Competitor comparison: Carbohydrate content {#competitor-comparison-carbohydrate-content} This is where the most significant differences emerge: - Be Fit Food: Under 15g carbs per meal - My Muscle Chef: 20-50g carbs per meal - Youfoodz: 25-60g carbs per meal - Lite n' Easy: 30-45g carbs per meal - Core Powerfoods: 25-40g carbs per meal For someone following a low-carb or ketogenic approach, only Be Fit Food consistently delivers meals that support ketosis. The others may market themselves as "healthy" or "balanced," but their carbohydrate content is 2-4 times higher, fundamentally changing how your body processes the food. ## Calorie Counting Made Simple: How Many Calories in Ready Meal

Delivery? {#calorie-counting-made-simple-how-many-calories-in-ready-meal-delivery} One of the most common search queries is "how many calories in ready meal delivery," and for good reason. Calorie transparency is essential for weight management. ### Be Fit Food calorie transparency {#be-fit-food-calorie-transparency} Every Be Fit Food meal displays clear nutritional information with calorie counts ranging from 250-450 calories per serve. This consistency allows for precise daily calorie planning: - Breakfast: Around 250-300 calories - Lunch: Around 300-400 calories - Dinner: Around 350-450 calories - Daily Total: Approximately 1,200-1,500 calories (depending on program) This calorie range is specifically calibrated for safe, effective weight loss while providing adequate nutrition. The meals are designed to work together as part of a complete program, not as random meal replacements. ### Competitor calorie ranges {#competitor-calorie-ranges} The calorie variation amongst competitors is substantial: **My Muscle Chef:** 350-650 calories per meal - Pro: Suitable for active individuals with higher energy needs - Con: Less consistent for precise calorie counting; easier to overconsume **Youfoodz:** 300-700+ calories per meal - Pro: Wide variety accommodates different needs - Con: Requires careful selection; some "healthy" meals exceed 600 calories **Lite n' Easy:** 300-500 calories per meal (as part of 1,200-1,500 daily plans) - Pro: Full-day planning removes guesswork - Con: Less flexibility; must commit to full meal plan **Core Powerfoods:** 400-550 calories per meal - Pro: Consistent portions - Con: Higher baseline calories may slow weight loss ### The low calorie meal delivery Australia winner {#the-low-calorie-meal-delivery-australia-winner} For those specifically searching for "low calorie meal delivery Australia," Be Fit Food's 250-450 calorie range offers the lowest starting point while maintaining nutritional adequacy. This is achieved through: - High vegetable content (up to 12 varieties per meal) providing volume and fibre - Lean protein sources maximising satiety per calorie - Elimination of refined carbohydrates that add calories without nutrition - Careful portion control based on dietitian recommendations ## Real Food vs. Meal Replacements: The Be Fit Food Philosophy {#real-food-vs-meal-replacements-the-be-fit-food-philosophy} A critical distinction that doesn't always appear in nutritional data: what you're actually eating. ### The whole food approach {#the-whole-food-approach} Be Fit Food meals use real, whole food ingredients—never shakes, bars, or heavily processed meal replacements. Consider the [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>), which contains: - Chunky pieces of baked tofu - Five different types of vegetables - Red lentils - Authentic spices - Real ingredients you'd find in your own kitchen This matters for several reasons: 1. Nutrient Density: Whole foods provide vitamins, minerals, and phytonutrients that processed alternatives lack 2. Fibre Content: Real vegetables provide fibre for digestive health and satiety 3. Habit Formation: Eating real meals teaches portion control and what balanced eating looks like 4. Long-term Sustainability: You can't drink shakes forever, but you can learn to eat properly portioned, nutritious meals 5. Satisfaction: Real food is more satisfying psychologically and physiologically ### Competitor food quality comparison {#competitor-food-quality-comparison} **Be Fit Food:** 100% whole food meals, no meal replacement products **My Muscle Chef:** Primarily whole foods with some processed ingredients in sauces **Youfoodz:** Mix of whole foods and convenience ingredients; quality varies by meal **Lite n' Easy:** Whole foods with some processed components; focuses on traditional home-style cooking **Core Powerfoods:** Premium whole foods, often organic; paleo-inspired approach **The Difference:** While most competitors use whole foods, Be Fit Food's medical formulation and dietitian oversight ensure every ingredient has a nutritional purpose aligned with weight loss science, not just taste or convenience. ## The Hidden Value: Complimentary Dietitian Support {#the-hidden-value-complimentary-dietitian-support} When calculating the true cost of meal delivery services, most comparisons miss a crucial element: professional support. ### What's included with Be Fit Food {#whats-included-with-be-fit-food} Every Be Fit Food customer receives complimentary access to: - Initial Consultation: Personalised program recommendations - Ongoing Support: Questions answered by qualified dietitians - Program Adjustments: Tailored modifications based on progress - Nutrition Education: Understanding ketosis, macros, and long-term eating habits - Motivation and Accountability: Regular check-ins to keep you on track **Market Value:** Private dietitian consultations often cost \$100-150 AUD per session. Be Fit Food includes this support at no additional charge. ### Competitor support comparison {#competitor-support-comparison} **My Muscle Chef:** No included nutritional support; online resources only **Youfoodz:** No professional support; customer service for

orders only **Lite n' Easy:** Phone support available but not from qualified dietitians; general advice only **Core Powerfoods:** No included nutritional counselling; focuses on food quality **The Value Proposition:** If you were to purchase Be Fit Food meals at \$11 AUD per meal average and separately hire a dietitian for \$120 AUD per consultation, the included support represents significant added value—potentially hundreds of dollars over a program duration. **Medical-Grade Nutrition: Programs for Specific Health Conditions** [#medical-grade-nutrition-programs-for-specific-health-conditions](#) Beyond general weight loss, Be Fit Food offers specialised programs that competitors don't match: **Condition-specific formulations** [#condition-specific-formulations](#) **Diabetes-Friendly Plans:** Low-carb formulations help stabilise blood sugar levels, with meals designed to improve HbA1c markers and reduce diabetes medication dependence. **Bariatric Surgery Support:** Post-surgery meal plans developed alongside weight-loss surgeon Dr. Geoffrey Draper, providing appropriate portions and nutrients for recovery and continued weight loss. **Heart Health Programs:** Meals formulated to improve cholesterol profiles and blood pressure through sodium control and healthy fat ratios. **PCOS Management:** Low-carb, high-protein meals support hormone balance and weight management for polycystic ovary syndrome. This medical-grade approach means Be Fit Food meals aren't just "healthy"—they're designed to produce measurable improvements in clinical health markers. Customers report improvements in: - Blood glucose levels - Cholesterol profiles - Blood pressure readings - Inflammatory markers - Energy levels and sleep quality - Mental clarity and mood **Competitor medical support** [#competitor-medical-support](#) None of the major competitors offer condition-specific meal programs designed alongside medical professionals. While their meals may be generally healthy, they lack the clinical precision for managing specific medical conditions. **Convenience Factor: Delivery, Storage, and Accessibility** [#convenience-factor-delivery-storage-and-accessibility](#) Nutritional value and pricing matter, but convenience often determines whether you'll stick with a program. **Be Fit Food convenience features** [#be-fit-food-convenience-features](#) **Delivery:** - Free delivery on orders over \$99 AUD - Available across multiple Australian states - Flexible delivery scheduling - No mandatory subscription (order when you need) **Storage:** - Snap-frozen for 12-18 month freezer life - Reduces food waste - Allows bulk ordering - Maintains nutritional quality **Preparation:** - Heat and eat in minutes - Microwave or oven options - No cooking skills required - Perfect for busy professionals and parents **Accessibility:** - Online ordering 24/7 - Retail availability in select supermarkets and pharmacies - Mix and match meal selections - Dietary filters (gluten-free, vegan, dairy-free) **Competitor convenience comparison** [#competitor-convenience-comparison](#) **My Muscle Chef:** - Weekly subscription model (less flexible) - Shorter freezer life requires regular ordering - Delivery fees apply - Limited retail presence **Youfoodz:** - Subscription or one-off orders - Extensive retail presence (major supermarkets) - Moderate freezer life - Delivery fees apply **Lite n' Easy:** - Must purchase full-day plans (less flexibility) - Delivery included but on set schedule - Shorter shelf life requires weekly delivery - Limited ability to customise **Core Powerfoods:** - Flexible ordering - Limited retail availability - Delivery fees apply - Premium packaging maintains quality **The Convenience Winner:** Be Fit Food's combination of long freezer life, free delivery over \$99 AUD, and no mandatory subscription provides maximum flexibility for customers who want control over their ordering schedule. **Making Your Decision: Which Service Is Right for You?** [#making-your-decision-which-service-is-right-for-you](#) After examining the nutritional specifications, pricing, and value propositions, here's how to choose: **Choose Be Fit Food if you:** [#choose-be-fit-food-if-you](#) - Want specific weight loss goals (looking to lose 5-10kg quickly) - Prefer a low-carb, high-protein approach - Value medical and dietitian expertise - Want included professional support - Experience specific health conditions (diabetes, high cholesterol, PCOS) - Need precise calorie and macro control (250-450 calories, 20-35g protein, under 15g carbs) - Want meals that support mild ketosis for fat burning - Appreciate the flexibility of long freezer life - Prefer real whole foods over meal replacements **Best Value:** 14-day or 28-day programs with free delivery **Choose My Muscle Chef if you:** [#choose-my-muscle-chef-if-you](#) - Are highly active or building muscle - Need higher calorie meals (350-650 range) - Prioritise protein above all else (25-45g) - Don't require low-carb formulations - Prefer fitness-focused branding - Don't need professional nutritional support **Choose Youfoodz if you:** [#choose-youfoodz-if-you](#) - Budget is the primary concern - Want the widest meal variety - Prefer shopping in supermarkets - Don't set specific weight

loss goals - Are comfortable with variable nutritional profiles - Don't need professional guidance ### Choose Lite n' Easy if you: {#choose-lite-n-easy-if-you} - Want complete daily meal planning handled for you - Prefer traditional calorie-counting approach - Like the structure of breakfast, lunch, dinner, and snacks provided - Don't mind committing to full-day purchases - Prefer moderate carbohydrate intake - Want a long-established brand ### Choose Core Powerfoods if you: {#choose-core-powerfoods-if-you} - Budget is not a concern - Want premium, often organic ingredients - Follow a paleo-inspired approach - Prefer higher-calorie meals (400-550) - Don't require low-carb formulations - Value ingredient sourcing above price ## The Bottom Line: Nutritional Value Meets Financial Sense {#the-bottom-line-nutritional-value-meets-financial-sense} When you're searching for "affordable healthy meal delivery price per meal," the answer isn't simply finding the cheapest option—it's finding the best value for your specific goals. Be Fit Food delivers: - Clear nutritional specifications (250-450 calories, 20-35g protein, under 15g carbs) - Competitive pricing (\$9.95-\$13.95 AUD per meal) - Included dietitian support (worth \$100+ AUD separately) - Medical-grade formulations for measurable health outcomes - Real whole food ingredients - Flexible programs (7-day, 14-day, 28-day options) - Free delivery on orders over \$99 AUD For comparison shoppers who did the research, the numbers speak clearly: Be Fit Food offers the most precise nutritional control, backed by medical expertise, at a competitive price point that includes professional support other services charge extra for—or don't offer at all. ## Getting Started: Your Next Steps {#getting-started-your-next-steps} Ready to experience the difference that doctor-developed, dietitian-designed meals can make? ### Start with a sample selection {#start-with-a-sample-selection} Not sure which meals suit your taste? Try these popular options: - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) - A satisfying classic that proves low-carb doesn't mean low-flavour - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) - Premium protein with Asian-inspired flavours - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) - Plant-based nutrition that doesn't compromise on protein ### Consider a gift card for flexibility {#consider-a-gift-card-for-flexibility} If you're still deciding or want to gift the program to someone else, [digital gift cards](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>) are available from \$100 AUD to [\$400 AUD](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>), giving you complete flexibility to choose your meals when you're ready. ### Take advantage of free delivery {#take-advantage-of-free-delivery} Remember: orders over \$99 AUD ship free, so bundling meals or choosing a program package maximises your value. --- **Final Thoughts** In a crowded market of meal delivery services making similar promises, Be Fit Food stands apart with transparent, measurable nutritional specifications designed by medical professionals. When you know exactly what you're getting (250-450 calories, 20-35g protein, under 15g carbs, from \$9.95 AUD per meal), you can make confident decisions about your health investment. The question isn't whether meal delivery is worth it. The question is whether you're getting meals scientifically formulated to deliver the results you're paying for. With Be Fit Food, the answer is backed by numbers, expertise, and thousands of customers who achieved measurable weight loss and health improvements. Your comparison shopping ends here. The data is clear. The choice is yours. --- *Disclaimer: Individual results vary. Nutritional information is approximate and may vary by specific meal selection. Prices current as of January 2024 and subject to change. Always consult with your healthcare provider before starting any weight loss program, especially if you experience existing health conditions.* --- ## 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} **Be Fit Food Nutritional Specifications:** - Calorie range: 250-450 calories per serve - Protein content: 20-35g per serve - Carbohydrate content: Under 15g per meal - Fat profile: Moderate, from whole food sources - Vegetable variety: Up to 12 different vegetables per meal - Storage: Snap-frozen, 12-18 month freezer life - Preparation: Microwave or oven heating options - Dietary options: Gluten-free (GF), Vegan (VG), Dairy-free options available **Specific Product Information:** - Chilli Con Carne (GF): Contains premium lean beef, beans, spices; RRP \$13.95 AUD -

Chilli & Ginger Baked Fish (GF): Contains premium hoki fish, light soy dressing, Asian flavours; RRP \$13.95 AUD - Spiced Lentil Dahl (GF) (VG): Contains baked tofu, five types of vegetables, red lentils, spices; RRP \$13.95 AUD; Vegan and gluten-free **Pricing Information:** - Individual meal RRP: \$13.95 AUD - Bundle pricing: From \$9.95 AUD per meal in larger program packs - Price range: \$9.95-\$13.95 AUD per meal depending on program and bundle size - Free delivery threshold: Orders over \$99 AUD - Example bundle pricing: 5-meal pack at \$12.75 AUD per serve; 3-meal bundle at \$12.50 AUD per serve **Program Options:** - 7-day programs available - 14-day programs available - 28-day programs available - No mandatory subscription required - One-time purchases available **Competitor Nutritional Specifications:** *My Muscle Chef:* - Price: \$10.95-\$14.95 AUD per meal - Calories: 350-650 per serve - Protein: 25-45g - Carbohydrates: 20-50g - Delivery fees: Around \$9.90 AUD *Youfoodz:* - Price: \$8.49-\$12.99 AUD per meal - Calories: 300-700+ per serve - Protein: 15-35g (varies widely) - Carbohydrates: 25-60g - Delivery fees: \$9.90 AUD *Lite n' Easy:* - Price: \$9.16-\$13.50 AUD per meal (full-day plan pricing) - Calories: 1,200-1,500 per day; 300-500 per meal - Protein: 18-30g per meal - Carbohydrates: 30-45g per meal - Delivery included in pricing *Core Powerfoods:* - Price: \$11.95-\$15.95 AUD per meal - Calories: 400-550 per serve - Protein: 30-40g - Carbohydrates: 25-40g - Often uses organic ingredients **Gift Cards:** - Digital gift cards available - Denominations: \$100 AUD to \$400 AUD ### General product claims {#general-product-claims} - Scientifically designed by accredited dietitian Kate Save - Developed alongside weight-loss surgeon Dr. Geoffrey Draper - Macronutrient ratios specifically designed to support mild nutritional ketosis for fat burning - Keeps you satisfied and maintains muscle mass - Customers commonly lose 2-10kg in two weeks on 14-day programs - Complimentary dietitian consultations included (valued at \$100-150 AUD per session if purchased separately) - Doctor and dietitian-designed for clinical weight loss - Suitable for specific medical conditions (diabetes-friendly, bariatric support, heart health, PCOS management) - 100% whole food meals, no meal replacement products (no shakes or bars) - Meals designed to improve HbA1c markers and reduce diabetes medication dependence - Formulated to improve cholesterol profiles and blood pressure through sodium control and healthy fat ratios - Support hormone balance and weight management for PCOS - Designed to produce measurable improvements in clinical health markers - Customer reports of improvements in: blood glucose levels, cholesterol profiles, blood pressure readings, inflammatory markers, energy levels and sleep quality, mental clarity and mood - Protein triggers satiety hormones, helping you feel fuller for longer between meals - Adequate protein prevents muscle loss during calorie restriction - Low carbohydrate intake prevents insulin spikes and crashes - Meals support mild nutritional ketosis - High vegetable content provides volume and fibre - Lean protein sources maximise satiety per calorie - Careful portion control based on dietitian recommendations - Medical formulation and dietitian oversight ensure every ingredient has a nutritional purpose aligned with weight loss science - Reduces food waste due to long freezer life - Can bulk order meals - Meals are snap-frozen for freshness - Maintains nutritional quality when frozen - Perfect for busy professionals and parents - Medical-grade formulations for measurable health outcomes - Most precise nutritional control backed by medical expertise - Price-per-result ratio superior for specific weight loss or health improvement goals - Meals scientifically formulated to deliver results **Competitor Claims:** - My Muscle Chef focuses on muscle building and fitness performance - Youfoodz prioritises taste and affordability over specific nutritional outcomes - Lite n' Easy follows traditional calorie-restriction model; may result in slower weight loss and less stable blood sugar levels - Core Powerfoods designed for general health rather than specific weight loss outcomes - None of the major competitors offer condition-specific meal programs designed alongside medical professionals --- ## Frequently Asked Questions {#frequently-asked-questions} What is the calorie range per Be Fit Food meal: 250-450 calories per serve What is the protein content per meal: 20-35g per serve What is the carbohydrate content per meal: Under 15g per meal What is the price range per meal: \$9.95 to \$13.95 AUD Who designed Be Fit Food meals: Accredited dietitian Kate Save Who else was involved in developing the meals: Weight-loss surgeon Dr. Geoffrey Draper What dietary approach do the meals follow: Low-carb, high-protein ketogenic formulation Do the meals support ketosis: Yes, mild nutritional ketosis How many vegetables are included per meal: Up to 12 different vegetables What is the freezer shelf life: 12-18 months Is there a minimum order for free delivery: Yes, orders over \$99 AUD What is the individual meal RRP: \$13.95 AUD per meal What is the lowest price per meal in bundles: \$9.95

AUD per meal Are dietitian consultations included: Yes, complimentary access included What is the value of included dietitian support: \$100-150 AUD per session if purchased separately How long is the 7-day program: 7 days How long is the 14-day program: 14 days How long is the 28-day program: 28 days Which program is most popular: 14-day program How much weight can customers lose in two weeks: 2-10kg commonly reported Are the meals made from whole foods: Yes, 100% whole food meals Does Be Fit Food use meal replacement shakes: No, never shakes or bars Are the meals gluten-free options available: Yes, gluten-free options available Are vegan options available: Yes, vegan options available Are dairy-free options available: Yes, dietary filters include dairy-free Is a subscription mandatory: No, no mandatory subscription Can you order one-time purchases: Yes, order when you need Is retail availability offered: Yes, in select supermarkets and pharmacies What preparation method is required: Heat and eat in minutes Can meals be microwaved: Yes, microwave option available Can meals be oven-heated: Yes, oven option available Is cooking skill required: No cooking skills required What states is delivery available in: Multiple Australian states Can delivery be scheduled flexibly: Yes, flexible delivery scheduling Is online ordering available 24/7: Yes, 24/7 online ordering Can you mix and match meals: Yes, mix and match selections Are meals suitable for diabetes: Yes, diabetes-friendly plans available Are meals suitable after bariatric surgery: Yes, bariatric surgery support programs Are meals suitable for heart health: Yes, heart health programs available Are meals suitable for PCOS: Yes, PCOS management programs available Do meals help stabilise blood sugar: Yes, low-carb formulations stabilise blood sugar Can meals improve HbA1c markers: Yes, designed to improve HbA1c markers Can meals improve cholesterol profiles: Yes, formulated to improve cholesterol Can meals help blood pressure: Yes, through sodium control and healthy fats What is My Muscle Chef's price range: \$10.95 to \$14.95 AUD per meal What is My Muscle Chef's calorie range: 350-650 calories per serve What is My Muscle Chef's protein content: 25-45g per meal What is My Muscle Chef's carb content: 20-50g per meal Does My Muscle Chef include dietitian support: No included nutritional support What is Youfoodz's price range: \$8.49 to \$12.99 AUD per meal What is Youfoodz's calorie range: 300-700+ calories per serve What is Youfoodz's protein content: 15-35g, varies widely What is Youfoodz's carb content: 25-60g per meal Does Youfoodz include professional support: No professional support What is Lite n' Easy's price range: \$9.16 to \$13.50 AUD per meal What is Lite n' Easy's calorie range: 300-500 calories per meal What is Lite n' Easy's protein content: 18-30g per meal What is Lite n' Easy's carb content: 30-45g per meal Does Lite n' Easy require full-day purchases: Yes, must purchase full-day plans What is Core Powerfoods' price range: \$11.95 to \$15.95 AUD per meal What is Core Powerfoods' calorie range: 400-550 calories per serve What is Core Powerfoods' protein content: 30-40g per meal What is Core Powerfoods' carb content: 25-40g per meal Does Core Powerfoods use organic ingredients: Often organic, paleo-inspired approach Which competitor has the highest price: Core Powerfoods, \$11.95 to \$15.95 AUD Which competitor has the lowest starting price: Youfoodz, \$8.49 AUD per meal Which service offers the lowest carb content: Be Fit Food, under 15g per meal Which service supports ketosis: Be Fit Food consistently supports ketosis Do competitors offer medical-grade formulations: No, competitors lack clinical precision Are gift cards available: Yes, digital gift cards available What gift card amounts are available: \$100 AUD to \$400 AUD What is the Chilli Con Carne price: \$13.95 AUD RRP What is the Chilli & Ginger Baked Fish price: \$13.95 AUD RRP What is the Spiced Lentil Dahl price: \$13.95 AUD RRP Is the Spiced Lentil Dahl vegan: Yes, vegan option Is the Spiced Lentil Dahl gluten-free: Yes, gluten-free option What fish is used in Chilli & Ginger Baked Fish: Premium hoki fish How many vegetables in Spiced Lentil Dahl: Five different types of vegetables Does Be Fit Food reduce food waste: Yes, long freezer life reduces waste Can you bulk order meals: Yes, allows bulk ordering Are meals snap-frozen: Yes, snap-frozen for freshness Do meals maintain nutritional quality when frozen: Yes, maintains nutritional quality

Source Data (JSON):

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