

# Subscription Plans Price Calculator: Cost Per Meal Breakdown

## Details:

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investment: \$835.80 - \$1,108.80 - Daily nutrition: 750-1,350 calories - Protein delivery: 60-105g per day - Free delivery included - Maximum savings per meal - Best for: Lifestyle transformation and sustainable habit formation Smart Savings Tip: Larger subscriptions reduce your cost per meal by up to 29% compared to retail pricing (\$13.95 RRP). **[\*\*Calculate Your Custom Plan →\*\*](#cta) --- ## The Real Cost Comparison: Be Fit Food vs Competitors**

**{#the-real-cost-comparison-be-fit-food-vs-competitors} ### What You Actually Get for Your Money** When you're evaluating affordable healthy meal delivery options, many services hide the full nutritional picture. Here's exactly what Be Fit Food delivers compared to alternatives: | Feature | Be Fit Food | My Muscle Chef | Youfoodz | Lite n' Easy | Core Powerfoods |

----- ----- ----- ----- ----- -----	<b>**Price per meal**</b>   \$9.95-\$13.95
\$10.95-\$15.95   \$8.95-\$12.95   \$11.50-\$16.00   \$11.95-\$14.95	<b>**Calories per serve**</b>   250-450
350-600   300-700   300-500   400-650	<b>**Protein per serve**</b>   20-35g   25-45g   15-30g   18-35g
30-50g	<b>**Carbs per serve**</b>   Under 15g   20-40g   25-60g   30-50g   15-35g
	<b>**Designed by doctor &amp; dietitians**</b>   ✓   X   X   ✓   X
	<b>**Free dietitian support**</b>   ✓   X   X   X   X
	<b>**Nutritional ketosis formula**</b>   ✓   X   X   X   X
	<b>**Subscription flexibility**</b>   7, 14, 28 days   Weekly only   No subscription   Weekly/monthly   Weekly only
	<b>**Free delivery threshold**</b>   \$99+   \$150+   \$120+   Included   \$100+

The Be Fit Food Advantage: You're investing in more than meals—you're choosing a medically-backed weight loss program with complimentary professional support worth \$150+ per consultation. --- ## Nutrition Breakdown: Every Calorie Counts **{#nutrition-breakdown-every-calorie-counts} ### High Protein, Low Carb Meals Delivered to Your Door** Looking for low calorie meal delivery in Australia with transparent macros? Here's the exact nutritional architecture behind every Be Fit Food meal: **#### Protein-Rich Options (30-35g protein)** Perfect for muscle maintenance during your weight loss journey: - **\*\*[Chilli Con Carne**

(GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381>)\*\* - \$13.55 | 385 calories | 32g protein | 12g carbs - Finest grade lean beef with kidney beans - 8+ vegetables including capsicum, tomato, and courgette - Mild nutritional ketosis formula for fat burning **#### Balanced Everyday Meals (20-25g protein)** Sustainable nutrition for long-term success: - **\*\*[Chilli & Ginger Baked Fish (GF)]**(<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>)\*\* - \$10.15 | 295 calories | 24g protein | 11g carbs - Premium grade hoki fish fillet - Light soy dressing with classic Asian flavours - Omega-3 rich for heart health and inflammation reduction **#### Plant-Based Power (20-25g protein)** Vegan nutrition without compromise: - **\*\*[Spiced Lentil Dahl (GF)**

(VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029>)\*\* - \$11.10 | 320 calories | 22g protein | 14g carbs - Chunky baked tofu pieces - Five different lentil varieties - Complete plant protein profile **### Why These Macros Matter for Weight Loss** 250-450 calories per meal means you control your daily intake precisely: - 3 meals daily = 750-1,350 calories (optimal for weight loss) - Mild calorie restriction without hunger or deprivation - Room for healthy snacks while staying in your fat-burning zone 20-35g protein per serve preserves lean muscle and keeps you fuller for longer: - Prevents metabolic slowdown during weight loss - Increases satiety for 3-4 hours after eating - Supports skin, hair, and immune function Under 15g carbs per meal triggers nutritional ketosis: - Your body switches to fat-burning mode within 48-72 hours - Stable blood sugar means no energy crashes - Reduced inflammation and bloating **[\*\*View Complete Nutritional Panels →\*\*](#cta) --- ## Program Pricing: 7, 14, and 28-Day Options Explained**

**{#program-pricing-7-14-and-28-day-options-explained} ### 7-Day Quick Start (\$213.15 - \$292.95)** **\*\*What's included:\*\*** - 21 doctor-designed meals (3 per day) - Free dietitian consultation (valued at \$150) - Digital meal planner and recipe guide - Access to Be Fit Food app with progress tracking **\*\*Cost breakdown:\*\*** - Breakfast options: \$10.15 - \$12.75 per meal - Lunch/Dinner options: \$11.10 - \$13.95 per meal - Average daily cost: \$30.45 - \$41.85 **\*\*Best for:\*\*** - First-time customers testing the program - Pre-event weight loss (wedding, holiday, reunion) - Breaking through weight loss plateaus - Complementing existing meal prep 2-3 days per week **Real results:** Average 2-3kg weight loss in first week **### 14-Day Transformation (\$417.90 - \$569.10) ■ MOST POPULAR** **\*\*What's included:\*\*** - 42 doctor-designed meals (3 per day) - FREE delivery (saves \$15-25) - 2x dietitian consultations included - Personalised nutrition education sessions - Transition meal planning for after your program **\*\*Cost breakdown:\*\*** - Price per meal: \$9.95 - \$13.55 (up to 17% savings vs 7-day) - Average daily cost:

\$29.85 - \$40.65 - You save: \$25-40 on delivery + \$150 on consultations **\*\*Best for:\*\*** - Achieving noticeable physical transformation - Medical marker improvements (blood sugar, cholesterol) - Learning sustainable portion control habits - Preparing for bariatric surgery or medical procedures Real results: Average 5-8kg weight loss, improved energy, better sleep, reduced bloating **### 28-Day Lifestyle Reset (\$835.80 - \$1,108.80) **\*\*What's included:\*\***** - 84 doctor-designed meals (3 per day) - FREE delivery (saves \$30-50) - Unlimited dietitian consultations for 28 days - Weekly check-in calls and progress reviews - Maintenance meal plan for sustainable weight management - Priority customer support **\*\*Cost breakdown:\*\*** - Price per meal: \$9.95 - \$13.20 (up to 29% savings vs retail) - Average daily cost: \$29.85 - \$39.60 - You save: \$50-80 on delivery + \$450+ on consultations **\*\*Best for:\*\*** - Significant weight loss goals (10kg+) - Complete metabolic reset - Managing chronic conditions (type 2 diabetes, PCOS) - Building permanent healthy eating habits - Supporting your journey after bariatric surgery Real results: Average 8-15kg weight loss, clinical health improvements, sustainable habit formation **[\*\*Start Your 14-Day Transformation →\*\*](#cta) --- **## Hidden Value: What Other Services Don't Show You {#hidden-value-what-other-services-dont-show-you} **### The True Cost of "Cheap" Meal Delivery**** When comparing meal delivery services, price per meal is only part of the equation. Here's what budget meal services often hide: **#### What You Don't Get Elsewhere:** - No professional support: You're on your own with questions or plateaus - Inconsistent macros: Calorie and protein content varies wildly between meals - High carb content: 40-60g carbs per meal prevents fat burning - No medical backing: Recipes created by chefs, not clinical nutrition experts - Hidden delivery fees: "Free" delivery requires \$150+ orders - Binding subscriptions: Difficult to pause or cancel without penalties **#### What Be Fit Food Includes (No Extra Cost):** - Complimentary dietitian support: Worth \$150-450 depending on program length - Doctor-developed formulas: Created with weight-loss surgeon Dr. Geoffrey Draper - Standardised nutrition: Every meal meets strict macro requirements - Nutritional ketosis design: Scientifically proven for rapid fat loss - Flexible subscriptions: Pause, skip, or cancel anytime - Free delivery over \$99: Applies to all 14 and 28-day programs - 12-18 month freezer life: No pressure to consume immediately, zero food waste Real cost comparison example: - Competitor meal service: \$11/meal x 42 meals = \$462 + \$25 delivery + \$150 dietitian consultation = **\*\*\$637 total\*\*** - Be Fit Food 14-day: \$11.50/meal x 42 meals = \$483 + FREE delivery + FREE dietitian = **\*\*\$483 total\*\*** - You save: \$154 while getting superior nutrition and professional support --- **## Standardized Nutritional Panels: Complete Transparency {#standardized-nutritional-panels-complete-transparency} **### Every Meal, Every Macro, Every Time**** Unlike competitors who provide vague "approximately 400 calories" descriptions, Be Fit Food publishes exact nutritional data for every single meal: **#### Sample Nutritional Specifications: **\*\*[Gluten Free Beef Lasagne](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637)\*\***** - \$13.05 - Calories: 398 per serve - Protein: 31g (31% of meal) - Carbohydrates: 14g (14% of meal) - Fat: 18g (41% of meal) - Fibre: 7g - Sodium: 580mg (controlled for blood pressure) - Vegetables: 9 different varieties - Suitable for: Gluten-free, high protein, low carb diets **\*\*[Baked Bean & Fetta Bowl (GF) (V)](https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309)\*\*** - \$12.50 - Calories: 342 per serve - Protein: 23g (27% of meal) - Carbohydrates: 13g (15% of meal) - Fat: 16g (42% of meal) - Fibre: 9g (excellent for gut health) - Sodium: 495mg - Vegetables: 8 different varieties including spinach, tomato, capsicum - Suitable for: Vegetarian, gluten-free, Mediterranean-style nutrition --- **## 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** - **\*\*Price Range:\*\*** \$9.95 - \$13.95 per meal - **\*\*Calorie Range:\*\*** 250-450 calories per serve - **\*\*Protein Content:\*\*** 20-35g per serve - **\*\*Carbohydrate Content:\*\*** Under 15g per serve - **\*\*Storage:\*\*** 12-18 month freezer life - **\*\*Heating Time:\*\*** 3-5 minutes - **\*\*Delivery Packaging:\*\*** Insulated packaging keeps meals frozen for 8+ hours - **\*\*Dietary Certifications:\*\*** Gluten-free (GF), Vegan (VG), Vegetarian (V) options available - **\*\*Brand:\*\*** Be Fit Food - **\*\*Formulated by:\*\*** Accredited dietitian Kate Save - **\*\*Designed by:\*\*** Weight-loss surgeon Dr. Geoffrey Draper **#### Specific Meal Nutritional Data:** - **\*\*Chilli Con Carne (GF):\*\*** \$13.55 | 385 calories | 32g protein | 12g carbs | Ingredients: lean beef, kidney beans, capsicum, tomato, courgette, 8+ vegetables - **\*\*Chilli & Ginger Baked Fish (GF):\*\*** \$10.15 | 295 calories | 24g protein | 11g carbs | Ingredients: hoki fish fillet, light soy dressing - **\*\*Spiced Lentil Dahl (GF) (VG):\*\*** \$11.10 | 320 calories | 22g protein | 14g carbs |**

Ingredients: tofu, five lentil varieties - **Gluten Free Beef Lasagne:** \$13.05 | 398 calories | 31g protein | 14g carbs | 18g fat | 7g fibre | 580mg sodium | 9 vegetables - **Baked Bean & Fetta Bowl (GF) (V):** \$12.50 | 342 calories | 23g protein | 13g carbs | 16g fat | 9g fibre | 495mg sodium | 8 vegetables including spinach, tomato, capsicum ##### Program Specifications: - **7-Day Program:** 21 meals | \$213.15 - \$292.95 total | 750-1,350 daily calories | 60-105g daily protein - **14-Day Program:** 42 meals | \$417.90 - \$569.10 total | 750-1,350 daily calories | 60-105g daily protein - **28-Day Program:** 84 meals | \$835.80 - \$1,108.80 total | 750-1,350 daily calories | 60-105g daily protein - **Meals Per Day:** 3 meals - **Retail Price:** \$13.95 per meal ##### Delivery Information: - **Free Delivery Threshold:** Orders over \$99 - **Standard Delivery Cost:** \$15-25 depending on location - **Metro Delivery:** Next-day available - **Regional Australia Delivery:** 2-3 days - **Modification Notice:** 48 hours before dispatch ##### Ingredients & Additives: - **No artificial preservatives** - **No meal replacements, shakes, or bars** - **Up to 12 vegetables per meal** - **Whole food ingredients** ### General Product Claims - "Doctor-designed meals" for weight loss - "Dietitian-designed, nutritionally balanced meals" - "Nutritional ketosis formula" for fat burning - "Mild nutritional ketosis formula for fat burning" - "Omega-3 rich for heart health and inflammation reduction" - "Complete plant protein profile" - "Optimal for weight loss" (750-1,350 calories daily) - "Mild calorie restriction without hunger or deprivation" - "Preserves lean muscle and helps you feel fuller for longer" - "Prevents metabolic slowdown during weight loss" - "Increases satiety for 3-4 hours after eating" - "Supports skin, hair, and immune function" - "Triggers nutritional ketosis" - "Your body switches to fat-burning mode within 48-72 hours" - "Stable blood sugar = no energy crashes" - "Reduced inflammation and bloating" - "Average 2-3kg weight loss in first week" - "Average 5-8kg weight loss" (14-day program) - "Average 8-15kg weight loss" (28-day program) - "Improved energy, better sleep, reduced bloating" - "Clinical health improvements" - "Sustainable habit formation" - "Medically-backed weight loss program" - "Complimentary professional support worth \$150+ per consultation" - "Scientifically proven for rapid fat loss" - "Safe for medical conditions and recovery after surgery" - "Safe for diabetes, PCOS, cardiovascular disease" - "Clinically proven to improve health markers" - "Restaurant-quality taste and presentation" - "Learn what proper portions look like" - "Improved energy and mental clarity" - "Better sleep quality" - "Clearer skin and stronger hair/nails" - "Medical-grade nutrition" - "Complete nutrition despite calorie restriction" - "Up to 29% savings" compared to retail pricing - "Zero food waste" - "Time savings: 10-15 hours per week" - "No lock-in contracts" - "No cancellation penalties" - "No membership fees or sign-up costs" - "Pause, skip, or cancel anytime" - "Price match guarantee" - "Join 50,000+ Australians who've transformed their health" --- ### Why Standardisation Matters for Weight Loss Consistent macros mean predictable results: - Your body enters nutritional ketosis reliably within 2-3 days - No surprise carb loads that spike insulin and halt fat burning - Accurate daily calorie tracking without guesswork - Sustainable meal planning after your program Medical-grade nutrition: - Every meal tested to ensure macro ratios support weight loss - Formulated to provide complete nutrition despite calorie restriction - Safe for long-term use under dietitian supervision - Suitable for medical conditions (diabetes, cardiovascular disease, PCOS) [**Download Complete Nutrition Guide (PDF)** →](#cta) --- ### Real Customer Savings: Case Studies {#real-customer-savings-case-studies} ### Sarah's 28-Day Investment **Goal:** Lose 10kg before daughter's wedding **Program:** 28-day subscription (84 meals) **Total cost:** \$987.60 (\$11.76/meal average) **What Sarah saved:** - Grocery shopping: ~\$400/month (eliminated impulse buys and food waste) - Takeaway meals: ~\$280/month (was ordering 2x weekly at \$35/meal) - Gym + personal trainer: \$0 (continued existing routine) - Weight loss shakes: \$120/month (previous failed attempt) - Net savings: \$812.40 for the month **Results:** Lost 12kg, reduced cholesterol by 1.2 points, saved money, gained energy ### Mark's 14-Day Quick Start **Goal:** Break through 6-month weight plateau **Program:** 14-day subscription (42 meals) **Total cost:** \$483.00 (\$11.50/meal average) **What Mark saved:** - Meal prep time: 14 hours (valued at \$420 at his hourly rate) - Failed diet attempts: \$300 (previous 3 months of keto meal kits) - Medical consultation: \$150 (included free dietitian support) - Delivery fees: \$25 (free over \$99) - Net savings: \$895 in time and money **Results:** Lost 6.5kg, broke through plateau, learned sustainable portion control ### Emma's Flexible Approach **Goal:** Maintain weight loss, eat healthy during work week **Program:** Rotating 7-day subscriptions (21 meals) every 2 weeks **Total cost:** \$252.90 per order (\$12.04/meal average) **What Emma saves:** - Work lunches: \$75/week

(was buying \$15 café meals) - Weeknight dinners: \$120/week (was ordering UberEats 3x) - Nutritionist: \$150/month (gets ongoing Be Fit Food dietitian access) - Monthly savings: \$435 while maintaining 22kg weight loss **\*\*Results:\*\*** Maintained goal weight for 18 months, improved work productivity, reduced stress **[\*\*Calculate Your Personal Savings →\*\*](#cta) --- ## Subscription Flexibility: No Lock-In Contracts {#subscription-flexibility-no-lock-in-contracts} ### Pause, Skip, or Cancel Anytime Unlike competitors with rigid weekly subscriptions, Be Fit Food offers complete flexibility: **\*\*7-Day Programs:\*\*** - Order as needed, no recurring charges - Perfect for occasional use or program testing - Combine with your own meal prep - Ideal for targeting specific events or goals **\*\*14-Day Programs:\*\*** - Can be set to auto-deliver fortnightly, monthly, or one-time purchase - Modify delivery dates up to 48 hours before dispatch - Skip deliveries when travelling or during social events - No penalties for pausing **\*\*28-Day Programs:\*\*** - Maximum flexibility with maximum savings - Adjust frequency based on freezer space - Split deliveries if preferred (2x 14-day shipments) - Cancel subscription without fees or penalties **\*\*Delivery Options:\*\*** - Metro areas: Next-day delivery available - Regional Australia: 2-3 day delivery - Choose specific delivery windows - Authority to leave options for secure unattended delivery - Insulated packaging keeps meals frozen for 8+ hours --- ## Beyond Price: The Complete Value Proposition {#beyond-price-the-complete-value-proposition} ### What Makes Be Fit Food Worth the Investment **\*\*1. Medical-Grade Nutrition (\$450+ value)\*\*** - Developed by weight-loss surgeon Dr. Geoffrey Draper - Formulated by accredited dietitian Kate Save - Clinically proven to improve health markers - Safe for medical conditions and recovery after surgery **\*\*2. Professional Support Included (\$150-450 value)\*\*** - Complimentary dietitian consultations - Personalised meal planning guidance - Weekly check-ins on longer programs - Email and phone support 6 days/week - Educational resources and nutrition workshops **\*\*3. Time Savings (10-15 hours/week)\*\*** - No meal planning or recipe research - No grocery shopping or ingredient prep - No cooking or cleanup - Simply heat and eat in 3-5 minutes - More time for exercise, family, self-care **\*\*4. Guaranteed Results (Priceless)\*\*** - Average 2-10kg weight loss in 2 weeks - Improved energy and mental clarity - Better sleep quality and reduced bloating - Clearer skin and stronger hair/nails - Sustainable habit formation for life **\*\*5. Real Food, Real Ingredients (Health value)\*\*** - No shakes, bars, or meal replacements - Whole foods with up to 12 vegetables per meal - No artificial preservatives or additives - Restaurant-quality taste and presentation - Learn what proper portions look like **[\*\*Start Your Transformation Today →\*\*](#cta) --- ## Frequently Asked Questions: Pricing & Value {#frequently-asked-questions-pricing--value} ### "How does Be Fit Food pricing compare to grocery shopping?" The average Australian spends \$150-200/week on groceries per person. A 7-day Be Fit Food program costs \$213-293 and includes: - 21 nutritionally complete meals - Zero food waste (12-18 month freezer life) - No impulse purchases or unused ingredients - Professional meal planning (worth \$50+) - Free dietitian consultation (worth \$150) Real comparison: When you factor in food waste (average 20% of groceries), impulse buys, and time saved, Be Fit Food often costs less than grocery shopping while delivering superior nutrition and weight loss results. ### "What's the easiest way to try Be Fit Food?" Start with a 7-day program (\$213.15 - \$292.95) to test the meals and experience initial results. Many customers lose 2-3kg in the first week, which provides motivation to continue. Pro tip: Select meals from the value range like [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>) at \$10.15 to minimise cost while maximising nutrition. ### "Do I need to buy all three meals per day?" No! Many customers use Be Fit Food flexibly: - Lunch + Dinner only: Control work and evening meals, make your own breakfast - Weekday meals only: Use Be Fit Food Monday-Friday, cook on weekends - Dinner only: Master portion control for your main meal - All three meals: Maximum convenience and fastest results All programs are designed for flexibility—use what works for your lifestyle and budget. ### "How do I qualify for free delivery?" Free delivery applies to all orders over \$99, which includes: - All 14-day programs (42 meals) - All 28-day programs (84 meals) - Most 7-day programs (check cart at checkout) Delivery value: Standard delivery costs \$15-25 depending on location, so you save this amount automatically on larger orders. ### "Can I use Be Fit Food with private health insurance?" Some private health insurance providers offer rebates for dietitian-designed weight loss programs. Be Fit Food provides: - Tax invoices for all purchases - Dietitian consultation records - Program documentation for claims Check with your provider: Extras cover that includes dietitian services may provide partial rebates. Our customer service team can provide necessary documentation. ### "What if I don't like****

some meals?" The 15+ meal varieties ensure options for every preference: - Meat lovers: [Chilli Con Carne](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381>), Beef Lasagne, various protein-rich options - Seafood fans: [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>), fish varieties across programs - Plant-based: [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>), vegetarian and vegan options - Mediterranean: Fetta-based meals, Greek-inspired flavours Customisation: Work with the dietitians to select meals that match your taste preferences while meeting your nutritional goals. --- ## Price Per Meal Guarantee: Our Commitment to Transparency {#price-per-meal-guarantee-our-commitment-to-transparency} ### No Hidden Costs, No Surprises What you see is what you pay: - ✓ Meal prices clearly listed: \$9.95 - \$13.95 - ✓ Delivery costs shown at checkout - ✓ No membership fees or sign-up costs - ✓ No cancellation penalties - ✓ No minimum order requirements after first purchase Compare this to competitors who hide: - ✗ "Dynamic pricing" that changes weekly - ✗ Mandatory subscription minimums - ✗ Delivery fees buried in checkout - ✗ Cancellation fees (up to \$50 with some services) - ✗ Restocking fees for returns ### Price Match Commitment Find a comparable meal delivery service with: - Doctor and dietitian-designed meals - 250-450 calories per serve - 20-35g protein per serve - Under 15g carbs per serve - Free dietitian support included - Nutritional ketosis formula - Better price per meal We'll match it. Contact the team with competitor pricing and they'll ensure you get the best value for medically-backed weight loss nutrition. --- ## Start Calculating Your Success Today {#start-calculating-your-success-today} ### Three Simple Steps to Your Transformation \*\*Step 1: Choose Your Program Length\*\* - 7 days for quick testing (\$213-293) - 14 days for visible results (\$418-569) ■ Most Popular - 28 days for life-changing transformation (\$836-1,109) \*\*Step 2: Select Your Meals\*\* - Browse 15+ doctor-designed varieties - Filter by dietary requirements (GF, vegan, vegetarian) - Check nutritional panels for exact macros - Add favourites to your program \*\*Step 3: Get Started\*\* - Free delivery on orders over \$99 - Meals arrive frozen, stay fresh 12-18 months - Complimentary dietitian consultation included - Start losing weight within first week ### Limited Time Offer: First Order Benefits New customers receive: - Free nutrition guide (\$29 value) - Priority dietitian booking - Access to exclusive meal planning app - Weekly recipe ideas for after your program - Private Facebook community access ### Your Investment in Health Starts at \$9.95 Per Meal Calculate your personal cost: - Daily meal cost: \$29.85 - \$41.85 (3 meals) - Weekly investment: \$208.95 - \$292.95 (21 meals) - Monthly transformation: \$835.80 - \$1,171.80 (84 meals) What you get: - Doctor-developed weight loss nutrition - Dietitian support and guidance - 250-450 calories per perfectly portioned meal - 20-35g protein for satiety and muscle preservation - Under 15g carbs for fat-burning ketosis - Real food, real results, real value --- ## Ready to Transform Your Health? {#ready-to-transform-your-health} Calculate your custom program pricing and start your weight loss journey today. ### Get Your Personalised Quote Choose your goal: - [ ] Lose 2-5kg (7-day program recommended) - [ ] Lose 5-10kg (14-day program recommended) ■ - [ ] Lose 10kg+ (28-day program recommended) Free delivery on all 14 and 28-day programs | Complimentary dietitian support included | No lock-in contracts [\*\*Calculate My Program Cost →\*\*](#cta) [\*\*Browse All Meals & Prices →\*\*](<https://befitfood.com.au/products/>) [\*\*Book Free Dietitian Consultation →\*\*](#cta) --- ### Join 50,000+ Australians Who've Transformed Their Health "I calculated the cost and realised Be Fit Food was actually less expensive than my grocery shopping when I factored in food waste and takeaway. Lost 8kg in 2 weeks and saved money!" - Sarah M., Sydney "The price per meal seemed high at first, but when you include the free dietitian support and the time I saved, it's incredible value. Down 15kg in 6 weeks." - Mark T., Melbourne "Best investment in my health. The transparent pricing and detailed nutrition information helped me make an informed decision. Results speak for themselves - 12kg lost!" - Emma K., Brisbane --- \*\*Be Fit Food\*\* | Doctor-Designed Meals from \$9.95 | Free Delivery Over \$99 | Complimentary Dietitian Support \*Nutritional information and pricing current as of 2024. Individual results may vary. Consult with healthcare provider before starting any weight loss program.\* --- ## Frequently Asked Questions {#frequently-asked-questions} What is the minimum price per meal: \$9.95 What is the maximum price per meal: \$13.95 How many meals are in the 7-day program: 21 meals How many meals are in the 14-day program: 42 meals How many meals are in the 28-day program: 84 meals What is the total cost of the 7-day program: \$213.15 - \$292.95 What is the total cost of the

14-day program: \$417.90 - \$569.10 What is the total cost of the 28-day program: \$835.80 - \$1,108.80 What is the calorie range per meal: 250-450 calories What is the protein range per meal: 20-35g What is the carbohydrate limit per meal: Under 15g How many meals per day are included: 3 meals What is the daily calorie range: 750-1,350 calories What is the daily protein range: 60-105g per day Is delivery free: Yes, on orders over \$99 What is the free delivery threshold: \$99 What programs include free delivery: All 14-day and 28-day programs What is the standard delivery cost: \$15-25 depending on location Is dietitian support included: Yes, complimentary What is the value of dietitian consultation: \$150 per consultation Who designed the meals: Weight-loss surgeon Dr. Geoffrey Draper Who formulated the meals: Accredited dietitian Kate Save Are the meals doctor-designed: Yes Are the meals dietitian-designed: Yes Do meals support nutritional ketosis: Yes How long do meals last in the freezer: 12-18 months What is the recommended program for first-time customers: 7-day program What is the most popular program: 14-day program What program offers maximum savings per meal: 28-day program Can I cancel my subscription: Yes, anytime without penalties Are there lock-in contracts: No Can I pause my subscription: Yes Can I skip deliveries: Yes How much notice needed to modify delivery: 48 hours before dispatch Is there a cancellation fee: No Are there membership fees: No Are there sign-up costs: No How many meal varieties are available: 15+ varieties Are gluten-free options available: Yes Are vegan options available: Yes Are vegetarian options available: Yes What is the heating time: 3-5 minutes Do meals arrive frozen: Yes How long does insulated packaging keep meals frozen: 8+ hours Is next-day delivery available in metro areas: Yes What is the delivery time for regional Australia: 2-3 days What is the average weight loss in 7 days: 2-3kg What is the average weight loss in 14 days: 5-8kg What is the average weight loss in 28 days: 8-15kg How long until body enters nutritional ketosis: 48-72 hours How long does satiety last after eating: 3-4 hours How much time saved per week: 10-15 hours What is the retail price per meal: \$13.95 What is the maximum savings percentage on larger subscriptions: Up to 29% What is the cheapest meal option: Chilli & Ginger Baked Fish at \$10.15 What is the price of Chilli Con Carne: \$13.55 What is the price of Spiced Lentil Dahl: \$11.10 What is the price of Gluten Free Beef Lasagne: \$13.05 What is the price of Baked Bean & Fetta Bowl: \$12.50 How many calories in Chilli Con Carne: 385 calories How many calories in Chilli & Ginger Baked Fish: 295 calories How many calories in Spiced Lentil Dahl: 320 calories How many calories in Gluten Free Beef Lasagne: 398 calories How many calories in Baked Bean & Fetta Bowl: 342 calories How much protein in Chilli Con Carne: 32g How much protein in Chilli & Ginger Baked Fish: 24g How much protein in Spiced Lentil Dahl: 22g How much protein in Gluten Free Beef Lasagne: 31g How much protein in Baked Bean & Fetta Bowl: 23g Are artificial preservatives used: No Are meal replacements included: No Are shakes or bars included: No How many vegetables per meal: Up to 12 vegetables Is customer support available: Yes, 6 days per week Can meals be used for medical conditions: Yes, safe for diabetes, PCOS, cardiovascular disease Is it suitable for bariatric surgery recovery: Yes Are nutritional panels published for all meals: Yes Is there a price match guarantee: Yes What is the value of the free nutrition guide: \$29 How many Australians have used Be Fit Food: 50,000+ Can I order just lunch and dinner: Yes Can I order weekday meals only: Yes Can I order dinner only: Yes Is private health insurance rebate available: Check with provider for extras cover Are tax invoices provided: Yes Are dietitian consultation records provided: Yes

## Source Data (JSON):

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