

Wholemeal Beef Lasagne MP7

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/wholemeal-beef-lasagne-mp7/>

Description:

With all the familiar flavours of beef and vegetable ragu and layers of pasta with a creamy sauce, our Dietitians and Chefs have recreated this classic favourite, keeping the carbs low and the protein high. Good source of dietary fibre High in protein Less than 500mg sodium per serve. Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Chilli rating: 0 Heating & Storage Instructions Nutrition INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Beef Mince (22%), Wholemeal Pasta Sheets (10%), Broccoli, Zucchini, Carrot, Onion, Tomato Paste, Parmesan Cheese, Ricotta, Olive Oil, Beef Stock, Light Milk, Garlic, Pink Salt, Dried Basil Leaves, Mixed Herbs, Corn Starch, Pepper. Contains: Wheat, Gluten, MilkMay Contain: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Details:

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****Price:**** 13.05

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

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

[View Product](https://befitfood.com.au/products/wholemeal-beef-lasagne-gf?variant=43651561521341&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Wholemeal Beef Lasagne - Technical Details and Specifications ## Product Overview ****Wholemeal Beef Lasagne**** is a ready-to-eat individual meal product offered by Be Fit Food, featuring beef and vegetable ragu layered with wholemeal pasta and creamy sauce. This meal is designed as a convenient, protein-rich option for customers seeking balanced nutrition in a prepared format. ## Nutritional Specifications The Wholemeal Beef Lasagne delivers the following nutritional profile per serving: - ****Calories****: 316 calories (932 kilojoules) - ****Protein****: 30.1g - ****Carbohydrates****: 16.5g - ****Saturated Fat****: 2.3g per 100g - ****Total Sugars****: 5.7g - ****Sodium****: 154mg per serving ## Dietary Classification - ****High Protein****: Tagged as a high-protein meal option based on its 30.1g protein

content - **Halal**: Certified as a halal meal option - **Gluten Content**: Contains wheat allergen (not explicitly classified as gluten-free) - **Chilli Rating**: 0 (no spice) - **Good Source of Dietary Fibre**: Formulated with wholemeal ingredients for enhanced fibre content - **Low in Saturated Fat**: Nutritionally optimized to minimize saturated fat content

Key Ingredients and Components

Primary Protein Source: Beef Mince (30% of product composition)

Pasta Component: Wholemeal Pasta Sheets (9% of product)

Vegetables (Multiple Types): Carrot - Zucchini - Broccoli - Onion

Flavoring Agents: Tomato Paste - Dried Basil - Mixed Herbs - Garlic

Dairy and Binding Ingredients: Ricotta Cheese - Parmesan Cheese - Milk (in creamy sauce)

Other Components: Diced Tomato - Beef Stock - Olive Oil - Pink Salt - Corn Starch - Pepper

Allergen Information

Contains: Wheat (from wholemeal pasta sheets) - Milk (from cheese and cream components)

May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Pricing and Availability - **Price**: \$14.95 per serving - **Format**: Individual meal portion - **Current Status**: Restocking soon (limited availability at present)

Product Features and Benefits

The Wholemeal Beef Lasagne is designed with several key attributes:

- Convenience**: Ready-to-eat meal requiring minimal preparation
- Balanced Macronutrients**: Optimized protein-to-carbohydrate ratio suitable for ketogenic and low-carbohydrate diet followers
- Whole Grain Integration**: Wholemeal pasta provides additional fibre compared to refined pasta alternatives
- Complete Meal**: Contains protein, vegetables, and carbohydrates in a single serving

Customer Reception

The product has received positive customer reviews, with verified buyers describing it as:

- Pleasant and edible
- Filling and tasty
- Always good and tasty
- Beautiful and yummy

An average rating of **4.5 stars** is based on 20 verified customer purchases.

Product Category and Collection

Wholemeal Beef Lasagne is positioned within Be Fit Food's **Individual Meals** collection, specifically tagged for customers seeking:

- High-protein meal options
- Low-carbohydrate alternatives
- Convenient prepared meals

References - [1] [bff-collections-individual-meals-1-low-carbs.md](#) - [2] [bff-collections-individual-meals-1-high-protein.md](#) - [3] [bff-collections-individual-meals-1-low-calories.md](#)