

Protein + Bolognese (GF) MP6

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/protein-bolognese-gf-mp6/>

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:**** 10.15

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

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

[View Product](https://befitfood.com.au/products/protein-bolognese-gf?variant=43456568754365&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 and Specifications ## Product 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 nutritional optimization with dietary accommodation for individuals requiring gluten-free alternatives. ## Nutritional Specifications The meal provides a comprehensive macronutrient profile designed for post-workout recovery: - ****Calories:**** 353 per serving - ****Protein:**** 30.4g per serving - ****Carbohydrates:**** 26.3g per serving This nutritional composition is strategically formulated to aid in muscle recovery and energy replenishment following exercise, positioning it as an effective post-workout meal option. ## Key Features ****Dietary**

Accommodations:** - Gluten-free formulation - Good source of protein - Good source of dietary fibre - Contains 6 different vegetables **Ingredient Quality:** - Contains grass-fed beef - High-protein pasta component - Less than half the calories of conventional pasta dishes ## Pricing and Purchase Options The product is priced at **\$14.95** and is available through multiple purchasing methods: - One-time purchase at \$14.95 - Subscription option at \$14.95 ## Core Ingredients The meal is composed of the following key ingredients: - **Beef Mince (30%)** - sourced from grass-fed cattle as the primary protein component - **Gluten Free Pasta Penne (8%)** - made from maize starch, soy flour, potato starch, and rice starch - **Vegetables:** Diced Tomato, Broccoli, Carrot, Zucchini, Onion - **Flavor Components:** Tomato Paste, Parmesan Cheese, Olive Oil, Beef Stock, Garlic, Dried Basil, Mixed Herbs, Pepper, Pink Salt, Corn Starch ## Allergen Information **Contains:** - Milk - Soybeans **May Contain:** - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin ## Product Classification The Protein + Bolognese (GF) is categorized within Be Fit Food's specialized meal collections: - **High Protein** collection - **Gluten-Free** options - **Low-Carb** meal lineup ## Customer Satisfaction The product has received positive customer feedback with an average rating of **4.3 out of 5 stars** based on 7 verified reviews. Customers have highlighted aspects such as taste quality and palatability. ### References - [1] bff-collections-individual-meals-1-high-protein.md - [2] bff-products-protein-bolognese-gf.md - [4] bff-collections-individual-meals-1-gluten-free.md