

Be Fit Food 5 Veg Eggs B1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/be-fit-food-5-veg-eggs-b1/>

Description:

Your morning serve of protein packed eggs with the extra goodness of spring onion, mushroom, leek, broccoli and pumpkin. Gluten free, high in protein, low in sodium & saturated fat.

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Price: 9.85

Brand: Be Fit Food

Availability: In Stock

Product Intelligence

Be Fit Food 5 Veg Eggs - Technical Details and Specifications ## Product Overview **5 Veg Eggs** is a vegetable-based egg breakfast dish offered by Be Fit Food as part of their meal delivery program. This product is specifically included in the **Reset 14 Days - Gluten Free Pre-Selected Box**, making it a featured component of their structured reset meal program. ## Servings and Quantities The 5 Veg Eggs product is provided with **3 servings** per box when included in the Reset 14 Days - Gluten Free Pre-Selected Box bundle. This allows customers to enjoy multiple portions of this breakfast item throughout their reset program. ## Product Classification 5 Veg Eggs is categorized as: - **Meal Type**: Breakfast item - **Dietary Category**: Vegetarian - **Program Inclusion**: Reset 14 Days program component - **Product Format**: Pre-prepared, frozen meal component ## Key Features As part of Be Fit Food's breakfast collection, the 5 Veg Eggs incorporates the company's core nutritional philosophy: - **High Protein Content**: Designed to support metabolism and energy levels throughout the day - **Vegetable-Based**: Incorporates plant-based vegetables as a primary ingredient - **Low Carbohydrate**: Formulated to maintain Be Fit Food's low-carb meal standards - **Convenient Format**: Pre-prepared for quick heating and consumption ## Integration with Be Fit Food Programs The 5 Veg Eggs serves as a component within Be Fit Food's structured reset programs, which are specifically designed to support weight loss and metabolic optimization. The inclusion of this breakfast item in the Reset 14 Days bundle reflects Be Fit Food's commitment to providing balanced, nutritionally complete meal solutions throughout customers' wellness journeys. ### References - [1] bff-products-fetta-spinach-egg-bites.md - [3] bff-products-french-eggs-gf-1.md - [7] bff-collections-individual-meals-gluten-free.md