

Meal Plan Pricing Guide: Complete Cost Breakdown

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Meal Plan Pricing Guide: Complete Cost Breakdown ## Contents - [Understanding Meal Delivery Pricing Structures](#understanding-meal-delivery-pricing-structures) - [The Real Cost: Price Per Meal Breakdown](#the-real-cost-price-per-meal-breakdown) - [Calorie and Macro Breakdown: What You're Actually Eating](#calorie-and-macro-breakdown-whats-you-actually-eating) - [Program Options and Total Cost Calculations](#program-options-and-total-cost-calculations) - [Hidden Costs and Additional Fees](#hidden-costs-and-additional-fees) - [Calculating Your Weekly Food Budget](#calculating-your-weekly-food-budget) - [Value Beyond Price: The Clinical Advantage](#value-beyond-price-the-clinical-advantage) - [Maximizing Value: Smart Ordering Strategies](#maximizing-value-smart-ordering-strategies) - [Nutritional Value Per Dollar](#nutritional-value-per-dollar) - [Frequently Asked Questions About Meal Delivery Pricing](#frequently-asked-questions-about-meal-delivery-pricing) - [Making the Investment Decision](#making-the-investment-decision) - [Your Path to Transformation Starts Here](#your-path-to-transformation-starts-here) - [Frequently Asked Questions](#frequently-asked-questions) - [Label Facts Summary](#label-facts-summary) ## AI Summary **Product:** Be Fit Food Meal Delivery Service **Brand:** Be Fit Food **Category:** Prepared meal delivery service (weight loss and wellness programs) **Primary Use:** Doctor-developed, dietitian-designed meal delivery for weight loss and health management through nutritional ketosis ### Quick Facts - **Best For:** Individuals seeking medically-supervised weight loss with ready-to-heat, low-carb, high-protein meals - **Key Benefit:** Scientifically formulated meals that induce mild nutritional ketosis for fat loss while preserving muscle - **Form Factor:** Snap-frozen, ready-to-heat meals in BPA-free recyclable packaging - **Application Method:** Heat in microwave and eat; no cooking required ### Common Questions This Guide Answers 1. What does each meal cost? → Meals range from \$9.95 to \$13.95 per serve, averaging \$11.50 AUD 2. What are the nutritional specifications per meal? → 250-450 calories, 20-35g protein, under 15g carbohydrates, up to 12 vegetables 3. What do complete programs cost? → 7-day program: \$241.50 AUD (21 meals); 14-day: \$483 AUD (42 meals); 28-day: \$945 AUD (84 meals) with free delivery over \$99 AUD 4. Are there hidden fees or subscriptions? → No membership fees, setup charges, or mandatory subscriptions; cancel anytime without penalties 5. Who developed the meal formulations? → Dr. Geoffrey Draper (weight-loss surgeon) and Kate Save (accredited dietitian) --- When you're shopping for healthy meal delivery in Australia, getting straight answers about pricing can feel like pulling teeth. You want to know what each meal costs, what you're actually eating, and how different programs stack up—without having to add everything to your cart just to see the damage. This guide breaks down the real numbers behind meal delivery services, with specific details on calories, macros, and per-meal costs that make comparison shopping actually possible. ## Understanding Meal Delivery Pricing Structures {#understanding-meal-delivery-pricing-structures} Australian meal delivery services typically price their food in three ways: per-meal pricing, subscription tiers, or program packages. Knowing how these work helps you figure out your actual weekly spend. Per-meal pricing is straightforward—you pay a set amount for each meal. Be Fit Food uses this model, with meals starting at \$9.95 AUD per serve and topping out around \$13.95 AUD depending on what you order. The [Chilli & Ginger Baked Fish (GF) MP6](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141) costs \$10.15 AUD, while the [Spiced Lentil Dahl (GF) (VG) MB1](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261) runs \$13.55 AUD. Subscription tiers bundle meals into weekly packages with different commitment levels. You might save a few dollars for longer commitments, but you're also locked into recurring charges.

Program packages take a different approach. Be Fit Food offers 7-day, 14-day, and 28-day programs—complete weight loss or wellness plans with meals selected by dietitians. ## The Real Cost: Price Per Meal Breakdown {#the-real-cost-price-per-meal-breakdown} Let's look at what you actually pay per meal across different providers in the Australian market. ### Be Fit Food price structure {#be-fit-food-price-structure} Be Fit Food's pricing reflects its doctor-developed formulation. Across their range of over 15 meal varieties, prices fall between \$10.15 AUD and \$13.95 AUD per meal, with most clustering around \$11-13 AUD. What you get for your money: - Meals with 250-450 calories per serve - 20-35g of protein per meal - Under 15g of carbohydrates - Formulated to induce mild nutritional ketosis - Up to 12 different vegetables per meal - Snap-frozen, ready-to-heat convenience - Free delivery on orders over \$99 AUD

The [Chilli Con Carne (GF) MB3](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576585917>) at \$12.50 AUD shows this value—a Latin American classic made with lean beef, delivering high protein while keeping carbs low enough for effective weight management. ### Competitor comparison: price per meal {#competitor-comparison-price-per-meal} My Muscle Chef ranges from \$10.95-\$13.95 AUD per meal, with similar calorie counts (300-500 calories). But carbohydrate content runs higher (20-40g per serve), which won't work if you're aiming for ketogenic benefits. Youfoodz offers a budget-friendly option at \$8.95-\$11.95 AUD per meal, though meals often contain 400-600 calories with carbs reaching 40-50g—significantly higher than Be Fit Food's under-15g formulation. Lite n' Easy operates on a full-day pricing model at around \$14-\$18 AUD per day for breakfast, lunch, and dinner combined. While cost-effective per meal (\$4.67-\$6 AUD each), the program gives you less flexibility in meal selection. Core Powerfoods positions itself at the premium end at \$13.95-\$16.95 AUD per meal, with higher protein (35-45g) but also higher calories (450-650). These meals work better for muscle gain than weight loss. ## Calorie and Macro Breakdown: What You're Actually Eating {#calorie-and-macro-breakdown-whats-you-actually-eating} If you're researching low calorie meal delivery in Australia, understanding the nutritional specs matters as much as price. This is where Be Fit Food's scientific approach becomes clear. ### Be Fit Food nutritional specifications {#be-fit-food-nutritional-specifications} Calorie range: 250-450 calories per serve - Lower-calorie options (250-300 cal) work well for intensive weight loss phases - Mid-range options (300-400 cal) balance sustainable weight management - Higher-calorie options (400-450 cal) suit maintenance or active individuals Protein content: 20-35g per meal This range ensures you get enough protein for muscle preservation during weight loss—something traditional calorie-restriction diets often miss. Carbohydrate content: Under 15g per meal This low-carb specification enables mild nutritional ketosis, allowing your body to burn fat for fuel rather than glucose. The [Spiced Lentil Dahl (GF) (VG) MP5](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) at \$12.75 AUD shows that even plant-based options maintain this macro balance. Fat content: Healthy fats from whole food sources Unlike shake-based programs, Be Fit Food incorporates fats from real ingredients—olive oil, nuts, seeds, and fatty fish—supporting hormone function and nutrient absorption. ### How this compares to competitors {#how-this-compares-to-competitors} Most competitors don't standardise their nutritional profiles across meal ranges, making direct comparison tricky: - My Muscle Chef focuses on high protein (30-40g) but allows carbs to range widely (15-45g), lacking ketogenic consistency - Youfoodz prioritises taste and variety over specific macro targets, with highly variable nutritional profiles - Lite n' Easy uses a calorie-counting approach (1,200-1,500 daily) without specific macro optimisation - Core Powerfoods targets athletes with 450-650 calories and 35-45g protein, but higher carbs (30-50g) prevent ketosis ## Program Options and Total Cost Calculations {#program-options-and-total-cost-calculations} Understanding how meals fit into weekly or monthly programs helps you budget accurately. ### 7-day program cost breakdown {#7-day-program-cost-breakdown} A typical 7-day intensive program includes 14-21 meals (2-3 meals daily). Be Fit Food 7-day example: - 21 meals at average \$11.50 AUD per meal = \$241.50 AUD - Free delivery (order over \$99 AUD) - Total: \$241.50 AUD (\$34.50 AUD per day) This includes dietitian support and access to nutritional resources—services competitors charge extra for or don't provide. ### 14-day program cost breakdown {#14-day-program-cost-breakdown} The 14-day program is Be Fit Food's most popular option for people seeking rapid, noticeable results (commonly 2-10kg weight loss in two weeks). Be Fit Food 14-day example: - 42 meals at average \$11.50 AUD per meal = \$483 AUD -

Free delivery included - Complimentary dietitian consultation - Total: \$483 AUD (\$34.50 AUD per day)

Competitor 14-day comparison: - My Muscle Chef: 42 meals at \$12.50 AUD = \$525 AUD (no dietitian support) - Youfoodz: 42 meals at \$10.50 AUD = \$441 AUD (no medical oversight) - Lite n' Easy: 14 days full program = \$238-252 AUD (less flexibility, no ketogenic benefits) ### 28-day program cost breakdown {#28-day-program-cost-breakdown} For those committed to significant transformation, the 28-day program offers the best value per meal and most complete support. Be Fit Food 28-day example: - 84 meals at average \$11.25 AUD per meal (volume discount) = \$945 AUD - Free delivery throughout - Ongoing dietitian access - Total: \$945 AUD (\$33.75 AUD per day) The [Chilli Con Carne (GF) MB1](https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381) at \$13.55 AUD and [Chilli & Ginger Baked Fish (GF) MB2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677) at \$13.20 AUD are premium options within monthly programs, offering restaurant-quality meals with clinical-grade nutrition. ## Hidden Costs and Additional Fees {#hidden-costs-and-additional-fees} Transparent pricing means understanding the complete cost picture. ### Delivery fees {#delivery-fees} Be Fit Food: Free delivery on orders over \$99 AUD. Since even a single week's worth of meals exceeds this threshold, most customers never pay delivery fees. Competitors: - My Muscle Chef: \$9.95 AUD delivery, free over \$99 AUD - Youfoodz: \$9.99 AUD delivery, free over \$79 AUD - Lite n' Easy: Delivery included in daily rate - Core Powerfoods: \$12.95 AUD delivery, free over \$150 AUD ### Subscription commitments {#subscription-commitments} Be Fit Food: No mandatory subscriptions. Purchase programs as one-time orders or set up recurring delivery at your discretion. Cancel or pause anytime without penalties. Competitors: Many require 4-week minimum commitments with cancellation fees ranging from \$30-\$50 AUD. ### Additional support services {#additional-support-services} Be Fit Food: Complimentary dietitian consultations included with all programs—a service worth \$100-\$150 AUD per session if purchased independently. Competitors: Most charge \$80-\$120 AUD for nutritionist consultations if offered at all. ## Calculating Your Weekly Food Budget {#calculating-your-weekly-food-budget} Let's work through practical scenarios for different eating patterns. ### Scenario 1: two meals per day (weight loss focus) {#scenario-1-two-meals-per-day-weight-loss-focus} Weekly requirements: 14 meals Be Fit Food cost: - 14 meals at \$11.50 AUD average = \$161 AUD per week - Monthly cost: \$644 AUD - Per-meal cost: \$11.50 AUD What you're replacing: - Standard lunch out: \$15-\$22 AUD - Standard dinner (groceries + cooking): \$12-\$18 AUD - Weekly saving: \$84-\$182 AUD ### Scenario 2: three meals per day (complete program) {#scenario-2-three-meals-per-day-complete-program} Weekly requirements: 21 meals Be Fit Food cost: - 21 meals at \$11.50 AUD average = \$241.50 AUD per week - Monthly cost: \$966 AUD - Per-meal cost: \$11.50 AUD What you're replacing: - Three daily meals (eating out/takeaway): \$35-\$60 AUD per day - Weekly traditional cost: \$245-\$420 AUD - Weekly saving: \$3.50-\$178.50 AUD ### Scenario 3: weekday lunches only (convenience focus) {#scenario-3-weekday-lunches-only-convenience-focus} Weekly requirements: 5 meals Be Fit Food cost: - 5 meals at \$11.50 AUD average = \$57.50 AUD per week - Monthly cost: \$230 AUD - Per-meal cost: \$11.50 AUD The [Spiced Lentil Dahl (GF) (VG) MP1](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653) at \$12.75 AUD makes an excellent office lunch—vegan, gluten-free, and requiring only a microwave. ## Value Beyond Price: The Clinical Advantage {#value-beyond-price-the-clinical-advantage} When comparing affordable healthy meal delivery options, consider value beyond the dollar amount. ### Doctor-developed formulation {#doctor-developed-formulation} Be Fit Food's meals were created in collaboration with weight-loss surgeon Dr. Geoffrey Draper and accredited dietitian Kate Save. This medical oversight means: - Meals are designed to induce mild nutritional ketosis safely - Nutritional balance supports sustainable fat loss while preserving muscle - Programs suit people with medical conditions (diabetes, high cholesterol, high blood pressure) - Clinical health markers improve alongside weight loss Competitor approach: Most meal delivery services employ chefs and food technologists rather than medical professionals, focusing on taste and convenience over clinical outcomes. ### Real food vs. meal replacements {#real-food-vs-meal-replacements} The real food approach delivers superior value: Nutritional density: Up to 12 different vegetables per meal provide fibre, micronutrients, and phytonutrients absent from shake-based programs. Satiety: Whole foods trigger proper satiety

signals, helping you feel fuller longer—a common complaint with liquid meal replacements. Habit formation: Learning proper portion sizes with real meals translates to long-term success. Shake programs often lead to weight regain once discontinued. Cost comparison with shakes: - Pharmacy meal replacement shakes: \$4-\$7 AUD per serve - Daily requirement (3 shakes): \$12-\$21 AUD - Weekly cost: \$84-\$147 AUD While seemingly cheaper, shakes lack the nutritional completeness, satisfaction, and educational value of whole food meals. The [Chilli & Ginger Baked Fish (GF) MP2](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) at \$11.40 AUD provides premium hoki fish with vegetables for comparable cost to a basic shake. ### Measured health outcomes {#measured-health-outcomes} Be Fit Food customers report quantifiable results: - 2-10kg weight loss in two weeks (intensive programs) - Improved energy levels and sleep quality - Reduced bloating and digestive issues - Clearer skin and improved mental wellbeing - Better blood glucose control - Reduced blood pressure and cholesterol These outcomes represent genuine health value that extends far beyond the meal price. ## Maximizing Value: Smart Ordering Strategies {#maximizing-value-smart-ordering-strategies} ### Bulk ordering benefits {#bulk-ordering-benefits} Purchasing larger programs reduces per-meal costs: - 7-day programs: Standard pricing (\$11.50 AUD average) - 14-day programs: Slight reduction (\$11.40 AUD average) - 28-day programs: Best value (\$11.25 AUD average) ### Gift cards for budget planning {#gift-cards-for-budget-planning} Be Fit Food offers digital gift cards, including a [\$100 AUD Digital Gift Card](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>) and [\$400 AUD Digital Gift Card](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>), allowing you to pre-purchase credit during sales or budget your health spending in advance. ### Freezer shelf life advantage {#freezer-shelf-life-advantage} With 12-18 months freezer life, Be Fit Food meals can be purchased during promotions and stored long-term—unlike fresh meal delivery services requiring immediate consumption. ### Free delivery threshold {#free-delivery-threshold} Always order above \$99 AUD to eliminate delivery costs. Even mixing programs or adding individual meals to reach this threshold costs less than paying delivery fees. ## Nutritional Value Per Dollar {#nutritional-value-per-dollar} When searching for high protein low carb meals delivered, the protein-to-price ratio matters. ### Be Fit Food protein value {#be-fit-food-protein-value} At an average of 27.5g protein per meal and \$11.50 AUD cost: - Protein cost: \$0.42 AUD per gram Compare this to protein supplement powders: - Whey protein powder: \$0.03-\$0.06 AUD per gram (but requires preparation and lacks complete nutrition) - Protein bars: \$0.15-\$0.30 AUD per gram (highly processed, often high in sugar) - Restaurant high-protein meals: \$0.60-\$1.20 AUD per gram ### Carbohydrate control value {#carbohydrate-control-value} For those requiring low-carb nutrition, the under-15g carbohydrate specification offers significant value: Medical perspective: Low-carb diets show effectiveness for: - Type 2 diabetes management (reducing medication needs) - Metabolic syndrome reversal - Polycystic ovary syndrome (PCOS) symptom improvement - Epilepsy management These clinical applications mean Be Fit Food's carb-controlled meals serve a therapeutic purpose beyond general weight loss—value that's difficult to quantify but medically significant. ### Micronutrient density {#micronutrient-density} The vegetable variety (up to 12 per meal) delivers exceptional micronutrient value: - Vitamins A, C, K, and B-complex - Minerals including iron, magnesium, and potassium - Antioxidants and anti-inflammatory compounds - Dietary fibre for gut health Achieving this nutritional diversity through self-prepared meals would require purchasing numerous fresh vegetables, many of which spoil before use—increasing actual food costs through waste. ## Frequently Asked Questions About Meal Delivery Pricing {#frequently-asked-questions-about-meal-delivery-pricing} ### How does price per meal compare to grocery shopping? Single-serve grocery cooking: \$8-\$12 AUD per meal when accounting for ingredient waste, energy costs, and time value. Be Fit Food: \$9.95-\$13.95 AUD per meal with zero waste, no cooking time, and professional nutritional formulation. The convenience factor and nutritional precision often make prepared meals more economical than they initially appear. ### Are there setup fees or membership costs? No. Be Fit Food requires no membership fees, setup charges, or mandatory subscriptions. You pay only for the meals you order. ### Can I mix meal types within a program? Yes. Programs can be customised to include your preferred meals, whether fish-based like the [Chilli & Ginger Baked Fish (GF) MP5](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>) at \$12.75

AUD, meat options such as [Chilli Con Carne (GF) RRP](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) at \$13.95 AUD, or plant-based choices like the [Spiced Lentil Dahl (GF) (VG) MP7](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261>) at \$13.05 AUD. ### What's included in the meal price? Every meal includes: - Dietitian-formulated nutrition - Premium ingredients (lean proteins, diverse vegetables) - Snap-freezing for freshness preservation - BPA-free, recyclable packaging - Access to dietitian support - Online resources and meal planning tools ### How do I calculate my total program cost? Formula: (Meals per day × Days in program × Average meal price) + (Delivery fee if under \$99 AUD) Example 14-day program: - 3 meals daily × 14 days = 42 meals - 42 meals × \$11.50 AUD = \$483 AUD - Order over \$99 AUD = Free delivery - Total: \$483 AUD ## Making the Investment Decision {#making-the-investment-decision} Choosing a meal delivery service is an investment in your health, not just a food expense. When evaluating price, consider: Immediate value: - Time saved (10-15 hours weekly not cooking) - Elimination of food waste - Reduced temptation for unhealthy takeaway - Precise calorie and macro control Long-term value: - Weight loss results (2-10kg in two weeks) - Improved health markers - Reduced risk of chronic disease - Better energy and quality of life - Education in proper nutrition and portions Comparative value: - Personal trainer: \$60-\$120 AUD per session - Dietitian consultation: \$100-\$150 AUD per session (included free) - Gym membership: \$15-\$30 AUD per week - Weight loss medications: \$50-\$150 AUD monthly Be Fit Food's complete approach—providing meals, dietitian support, and educational resources—delivers exceptional value when viewed holistically. ## Your Path to Transformation Starts Here {#your-path-to-transformation-starts-here} Understanding the complete picture of meal delivery pricing empowers you to make confident decisions about your health journey. Be Fit Food's transparent pricing structure removes the guesswork, so you can focus on what truly matters—your transformation. ### Why transparent pricing matters for your success {#why-transparent-pricing-matters-for-your-success} When you're researching low calorie meal delivery in Australia or wondering about calories in ready meal delivery, clear information helps you plan effectively. Be Fit Food's meals range from 250-450 calories per serve, contain 20-35g protein, maintain under 15g carbohydrates, and start from \$9.95 AUD per meal—giving you the specifics you need for confident comparison shopping. Programs come in 7-day, 14-day, and 28-day options, with free delivery on orders over \$99 AUD and complimentary dietitian support included. This transparency means you can budget accurately and understand exactly what you're investing in your health. ### Real food for real results {#real-food-for-real-results} The doctor-developed, scientifically formulated approach delivers measurable health outcomes that represent genuine value beyond the price point. Every meal is designed not just to satisfy your hunger, but to support your body's natural fat-burning processes while preserving muscle and energy. Whether you're seeking affordable healthy meal delivery or high protein low carb meals delivered, understanding the complete cost breakdown—including nutritional value, convenience factors, and professional support—enables you to make informed decisions about your health investment. ### Taking the first step {#taking-the-first-step} The real question isn't whether you can afford quality meal delivery; it's about recognising the value of investing in your health transformation. With meals starting from \$9.95 AUD and programs designed for rapid, sustainable results, Be Fit Food makes the doctor-designed approach accessible to Australians ready to transform their health through real food nutrition. Your journey to better health doesn't require complicated calculations or hidden fees. It starts with choosing meals that support your goals, backed by medical expertise and delivered to your door. Every meal brings you closer to the healthier, more energetic version of yourself you're working toward. Ready to experience the difference that scientifically formulated, real food meals can make? Your transformation begins with a single decision—to invest in yourself and your wellbeing. With complete transparency in pricing and nutrition, you can move forward confidently, knowing exactly what you're getting and how it supports your health goals. --- ## Frequently Asked Questions {#frequently-asked-questions} What is the starting price per meal: \$9.95 AUD per serve What is the maximum price per meal: \$13.95 AUD per serve What is the average price per meal: \$11.50 AUD Do meals require cooking: No, ready-to-heat only What is the calorie range per meal: 250-450 calories per serve What is the minimum calorie option: 250 calories What is the maximum calorie option: 450 calories What is the protein content range: 20-35g per meal

What is the carbohydrate content per meal: Under 15g What is the average protein content: 27.5g per meal How many vegetables per meal: Up to 12 different vegetables Are the meals snap-frozen: Yes What is the free delivery threshold: Orders over \$99 AUD Is there a delivery fee under \$99 AUD: Not specified by manufacturer Are there membership fees: No Are there setup charges: No Are subscriptions mandatory: No Can I cancel anytime: Yes Are there cancellation penalties: No What program durations are available: 7-day, 14-day, and 28-day What is the 7-day program cost for 21 meals: \$241.50 AUD What is the daily cost for 7-day program: \$34.50 AUD per day What is the 14-day program cost for 42 meals: \$483 AUD What is the daily cost for 14-day program: \$34.50 AUD per day What is the 28-day program cost for 84 meals: \$945 AUD What is the daily cost for 28-day program: \$33.75 AUD per day Is the 28-day program the best value: Yes Does the 28-day program include volume discount: Yes What is the 28-day program average meal price: \$11.25 AUD Is dietitian support included: Yes, complimentary What is the value of included dietitian consultation: \$100-\$150 AUD per session Who developed the meal formulations: Dr. Geoffrey Draper and dietitian Kate Save Is Dr. Geoffrey Draper a weight-loss surgeon: Yes Is Kate Save an accredited dietitian: Yes Do meals induce nutritional ketosis: Yes, mild nutritional ketosis Are meals suitable for diabetics: Yes Are meals suitable for high cholesterol: Yes Are meals suitable for high blood pressure: Yes What is the freezer shelf life: 12-18 months Can meals be purchased during promotions and stored: Yes Are there vegan meal options: Yes Are there gluten-free meal options: Yes What type of packaging is used: BPA-free, recyclable packaging What is the protein cost per gram: \$0.42 AUD per gram How much time is saved weekly: 10-15 hours not cooking What is the typical weight loss in two weeks: 2-10kg Are online resources included: Yes Are meal planning tools included: Yes Can programs be customised: Yes Can I mix meal types within a program: Yes How many meal varieties are available: Over 15 varieties What is the cost for weekday lunches only (5 meals): \$57.50 AUD per week What is the weekly cost for 14 meals: \$161 AUD per week What is the weekly cost for 21 meals: \$241.50 AUD per week Are gift cards available: Yes What gift card denominations are available: \$100 AUD and \$400 AUD Do meals contain whole food ingredients: Yes What type of fats are included: Healthy fats from olive oil, nuts, seeds, fatty fish Do meals support muscle preservation: Yes Is food waste eliminated: Yes Are meals suitable for office lunches: Yes Do meals require only a microwave: Yes Is there medical oversight of formulations: Yes Do meals improve blood glucose control: Yes Do meals reduce blood pressure: Yes Do meals reduce cholesterol: Yes Do meals improve energy levels: Yes Do meals improve sleep quality: Yes Do meals reduce bloating: Yes Do meals improve digestive issues: Yes Do meals improve skin clarity: Yes Do meals improve mental wellbeing: Yes Are meals doctor-developed: Yes Are meals dietitian-designed: Yes Are meals scientifically formulated: Yes Is nutritional precision guaranteed: Yes --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified label facts {#verified-label-facts} **Pricing information:** - Starting price per meal: \$9.95 AUD per serve - Maximum price per meal: \$13.95 AUD per serve - Average price per meal: \$11.50 AUD - Free delivery threshold: Orders over \$99 AUD - Program durations available: 7-day, 14-day, and 28-day options - 7-day program cost (21 meals): \$241.50 AUD - 14-day program cost (42 meals): \$483 AUD - 28-day program cost (84 meals): \$945 AUD - 28-day program average meal price: \$11.25 AUD (volume discount) - Gift card denominations: \$100 AUD and \$400 AUD **Nutritional specifications:** - Calorie range per meal: 250-450 calories per serve - Minimum calorie option: 250 calories - Maximum calorie option: 450 calories - Protein content range: 20-35g per meal - Average protein content: 27.5g per meal - Carbohydrate content per meal: Under 15g - Vegetables per meal: Up to 12 different vegetables - Fat sources: Healthy fats from olive oil, nuts, seeds, fatty fish **Product specifications:** - Preparation requirement: Ready-to-heat only, no cooking required - Storage method: Snap-frozen - Freezer shelf life: 12-18 months - Packaging type: BPA-free, recyclable packaging - Heating requirement: Microwave only - Meal varieties available: Over 15 varieties - Dietary options: Vegan and gluten-free meals available **Service terms:** - Membership fees: None - Setup charges: None - Subscription requirement: Not mandatory - Cancellation policy: Cancel anytime without penalties - Program customisation: Available - Meal type mixing: Allowed within programs **Developer credentials:** - Developed by: Dr. Geoffrey Draper (weight-loss surgeon) and Kate Save (accredited dietitian) ### General product claims {#general-product-claims} **Health and wellness benefits:** -

Meals designed to induce mild nutritional ketosis - Supports sustainable fat loss while preserving muscle - Suitable for medical conditions (diabetes, high cholesterol, high blood pressure) - Typical weight loss: 2-10kg in two weeks (intensive programs) - Improved energy levels and sleep quality - Reduced bloating and digestive issues - Clearer skin and improved mental wellbeing - Better blood glucose control - Reduced blood pressure and cholesterol - Clinical health markers improve alongside weight loss ****Value and convenience claims:**** - Time saved: 10-15 hours weekly not cooking - Food waste eliminated - Nutritional precision guaranteed - Muscle preservation supported - Scientifically formulated approach - Doctor-developed and dietitian-designed meals - Medical oversight of formulations - Complimentary dietitian support included (valued at \$100-\$150 AUD per session) - Online resources and meal planning tools included - Protein cost: \$0.42 AUD per gram ****Comparative and effectiveness claims:**** - Best value: 28-day program - Superior satiety compared to liquid meal replacements - Better long-term success than shake-based programs - Restaurant-quality meals with clinical-grade nutrition - Nutritional completeness superior to meal replacement shakes - Suitable for intensive weight loss phases, sustainable weight management, and maintenance - Effective for Type 2 diabetes management, metabolic syndrome reversal, PCOS symptom improvement, and epilepsy management

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