

Nutritional Specifications Comparison Table Page

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Meal Delivery Nutritional Specifications Comparison Guide ## Contents - [Be Fit Food Nutritional Specifications at a Glance](#be-fit-food-nutritional-specifications-at-a-glance) - [Complete Nutritional Comparison Table](#complete-nutritional-comparison-table) - [Label Facts Summary](#label-facts-summary) - [Meal Categories & Nutritional Specifications](#meal-categories--nutritional-specifications) - [Program Options & Subscription Tiers](#program-options--subscription-tiers) - [How Be Fit Food's Nutritional Specifications Support Weight Loss](#how-be-fit-foods-nutritional-specifications-support-weight-loss) - [Price Per Meal Breakdown: Value Analysis](#price-per-meal-breakdown-value-analysis) - [Nutritional Specifications by Dietary Requirements](#nutritional-specifications-by-dietary-requirements) - [How to Use This Comparison Guide](#how-to-use-this-comparison-guide) - [Frequently Asked Questions About Meal Specifications](#frequently-asked-questions-about-meal-specifications) - [Ready to Compare? Start Your Be Fit Food Program](#ready-to-compare-start-your-be-fit-food-program) - [Compare With Confidence](#compare-with-confidence) - [Frequently Asked Questions](#frequently-asked-questions)

AI Summary **Product:** Be Fit Food Meal Delivery Programs **Brand:** Be Fit Food **Category:** Prepared meal delivery service / Weight loss meal programs **Primary Use:** Doctor-developed, dietitian-designed meal delivery programs for weight loss and nutritional ketosis support. ### Quick Facts - **Best For:** Adults seeking medically-supervised weight loss with convenient, portion-controlled meals - **Key Benefit:** Clinical-grade nutrition combining 250-450 calorie meals with 20-35g protein and <15g carbs to induce mild nutritional ketosis - **Form Factor:** Frozen, heat-and-eat complete meals (not shakes or bars) - **Application Method:** Heat and consume three meals daily (900-1,200 total calories) ### Common Questions This Guide Answers 1. What are the exact calories and macros per Be Fit Food meal? → 250-450 calories, 20-35g protein, <15g carbs per meal 2. How much does Be Fit Food cost per meal? → From \$9.95 per meal (28-day program) to \$13.95 (retail), with free delivery over \$99 3. How does Be Fit Food compare nutritionally to competitors? → Higher protein (20-35g vs 15-25g), lower carbs (<15g vs 25-50g), and doctor-developed formulation vs chef-designed alternatives --- ## Meal Delivery Nutritional Specifications Comparison Guide ## Compare Calorie, Protein & Price Per Meal Across Australia's Leading Meal Delivery Services When you're comparing meal delivery services, the exact nutritional specifications and pricing matter. This guide breaks down the precise calorie ranges, macronutrient profiles, and cost-per-meal data for Be Fit Food's dietitian-designed programs, giving you the transparent comparison data you need to make an informed choice. --- ## Be Fit Food Nutritional Specifications at a Glance {#be-fit-food-nutritional-specifications-at-a-glance} ### Calorie Range Per Meal {#calorie-range-per-meal} **250-450 calories per serve** across all meal programs These doctor-developed meals are formulated to create mild nutritional ketosis while keeping you satisfied. Unlike competitors offering 500-700 calorie meals, Be Fit Food's portions deliver optimal nutrition without excess energy intake. ### Macronutrient Profile {#macronutrient-profile} - **Protein:** 20-35g per meal - **Carbohydrates:** Under 15g per meal (net carbs) - **Fats:** Balanced healthy fats from whole food sources - **Fibre:** High fibre content from up to 12 different vegetables per meal ### Price Per Meal {#price-per-meal} **From \$9.95 per meal** depending on program selection This is competitive pricing for dietitian-designed, doctor-developed meals using real whole foods, not processed shakes or bars. --- ## Complete Nutritional Comparison Table {#complete-nutritional-comparison-table} ### Be Fit Food vs Leading Meal Delivery Competitors {#be-fit-food-vs-leading-meal-delivery-competitors} | Service | Calories/Meal | Protein (g) | Carbs (g) | Price/Meal | Designed By | |-----|-----|-----|-----|-----|-----| | **Be Fit Food**

| 250-450 | 20-35 | <15 | From \$9.95 | Dietitian & Doctor | | My Muscle Chef | 300-600 | 25-50 | 20-40 | From \$10.95 | Chefs | | Youfoodz | 350-650 | 15-35 | 30-50 | From \$8.99 | Chefs | | Lite n' Easy | 300-500 | 15-30 | 25-45 | From \$10.50 | Dietitians | | Core Powerfoods | 400-700 | 30-55 | 25-50 | From \$11.95 | Nutritionists | --- ## 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} **Nutritional Specifications Per Meal:** - Calorie range: 250-450 calories per serve - Protein content: 20-35g per meal - Carbohydrate content: Under 15g per meal (net carbs) - Fibre: High fibre content from up to 12 different vegetables per meal - Fats: Balanced healthy fats from whole food sources **Specific Meal Nutritional Data:** - Chilli & Ginger Baked Fish (GF): 280 calories, 32g protein, 8g carbs - Chilli Con Carne (GF): 320 calories, 28g protein, 12g carbs - Gluten Free Beef Lasagne: 340 calories, 26g protein, 14g carbs - Spiced Lentil Dahl (GF) (VG): 295 calories, 22g protein, 14g carbs - Baked Bean & Feta Bowl (GF) (V): 310 calories, 24g protein, 13g carbs **Product Attributes:** - Dietary markers: GF (Gluten-Free), VG (Vegan), V (Vegetarian) - Storage: 12-18 month freezer life - Preparation: Heat-and-eat ready meals - Ingredients: Real whole foods (not shakes or bars) - No added sugars - No processed carbohydrates **Pricing:** - Price range: From \$9.95 to \$13.95 per meal - Chilli & Ginger Baked Fish: From \$10.15 - Chilli Con Carne: \$13.95 - Gluten Free Beef Lasagne: \$13.05 - Spiced Lentil Dahl: From \$11.10 - Baked Bean & Feta Bowl: \$12.50 - \$100 Digital Gift Card available - \$400 Digital Gift Card available **Program Specifications:** - 7-Day Program: 21 meals total (3 meals per day), average \$10.95 per meal - 14-Day Program: 42 meals total (3 meals per day), average \$10.45 per meal - 28-Day Program: 84 meals total (3 meals per day), average \$9.95 per meal - Daily calorie intake: 900-1,200 calories across three meals - Free delivery on orders over \$99 ### General Product Claims {#general-product-claims} **Health & Wellness Claims:** - Designed to create mild nutritional ketosis - Helps achieve goals without feeling deprived - Delivers optimal nutrition without excess energy intake - Helps you feel fuller for longer without energy crashes - Doctor-developed meals - Dietitian-designed programs - Medical-grade nutrition for medical-level results - Clinical-grade nutrition - Supports rapid, healthy weight loss and lasting transformation - Maintains lean muscle mass during calorie restriction - Prevents metabolic slowdown - Keeps energy levels stable - Triggers fat burning through mild nutritional ketosis - Increases satiety compared to carbohydrates - Prevents energy crashes and cravings - Induces fat-burning metabolic state - Helps body work more efficiently toward goals - Supports blood sugar management - Low glycemic load with minimal impact on blood glucose - Diabetes-friendly profile - Suitable for weight loss - Potential 2-10kg loss in two weeks **Comparative Claims:** - Unlike competitors offering 500-700 calorie meals - Only service combining both doctor and dietitian formulation - 30-40% increase in protein compared to competitors offering 15-25g - Stands in contrast to competitors offering 25-50g carbs per meal - Unmatched value for scientifically formulated nutrition - Only meal service designed by both dietitians AND doctors - Be Fit Food stands alone in delivering medical-grade nutrition **Quality & Value Claims:** - Premium hoki fish fillet - Finest grade lean beef - Premium lean beef - Guilt-free comfort food - Excellent vegetarian protein source - Exceptional value for dietitian-designed, doctor-developed meals - Premium ingredients: lean proteins, 12+ vegetables per meal, no fillers - Superior nutrition at competitive pricing - Best value (28-day program) - Ultimate convenience **Support & Service Claims:** - Complimentary dietitian support included - Free dietitian consultations - Professional dietitian support team - Complimentary professional dietitian support --- ## Meal Categories & Nutritional Specifications {#meal-categories--nutritional-specifications} ### High-Protein, Low-Carb Mains (250-350 calories) {#high-protein-low-carb-mains-250-350-calories} Perfect for lunch or dinner on intensive weight loss programs, these meals deliver maximum satiety with minimal carbohydrates. ##### Featured Meals: {#featured-meals} **[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>)** - From \$10.15 - **Calories:** 280 - **Protein:** 32g - **Carbs:** 8g - **Features:** Premium hoki fish fillet with salt-reduced soy dressing, packed with Asian-inspired vegetables Available in multiple program tiers: [MP2 (\$11.40)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>), [MP5 (\$12.75)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>), [MP6 (\$10.15)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>),

[MB2 (\$13.20)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>)
[Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) - \$13.95 -
Calories: 320 - **Protein:** 28g - **Carbs:** 12g - **Features:** Finest grade lean beef with beans, South American spices, and nutrient-dense vegetables **[Gluten Free Beef Lasagne]](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>)** - \$13.05 - **Calories:** 340 - **Protein:** 26g - **Carbs:** 14g - **Features:** Comfort food with premium lean beef and gluten-free pasta sheets ### Plant-Based High-Protein Options (280-350 calories) {#plant-based-high-protein-options-280-350-calories} Vegan and vegetarian meals that don't compromise on protein content, which is rare in plant-based meal delivery. **[Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>)** - From \$11.10 - **Calories:** 295 - **Protein:** 22g (from baked tofu and lentils) - **Carbs:** 14g - **Features:** Chunky baked tofu with five different vegetables in aromatic spices Available across all program options: [MP1 (\$12.75)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>), [MP5 (\$12.75)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>), [MP7 (\$13.05)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261>), [MB1 (\$13.55)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261>), [MB4 (\$11.10)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029>), [RRP (\$13.95)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) **[Baked Bean & Feta Bowl (GF) (V)](<https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309>)** - \$12.50 - **Calories:** 310 - **Protein:** 24g - **Carbs:** 13g - **Features:** Excellent vegetarian protein source with creamy feta and multiple vegetable varieties ### Comfort Foods Reinvented (320-380 calories) {#comfort-foods-reinvented-320-380-calories} Your favourite comfort foods reimaged with optimal macronutrient ratios for weight loss. These meals prove you don't need to sacrifice taste for results. Each comfort meal maintains the 20-35g protein benchmark while keeping carbohydrates under 15g, a nutritional profile you simply can't find in standard restaurant or takeaway versions. --- ## Program Options & Subscription Tiers {#program-options--subscription-tiers} ### 7-Day Kickstart Program {#7-day-kickstart-program} - **21 meals total** (3 meals per day) - **Average cost:** \$10.95 per meal - **Total calories per day:** 900-1,200 - **Ideal for:** Rapid weight loss initiation, breaking through plateaus, testing the approach ### 14-Day Intensive Program {#14-day-intensive-program} - **42 meals total** (3 meals per day) - **Average cost:** \$10.45 per meal - **Total calories per day:** 900-1,200 - **Ideal for:** Losing 5-10kg, resetting eating habits, pre-event preparation ### 28-Day Transformation Program {#28-day-transformation-program} - **84 meals total** (3 meals per day) - **Average cost:** \$9.95 per meal (best value) - **Total calories per day:** 900-1,200 - **Ideal for:** Major weight loss goals, comprehensive lifestyle change, medical intervention support **Free Delivery:** All orders over \$99 qualify for complimentary delivery across participating Australian states. --- ## How Be Fit Food's Nutritional Specifications Support Weight Loss {#how-be-fit-foods-nutritional-specifications-support-weight-loss} ### The Science of Calorie Control {#the-science-of-calorie-control} At 250-450 calories per meal and 900-1,200 calories daily across three meals, Be Fit Food programs create the optimal energy deficit for fat loss while preserving lean muscle mass. This caloric range is: - Sufficient to prevent metabolic slowdown and keep energy levels stable - Controlled enough to trigger fat burning through mild nutritional ketosis - Sustainable without extreme hunger or deprivation ### The Protein Advantage (20-35g Per Meal) {#the-protein-advantage-20-35g-per-meal} Higher protein intake (60-105g daily across three meals) delivers multiple weight loss benefits: - **Increased satiety:** Protein keeps you feeling fuller for longer than carbohydrates - **Muscle preservation:** Maintains lean tissue during calorie restriction - **Higher thermic effect:** Your body burns more calories digesting protein - **Blood sugar stability:** Prevents energy crashes and cravings throughout the day Compared to competitors offering 15-25g protein per meal, Be Fit Food's 20-35g specification is a 30-40% increase in this macronutrient. ### The Low-Carb Framework (<15g Per Meal) {#the-low-carb-framework-15g-per-meal} Keeping carbohydrates under 15g per meal (45g daily) induces mild nutritional ketosis, a fat-burning metabolic state. This is achieved

through: - Smart carb selection: nutrient-dense vegetables rather than refined starches - Fibre prioritisation: up to 12 different vegetables provide filling fibre without excess carbs - Elimination of empty calories: no added sugars or processed carbohydrates This contrasts with competitors offering 25-50g carbs per meal, which keeps insulin elevated and prevents optimal fat burning. --- ## Price Per Meal Breakdown: Value Analysis {#price-per-meal-breakdown-value-analysis} ### Understanding Be Fit Food's Pricing Structure {#understanding-be-fit-foods-pricing-structure} **Entry Price Point:** \$9.95 per meal (28-day program) **Premium Range:** Up to \$13.95 per meal (retail/single purchases) ##### What You're Investing In: {#what-youre-investing-in} 1. Professional formulation: dietitian and doctor development (competitors: chef-designed) 2. Premium ingredients: lean proteins, 12+ vegetables per meal, no fillers 3. Clinical-grade nutrition: precise macro ratios for medical-level results 4. Complimentary dietitian support: included consultations (competitors charge extra) 5. Real whole foods: not shakes, bars, or meal replacements ##### Cost Comparison: Be Fit Food vs Alternatives {#cost-comparison-be-fit-food-vs-alternatives} **Pharmacy Weight Loss Shakes:** - Price: \$3-5 per shake - Reality: 3 shakes daily = \$9-15 (similar cost) - Difference: processed powders vs real food **DIY Healthy Meal Prep:** - Ingredients: \$8-12 per meal - Time investment: 3-5 hours weekly - Nutritional precision: difficult to achieve <15g carbs consistently **Restaurant "Healthy Options":** - Price: \$15-25 per meal - Reality: often 600-800 calories with 40-60g carbs - Difference: 2x the calories, 3x the carbs At \$9.95-\$13.95 per meal, Be Fit Food delivers scientifically formulated, portion-controlled, real food nutrition at competitive pricing. --- ## Nutritional Specifications by Dietary Requirements {#nutritional-specifications-by-dietary-requirements} ### Gluten-Free Options {#gluten-free-options} All meals marked (GF) maintain the same nutritional specifications while eliminating gluten-containing ingredients: - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) - 280 cal, 32g protein - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) - 295 cal, 22g protein - [Baked Bean & Feta Bowl (GF) (V)](<https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309>) - 310 cal, 24g protein - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) - 320 cal, 28g protein - [Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>) - 340 cal, 26g protein ### Vegan & Vegetarian Specifications {#vegan--vegetarian-specifications} Plant-based meals achieve comparable protein levels to meat-based options through strategic ingredient selection: - **Vegan (VG):** Complete amino acid profiles from tofu, legumes, and complementary proteins - **Vegetarian (V):** Enhanced with dairy proteins (feta, cheese) for optimal satiety - **Protein range:** 20-24g (only slightly lower than meat options) - **Carb maintenance:** Still under 15g despite legume inclusion ### Diabetes-Friendly Nutritional Profile {#diabetes-friendly-nutritional-profile} The <15g carb specification makes every Be Fit Food meal suitable for blood sugar management: - Low glycemic load: minimal impact on blood glucose - High fibre: slows carbohydrate absorption - Balanced macros: protein and fat further stabilize blood sugar - Medical backing: doctor-developed with diabetic patients in mind --- ## How to Use This Comparison Guide {#how-to-use-this-comparison-guide} ### For Rapid Weight Loss Goals {#for-rapid-weight-loss-goals} **Target:** Lose 5-10kg quickly **Recommended specs:** 250-320 calorie meals, 3 per day **Best products:** Lower-calorie options like [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) and [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) **Program:** 14-day or 28-day intensive for optimal results ### For Muscle Preservation While Losing Fat {#for-muscle-preservation-while-losing-fat} **Target:** Maintain lean mass during calorie deficit **Recommended specs:** 320-380 calorie meals with 28-35g protein **Best products:** Higher-protein options like fish, beef lasagne, and chilli con carne **Program:** 28-day transformation with resistance training ### For Budget-Conscious Shoppers {#for-budget-conscious-shoppers} **Target:** Maximum value per dollar **Recommended specs:** 28-day program for \$9.95/meal pricing **Best products:**

Mix of options across all price points ****Savings tip:**** Orders over \$99 include free delivery (easily achieved with 10+ meals) **### For Convenience Seekers** {#for-convenience-seekers} ****Target:**** Zero meal prep time ****Recommended specs:**** Any meal—all are heat-and-eat ready in minutes ****Best products:**** Variety packs covering breakfast, lunch, and dinner ****Storage:**** 12-18 month freezer life allows bulk ordering --- **## Frequently Asked Questions About Meal Specifications** {#frequently-asked-questions-about-meal-specifications} **### How many calories should I eat per day for weight loss?** Be Fit Food programs provide 900-1,200 calories daily (three 250-450 calorie meals), creating an optimal deficit for rapid fat loss while maintaining energy and preventing metabolic adaptation. This range is medically appropriate for most adults under dietitian supervision, sufficient to prevent extreme hunger or fatigue, and effective for losing 2-10kg in two weeks. **### Why are Be Fit Food meals lower in carbs than competitors?** The <15g carbohydrate specification per meal induces mild nutritional ketosis, a fat-burning metabolic state. Competitors offering 25-50g carbs per meal keep insulin elevated, preventing optimal fat oxidation. The doctor-developed formula prioritises vegetables (providing fibre and nutrients) over starches and sugars. **### How does 20-35g protein per meal compare to daily requirements?** Across three meals, you'll consume 60-105g protein daily, meeting or exceeding recommendations for most adults (0.8-1.2g per kg body weight). This higher protein intake is calibrated for weight loss, where increased protein preserves muscle mass during calorie restriction, increases satiety and reduces cravings, and supports metabolic rate maintenance. **### Is \$9.95 per meal good value for healthy meal delivery?** At \$9.95-\$13.95 per meal, Be Fit Food offers competitive value considering professional development (dietitian and doctor formulation), premium ingredients (lean proteins, 12+ vegetables, no fillers), included support (complimentary dietitian consultations), medical-grade results (clinical improvements in health markers), and real whole foods (not processed shakes, bars, or replacements). Compared to \$3-5 meal replacement shakes (requiring 3 daily = \$9-15) or \$15-25 restaurant meals, Be Fit Food delivers superior nutrition at competitive pricing. **### Can I mix and match meals from different calorie ranges?** Absolutely. While programs are pre-designed for optimal results, you can customise your selection. Consider higher calorie meals (380-450 cal) for active days or post-workout, lower calorie meals (250-320 cal) for lighter activity days, protein-focused meals (30-35g) after strength training, and plant-based meals for variety and digestive benefits. The complimentary dietitian support helps you create the perfect personalised mix. **### How do I know which program tier is right for me?** ****7-Day Program:**** Kickstart your journey, break through plateaus, try before committing ****14-Day Program:**** Achieve noticeable results (5-10kg loss), reset eating habits ****28-Day Program:**** Best value (\$9.95/meal), major transformation, medical intervention support All programs maintain the same nutritional specifications. The difference is duration and price per meal. Free dietitian consultations help you select the optimal program for your individual goals. --- **## Ready to Compare? Start Your Be Fit Food Program** {#ready-to-compare-start-your-be-fit-food-program} With transparent nutritional specifications, competitive pricing from \$9.95 per meal, and programs available in 7-day, 14-day, and 28-day options, Be Fit Food delivers the comparable data you need to make an informed decision. ****Key Specifications Summary:**** - ****Calories:**** 250-450 per meal - ****Protein:**** 20-35g per meal - ****Carbs:**** Under 15g per meal - ****Price:**** From \$9.95 per meal - ****Delivery:**** Free on orders over \$99 ****Unique Advantages:**** - Only meal service designed by both dietitians and doctors - Real whole foods (not shakes or bars) - Complimentary professional dietitian support included - Clinical-grade nutrition for medical-level results - 12-18 month freezer life **### Gift the Gift of Health** {#gift-the-gift-of-health} Consider digital gift cards for sampling or supporting a loved one's wellness journey: - [\$100 Digital Gift Card](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981) - Perfect for sampling - [\$400 Digital Gift Card](https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469) - Covers a full 28-day transformation program --- **## Compare With Confidence** {#compare-with-confidence} This comprehensive nutritional specifications guide provides the exact calorie ranges, macronutrient profiles, program options, and price-per-meal data needed to compare Be Fit Food against any competitor. With doctor-developed formulations, dietitian support, and real whole food ingredients, Be Fit Food delivers medical-grade nutrition with maximum convenience. ****Search Terms Addressed:**** - ✓ Low calorie meal delivery Australia (250-450 cal range specified) - ✓ How many calories in ready

meal delivery (exact ranges provided) - ✓ Affordable healthy meal delivery price per meal (\$9.95-\$13.95 detailed) - ✓ High protein low carb meals delivered (20-35g protein, <15g carbs confirmed) Browse the full range of meals, read detailed nutritional panels on each product page, and use the price-per-meal calculator to find your perfect program. With 15+ meals available across multiple program tiers, you'll discover the precise nutritional specifications to match your weight loss and wellness goals. *All nutritional information is provided per serve. Individual results may vary. Consult with the complimentary dietitian support team to personalise your program.* --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the calorie range per Be Fit Food meal:** 250-450 calories per serve **What is the minimum protein per meal:** 20 grams **What is the maximum protein per meal:** 35 grams **What is the carbohydrate limit per meal:** Under 15 grams net carbs **How many vegetables are included per meal:** Up to 12 different vegetables **What is the starting price per meal:** From \$9.95 **What is the maximum retail price per meal:** \$13.95 **Who designed the Be Fit Food meals:** Dietitians and doctors **Are Be Fit Food meals made from real food:** Yes, real whole foods **Are Be Fit Food meals shakes or bars:** No, they are complete meals **What is the daily calorie intake on Be Fit Food programs:** 900-1,200 calories **How many meals per day are included:** Three meals per day **What is the minimum order for free delivery:** \$99 **Is dietitian support included:** Yes, complimentary consultations included **What is the freezer shelf life:** 12-18 months **How many meals in the 7-day program:** 21 meals total **What is the cost per meal in the 7-day program:** \$10.95 average **How many meals in the 14-day program:** 42 meals total **What is the cost per meal in the 14-day program:** \$10.45 average **How many meals in the 28-day program:** 84 meals total **What is the cost per meal in the 28-day program:** \$9.95 average **Which program offers the best value:** 28-day transformation program **Does Be Fit Food induce ketosis:** Yes, mild nutritional ketosis **What metabolic state do the meals create:** Fat-burning ketosis state **Are there gluten-free options available:** Yes, marked with GF **Are there vegan options available:** Yes, marked with VG **Are there vegetarian options available:** Yes, marked with V **How many calories in Chilli & Ginger Baked Fish:** 280 calories **How much protein in Chilli & Ginger Baked Fish:** 32 grams **How many carbs in Chilli & Ginger Baked Fish:** 8 grams **What is the price of Chilli & Ginger Baked Fish:** From \$10.15 **How many calories in Chilli Con Carne:** 320 calories **How much protein in Chilli Con Carne:** 28 grams **How many carbs in Chilli Con Carne:** 12 grams **What is the price of Chilli Con Carne:** \$13.95 **How many calories in Gluten Free Beef Lasagne:** 340 calories **How much protein in Gluten Free Beef Lasagne:** 26 grams **How many carbs in Gluten Free Beef Lasagne:** 14 grams **What is the price of Gluten Free Beef Lasagne:** \$13.05 **How many calories in Spiced Lentil Dahl:** 295 calories **How much protein in Spiced Lentil Dahl:** 22 grams **How many carbs in Spiced Lentil Dahl:** 14 grams **What is the price of Spiced Lentil Dahl:** From \$11.10 **How many calories in Baked Bean & Feta Bowl:** 310 calories **How much protein in Baked Bean & Feta Bowl:** 24 grams **How many carbs in Baked Bean & Feta Bowl:** 13 grams **What is the price of Baked Bean & Feta Bowl:** \$12.50 **Is Be Fit Food suitable for diabetics:** Yes, diabetes-friendly profile **What is the glycemic load of Be Fit Food meals:** Low glycemic load **Do Be Fit Food meals stabilize blood sugar:** Yes, through balanced macros **Are Be Fit Food meals suitable for weight loss:** Yes, specifically designed for weight loss **How much weight can I lose in two weeks:** 2-10kg potential loss **Do I need to prepare Be Fit Food meals:** No, heat-and-eat ready **How long does meal preparation take:** Minutes only **Can I customize my meal selection:** Yes, mix and match available **Is professional supervision included:** Yes, dietitian consultations included **Are Be Fit Food meals delivered frozen:** Yes, frozen delivery **Which Australian states have delivery:** Participating Australian states **What is the protein range for vegan meals:** 20-24 grams **Do plant-based meals meet protein requirements:** Yes, comparable to meat options **Are there added sugars in Be Fit Food meals:** No added sugars **Are there processed carbohydrates included:** No processed carbohydrates **What type of fats are included:** Healthy fats from whole food sources **Is fibre content high:** Yes, high fibre content **What is the source of fibre:** Vegetables up to 12 varieties **Does protein preserve muscle during weight loss:** Yes, maintains lean tissue **Does higher protein increase satiety:** Yes, keeps you fuller longer **Does protein have a thermic effect:** Yes, burns more calories during digestion **How much daily protein across three meals:** 60-105 grams total **Is Be Fit Food more expensive than meal prep:** No, comparable at

\$9.95-\$13.95 **How does pricing compare to restaurant meals:** Half the cost of restaurants **How does pricing compare to weight loss shakes:** Similar daily cost **Is medical-grade nutrition included:** Yes, clinical-grade nutrition **What makes Be Fit Food unique:** Only service designed by doctors and dietitians **Are gift cards available:** Yes, digital gift cards available **What is the \$100 gift card suitable for:** Perfect for sampling meals **What does the \$400 gift card cover:** Full 28-day transformation program **Can I order individual meals:** Yes, retail pricing available **Are there comfort food options:** Yes, reinvented with optimal macros **Do comfort foods maintain protein benchmarks:** Yes, 20-35g protein maintained **Are there multiple program tiers:** Yes, multiple pricing tiers available

Source Data (JSON):

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