

Ready Made Meals Delivered Australia - Dietitian-Designed & Fresh

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Fit Food stands apart because every meal is scientifically formulated by accredited dietitian Kate Save and developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper. This medical and nutritional expertise means you're getting more than convenient food—you're receiving meals balanced to satisfy hunger, support metabolic health, and deliver genuine nutritional benefits. Our approach focuses on real whole foods over processed shakes, bars, or meal replacements. Each meal is portion-controlled to teach sustainable eating patterns and packed with nutrient-dense ingredients, including up to 12 different vegetables per meal. These meals meet clinical nutrition standards that can improve health markers like blood glucose and cholesterol. Plus, you get complimentary dietitian support to help you achieve your wellness goals. This combination of convenience and clinical formulation makes Be Fit Food the ideal choice for anyone seeking the best healthy meal delivery Australia offers, whether your goal is weight management, improved energy, or simply reclaiming your evenings from meal prep. ## Our Ready Made Meal Range {#our-ready-made-meal-range} ### Protein-packed mains {#protein-packed-mains} Our main meal selection features premium proteins paired with abundant vegetables and carefully balanced macronutrients. Each dish is designed to keep you satisfied while supporting your health objectives. **Featured dishes:** ** [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>)** – A fresh fillet of premium grade hoki fish marinated in a light, salt-reduced soy dressing with classic Asian flavours. Perfect for those seeking lean protein with bold taste. *From \$10.15* ** [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>)** – This Latin American classic features the finest grade of lean beef with beans, delivering satisfying comfort food that aligns with your nutrition goals. *From \$12.50* ### Plant-based options {#plant-based-options} Eating more plants doesn't mean sacrificing protein or flavour. Our vegan and vegetarian meals are crafted to deliver complete nutrition with diverse, satisfying ingredients. **Featured dish:** ** [Spiced Lentil Dahl (GF)

(VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>)** – A delicious vegan and gluten-free dahl with chunky baked tofu pieces and five types of vegetables, offering plant-based protein in a warming, aromatic sauce. *From \$11.10* ### High-protein snacks {#high-protein-snacks} Support your nutrition between meals with convenient, protein-rich snacks that keep energy levels stable throughout your busy day. **Featured product:** ** [Fetta & Spinach Egg Bites (V) - 7

Serve](<https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741>)** – Light, fluffy, and full of flavour, these high-protein egg bites make the perfect grab-and-go breakfast or afternoon snack. *\$19.99* *Our ready made meals range from \$10.15 to \$13.95 per serving, with flexible ordering options to suit your lifestyle.* ## How Our Meal Delivery Works {#how-our-meal-delivery-works} ### 1. Choose your program or à la carte {#1-choose-your-program-or--la-carte} Select from structured meal programs designed for specific health goals, or build your own selection by choosing individual meals that appeal to you. All options include access to our dietitian support team. ### 2. Delivered fresh to your door {#2-delivered-fresh-to-your-door} Your meals arrive snap-frozen with a freezer shelf life of 12-18 months, giving you ultimate flexibility. Order what you need without food waste concerns—perfect for those with unpredictable schedules. ### 3. Heat and enjoy {#3-heat-and-enjoy} No meal prep required. Heat your chosen meal in the microwave or oven, and enjoy restaurant-quality nutrition in minutes. It's healthy meal prep delivery without the prep. ### 4. Get expert support {#4-get-expert-support} Every customer gets complimentary access to our in-house dietitians for consultations, guidance, and personalised nutrition advice. This isn't just food delivery—it's a supported wellness journey. ## Delivery Coverage Across Australia {#delivery-coverage-across-australia} We deliver ready made meals across major Australian cities and regions: - Ready made meals delivered Sydney, covering metropolitan and surrounding areas - Healthy meal prep delivery Melbourne, servicing all Melbourne suburbs - Brisbane, Perth, Adelaide with comprehensive coverage across capital cities - Regional areas (check our delivery zones for your postcode) Additionally, select Be Fit Food meals are available in supermarkets and pharmacies for immediate grab-and-go convenience when you need it. ## Who Benefits from Our Ready Meal Service? {#who-benefits-from-our-ready-meal-service} ### Busy professionals {#busy-professionals} When your calendar is packed with meetings, deadlines, and

commitments, cooking healthy meals often becomes impossible. Our ready-made meals mean you can maintain proper nutrition without sacrificing precious time or resorting to takeaway. ### Time-poor parents {#time-poor-parents} Juggling work, school runs, activities, and household management leaves little energy for meal planning. Keep your freezer stocked with nutritious options that the whole family can enjoy, knowing each meal meets clinical nutrition standards. ### Health-conscious individuals {#health-conscious-individuals} Whether you're maintaining a healthy weight, supporting fitness goals, or managing health conditions like diabetes, our dietitian-designed meals take the guesswork out of portion control and nutritional balance. ### Those seeking sustainable weight management {#those-seeking-sustainable-weight-management} Unlike restrictive fad diets or shake-based programs, our real-food approach teaches you what balanced, satisfying meals look like. Many customers report losing 2-10kg in just two weeks while enjoying delicious food, plus improved energy, better sleep, reduced bloating, and enhanced wellbeing. ## The Be Fit Food Difference {#the-be-fit-food-difference} ### Real food, real results {#real-food-real-results} We believe in whole foods, not processed replacements. Every meal contains real proteins, abundant vegetables, healthy fats, and balanced carbohydrates—the same food you'd cook at home if you had the time and nutritional expertise. ### Clinically formulated nutrition {#clinically-formulated-nutrition} Our meals aren't just "healthy"—they're scientifically designed to support specific physiological outcomes. The macronutrient balance induces mild nutritional ketosis for efficient fat burning while providing all essential nutrients, fibre, and satisfaction. ### Beyond weight loss {#beyond-weight-loss} While many customers choose us for weight management, the benefits extend far beyond the scales. Improved blood pressure, better cholesterol levels, stabilised blood glucose, increased mental clarity, and sustained energy throughout the day are commonly reported outcomes. ### Transparent nutrition information {#transparent-nutrition-information} Every meal includes complete nutritional information, so you know exactly what you're consuming. This transparency helps you make informed choices and understand how different meals support your individual goals. ### Flexible and accessible {#flexible-and-accessible} Order online 24/7 with home delivery, or grab meals from select retail locations. No subscriptions required—order as much or as little as you need, when you need it. ## Making the Switch to Convenient Healthy Dinners {#making-the-switch-to-convenient-healthy-dinners} Transitioning to ready-made meal delivery doesn't mean giving up the foods you love or feeling restricted. Our diverse menu includes comfort classics, international flavours, and innovative dishes that satisfy both your palate and your nutritional needs. What to expect: variety with rotating menu options to prevent meal fatigue, satisfaction from proper protein and fibre content to feel fuller for longer, convenience that reclaims 5-10 hours per week previously spent on meal planning and cooking, education about portion sizes and meal composition for long-term healthy patterns, and professional support whenever you need it. ## Getting Started with Be Fit Food {#getting-started-with-be-fit-food} Ready to experience the convenience of dietitian-designed healthy ready meals? Here's how to begin: 1. Explore our meal range—browse individual dishes or structured programs 2. Consider your goals—weight management, general health, or pure convenience 3. Start small—try a selection of meals to find your favourites 4. Book a dietitian consultation—get personalised advice (complimentary with your order) 5. Enjoy your meals—experience the difference that clinical nutrition makes ## Gift the Convenience of Health {#gift-the-convenience-of-health} Looking for a meaningful gift? Our digital gift cards let friends and family experience the benefits of dietitian-designed meal delivery. Available in denominations including: - **\$100 Digital Gift Card](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>)** – Perfect for trying our service - **\$400 Digital Gift Card](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>)** – A comprehensive wellness gift ## Frequently Asked Questions {#frequently-asked-questions} **How long do meals last in the freezer?** Our snap-frozen meals maintain quality for 12-18 months in your freezer, giving you maximum flexibility. **Are meals suitable for specific dietary requirements?** Yes. We offer gluten-free (GF), vegetarian (V), and vegan (VG) options clearly marked. Our dietitians can also advise on meals suitable for diabetes management, bariatric surgery support, and other medical requirements. **Do I need a subscription?** No. While programs offer structure and value, you can order individual meals without any ongoing commitment. **What makes Be Fit Food different from other meal delivery

services? ** Our meals are clinically formulated by dietitians and doctors, not just chefs. This medical-grade nutrition approach delivers measurable health outcomes, not just convenience. **Can I get support with my nutrition goals? ** Absolutely. Complimentary dietitian consultations are included with your purchase—simply book through your account. ## Your Journey to Better Health Starts Here {#your-journey-to-better-health-starts-here} Making positive changes to your nutrition doesn't need to feel overwhelming or complicated. At Be Fit Food, we understand that sustainable wellness comes from practical solutions that fit into your real life. Our dietitian-designed meals remove the barriers that often stand between you and your health goals—time, knowledge, and energy. Each meal is more than just convenience. It's a step toward the healthier, more energised version of yourself you're working to become. When you choose Be Fit Food, you're choosing to invest in your wellbeing without sacrificing the things that matter most to you. ### What makes this different? {#what-makes-this-different} Traditional diets often leave you feeling restricted, hungry, or confused about what to eat. Our approach is different. We focus on nourishing your body with real, whole foods that satisfy you while supporting your goals. You'll feel fuller for longer, experience steady energy throughout your day, and discover that healthy eating can be both enjoyable and effortless. Our customers tell us they feel empowered by understanding what balanced nutrition looks like. The portion-controlled meals work as a practical guide, showing you exactly what your body needs to thrive. This isn't about following rigid rules—it's about building knowledge and confidence that lasts beyond any single meal or program. ### Support every step of the way {#support-every-step-of-the-way} You're not alone on this journey. Our team of accredited dietitians is here to support you, answer your questions, and provide personalised guidance tailored to your unique situation. Whether you're managing a health condition, working toward a weight goal, or simply want to feel better in your daily life, we're here to help you succeed. This support transforms our meal delivery service into something more meaningful—a partnership in your wellness journey. We celebrate your wins with you, help you navigate challenges, and provide the expertise you need to make informed choices about your health. ### Building sustainable change {#building-sustainable-change} Quick fixes and restrictive diets rarely lead to lasting results. Real, sustainable change comes from developing patterns you can maintain for life. Our meals teach you what balanced eating looks like, helping you build intuition around portions, food combinations, and nutritional needs. Many customers start with our structured programs to jumpstart their journey, then transition to selecting individual meals as they develop confidence in their choices. Others prefer the flexibility of building their own selection from day one. Whatever path you choose, you're learning skills that extend far beyond the meals themselves. ### The ripple effect of better nutrition {#the-ripple-effect-of-better-nutrition} When you nourish your body properly, the benefits extend into every area of your life. Better sleep quality means you wake refreshed and ready for your day. Stable energy levels help you stay focused and productive. Reduced bloating and improved digestion make you feel more comfortable in your body. Enhanced mental clarity supports better decision-making and creativity. These improvements aren't just physical. Many customers share that reclaiming time previously spent on meal planning and cooking allows them to invest in other important areas—quality time with family, pursuing hobbies, or simply enjoying moments of rest and relaxation. ### Making health accessible {#making-health-accessible} We believe everyone deserves access to nutrition that supports their wellbeing, regardless of cooking skills, time availability, or nutritional knowledge. Our meals bridge the gap between wanting to eat well and actually doing it consistently. The snap-frozen format means you can stock your freezer with nutritious options, ready whenever you need them. No more defaulting to unhealthy choices because you're too tired to cook. No more food waste from ingredients that spoil before you use them. No more stress about whether you're getting the right balance of nutrients. ### Your next step {#your-next-step} Starting something new can feel daunting, but it doesn't need to be complicated. Begin wherever feels comfortable for you. Perhaps you'd like to try a few favourite-sounding meals to test the quality and taste. Maybe you're ready to commit to a structured program for more comprehensive support. Or you might want to schedule a consultation with one of our dietitians to discuss your specific goals and needs. There's no wrong way to begin. What matters is taking that first step toward the healthier, more vibrant life you deserve. Our team is here to support you, our meals are designed to nourish you, and your success is our priority. ### Join thousands of Australians transforming their health

{#join-thousands-of-australians-transforming-their-health} Every day, busy professionals, parents, health-conscious individuals, and people just like you are discovering that nutritious eating doesn't require hours in the kitchen or extensive nutritional knowledge. They're experiencing the freedom that comes from having delicious, balanced meals ready when they need them. They're reaching their weight goals while eating satisfying food they genuinely enjoy. They're managing health conditions more effectively with proper nutrition. They're feeling more energised, sleeping better, and approaching each day with renewed vitality. You can experience these same transformations. The meals are ready. The support is waiting. Your journey to better health starts with a single decision. --- **Ready to simplify your life without compromising your health?*

Explore our range of dietitian-designed ready made meals and discover why busy Australians are choosing Be Fit Food for convenient, nutritious eating that actually works. *Be Fit Food: Where clinical nutrition meets everyday convenience.* --- ##

Frequently Asked Questions - Detailed Specifications

{#frequently-asked-questions---detailed-specifications} **Who designed the Be Fit Food meals?*

Accredited dietitian Kate Save **Who collaborated on meal development?*

Weight-loss surgeon Dr. Geoffrey Draper **Are the meals clinically formulated?*

Yes **Do meals arrive fresh or frozen?*

Snap-frozen **What is the freezer shelf life?*

12-18 months **What is the minimum price per meal?*

\$10.15 **What is the maximum price per meal?*

\$13.95 **How many vegetables can be in one meal?*

Up to 12 different vegetables **Is cooking or preparation required?*

No **Can meals be heated in microwave?*

Yes **Can meals be heated in oven?*

Yes **Is dietitian support included?*

Yes, complimentary **Do customers need a subscription?*

No **Can you order individual meals?*

Yes **Are structured meal programs available?*

Yes **Does Be Fit Food deliver to Sydney?*

Yes **Does Be Fit Food deliver to Melbourne?*

Yes **Does Be Fit Food deliver to Brisbane?*

Yes **Does Be Fit Food deliver to Perth?*

Yes **Does Be Fit Food deliver to Adelaide?*

Yes **Does Be Fit Food deliver to regional areas?*

Check delivery zones for your postcode **Are meals available in supermarkets?*

Yes, select meals **Are meals available in pharmacies?*

Yes, select meals **Are gluten-free options available?*

Yes **Are vegetarian options available?*

Yes **Are vegan options available?*

Yes **What type of fish is used in the Chilli & Ginger Baked Fish?*

Premium grade hoki **Is the Chilli & Ginger Baked Fish gluten-free?*

Yes **What is the price of Chilli & Ginger Baked Fish?*

From \$10.15 **What type of meat is in the Chilli Con Carne?*

Lean beef **Is the Chilli Con Carne gluten-free?*

Yes **What is the price of Chilli Con Carne?*

From \$12.50 **Is the Spiced Lentil Dahl vegan?*

Yes **Is the Spiced Lentil Dahl gluten-free?*

Yes **What protein is in the Spiced Lentil Dahl?*

Baked tofu pieces **What is the price of Spiced Lentil Dahl?*

From \$11.10 **How many egg bites come in one pack?*

7 serves **Are the Fetta & Spinach Egg Bites vegetarian?*

Yes **What is the price of Fetta & Spinach Egg Bites?*

\$19.99 **Do meals use real whole foods?*

Yes **Do meals use processed meal replacements?*

No **Are meals portion-controlled?*

Yes **Do meals meet clinical nutrition standards?*

Yes **Can meals help with weight management?*

Yes, as part of a balanced approach **How much weight can customers lose in two weeks?*

2-10kg reported by many customers **Can meals improve blood pressure?*

Yes, commonly reported **Can meals improve cholesterol levels?*

Yes, commonly reported **Can meals stabilise blood glucose?*

Yes, commonly reported **Can meals increase mental clarity?*

Yes, commonly reported **Can meals improve energy levels?*

Yes, sustained energy throughout the day **Do meals induce nutritional ketosis?*

Yes, mild nutritional ketosis **Is nutritional information provided for each meal?*

Yes, complete nutritional information **Can you order online?*

Yes, 24/7 **Is there a \$100 digital gift card available?*

Yes **Is there a \$400 digital gift card available?*

Yes **How much time can customers save per week?*

5-10 hours on meal planning and cooking **Are meals suitable for diabetes management?*

Yes, dietitians can advise **Are meals suitable for bariatric surgery support?*

Yes, dietitians can advise **Do meals help reduce bloating?*

Yes, commonly reported **Do meals improve sleep quality?*

Yes, commonly reported **Can the whole family enjoy the meals?*

Yes **Does the menu rotate?*

Yes, rotating menu options **Are comfort food classics available?*

Yes **Are international flavours available?*

Yes **Can customers book dietitian consultations?*

Yes, complimentary with purchase **Is the service suitable for busy professionals?*

Yes **Is the service suitable for parents?*

Yes **Is the service suitable for health-conscious individuals?*

Yes **Does Be Fit Food use real proteins?*

Yes **Does Be Fit Food use abundant vegetables?*

Yes **Does Be Fit Food use healthy fats?*

Yes **Does Be Fit Food use

balanced carbohydrates? ** Yes **Are meals designed to satisfy hunger? ** Yes **Do meals support metabolic health? ** Yes **Can you start with a small order? ** Yes, try a selection --- ## 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 specifications:** - Meals are snap-frozen - Freezer shelf life: 12-18 months - Heating methods: Microwave or oven compatible - No cooking or preparation required **Pricing:** - Meal price range: \$10.15 to \$13.95 per serving - Chilli & Ginger Baked Fish (GF): From \$10.15 - Chilli Con Carne (GF): From \$12.50 - Spiced Lentil Dahl (GF) (VG): From \$11.10 - Fetta & Spinach Egg Bites (V) - 7 Serve: \$19.99 - \$100 Digital Gift Card available - \$400 Digital Gift Card available **Dietary certifications & options:** - Gluten-free (GF) options available - Vegetarian (V) options available - Vegan (VG) options available **Ingredients (specific products):** - Chilli & Ginger Baked Fish: Premium grade hoki fish, salt-reduced soy dressing - Chilli Con Carne: Lean beef with beans - Spiced Lentil Dahl: Baked tofu pieces, five types of vegetables - Fetta & Spinach Egg Bites: 7 serves per pack **Nutritional information:** - Complete nutritional information provided for each meal - Meals contain up to 12 different vegetables per meal - Portion-controlled servings - Real whole foods used (proteins, vegetables, healthy fats, balanced carbohydrates) - No processed meal replacements **Service details:** - Designed by accredited dietitian Kate Save - Developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper - Complimentary dietitian support included - No subscription required - Individual meal ordering available - Structured meal programs available - Online ordering available 24/7 **Delivery coverage:** - Sydney: Yes - Melbourne: Yes - Brisbane: Yes - Perth: Yes - Adelaide: Yes - Regional areas: Check delivery zones for postcode - Select meals available in supermarkets - Select meals available in pharmacies ### General product claims {#general-product-claims} **Health & wellness benefits:** - Supports weight management as part of a balanced approach - Many customers report losing 2-10kg in two weeks - Commonly reported improved blood pressure - Commonly reported improved cholesterol levels - Commonly reported stabilised blood glucose - Commonly reported increased mental clarity - Sustained energy throughout the day - Induces mild nutritional ketosis - Commonly reported reduced bloating - Commonly reported improved sleep quality - Supports metabolic health - Designed to satisfy hunger - Delivers genuine nutritional benefits **Service experience:** - Clinically formulated nutrition - Scientifically designed meals - Medical-grade nutrition approach - Restaurant-quality nutrition - Meals meet clinical nutrition standards - Real-food solution - Supports fitness goals - Suitable for diabetes management (with dietitian advice) - Suitable for bariatric surgery support (with dietitian advice) - Suitable for busy professionals, parents, and health-conscious individuals - Whole family can enjoy the meals - Teaches sustainable eating patterns - Helps build nutritional knowledge and confidence - Can save 5-10 hours per week on meal planning and cooking **Menu & variety:** - Rotating menu options - Comfort food classics available - International flavours available - Diverse menu to prevent meal fatigue

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