

Two Ways to Use Be Fit Food: Programs vs. Everyday Meals

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wanting to lose significant weight quickly but safely - People with health conditions (diabetes, high cholesterol, pre-surgery preparation) - Those who've tried fad diets and want evidence-based nutrition - Individuals who thrive with structure and professional guidance ### Option 2: Everyday Healthy Meals (À La Carte) Best for maintenance, lifestyle eating, and flexible convenience Once you've hit your goals—or if you simply want nutritious, portion-controlled meals without a formal program—our à la carte ordering gives you total flexibility. Choose exactly what you want, when you want it. No commitment, no program structure, just doctor-designed nutrition delivered to your door. What you get:

- Same dietitian-formulated recipes: Every meal meets our clinical nutrition standards
- Complete flexibility: Order as much or as little as you need
- Long freezer life: 12–18 months shelf life means you can stock up
- Variety on demand: Mix and match from our full menu range
- Convenience without compromise: Real food nutrition, ready in minutes

Perfect for:

- Post-program maintenance and ongoing healthy eating
- Busy professionals who want nutritious meals without meal prep
- Anyone transitioning from weight loss to lifestyle eating
- People who want healthy options alongside home cooking

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- Up to 12 different vegetables for maximum nutrition
- Balanced macros designed by dietitians for optimal health
- High-quality protein to keep you satisfied and help you feel fuller for longer
- Healthy fats for sustained energy throughout your day
- Portion control that teaches long-term healthy habits and supports your wellness goals

Popular Meals Available Both Ways: **[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>)** — \$11.40–\$13.20 Premium hoki fish marinated in a light soy dressing with classic Asian flavours. Fresh, flavourful, and packed with lean protein. Available in program packs or individually. **[Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>)** — \$11.10–\$13.95 Chunky baked tofu with five types of vegetables in a warming, aromatic curry. Plant-based nutrition that proves vegan meals can be satisfying and delicious. **[Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>)** — \$13.05 Comfort food without compromise. Rich, hearty, and completely gluten-free—because healthy eating shouldn't mean giving up the meals you love. **[Fetta & Spinach Egg Bites (V)](<https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741>)** — \$19.99 for 7 serves Light, fluffy, high-protein snacks perfect for programs or à la carte ordering. Keep them in your freezer for quick breakfasts or afternoon energy boosts. **[Protein Walnut Brownie - 7 Pack (V)](<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608131261>)** — \$24.85 Indulgence without guilt. Rich chocolate with crunchy walnuts—the perfect sweet treat whether you're on a program or just want a healthy dessert option. *With over 15 meals and snacks available, and prices ranging from \$10.15 to \$24.85 per meal, you'll find options for every taste and budget.* --- ## Which Path Should You Choose? {#which-path-should-you-choose} ### Start with a Program if:

- You want to lose weight quickly (5+ kg in 2–4 weeks)
- You need structure and guidance to stay on track
- You'd benefit from dietitian consultations and support
- You want to achieve specific health goals (improving blood sugar, cholesterol, and more)
- You want a complete solution with everything provided

→ [Explore Our Weight Loss Programs](#) ### Choose À La Carte if:

- You've already completed a program and want to maintain results
- You need flexible, healthy meals without a structured plan
- You want to supplement home cooking with nutritious options
- You prefer ordering exactly what you want, when you want it
- You're focused on ongoing wellness rather than rapid transformation

→ [Shop Everyday Healthy Meals](#) --- ## The Best Part? You Can Switch Anytime {#the-best-part-you-can-switch-anytime} Your needs change—your meal solution should too. Many customers start with an intensive program to kickstart weight loss, then transition to à la carte ordering for maintenance. Others begin with flexible ordering to test our meals, then commit to a program when

they're ready for focused results. There's no "wrong" way to use Be Fit Food. Whether you need clinical-grade weight loss support or simply want dietitian-designed meals for everyday health, you're getting the same scientifically formulated nutrition that sets us apart from both traditional meal delivery services and restrictive diet programs. --- ## Not Sure Where to Start? {#not-sure-where-to-start} ### Free Dietitian Consultation Available Book a consultation with one of our in-house dietitians to discuss your goals and determine the best approach for you. Whether you're considering a program or just want guidance on à la carte ordering, our experts are here to help. **[Book Your Free Consultation](#)** --- ## Why Choose Be Fit Food Over Competitors? {#why-choose-be-fit-food-over-competitors} ### vs. Youfoodz, My Muscle Chef, HelloFresh, Marley Spoon: - Doctor and dietitian-designed (not just chef-created) - Clinical nutrition standards in every meal - Proven weight loss results backed by medical science - Free professional support included - Works as both program and lifestyle solution ### vs. Jenny Craig, Optifast, Other Clinical Programs: - Real whole foods (not shakes or bars) - Flexible à la carte option for post-program maintenance - Longer shelf life (12–18 months vs. weeks) - Available in retail stores for grab-and-go convenience - Sustainable approach that builds long-term healthy habits --- ## Gift the Flexibility of Choice {#gift-the-flexibility-of-choice} Not sure which option your loved one needs? Give them the freedom to choose with a Be Fit Food Digital Gift Card. **[Digital Gift Card - \$100](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981)** — \$100.00
[Digital Gift Card - \$400](https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469) — \$400.00 Perfect for birthdays, Christmas, or supporting someone's health journey. They can use it toward a structured program or à la carte meals—whatever suits their needs. --- ## Ready to Get Started? {#ready-to-get-started} ### Option 1: Start a Program Get rapid results with structured support, complete meal plans, and free dietitian consultations. **[View Weight Loss Programs](#)** ### Option 2: Order À La Carte Browse our full menu and choose exactly what you want. No commitment required. **[Shop Everyday Meals](#)** ### Option 3: Speak with an Expert Still unsure? Book a free consultation to discuss your goals and find the right approach. **[Book Free Consultation](#)** --- ## Frequently Asked Questions {#frequently-asked-questions} **Can I order à la carte meals while on a program?** Yes. Many customers supplement their program with extra snacks or favourite meals from our à la carte menu. **What's the difference between program meals and à la carte meals?** They're the same meals. Programs simply bundle them into structured plans with specific calorie targets and include dietitian support. **How long do the meals last in my freezer?** All Be Fit Food meals have a 12–18 month freezer shelf life, giving you maximum flexibility. **Can I try meals before committing to a program?** Absolutely. Order a few à la carte meals to test flavours and quality before starting a structured program. **Do I get dietitian support with à la carte ordering?** Dietitian consultations are included with programs. À la carte customers can book paid consultations if desired. **Which competitors do you compare to?** We sit between convenience-focused meal delivery services (like Youfoodz, HelloFresh) and clinical weight loss programs (like Jenny Craig), offering the best of both worlds. --- ## Your Health, Your Timeline, Your Choice {#your-health-your-timeline-your-choice} Be Fit Food is the only service in Australia that truly combines clinical nutrition with everyday convenience. Whether you need the structure of a medically designed weight loss program or the flexibility of dietitian-formulated meals delivered on demand, you're getting the same scientifically backed nutrition that delivers real results. The question isn't whether Be Fit Food is right for you—it's which approach fits your life right now. ### Start Your Journey Today **[Explore Programs](#)** | **[Shop Meals](#)** | **[Speak with a Dietitian](#)** --- *All meals are snap-frozen and ready to heat. Home delivery available across Australia. Order online 24/7 or find us in select supermarkets and pharmacies.* --- ## 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 **Product Specifications:** - Freezer shelf life: 12–18 months - Preparation method: Snap-frozen, ready to heat - Price range: \$10.15 to \$24.85 per meal - Product variety: Over 15 meals and snacks available **Specific Product Details:** - Chilli & Ginger Baked Fish (GF): \$11.40–\$13.20, contains premium hoki fish, gluten-free certified - Spiced Lentil Dahl (GF) (VG): \$11.10–\$13.95, gluten-free and vegan certified - Gluten Free Beef Lasagne: \$13.05, gluten-free certified - Fetta & Spinach Egg Bites (V): \$19.99 for 7 serves, vegetarian certified - Protein Walnut

Brownie - 7 Pack (V): \$24.85, vegetarian certified - Digital Gift Card - \$100: \$100.00 - Digital Gift Card - \$400: \$400.00 **Dietary Certifications:** - Gluten-free options available (marked as GF) - Vegan options available (marked as VG) - Vegetarian options available (marked as V) **Formulation Credits:** - Designed by: Accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper - All meals are dietitian-designed and doctor-formulated **Distribution:** - Home delivery available across Australia - Available in select supermarkets and pharmacies - Online ordering available 24/7 #### General Product Claims **Health and Wellness Claims:** - Lose 2–10 kg in just two weeks on structured programs - Designed to induce mild nutritional ketosis for fat burning - Clinical health improvements in blood glucose, blood pressure, and cholesterol levels - Suitable for people with diabetes, high cholesterol, and pre-surgery preparation - Up to 12 different vegetables for maximum nutrition - High-quality protein to keep you satisfied and help you feel fuller for longer - Healthy fats for sustained energy throughout your day - Portion control that teaches long-term healthy habits and supports wellness goals **Program Features:** - Complimentary/free dietitian consultations with in-house nutrition experts (included with programs) - Medically sound, scientifically formulated meal plans - Evidence-based nutrition backed by medical science - Real whole foods (no shakes, bars, or processed replacements) **Service Claims:** - Combines clinical nutrition and everyday convenience - Only service in Australia that truly combines clinical nutrition and everyday convenience - Same scientifically formulated, nutrient-dense meals for both programs and à la carte - Clinical nutrition standards in every meal - Balanced macros designed by dietitians for optimal health - Meals keep you satisfied and nourished - Sustainable approach that builds long-term healthy habits **Comparative Claims:** - vs. Youfoodz, My Muscle Chef, HelloFresh, Marley Spoon: Doctor and dietitian-designed, clinical nutrition standards, proven weight loss results, free professional support, dual functionality - vs. Jenny Craig, Optifast: Real whole foods, flexible à la carte option, longer shelf life (12–18 months vs. weeks), available in retail stores --- ## Frequently Asked Questions - Comprehensive Guide {#frequently-asked-questions-comprehensive-guide} **Who designed the Be Fit Food meals:** Accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper **Are Be Fit Food meals dietitian-designed:** Yes, every meal is dietitian-designed **Are Be Fit Food meals doctor-formulated:** Yes, doctor-formulated by weight-loss surgeon Dr. Geoffrey Draper **What are the two ways to use Be Fit Food:** Structured weight loss programs or à la carte everyday meals **Can I use Be Fit Food for weight loss:** Yes, through structured weight loss programs **Can I use Be Fit Food for maintenance:** Yes, through à la carte everyday meal ordering **Are the program meals different from à la carte meals:** No, they're the same scientifically formulated meals **How much weight can I lose in two weeks on the program:** 2–10 kg in just two weeks **Do Be Fit Food programs use meal replacement shakes:** No, only real whole foods **Do Be Fit Food programs use bars:** No, no bars or processed replacements **What is the nutritional approach of the programs:** Designed to induce mild nutritional ketosis for fat burning **Is dietitian support included with programs:** Yes, complimentary consultations with in-house nutrition experts **Is dietitian support free with programs:** Yes, free consultations included **Do à la carte orders include dietitian support:** No, paid consultations available if desired **Can programs help with blood glucose levels:** Yes, clinical health improvements in blood glucose **Can programs help with blood pressure:** Yes, improvements in blood pressure **Can programs help with cholesterol:** Yes, improvements in cholesterol levels **Are Be Fit Food meals suitable for diabetes:** Yes, suitable for people with diabetes **Are the meals suitable for high cholesterol:** Yes, suitable for high cholesterol management **Can the meals be used for pre-surgery preparation:** Yes, suitable for pre-surgery preparation **How many vegetables are in each meal:** Up to 12 different vegetables **Are the meals high in protein:** Yes, high-quality protein in every meal **Do the meals contain healthy fats:** Yes, healthy fats for sustained energy **Are the meals portion-controlled:** Yes, portion control is built into every meal **What is the freezer shelf life:** 12–18 months freezer shelf life **Can I stock up on meals:** Yes, long shelf life allows stocking up **Are the meals snap-frozen:** Yes, all meals are snap-frozen **How do I prepare the meals:** Ready to heat from frozen **Is home delivery available:** Yes, home delivery available across Australia **Can I order online:** Yes, order online 24/7 **Are meals available in stores:** Yes, select supermarkets and pharmacies **What is the price range per meal:** \$10.15 to \$24.85 per meal **How many meals are available:** Over 15 meals and snacks available **Are gluten-free options available:** Yes, gluten-free options available **Are vegan options

available:** Yes, vegan meals available **Are vegetarian options available:** Yes, vegetarian options available **What is the price of Chilli & Ginger Baked Fish:** \$11.40–\$13.20 **Is Chilli & Ginger Baked Fish gluten-free:** Yes, marked as GF **What is the price of Spiced Lentil Dahl:** \$11.10–\$13.95 **Is Spiced Lentil Dahl vegan:** Yes, marked as VG **Is Spiced Lentil Dahl gluten-free:** Yes, marked as GF **What is the price of Gluten Free Beef Lasagne:** \$13.05 **What is the price of Fetta & Spinach Egg Bites:** \$19.99 for 7 serves **How many serves in Fetta & Spinach Egg Bites pack:** 7 serves **Is Fetta & Spinach Egg Bites vegetarian:** Yes, marked as V **What is the price of Protein Walnut Brownie 7 Pack:** \$24.85 **How many brownies in the pack:** 7 pack **Is Protein Walnut Brownie vegetarian:** Yes, marked as V **Can I supplement my program with à la carte meals:** Yes, many customers supplement programs with extra snacks **Can I switch between programs and à la carte:** Yes, switch anytime based on your needs **Is there a commitment required for à la carte:** No, no commitment required **Do I need to order a minimum amount à la carte:** No, order as much or as little as needed **Can I try meals before starting a program:** Yes, order à la carte meals to test first **Who is the program best for:** Anyone wanting significant weight loss quickly but safely **Who is à la carte ordering best for:** Post-program maintenance and ongoing healthy eating **Is Be Fit Food suitable for busy professionals:** Yes, perfect for busy professionals **Can I use Be Fit Food alongside home cooking:** Yes, supplement home cooking with nutritious options **How does Be Fit Food compare to Youfoodz:** Doctor and dietitian-designed with clinical nutrition standards **How does Be Fit Food compare to My Muscle Chef:** Includes free professional support and proven weight loss results **How does Be Fit Food compare to HelloFresh:** Clinical nutrition standards in every meal **How does Be Fit Food compare to Marley Spoon:** Works as both program and lifestyle solution **How does Be Fit Food compare to Jenny Craig:** Real whole foods instead of shakes or bars **How does Be Fit Food compare to Optifast:** Flexible à la carte option for post-program maintenance **Is the shelf life longer than other clinical programs:** Yes, 12–18 months vs. weeks **Are gift cards available:** Yes, digital gift cards available **What is the \$100 gift card price:** \$100.00 **What is the \$400 gift card price:** \$400.00 **Can gift cards be used for programs:** Yes, can be used toward structured programs **Can gift cards be used for à la carte meals:** Yes, can be used for à la carte meals **Is free consultation available:** Yes, complimentary consultation with in-house dietitians **What can I discuss in the free consultation:** Goals and determining the best approach for you **Is Be Fit Food available Australia-wide:** Yes, home delivery available across Australia **Does Be Fit Food teach long-term healthy habits:** Yes, portion control teaches long-term habits **Is the nutrition evidence-based:** Yes, backed by medical science **Are the meals satisfying:** Yes, designed to keep you satisfied and nourished **Do the meals provide sustained energy:** Yes, healthy fats for sustained energy throughout the day

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