

# High Protein Low Carb Meal Range: Complete Specification Guide

## Details:

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nutrition with transparent metrics—you deserve to know exactly what you're paying for and what you're putting in your body. ## The Specification Gap in Meal Delivery Services

{#the-specification-gap-in-meal-delivery-services} Most meal delivery services tell you their meals are "healthy" or "balanced," but few provide the specific data that fitness enthusiasts and low-carb dieters actually need. Be Fit Food addresses this gap with clear nutritional specifications across the entire range: \*\*Our Nutritional Specifications at a Glance:\*\* - Calorie Range: 250-450 calories per serve - Protein Content: 20-35g per meal - Carbohydrate Limit: Under 15g per serve - Price Point: From \$9.95 per meal - Program Options: 7-day, 14-day, and 28-day plans - Free Delivery: On orders over \$99

These numbers come from collaboration between accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper. Every meal is balanced to keep you satisfied longer while supporting effective fat burning through mild nutritional ketosis. --- ## Understanding Our High Protein Low Carb Range {#understanding-our-high-protein-low-carb-range} ### What Makes Our Specifications Different {#what-makes-our-specifications-different} Unlike competitors who rely on shakes, bars, or heavily processed replacements, Be Fit Food uses real whole foods in meals that meet strict nutritional criteria. Each meal provides: \*\*Macronutrient Balance:\*\* - High Protein (20-35g): Supports muscle maintenance, keeps you satisfied longer, and supports metabolic function - Low Carbohydrates (under 15g): Helps maintain ketosis and stable blood sugar - Healthy Fats: Included for hormonal balance and nutrient absorption - High Fibre: Up to 12 different vegetables per meal for gut health and fullness

\*\*Calorie Control Without Deprivation:\*\* The 250-450 calorie range per serve allows for effective weight loss (commonly 2-10kg in just two weeks) while providing enough energy and nutrients to prevent the fatigue and hunger you might experience with crash diets. --- ## Product Categories & Specifications {#product-categories--specifications} ### Main Meal Range: Protein-Packed Entrées {#main-meal-range-protein-packed-entrees}

The main meal category features doctor-developed recipes that prove low-carb eating doesn't mean sacrificing variety or flavour. ##### Featured: Chilli & Ginger Baked Fish (GF) {#featured-chilli--ginger-baked-fish-gf} A premium example of the high protein low carb approach, featuring: - Fresh hoki fish fillet marinated in light, salt-reduced soy dressing - Classic Asian flavours with chilli and ginger - Gluten-free formulation - Price Range: \$11.40-\$13.20 depending on program selection Available options: - [Chilli & Ginger Baked Fish (GF)

MP2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069) - \$11.40 - [Chilli & Ginger Baked Fish (GF)

MB2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677) - \$13.20 - [Chilli & Ginger Baked Fish (GF)

MP5](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373) - \$12.75

Fish provides complete protein with minimal carbohydrates, while omega-3 fatty acids support the anti-inflammatory benefits of a ketogenic eating pattern. --- ### Innovative Low Carb Solutions: Keto Pizza Range {#innovative-low-carb-solutions-keto-pizza-range} One of the biggest challenges in low-carb eating is finding satisfying alternatives to high-carb favourites. The Keto Chicken Pizza shows how Be Fit Food revolutionises comfort foods you love. ##### Keto Chicken Pizza - Complete Specification {#keto-chicken-pizza---complete-specification} \*\*Nutritional Innovation:\*\* - 15cm personal pizza size - Low-carb, high-protein formulation - Chicken-based crust alternative - Guilt-free indulgence that fits your macros

\*\*Price Comparison Across Programs:\*\* Understanding affordable healthy meal delivery price per meal is important for budget planning. Here's the transparent pricing structure for the Keto Chicken Pizza: | Program Type | Price Per Meal | Best For | |-----|-----|-----| |

[MP6 Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309) | \$10.15 | Best value bulk option | | [MB4

Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481408701) | \$11.10 | Mid-range program | | [MB3

Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481375933) | \$12.50 | Flexible ordering | | [MP5

Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481572541) | \$12.75 | Standard program | | [MB2

Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165) | \$13.20 | Premium support tier | | [MB1

Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481310397) | \$13.55 | Comprehensive program | | [Single Serve RRP](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845) | \$13.95 | Try before committing | At \$10.15-\$13.95 per serve, you're getting dietitian-designed nutrition that would cost significantly more if purchasing individual ingredients and accounting for your time. --- ### High Protein Snacks & Desserts {#high-protein-snacks--desserts} Low-carb eating shouldn't mean eliminating treats entirely. The protein-enriched dessert range proves you can satisfy cravings while staying within your macro targets. ##### Protein Walnut Brownie Range (Vegetarian) {#protein-walnut-brownie-range-vegetarian} \*\*Specifications:\*\* - Rich chocolate base with crunchy walnuts - High protein content to keep you satisfied longer - Vegetarian-friendly formulation - Indulgence without guilt \*\*Program Pricing Structure:\*\* When comparing how many calories in ready meal delivery options, don't forget to account for snacks and desserts. The 7-pack options provide cost-effective solutions: | Pack Type | Price | Price Per Brownie | Best For | |-----|-----|-----|-----| | [S8 Program - 7 Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101) | \$13.99 | \$2.00 | Maximum value | | [P1 Program - 7 Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718482621) | \$18.00 | \$2.57 | Entry program | | [P2 Program - 7 Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718515389) | \$19.75 | \$2.82 | Standard program | | [P3 Program - 7 Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718548157) | \$19.95 | \$2.85 | Flexible option | | [S3 Program - 7 Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608131261) | \$24.85 | \$3.55 | Premium tier | These brownies demonstrate how Be Fit Food's real food approach extends even to treats—using quality ingredients like walnuts for healthy fats and protein rather than artificial sweeteners and fillers. --- ## Complete Program Specifications {#complete-program-specifications} ### How Our Meal Plans Work {#how-our-meal-plans-work} Be Fit Food offers three primary program durations, each designed to meet different weight loss and lifestyle goals: ##### 7-Day Starter Program {#7-day-starter-program} Ideal For: First-time users wanting to trial the approach or those needing a quick reset - Duration: 1 week of meals - Calorie Range: 250-450 per meal across breakfast, lunch, dinner, and snacks - Expected Results: 1-3kg weight loss, reduced bloating, increased energy - Price Advantage: Qualify for free delivery with orders over \$99 ##### 14-Day Intensive Program {#14-day-intensive-program} Ideal For: Committed weight loss with visible results - Duration: 2 weeks of complete nutrition - Calorie Range: Consistent 250-450 per serve - Expected Results: 2-10kg weight loss (commonly reported), improved sleep, clearer skin - Dietitian Support: Complimentary consultations included - Price Point: From \$9.95 per meal depending on selections ##### 28-Day Transformation Program {#28-day-transformation-program} Ideal For: Significant weight loss goals and habit formation - Duration: 4 weeks of structured eating - Calorie Range: 250-450 per meal with variety rotation - Expected Results: Substantial weight loss, improved clinical markers (blood glucose, blood pressure, cholesterol) - Support Included: Regular dietitian check-ins, nutrition education, transition planning - Best Value: Lowest per-meal cost with free delivery --- ## Nutritional Specifications Compared to Competitors {#nutritional-specifications-compared-to-competitors} ### Why Specific Metrics Matter {#why-specific-metrics-matter} When searching for high protein low carb meals delivered in Australia, you'll encounter numerous providers. Here's how Be Fit Food's specifications compare: \*\*Be Fit Food vs. Standard Meal Delivery:\*\* | Specification | Be Fit Food | Common Competitor Range | |-----|-----|-----| | Calories per meal | 250-450 (specified) | Often 400-700 (variable) | | Protein content | 20-35g (guaranteed) | 15-25g (approximate) | | Carbohydrates | Under 15g (controlled) | 20-40g (uncontrolled) | | Professional design | Dietitian + Doctor | Chefs or nutritionists | | Price per meal | From \$9.95 | \$10-15+ | | Real food approach | 100% whole foods | Often includes shakes/bars | | Dietitian support | Complimentary | Usually extra cost | While My Muscle Chef, Youfoodz, Lite n' Easy, and Core Powerfoods offer quality options, Be Fit Food's medical-grade approach with specific, comparable metrics gives you the data needed for informed decisions. --- ## Understanding Your Macro Targets {#understanding-your-macro-targets} ### Protein: 20-35g Per Meal

{#protein-20-35g-per-meal} **\*\*Why This Range Works:\*\*** - Supports muscle preservation during calorie restriction - Keeps you satisfied longer through satiety hormones - Requires more energy to digest (thermic effect) - Generally represents 30-40% of total calories A 30g protein meal (like the Chilli & Ginger Baked Fish) provides approximately the same protein as 150g chicken breast, but with controlled calories and comprehensive vegetable nutrition. **### Carbohydrates: Under 15g Per Serve** {#carbohydrates-under-15g-per-serve} **\*\*The Science Behind Low Carb:\*\*** - Maintains blood glucose stability - Encourages fat adaptation and ketosis - Reduces insulin response and fat storage - Minimises energy crashes and cravings Most ready meals contain 30-50g carbohydrates per serve. The under-15g specification represents a 50-70% reduction while maintaining fibre through vegetable inclusion. **### Calories: 250-450 Range** {#calories-250-450-range} **\*\*Why This Specification Matters:\*\*** - 250-300 calories: Lighter meals and snacks for metabolic flexibility - 300-400 calories: Standard main meals for sustained energy - 400-450 calories: Larger serves for active individuals or dinner portions Three 350-calorie meals plus two 150-calorie snacks totals 1,350 calories—appropriate for effective weight loss while meeting nutritional needs. --- **## Price-Per-Meal Breakdown & Value Analysis** {#price-per-meal-breakdown--value-analysis} **### Calculating True Cost** {#calculating-true-cost} When evaluating affordable healthy meal delivery price per meal options, consider the complete value equation: **\*\*Be Fit Food Comprehensive Value:\*\*** 1. Base Meal Cost: \$9.95-\$13.95 per serve 2. Included Benefits: - Dietitian consultation (value: \$100-150) - Nutritional education resources (value: \$50-100) - Doctor-developed formulations (priceless) - Portion control training (long-term value) - Free delivery over \$99 (value: \$10-15) **\*\*Cost Comparison to DIY:\*\*** - Grocery shopping time: 1-2 hours weekly - Meal planning and prep: 3-5 hours weekly - Food waste from unused ingredients: \$20-40 weekly - Total time value at \$30/hour: \$120-210 weekly At \$9.95 per meal x 21 meals per week = \$208.95, you're receiving professional nutrition, time savings, and guaranteed results—often for less than the hidden costs of shopping and cooking. **### Program Pricing Tiers Explained** {#program-pricing-tiers-explained} The various pricing tiers (MB1, MB2, MB3, MB4, MP2, MP5, MP6, etc.) reflect different program structures: - MB Series: Meal Bundle programs with varying support levels - MP Series: Meal Pack programs optimised for specific goals - P Series: Protein-focused variations - S Series: Specialty or subscription options All tiers include: - Same dietitian-designed nutritional specifications - 250-450 calorie range per serve - 20-35g protein guarantee - Under 15g carbohydrates - Real whole food ingredients --- **## How to Choose Your Meals: Specification-Based Selection** {#how-to-choose-your-meals-specification-based-selection} **### For Maximum Protein (30-35g range)** {#for-maximum-protein-30-35g-range} **\*\*Best Choices:\*\*** - Fish-based meals (like the Chilli & Ginger Baked Fish range) - Chicken and turkey entrées - Beef and lamb dishes - Protein-enriched vegetarian options Prioritise these post-workout, for breakfast to keep you satisfied longer, or when building or maintaining muscle mass during weight loss. **### For Lowest Calorie (250-300 range)** {#for-lowest-calorie-250-300-range} **\*\*Best Choices:\*\*** - Vegetable-forward dishes - Fish and seafood options - Lighter breakfast selections - Snack portions Prioritise these during intensive weight loss phases, for smaller individuals, or when eating frequency is higher (5-6 meals daily). **### For Keto Compliance (under 10g carbs)** {#for-keto-compliance-under-10g-carbs} **\*\*Best Choices:\*\*** - [Keto Chicken Pizza]{<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309>} range - Meat and vegetable combinations - Egg-based breakfast options - Cheese and nut-inclusive meals Prioritise these during initial ketosis induction (first 2 weeks), for therapeutic ketogenic diets, or when managing blood sugar conditions. --- **## Subscription Options & Delivery Specifications** {#subscription-options--delivery-specifications} **### 7-Day Program Specifications** {#7-day-program-specifications} Meal Count: 21 total meals (3 per day) - 7 breakfasts (250-350 calories each) - 7 lunches (300-400 calories each) - 7 dinners (350-450 calories each) Total Program Calories: Approximately 7,350-8,400 for the week Average Daily Intake: 1,050-1,200 calories Protein Total: 140-245g per week (20-35g daily average) Expected Weight Loss: 1-3kg **### 14-Day Program Specifications** {#14-day-program-specifications} Meal Count: 42 total meals (3 per day) - 14 breakfasts with variety rotation - 14 lunches across different protein sources - 14 dinners with comprehensive vegetable inclusion Total Program Calories: Approximately 14,700-16,800 for two weeks Average Daily Intake: 1,050-1,200 calories Protein Total: 280-490g over 14 days Expected Weight Loss: 2-10kg

(commonly reported) **\*\*Bonus Benefits:\*\*** - Two weeks allows for full ketosis adaptation - Habit formation begins (research shows 18-254 days for habit formation; 14 days is a solid start) - Clinical health markers begin improving **### 28-Day Program Specifications** {#28-day-program-specifications} Meal Count: 84 total meals (3 per day) - Complete menu rotation preventing taste fatigue - Maximum variety across all protein sources - Seasonal vegetable inclusion (up to 12 different vegetables per meal) Total Program Calories: Approximately 29,400-33,600 for the month Average Daily Intake: 1,050-1,200 calories Protein Total: 560-980g over 28 days Expected Weight Loss: Significant (varies by individual starting point) **\*\*Transformation Benefits:\*\*** - Full metabolic adaptation to fat-burning - Established healthy eating habits - Learned portion control for long-term success - Improved clinical markers (blood glucose, blood pressure, cholesterol) - Dietitian transition planning for maintenance phase --- **## Delivery Specifications & Logistics** {#delivery-specifications--logistics} **### Free Delivery Threshold** {#free-delivery-threshold} Orders Over \$99: Complimentary delivery across available regions - Most 7-day programs qualify - All 14-day and 28-day programs include free delivery - Single-serve orders can be combined to reach threshold **### Product Shelf Life Specifications** {#product-shelf-life-specifications} Freezer Storage: 12-18 months - Snap-frozen at peak freshness - No preservatives required - Reduced food waste - Flexibility to stock up during promotions Refrigerator After Thawing: 2-3 days - Plan your weekly rotation - Thaw overnight for next-day consumption - Maintains nutritional integrity **### Heating Specifications** {#heating-specifications} Microwave: 3-5 minutes depending on wattage Oven: 15-20 minutes at 180°C for crispy textures No preparation required: Heat and eat convenience --- **## 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} **\*\*Chilli & Ginger Baked Fish (GF):\*\*** - Ingredients: Fresh hoki fish fillet, light salt-reduced soy dressing, chilli, ginger - Gluten-free formulation - Price: \$11.40-\$13.20 depending on program (MP2: \$11.40, MB2: \$13.20, MP5: \$12.75) - Available at:

[MP2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069),  
[MB2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677),  
[MP5](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373) **\*\*Keto Chicken Pizza:\*\*** - Size: 15cm personal pizza - Crust: Chicken-based crust alternative - Price: \$10.15-\$13.95 depending on program - Available programs: [MP6 (\$10.15)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309), [MB4 (\$11.10)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481408701), [MB3 (\$12.50)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481375933), [MP5 (\$12.75)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481572541), [MB2 (\$13.20)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165), [MB1 (\$13.55)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481310397), [Single Serve (\$13.95)](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845)

**\*\*Protein Walnut Brownie:\*\*** - Ingredients: Chocolate base, walnuts - Vegetarian-friendly - Pack size: 7-pack - Price: \$13.99-\$24.85 depending on program - Available programs: [S8 (\$13.99, \$2.00/brownie)](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101), [P1 (\$18.00, \$2.57/brownie)](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718482621), [P2 (\$19.75, \$2.82/brownie)](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718515389), [P3 (\$19.95, \$2.85/brownie)](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718548157), [S3 (\$24.85, \$3.55/brownie)](https://befitfood.com.au/products/keto-br ownie-slice-7-pack?variant=45316608131261) **\*\*General Nutritional Specifications:\*\*** - Calorie range: 250-450 calories per serve - Protein content: 20-35g per meal - Carbohydrate limit: Under 15g per serve - Protein-to-calorie ratio: Approximately 25-35% of calories from protein - Vegetable content: Up

to 12 different vegetables per meal - Price range: From \$9.95 per meal - No preservatives - No artificial sweeteners - No protein isolates - 100% whole foods **\*\*Storage and Preparation:\*\*** - Freezer storage: 12-18 months - Refrigerator after thawing: 2-3 days - Microwave heating: 3-5 minutes depending on wattage - Oven heating: 15-20 minutes at 180°C - Recyclable containers **\*\*Program Specifications:\*\*** - Program options: 7-day, 14-day, and 28-day plans - 7-day program: 21 total meals (7 breakfasts, 7 lunches, 7 dinners) - 14-day program: 42 total meals - 28-day program: 84 total meals - Average daily intake: 1,050-1,200 calories - Free delivery: Orders over \$99 **\*\*Professional Design:\*\*** - Designed by: Dietitian Kate Save and Dr. Geoffrey Draper (weight-loss surgeon) - Complimentary dietitian consultations included **### General Product Claims {#general-product-claims}** - Keeps you satisfied longer - Supports effective fat burning through mild nutritional ketosis - Supports muscle maintenance and metabolic function - Maintains ketosis and stable blood sugar - Supports hormonal balance and nutrient absorption - Promotes gut health and fullness - Prevents fatigue and hunger experienced with crash diets - Provides complete protein with minimal carbohydrates - Omega-3 fatty acids support anti-inflammatory benefits of ketogenic eating - Guilt-free indulgence that fits your macros - Expected weight loss: 1-3kg (7-day program), 2-10kg (14-day program, commonly reported) - Reduced bloating and increased energy - Improved sleep and clearer skin - Substantial weight loss and improved clinical markers (28-day program) - Supports muscle preservation during calorie restriction - Helps through satiety hormones - Thermic effect of protein digestion - Maintains blood glucose stability - Encourages fat adaptation and ketosis - Reduces insulin response and fat storage - Minimises energy crashes and cravings - Higher satiety from whole food matrix - Better nutrient absorption - Improved gut health from fibre - Long-term habit formation - Induces mild nutritional ketosis safely - Adequate protein prevents muscle loss - Sufficient micronutrients to avoid deficiencies - Calorie levels produce results without health risks - Predictable, safe weight loss outcomes - Blood glucose reduction: Fasting glucose often decreases 10-20% - HbA1c improvements in pre-diabetic and diabetic individuals - Reduced insulin resistance - Blood pressure reductions: 5-15 mmHg systolic - Improved cholesterol profiles (increased HDL, decreased triglycerides) - Reduced inflammation markers - Enhanced insulin sensitivity - Improved leptin signalling - Better thyroid function (with adequate calories) - Full metabolic adaptation to fat-burning - Established healthy eating habits - Learned portion control for long-term success - Medical-grade approach - Suitable for diabetics and bariatric surgery patients - Saves 1-2 hours weekly grocery shopping time - Saves 3-5 hours weekly meal prep time - Reduces food waste by \$20-40 weekly - Australian proteins sourced where possible - Seasonal vegetable rotation - Supports local farmers and suppliers --- **## Clinical Specifications: Health Outcomes {#clinical-specifications-health-outcomes}** **### Expected Results Timeline {#expected-results-timeline}** **\*\*Week 1 (Days 1-7):\*\*** - Weight loss: 1-3kg (primarily fluid and glycogen) - Energy: Initial adjustment, then stabilisation - Hunger: Reduced—you'll feel satisfied longer - Bloating: Significantly decreased - Mental clarity: Beginning to improve **\*\*Week 2 (Days 8-14):\*\*** - Weight loss: Additional 1-4kg (fat burning increases) - Energy: Noticeably higher, especially morning energy - Sleep quality: Improved depth and restfulness - Skin clarity: Reduced inflammation, clearer complexion - Ketosis: Fully established for most individuals **\*\*Week 4 (Days 15-28):\*\*** - Weight loss: Continued steady loss (total 4-10kg+) - Blood markers: Improved glucose, cholesterol, blood pressure - Body composition: Visible fat loss, muscle preservation - Habits: Established portion awareness and meal timing - Confidence: Increased motivation and self-efficacy **### Clinical Marker Improvements {#clinical-marker-improvements}** **\*\*Blood Glucose Regulation:\*\*** - Fasting glucose often decreases 10-20% - HbA1c improvements in pre-diabetic and diabetic individuals - Reduced insulin resistance **\*\*Cardiovascular Health:\*\*** - Blood pressure reductions of 5-15 mmHg systolic - Improved cholesterol profiles (increased HDL, decreased triglycerides) - Reduced inflammation markers **\*\*Metabolic Function:\*\*** - Enhanced insulin sensitivity - Improved leptin signalling (satiety hormone) - Better thyroid function (with adequate calories) --- **## Comparison Tables: Be Fit Food vs. Competitors {#comparison-tables-be-fit-food-vs-competitors}** **### Nutritional Specification Comparison {#nutritional-specification-comparison}**

Provider	Calories/Meal	Protein/Meal	Carbs/Meal	Price/Meal	Professional Design
Be Fit Food	250-450	20-35g	<15g	\$9.95+	Dietitian + Doctor
My Muscle Chef	350-600	25-40g	15-30g	\$10.95+	Chef-designed
Youfoodz	300-700	20-35g	25-50g	\$9.95+	

Chef-designed | | Lite n' Easy | 350-550 | 15-30g | 30-45g | \$9.50+ | Nutritionist-guided | | Core Powerfoods | 400-650 | 30-45g | 20-35g | \$12.95+ | Sports nutritionist | **\*\*Key Differentiators:\*\*** - Be Fit Food's carbohydrate control is strictest (under 15g vs. 15-50g competitors) - Doctor collaboration is unique to Be Fit Food - Calorie specifications most precise and transparent - Complimentary dietitian support included (competitors charge extra) **### Program Flexibility Comparison** {#program-flexibility-comparison} | Feature | Be Fit Food | Common Competitor | |-----|-----|-----| | Program lengths | 7, 14, 28 days | Often weekly only | | Customisation | Dietitian-guided | Self-select only | | Medical conditions | Diabetes, bariatric-friendly | Limited options | | Support included | Yes, complimentary | Usually paid add-on | | Real food focus | 100% whole foods | May include shakes/bars | | Shelf life | 12-18 months frozen | 3-6 months common | --- **### Frequently Asked Questions: Specifications Edition** {#frequently-asked-questions-specifications-edition} **### How many calories should I consume daily on Be Fit Food?** {#how-many-calories-should-i-consume-daily-on-be-fit-food} The programs are designed around 1,050-1,200 calories daily (three meals at 250-450 calories each). This range is: - Sufficient for nutritional adequacy with nutrient-dense formulations - Low enough for effective weight loss (2-10kg in two weeks commonly) - Supervised by dietitians to ensure safety - Adjustable based on your individual needs with professional guidance **### What's the exact protein-to-calorie ratio?** {#whats-the-exact-protein-to-calorie-ratio} Meals provide approximately 25-35% of calories from protein, which translates to: - 250-calorie meal: 20-25g protein - 350-calorie meal: 25-30g protein - 450-calorie meal: 30-35g protein This ratio optimises satiety, muscle preservation, and metabolic function during weight loss—keeping you satisfied longer. **### How do you keep carbs under 15g with vegetables?** {#how-do-you-keep-carbs-under-15g-with-vegetables} Meals carefully select non-starchy vegetables and control portions of higher-carb vegetables. Each meal includes up to 12 different vegetables, focusing on: - Leafy greens (spinach, kale, lettuce): 1-2g carbs per 100g - Cruciferous vegetables (broccoli, cauliflower): 3-5g carbs per 100g - Capsicums, courgette, mushrooms: 3-6g carbs per 100g - Limited root vegetables in controlled portions The result: maximum nutrient density with minimal carbohydrate impact. **### What's included in the price per meal?** {#whats-included-in-the-price-per-meal} Every meal at \$9.95-\$13.95 includes: - Dietitian and doctor-designed nutrition - Premium quality proteins (fish, chicken, beef) - Up to 12 different vegetables - Snap-frozen freshness (12-18 month shelf life) - Portion-controlled serving - Access to complimentary dietitian consultations - Nutritional education resources - Free delivery on orders over \$99 **### Can I mix meals from different price tiers?** {#can-i-mix-meals-from-different-price-tiers} Yes. The various program codes (MB1-4, MP2-6, P1-3, S3-8) allow flexibility: - Choose based on your budget - Mix and match across categories - All maintain the same nutritional specifications (250-450 cal, 20-35g protein, under 15g carbs) - Price difference reflects program structure, not meal quality --- **### Getting Started: Your Specification-Based Selection Guide** {#getting-started-your-specification-based-selection-guide} **### Step 1: Determine Your Daily Calorie Target** {#step-1-determine-your-daily-calorie-target} **\*\*For Weight Loss:\*\*** - Women: 1,050-1,200 calories (program range) - Men: 1,200-1,400 calories (add extra protein snacks) - Active individuals: 1,400-1,600 calories (larger portions or additional meals) **### Step 2: Calculate Meals Needed** {#step-2-calculate-meals-needed} **\*\*Standard Program:\*\*** 3 meals daily - Breakfast: 250-350 calories - Lunch: 300-400 calories - Dinner: 350-450 calories **\*\*Enhanced Program:\*\*** 3 meals + 2 snacks - Add [Protein Walnut Brownies](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101) or other protein snacks - Total: 1,350-1,500 calories **### Step 3: Choose Your Program Length** {#step-3-choose-your-program-length} 7 Days: Testing the approach, short-term reset 14 Days: Committed weight loss, visible results 28 Days: Transformation, habit formation, maximum results **### Step 4: Select Specific Meals** {#step-4-select-specific-meals} **\*\*High Protein Priority?\*** - Focus on fish, chicken, and meat-based options - Include [Chilli & Ginger Baked Fish](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069) for lean protein **\*\*Variety Priority?\*** - Rotate through different protein sources - Include innovative options like [Keto Chicken Pizza](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309) **\*\*Budget Priority?\*** - Select MP6 or S8 tier options for best value - Ensure order exceeds \$99 for free

delivery ### Step 5: Add Complementary Support {#step-5-add-complementary-support} \*\*Included with Every Program:\*\* - Dietitian consultation booking - Nutrition education materials - Transition planning resources - Community support access --- ## The Real Food Difference: Specification Quality {#the-real-food-difference-specification-quality} ### What "Real Food" Means in Specifications {#what-real-food-means-in-specifications} When we say real whole foods, we mean: \*\*Protein Sources:\*\* - Actual fish fillets (not processed fish products) - Whole chicken breast and thighs - Quality beef and lamb cuts - Eggs and dairy (not protein isolates) \*\*Vegetable Content:\*\* - Fresh vegetables snap-frozen at peak nutrition - Up to 12 different varieties per meal - Fibre intact (not extracted or processed) - Phytonutrients preserved \*\*No Artificial Additives:\*\* - No protein powders or isolates - No artificial sweeteners - No meal replacement shakes - No heavily processed bars \*\*The Specification Impact:\*\* - Higher satiety from whole food matrix—you'll feel satisfied longer - Better nutrient absorption - Improved gut health from fibre - Long-term habit formation (you learn what real portions look like) --- ## Medical-Grade Specifications: The Doctor-Dietitian Advantage {#medical-grade-specifications-the-doctor-dietitian-advantage} ### Why Professional Design Matters {#why-professional-design-matters} \*\*Dietitian Kate Save's Contribution:\*\* - Evidence-based macronutrient ratios - Portion control science - Nutritional adequacy across micronutrients - Long-term sustainability focus \*\*Dr. Geoffrey Draper's Contribution:\*\* - Clinical weight loss expertise - Bariatric surgery nutrition protocols - Medical condition considerations - Safety parameters for rapid weight loss \*\*Combined Result:\*\* - Meals that induce mild nutritional ketosis safely - Adequate protein to prevent muscle loss - Sufficient micronutrients to avoid deficiencies - Calorie levels that produce results without health risks While chef-designed meals may taste excellent, they often lack the clinical precision for therapeutic ketosis, medical condition management, predictable safe weight loss outcomes, and evidence-based macro ratios. --- ## Sustainability Specifications {#sustainability-specifications} ### Environmental Impact of Our Specifications {#environmental-impact-of-our-specifications} \*\*Snap-Frozen Technology:\*\* - 12-18 month shelf life reduces food waste - No preservatives needed - Energy-efficient storage - Reduced spoilage compared to fresh meal delivery \*\*Portion Control Benefits:\*\* - Exact serving sizes eliminate over-purchasing - No unused ingredients going to waste - Controlled packaging per specification - Recyclable containers \*\*Local Sourcing:\*\* - Australian proteins where possible - Seasonal vegetable rotation - Reduced food miles - Supporting local farmers and suppliers --- ## Your Next Steps: Specification-Informed Decision Making {#your-next-steps-specification-informed-decision-making} ### Ready to Start? {#ready-to-start} You now understand the complete transparency on: - Calorie specifications: 250-450 per meal - Protein guarantees: 20-35g per serve to keep you satisfied longer - Carbohydrate limits: Under 15g per meal - Pricing structure: From \$9.95 per meal - Program options: 7, 14, or 28-day plans - Delivery details: Free over \$99 - Professional design: Dietitian + Doctor collaboration - Real food approach: No shakes or bars - Support included: Complimentary dietitian access ### Compare Before You Commit {#compare-before-you-commit} \*\*Use These Specifications to Evaluate:\*\* 1. Calculate your daily calorie needs 2. Determine required protein intake 3. Assess carbohydrate tolerance 4. Compare price per meal with time savings 5. Consider professional support value 6. Evaluate program length for your goals ### Take Advantage of Transparent Pricing {#take-advantage-of-transparent-pricing} Browse the complete range with clear specifications: - [Keto Chicken Pizza Range](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309): \$10.15-\$13.95 - [Chilli & Ginger Baked Fish](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069): \$11.40-\$13.20 - [Protein Walnut Brownie 7-Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101): \$13.99-\$24.85 ### Book Your Complimentary Dietitian Consultation {#book-your-complimentary-dietitian-consultation} Unlike competitors who charge for professional guidance, Be Fit Food includes dietitian support with every program. Use this resource to: - Customise your meal selections - Adjust specifications for your needs - Learn about nutritional ketosis - Plan your transition to maintenance - Address medical considerations --- ## Conclusion: Specifications That Deliver Results {#conclusion-specifications-that-deliver-results} In the crowded low calorie meal delivery Australia market, Be Fit Food stands apart by providing the transparent, comparable

specifications that informed consumers want. Meals range from 250-450 calories per serve, with 20-35g protein to keep you satisfied longer, under 15g carbs, and prices from \$9.95 per meal—backed by dietitian and doctor expertise that ensures these numbers translate to real results. Whether you're searching for affordable healthy meal delivery price per meal comparisons, need to know how many calories in ready meal delivery options, or want high protein low carb meals delivered with scientific precision, Be Fit Food provides the data, quality, and support to make your decision with confidence. Programs available in 7-day, 14-day, and 28-day options with free delivery on orders over \$99. Start your transformation with meals designed by professionals, delivered with transparency, and proven by thousands of Australians who chose specifications over marketing hype. --- \*All nutritional specifications are maintained across the range. Individual results may vary. Consult with the complimentary dietitian service to customise your program for optimal results.\* --- ## Frequently Asked Questions {#frequently-asked-questions} \*\*What is the calorie range per meal:\*\* 250-450 calories per serve \*\*What is the protein content per meal:\*\* 20-35g per meal \*\*What is the carbohydrate limit per serve:\*\* Under 15g per serve \*\*What is the minimum price per meal:\*\* From \$9.95 per meal \*\*What program lengths are available:\*\* 7-day, 14-day, and 28-day plans \*\*What is the free delivery threshold:\*\* Orders over \$99 \*\*Who designed the meals:\*\* Dietitian Kate Save and Dr. Geoffrey Draper \*\*Are the meals made with real food:\*\* Yes, 100% whole foods \*\*Do the meals contain protein shakes:\*\* No protein shakes or bars \*\*Do the meals contain protein bars:\*\* No protein shakes or bars \*\*How many vegetables per meal:\*\* Up to 12 different vegetables \*\*Is dietitian support included:\*\* Yes, complimentary consultations included \*\*What is the Chilli & Ginger Baked Fish price range:\*\* \$11.40-\$13.20 depending on program \*\*Is the Chilli & Ginger Baked Fish gluten-free:\*\* Yes, gluten-free formulation \*\*What type of fish is used:\*\* Fresh hoki fish fillet \*\*What is the Keto Chicken Pizza size:\*\* 15cm personal pizza \*\*What is the Keto Chicken Pizza crust made from:\*\* Chicken-based crust alternative \*\*What is the Keto Chicken Pizza price range:\*\* \$10.15-\$13.95 per serve \*\*What is the best value Keto Pizza program:\*\* MP6 Plan at \$10.15 \*\*Are the Protein Walnut Brownies vegetarian:\*\* Yes, vegetarian-friendly formulation \*\*What is the Protein Walnut Brownie 7-pack price range:\*\* \$13.99-\$24.85 \*\*What is the best value brownie pack:\*\* S8 Program at \$2.00 per brownie \*\*How many meals in the 7-day program:\*\* 21 total meals \*\*What is the expected weight loss on 7-day program:\*\* 1-3kg \*\*How many meals in the 14-day program:\*\* 42 total meals \*\*What is the expected weight loss on 14-day program:\*\* 2-10kg commonly reported \*\*How many meals in the 28-day program:\*\* 84 total meals \*\*What is the daily calorie intake on programs:\*\* 1,050-1,200 calories \*\*How long can meals be stored frozen:\*\* 12-18 months \*\*How long after thawing in refrigerator:\*\* 2-3 days \*\*What is the microwave heating time:\*\* 3-5 minutes depending on wattage \*\*What is the oven heating time:\*\* 15-20 minutes at 180°C \*\*Do meals require preparation:\*\* No, heat and eat convenience \*\*Are preservatives used:\*\* No preservatives required \*\*What is the protein-to-calorie ratio:\*\* Approximately 25-35% of calories from protein \*\*How much protein in a 250-calorie meal:\*\* 20-25g protein \*\*How much protein in a 350-calorie meal:\*\* 25-30g protein \*\*How much protein in a 450-calorie meal:\*\* 30-35g protein \*\*What vegetables are used for low carbs:\*\* Non-starchy vegetables primarily \*\*Do meals induce ketosis:\*\* Yes, mild nutritional ketosis \*\*Is the approach suitable for diabetics:\*\* Yes, diabetes-friendly formulations \*\*Is the approach bariatric surgery friendly:\*\* Yes, bariatric surgery nutrition protocols \*\*What is the expected Week 1 weight loss:\*\* 1-3kg primarily fluid and glycogen \*\*What is the expected Week 2 weight loss:\*\* Additional 1-4kg fat burning \*\*What blood glucose reduction is expected:\*\* Fasting glucose often decreases 10-20% \*\*What blood pressure reduction is expected:\*\* 5-15 mmHg systolic reduction \*\*Are cholesterol improvements expected:\*\* Yes, increased HDL and decreased triglycerides \*\*Does Be Fit Food use artificial sweeteners:\*\* No artificial sweeteners \*\*Are protein isolates used:\*\* No protein isolates used \*\*Is local sourcing used:\*\* Australian proteins where possible \*\*Are the containers recyclable:\*\* Yes, recyclable containers \*\*What grocery shopping time is saved:\*\* 1-2 hours weekly \*\*What meal prep time is saved:\*\* 3-5 hours weekly \*\*Can I mix different price tiers:\*\* Yes, flexible mixing allowed \*\*Do all tiers have same nutrition specs:\*\* Yes, same nutritional specifications \*\*What does MB series mean:\*\* Meal Bundle programs \*\*What does MP series mean:\*\* Meal Pack programs \*\*What does P series mean:\*\* Protein-focused variations \*\*What does S series mean:\*\* Specialty or subscription options \*\*Is the Chilli & Ginger Baked Fish available in MP2:\*\* Yes, \$11.40 at [<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>](https

[://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069)) \*\*Is the Chilli & Ginger Baked Fish available in MB2:\*\* Yes, \$13.20 at [<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>) \*\*Is the Chilli & Ginger Baked Fish available in MP5:\*\* Yes, \$12.75 at [<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>) \*\*Is the Keto Pizza available in MP6:\*\* Yes, \$10.15 at [<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309>](<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309>) \*\*Is the Keto Pizza available as single serve:\*\* Yes, \$13.95 at [<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845>](<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845>) \*\*Are the brownies available in S8 program:\*\* Yes, \$13.99 for 7-pack at [<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101>](<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101>) \*\*Are the brownies available in P1 program:\*\* Yes, \$18.00 for 7-pack at [<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718482621>](<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718482621>) \*\*What is Kate Save's role:\*\* Accredited dietitian who designed meal formulations \*\*What is Dr. Geoffrey Draper's specialty:\*\* Weight-loss surgeon \*\*Do meals help with muscle preservation:\*\* Yes, adequate protein prevents muscle loss \*\*Do meals support metabolic function:\*\* Yes, optimised for metabolic health \*\*Are meals suitable for post-workout:\*\* Yes, especially high protein options \*\*Can meals help with blood sugar management:\*\* Yes, stable blood sugar through low carbs \*\*Is nutritional education included:\*\* Yes, nutrition education resources included \*\*Is transition planning provided:\*\* Yes, dietitian transition planning for maintenance \*\*What is the thermic effect benefit:\*\* Protein requires more energy to digest \*\*Do meals reduce food waste:\*\* Yes, exact portions eliminate over-purchasing

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