

# Trio of Green Soup (GF) (V) MP2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/trio-of-green-soup-gf-v-mp2/>

## 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:\*\*** 11.40

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

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

[View Product]([https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423597245&country=AU&currency=AUD&utm\\_medium=product\\_sync&utm\\_source=google&utm\\_content=sag\\_organic&utm\\_campaign=sag\\_organic](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423597245&country=AU&currency=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&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, designed as a nutritious lunch or dinner meal option that helps increase green vegetable intake. ## Nutritional Specifications The Trio of Green Soup delivers the following nutritional profile per serving: - **\*\*Calories:\*\*** 244 - **\*\*Protein:\*\*** 20.4g - **\*\*Carbohydrates:\*\*** 13.6g - **\*\*Dietary Fibre:\*\*** Excellent source - **\*\*Sodium:\*\*** Less than 500mg per serve ## Key Features and Attributes ### Dietary Classifications - **\*\*Gluten-Free (GF):\*\*** Suitable for individuals with gluten sensitivities or celiac disease - **\*\*Vegan (V):\*\*** Contains no animal products, making it suitable for plant-based diets - **\*\*Vegetarian:\*\*** Free from meat

products ### Nutritional Benefits - \*\*High Protein Content:\*\* Provides 20.4g of protein per serving, making it a protein-rich option - \*\*Excellent Source of Dietary Fibre:\*\* Supports digestive health - \*\*Low Sodium:\*\* Contains less than 500mg sodium per serve - \*\*Nutrient-Dense:\*\* Contains 50% of daily recommended vegetable servings in each bowl ### Quality Standards - \*\*No Artificial Colours or Flavours:\*\* Clean label formulation - \*\*Contains 4-12 Different Vegetables:\*\* Seasonal variations provide diverse nutritional benefits ## Core Ingredients The primary vegetable components include: - \*\*Broccoli (33%):\*\* Primary ingredient base - \*\*Edamame (10%):\*\* Soybean-based protein source - \*\*Green Peas (10%):\*\* Legume vegetable ingredient - \*\*Spinach (8%):\*\* Leafy green nutrient contributor Additional ingredients include ricotta cheese, light milk, potato, onion, cannellini beans, leek, faba bean protein, vegetable stock, olive oil, garlic, cumin, pepper, and pink salt. ## Allergen Information \*\*Contains:\*\* Milk, Soybeans \*\*May Contain:\*\* Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin ## Pricing and Purchase Options - \*\*Regular Price:\*\* \$13.95 - \*\*Purchase Options:\*\* - One-time purchase available at \$13.95 - Subscription option available at \$13.95 with flexible modification or cancellation ## Product Availability Trio of Green Soup is available in multiple bundle configurations: - Included in the 14 Meal Bundle (appears three times) - Offered as a 5-unit standalone package - Component of Reset program selections (5 servings per box) - Featured in Reset 7 Days - Continental Pre-Selected Box as a lunch/dinner option - Part of the 28 Meal Bundle with 6 servings included ## Customer Reception The product has received strong customer reviews with a \*\*4.6-star rating based on 8 reviews\*\*. Customers have praised: - Delicious and flavorful taste - Thick and creamy texture - High satiety and satisfying nature - Excellent cumin seasoning - Quality ingredient composition ## Storage and Heating The product includes detailed heating and storage instructions accessible on the Be Fit Food website for proper meal preparation. ### References - [1] bff-products-trio-of-green-soup-gf-v.md