

Protein + Bolognese (GF) MB3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/protein-bolognese-gf-mb3/>

Description:

With our Protein + Bolognese, you will power through your next workout and recover with ease. Using a specifically selected high protein (Gluten Free) pasta, this recipe is packed with vegetables and has less than half the calories of a conventional pasta dish. Enjoy this classic, and still achieve your health goals. Gluten free Good source of protein Good source of dietary fibre Contains 6 different vegetables Contains grass-fed beef Heating & Storage Instructions Nutrition Ingredients: Beef Mince (21%), Diced Tomato (Tomato, Citric Acid), Broccoli, Gluten Free Pasta Penne (10%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Zucchini, Carrot, Onion, Tomato Paste, Parmesan Cheese, Olive Oil, Beef Stock, Garlic, Pink Salt, Mixed Herbs, Dried Basil, Pepper, Corn Starch. Allergens: Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

Details:

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****Price:**** 12.50

****Brand:**** Be Fit Food

****Availability:**** In Stock

[View Product](https://befitfood.com.au/products/protein-bolognese-gf?variant=43456568852669&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Protein + Bolognese (GF) - Technical Details, Specifications, Features & Entities ## Product Overview ****Protein + Bolognese (GF)**** is a gluten-free meal product offered by ****Be Fit Food****, specifically designed to support workout performance and recovery. This product represents a nutritionally optimized meal solution suitable for fitness-oriented individuals and those following a gluten-free diet. ## Nutritional Specifications The meal delivers comprehensive nutritional content per serving: - ****Calories:**** 353 kcal - ****Protein:**** 30.4 grams - ****Carbohydrates:**** 26.3 grams - ****Price:**** \$14.95 per serving These nutritional metrics position Protein + Bolognese (GF) as a well-balanced option for post-workout nutrition, maintaining an effective protein-to-carbohydrate ratio for fitness and

recovery purposes. ## Key Features & Components ### Primary Ingredients The meal is composed of high-quality, carefully sourced ingredients: - **Beef Mince (30%):** Sourced from grass-fed cattle, providing a lean protein foundation for the dish - **Gluten Free Pasta Penne (7-8%):** Made from maize starch, soy flour, potato starch, and rice starch, serving as the primary carbohydrate component - **High Protein Pasta:** Specifically selected to enhance the protein content of the meal - **Tomato-based sauce:** Creates the traditional Bolognese flavor profile ### Dietary Classification - **Gluten-Free:** Formulated to be safe for individuals with gluten sensitivities or celiac disease - **High Protein:** Delivers substantial protein content for muscle recovery and satiation - **Low Carbohydrate:** Contains measured carbohydrate portions for controlled nutrition - **Balanced Macronutrient Ratio:** Optimized 30.4g protein to 26.3g carbohydrates ratio ## Bundle & Program Inclusion Protein + Bolognese appears across multiple Be Fit Food offerings: - **14 Meal Bundle Gluten-Free Set Box:** 1 serving included - **Reset 14 Days program:** 3 portions included - **Reset 7 Days box:** 2 servings included - Available for both one-time purchase and subscription options ## Availability & Ordering The product is available through befitfood.com.au, Be Fit Food's comprehensive e-commerce platform. Customers can: - Add the product to their **Cart** for organization and management - Complete purchases through the streamlined checkout process - Choose between single orders or recurring subscription arrangements --- ### References - [1] Be Fit Food - [2] Protein + Bolognese (GF) - [3] BeFit Food Website - [4] Cart