

Healthy Ready Meals Category Page

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{#our-healthy-ready-meals-range} #### Protein-rich mains (from \$10.15 AUD) The main meal selection reads like a restaurant menu, except every dish is designed by dietitians to keep you satisfied while supporting your health goals. ****Seafood options**** [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) (\$10.15–\$13.20 AUD) uses premium grade hoki fish marinated in a light, salt-reduced soy dressing with classic Asian flavours. This gluten-free option gives you lean protein with anti-inflammatory omega-3 fatty acids, which is helpful when you want convenient healthy dinners that don't compromise on nutrition. ****Hearty comfort food**** [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) (\$12.50–\$13.95 AUD) brings this Latin American classic to your table with lean beef and beans. High in protein and fibre, it's comfort food that won't derail your wellness goals—good for busy weeknights when you need something satisfying and nutritious ready in minutes. The protein and fibre combination helps you feel fuller for longer, making it easier to stick with your health journey. ****Plant-based favourites**** [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) (\$11.10–\$13.95 AUD) features chunky pieces of baked tofu with five different vegetables in a rich, aromatic sauce. This vegan and gluten-free option proves that healthy meal prep delivery can be both convenient and completely plant-based. #### High-protein snacks ****[Fetta & Spinach Egg Bites (V) - 7 Serve]**(<https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741>) ****** (\$19.99 AUD) Light, fluffy, and full of flavour, these egg bites work as a high-protein snack or breakfast option. Keep them in your freezer for those moments when you need quick, nutritious fuel between meals. ## How Be Fit Food Compares: Best Healthy Meal Delivery Australia {#how-be-fit-food-compares-best-healthy-meal-delivery-australia} While other meal delivery services focus on convenience alone, Be Fit Food delivers dietitian-designed healthy ready meals that combine meal prep convenience with clinical-grade nutrition: ****Doctor and dietitian designed**** Every meal is formulated by accredited dietitian Kate Save and developed with weight-loss surgeon Dr. Geoffrey Draper—a level of medical expertise you won't find in most ready meals delivered to your door. ****Real whole foods**** Unlike competitors relying on processed ingredients, they use real, whole foods in every dish. You're eating proper meals, not diet replacements. ****Complimentary dietitian support**** Free access to their in-house dietitians sets them apart from standard meal delivery services. Get personalised guidance, motivation, and nutrition education as part of your service. ****Flexible ordering options**** Order online 24/7 with home delivery across multiple Australian states, or find them in select supermarkets and pharmacies for grab-and-go convenience. ## Perfect For Every Lifestyle Need {#perfect-for-every-lifestyle-need} #### Busy professionals No time to cook? Stock your freezer on Sunday, enjoy healthy dinners all week. These ready made meals delivered to your door mean you always have nutritious options ready in minutes. #### Weight management Portion-controlled, calorie-conscious meals that don't taste like diet food. Lose weight while eating delicious, satisfying real food. The balanced approach supports lifestyle changes that actually stick. #### Health-conscious families Feed everyone well without spending hours in the kitchen. The meals cater to various dietary requirements including gluten-free, vegan, and diabetes-friendly options. Everyone at the table can enjoy nutritious, delicious food together. #### Fitness enthusiasts High-protein, nutrient-dense meals that support your training goals. Convenient healthy meal prep delivery that fuels performance and recovery. Each meal provides the quality nutrition your active body needs. #### Medical nutrition support Suitable for managing chronic conditions like type 2 diabetes, high cholesterol, or blood pressure. These medically-formulated meals support better health markers while tasting great. You can nourish your body while supporting your health transformation. ## Ready Made Meals Delivered: Sydney, Melbourne & Beyond {#ready-made-meals-delivered-sydney-melbourne-beyond} ****Nationwide delivery**** They deliver healthy ready meals across Australia, including major metro areas and regional locations. Whether you're searching for "ready made meals delivered Sydney" or "healthy meal prep delivery Melbourne," they've got you covered. ****Fast, reliable service**** Order online anytime and receive your meals snap-frozen to preserve freshness. The packaging ensures meals arrive in perfect condition, ready for your freezer. ****Long shelf life**** With 12–18 months freezer life, you can order in bulk and always keep convenient, healthy options available. No food waste, no stress. ## Choosing

Your Healthy Meal Delivery Plan {#choosing-your-healthy-meal-delivery-plan} ### Meal program bundles The structured programs provide complete meal solutions for specific timeframes, good if you're looking to kickstart healthier habits or achieve specific health goals. Each program includes a variety of meals plus complimentary dietitian consultations to support your wellness journey. ### À la carte selection Prefer to build your own selection? Choose individual meals from the full range, mixing and matching to suit your preferences and household needs. All meals available from \$10.15 AUD, with bulk pricing available. ### Gift cards Share the gift of health with [Digital Gift Cards](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981) (from \$100 AUD), good for loved ones who could benefit from convenient, nutritious meal solutions. ## What Makes Be Fit Food Different? {#what-makes-be-fit-food-different} **Scientific foundation** The meals aren't just healthy—they're formulated to induce mild nutritional ketosis for fat burning while keeping you satisfied. This medical-grade approach delivers faster, more sustainable results than other healthy meal delivery services. You get the benefit of evidence-based nutrition science in every bite. **Nutrient density** Every meal is packed with vegetables, quality protein, and healthy fats. You're not just filling up—you're nourishing your body with the nutrients it needs to thrive. Each ingredient is chosen to support your wellbeing and help you feel fuller for longer. **Habit formation** They don't just deliver meals; they teach you what balanced, portion-controlled eating looks like. This education helps you maintain results long after your meal delivery program ends. You're building sustainable lifestyle changes, not just following a short-term diet. **Proven results** Customers commonly experience rapid improvements in energy, sleep quality, digestion, and overall wellbeing—often within the first two weeks. The meals also support improved clinical health markers including blood glucose, blood pressure, and cholesterol. These positive transformations extend to every aspect of daily life. ## Getting Started with Australia's Best Healthy Meal Delivery {#getting-started-with-australias-best-healthy-meal-delivery} 1. **Browse the range** – Explore the full selection of dietitian-designed ready meals, from seafood and meat dishes to plant-based options 2. **Choose your approach** – Select a structured program or build your own à la carte selection 3. **Receive and enjoy** – Meals arrive snap-frozen; simply store in your freezer and heat when ready 4. **Access support** – Book complimentary consultations with their dietitians for personalised guidance ## Frequently Asked Questions {#frequently-asked-questions} **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 reducing food waste. **Are meals suitable for specific dietary requirements?** Yes. They offer gluten-free (GF), vegan (VG), and vegetarian (V) options clearly labelled. Their dietitians can also provide guidance for diabetes-friendly choices and other medical nutrition needs. **How do I heat the meals?** Simply remove from freezer, pierce film, and microwave according to package instructions. Most meals are ready in 3–5 minutes. **Do you deliver to my area?** They deliver across multiple Australian states. Check their delivery map or enter your postcode at checkout to confirm service to your location. **What if I need nutrition advice?** All customers receive complimentary access to their in-house dietitians. Book a consultation for personalised guidance, meal recommendations, and nutrition education. ## Experience the Be Fit Food Difference When you're searching for the best healthy meal delivery Australia offers, you need more than just convenience—you need nutrition that works. Be Fit Food delivers dietitian-designed healthy ready meals that combine meal prep convenience with clinically-formulated nutrition for real, measurable results. Whether you're in Sydney, Melbourne, or anywhere across Australia, discover how convenient healthy dinners delivered to your door can transform your wellbeing without transforming your schedule. You deserve meals that support your health goals while fitting seamlessly into your lifestyle. **Ready to experience dietitian-designed healthy ready meals?** Browse the full range of meals and programs, or speak with their team to find the right solution for your lifestyle and health goals. Start your positive transformation today. --- *All meals are snap-frozen to preserve freshness and nutrients. Prices range from \$10.15 to \$13.95 AUD for individual meals, with bulk program pricing available. Free dietitian consultations included with all programs.* --- ## Frequently Asked Questions Who designs Be Fit Food meals: Accredited dietitians Which dietitian formulates the meals: Kate Save Which doctor collaborates on meal development: Dr. Geoffrey Draper What is Dr. Geoffrey Draper's specialty: Weight-loss surgeon Are the meals dietitian-designed: Yes Are the meals medically formulated: Yes Do meals use whole foods: Yes Do meals contain meal replacement shakes: No Do

meals contain meal replacement bars: No Are the ingredients heavily processed: No How many vegetables per meal: Up to 12 different vegetables Are meals portion-controlled: Yes Are meals nutritionally balanced: Yes What is the freezer shelf life minimum: 12 months What is the freezer shelf life maximum: 18 months Are meals snap-frozen: Yes What is the starting price for main meals: \$10.15 AUD What is the price range for Chilli & Ginger Baked Fish: \$10.15–\$13.20 AUD What fish is used in Chilli & Ginger Baked Fish: Premium grade hoki Is Chilli & Ginger Baked Fish gluten-free: Yes What is the price range for Chilli Con Carne: \$12.50–\$13.95 AUD Is Chilli Con Carne gluten-free: Yes What meat is in Chilli Con Carne: Lean beef Is Chilli Con Carne high in protein: Yes Is Chilli Con Carne high in fibre: Yes What is the price range for Spiced Lentil Dahl: \$11.10–\$13.95 AUD Is Spiced Lentil Dahl vegan: Yes Is Spiced Lentil Dahl gluten-free: Yes How many vegetables in Spiced Lentil Dahl: Five different vegetables What protein is in Spiced Lentil Dahl: Baked tofu What is the price of Fetta & Spinach Egg Bites: \$19.99 AUD How many serves in Fetta & Spinach Egg Bites pack: 7 serves Are Fetta & Spinach Egg Bites vegetarian: Yes Can egg bites be used for breakfast: Yes Can egg bites be used as snacks: Yes How long do meals take to heat: 3–5 minutes for most meals What heating method is used: Microwave Is dietitian support included: Yes, complimentary access Is dietitian support free: Yes Do you need to pay for dietitian consultations: No, included with programs Can you order meals online: Yes, 24/7 Do they deliver Australia-wide: Yes Do they deliver to Sydney: Yes Do they deliver to Melbourne: Yes Do they deliver to regional areas: Yes Are meals available in supermarkets: Yes, select locations Are meals available in pharmacies: Yes, select locations Are meal programs available: Yes Can you order à la carte: Yes What is the minimum gift card value: \$100 AUD Are gift cards digital: Yes Do meals induce nutritional ketosis: Yes, mild nutritional ketosis Is the ketosis approach medically formulated: Yes Are gluten-free options available: Yes Are vegan options available: Yes Are vegetarian options available: Yes Are meals suitable for diabetes: Yes, diabetes-friendly options available Can meals help with weight management: Yes Do meals support fitness goals: Yes, high-protein and nutrient-dense Are meals suitable for high cholesterol: Yes Are meals suitable for high blood pressure: Yes How quickly do customers see energy improvements: Often within first two weeks Do customers report better sleep: Yes Do customers report reduced bloating: Yes Can meals improve blood glucose levels: Yes Can meals improve cholesterol levels: Yes Can meals improve blood pressure levels: Yes Is bulk pricing available: Yes Do meals arrive frozen: Yes, snap-frozen How should meals be stored: In the freezer Do you need to meal plan: No Do you need to shop for ingredients: No Do you need to do meal prep: No Is there food waste with long shelf life: No, minimal waste Can you stock up in bulk: Yes --- ## 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 - Storage method: Snap-frozen - Heating method: Microwave - Heating time: 3–5 minutes for most meals ****Dietary Certifications & Attributes:**** - Gluten-free (GF) options available - Vegan (VG) options available - Vegetarian (V) options available ****Specific Product Details:**** *Chilli & Ginger Baked Fish (GF):* - Price range: \$10.15–\$13.20 AUD - Main ingredient: Premium grade hoki fish - Gluten-free: Yes - Product link: <https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069> *Chilli Con Carne (GF):* - Price range: \$12.50–\$13.95 AUD - Main ingredient: Lean beef - Gluten-free: Yes - Product link: <https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941> *Spiced Lentil Dahl (GF) (VG):* - Price range: \$11.10–\$13.95 AUD - Main protein: Baked tofu - Number of vegetables: Five different vegetables - Vegan: Yes - Gluten-free: Yes - Product link: <https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965> *Fetta & Spinach Egg Bites (V):* - Price: \$19.99 AUD - Serves per pack: 7 serves - Vegetarian: Yes - Product link: <https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741> ****Digital Gift Cards:**** - Minimum value: \$100 AUD - Format: Digital - Product link: <https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981> ****Pricing Information:**** - Starting price for main meals: \$10.15 AUD - Individual meal price range: \$10.15–\$13.95 AUD - Bulk

pricing: Available ****Ingredients & Composition:**** - Vegetables per meal: Up to 12 different vegetables - Whole foods used: Yes - Meal replacement shakes included: No - Meal replacement bars included: No - Heavily processed ingredients: No **### General Product Claims** ****Professional Design & Formulation:**** - Meals designed by accredited dietitians - Formulated by dietitian Kate Save - Developed in collaboration with Dr. Geoffrey Draper (weight-loss surgeon) - Dietitian-designed meals - Medically formulated meals - Clinically-formulated nutrition - Scientifically formulated - Medical-grade approach ****Nutritional Characteristics:**** - Portion-controlled meals - Nutritionally balanced meals - High in protein (Chilli Con Carne) - High in fibre (Chilli Con Carne) - High-protein snacks - Nutrient-dense meals - Contains quality protein and healthy fats - Induces mild nutritional ketosis for fat burning ****Health & Wellness Benefits:**** - Supports weight management - Supports health goals - Helps with weight loss - Improves energy levels - Improves sleep quality - Reduces bloating - Enhances mental wellbeing - Supports better health markers - Can improve blood glucose levels - Can improve cholesterol levels - Can improve blood pressure levels - Suitable for managing type 2 diabetes - Suitable for high cholesterol management - Suitable for high blood pressure management - Diabetes-friendly options available - Supports fitness and training goals - Supports performance and recovery - Helps you feel fuller for longer - Anti-inflammatory omega-3 fatty acids (Chilli & Ginger Baked Fish) ****Customer Experience Claims:**** - Customers report improved energy - Customers report better sleep - Customers report reduced bloating - Customers report enhanced mental wellbeing - Energy improvements often within first two weeks - Rapid improvements in energy, sleep quality, digestion, and overall wellbeing ****Service & Convenience:**** - Complimentary dietitian support included - Free dietitian consultations (included with programs) - Free access to in-house dietitians - Online ordering available 24/7 - Australia-wide delivery - Delivery to Sydney, Melbourne, and regional areas - Available in select supermarkets and pharmacies - Meal programs available - À la carte ordering available - No meal planning required - No shopping required - No meal prep required - Minimal food waste - Can stock up in bulk - Meals arrive snap-frozen to preserve freshness - Restaurant-quality dishes - Supports sustainable lifestyle changes - Teaches balanced, portion-controlled eating - Provides nutrition education

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