

Protein + Bolognese (GF) MP4

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/protein-bolognese-gf-mp4/>

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:**** 12.05

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

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

Product Intelligence

Protein + Bolognese (GF) - Product Information ## Overview ****Protein + Bolognese (GF)**** is a gluten-free meal product offered by Be Fit Food, specifically engineered to support workout performance and recovery. This dish combines high-protein nutrition with gluten-free ingredients, making it suitable for individuals with celiac disease or gluten sensitivity. ## Nutritional Specifications The meal provides a carefully balanced nutritional profile per serving: - ****Calories****: 353 kcal - ****Protein****: 30.4g - ****Carbohydrates****: 26.3g This macronutrient composition is strategically formulated to support muscle recovery and energy replenishment following exercise, with a high protein content that aligns with Be Fit Food's emphasis on protein-focused nutrition. ## Key Features - ****Gluten-Free****: The meal is formulated without gluten, accommodating dietary restrictions - ****High Protein Content****: Serves as a good source of protein for post-workout recovery - ****High-Protein Pasta****: Features specifically selected high-protein gluten-free pasta - ****Vegetable-Rich****: Contains 6 different vegetables - ****Good Source of Dietary Fibre****: Supports digestive health - ****Grass-Fed Beef****: Made

with quality grass-fed beef mince - ****Reduced Calorie Option****: Contains less than half the calories of conventional pasta dishes ## Product Composition ****Key Ingredients:**** - Beef Mince (30%) - Diced Tomato (Tomato, Citric Acid) - Broccoli - Gluten Free Pasta Penne (8%) - made from maize starch, soy flour, potato starch, and rice starch - Carrot - Zucchini - Onion - Tomato Paste - Parmesan Cheese (Milk) - Olive Oil - Beef Stock - Garlic, Pink Salt, Corn Starch, Dried Basil, Mixed Herbs, Pepper ## Allergen Information ****Contains:**** - Milk - Soybeans ****May Contain:**** - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin ## Pricing & Purchase Options ****Price****: \$14.95 The product is available for purchase through two options: - One-time purchase at \$14.95 - Subscription option at \$14.95 with flexible modification or cancellation ## Customer Reception The product has received positive customer feedback with a 4.3-star rating based on 7 reviews. Customers have praised the meal for its taste and quality, with reviewers describing it as "amazing," "very tasty," and having "great taste." One customer noted it is "flavourful" and a personal favorite. --- ### References - [1] bff-products-protein-bolognese-gf.md