

# Trio of Green Soup (GF) (V) MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/trio-of-green-soup-gf-v-mp1/>

## Description:

Looking to get more green veg in your diet? The trio of greens soup has 50% of your daily recommended serves of veggies in each bowl, from the goodness of fresh broccoli, spinach and green peas. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Gluten free Vegetarian Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Broccoli (33%), Ricotta Cheese (Whey, Milk, Salt, Food Acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein, Vegetable Stock, Olive Oil, Garlic, Cumin, Pepper, Pink Salt. **Contains:** Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

## Details:

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**\*\*Price:\*\*** 12.75

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

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

[View Product]([https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423564477&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_oranic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423564477&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_oranic&utm;_campaign=sag_organic))

## Product Intelligence

# Trio of Green Soup (GF) (V) - Technical Details, Specifications, and Features ## Product Overview **\*\*Trio of Green Soup (GF) (V)\*\*** is a gluten-free and vegan soup product offered by **\*\*Be Fit Food\*\***, an Australian health and nutrition company. This product is designed as a convenient, nutritionally-balanced meal option that accommodates multiple dietary preferences and restrictions. ## Nutritional Specifications The Trio of Green Soup provides comprehensive nutritional content per serving: - **\*\*Calories\*\***: 244 kcal - **\*\*Protein\*\***: 20.4g - **\*\*Carbohydrates\*\***: 13.6g - **\*\*Sodium\*\***: Less than 500mg per serving - **\*\*Dietary Fibre\*\***: Excellent source ## Dietary Certifications and Features The product is certified for the following dietary requirements: - **\*\*Gluten-Free (GF)\*\***: Suitable for individuals

with celiac disease or gluten sensitivity - **Vegan (V)**: Formulated without any animal-derived ingredients, making it suitable for plant-based consumers - **Vegetarian**: Meets vegetarian dietary standards

**Key Ingredients** The Trio of Green Soup is composed of the following vegetable and legume ingredients: - **Green Peas**: 10% of product composition - **Edamame** (soybeans): 10% of product composition - **Cannellini Beans**: Legume protein component - **Potato**: Vegetable base ingredient - **Leek**: 2.5% of product composition - **Onion**: Flavor base ingredient - **Garlic**: Flavor enhancer

**Product Characteristics** - **Texture**: Thick and creamy consistency - **Color**: Distinctive green color - **Flavor Profile**: Features cumin as a key flavor component - **Vegetable Servings**: Provides 50% of the daily recommended vegetable servings per bowl

**Pricing and Purchase Information** - **Price**: \$13.95 per unit - **Availability**: Available through Be Fit Food's e-commerce platform at [befitfood.com.au](https://befitfood.com.au)

**Product Bundles and Availability** The Trio of Green Soup is featured in multiple meal bundle offerings: - **14 Meal Bundle**: Includes 3 servings - **Reset 14 Days Vegetarian Pre-Selected Box**: Includes 5 servings - **Reset 7 Days Continental Pre-Selected Box**: Includes 1 serving - **7 Meal Bundle**: Includes 1 serving - **28 Meal Bundle**: Includes 6 servings

**Customer Feedback** The product has received positive reviews from verified buyers. Customer **Bobbi**, a verified purchaser, noted that the Trio of Green Soup tastes great and keeps consumers feeling full for extended periods.

**Product Positioning** Trio of Green Soup serves as a lunch or dinner meal option within Be Fit Food's comprehensive meal delivery collection. It is designed to increase green vegetable intake while maintaining optimal macronutrient balance, making it suitable for customers pursuing health-focused lifestyle improvements and dietary-specific meal solutions.