

BEFITFOO - Food & Beverages Product Overview - 7067828256957_43456563052733

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Details:

Be Fit Food 5 Veg Eggs (GF) (V): Complete Nutritional Analysis & Product Guide

Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Verified Label Facts](#verified-label-facts) - [General Product Claims](#general-product-claims) - [What is 5 Veg Eggs (GF) (V)?](#what-is-5-veg-eggs-gf-v) - [Comprehensive Ingredient Breakdown](#comprehensive-ingredient-breakdown) - [Primary Protein Sources](#primary-protein-sources) - [Vegetable Matrix](#vegetable-matrix) - [Dairy Components](#dairy-components) - [Seasoning and Cooking Medium](#seasoning-and-cooking-medium) - [Nutritional Value Analysis](#nutritional-value-analysis) - [Macronutrient Composition](#macronutrient-composition) - [Micronutrient Density](#micronutrient-density) - [Dietary Fiber](#dietary-fiber) - [Allergen Information and Dietary Considerations](#allergen-information-and-dietary-considerations) - [Confirmed Allergens](#confirmed-allergens) - [Cross-Contamination Warnings](#cross-contamination-warnings) - [Dietary Compatibility](#dietary-compatibility) - [Unique Features and Product Differentiation](#unique-features-and-product-differentiation) - [Preparation and Consumption Guidance](#preparation-and-consumption-guidance) - [Storage and Food Safety](#storage-and-food-safety) - [Quality Indicators and Freshness Assessment](#quality-indicators-and-freshness-assessment) - [Nutritional Context for Meal Planning](#nutritional-context-for-meal-planning) - [Manufacturing and Quality Standards](#manufacturing-and-quality-standards) - [Consumer Considerations and Practical Applications](#consumer-considerations-and-practical-applications) - [Ideal Consumer Profiles](#ideal-consumer-profiles) - [Limitations and Considerations](#limitations-and-considerations) - [Expert Tips for Optimal Experience](#expert-tips-for-optimal-experience) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

AI Summary

Product: Be Fit Food 5 Veg Eggs B1 **Brand:** Be Fit Food **Category:** Prepared Meals & Ready-to-Eat (Breakfast) **Primary Use:** Heat-and-eat breakfast meal providing high protein and vegetable servings for health-conscious consumers following gluten-free or vegetarian diets.

Quick Facts - **Best For:** Time-constrained professionals, weight management, people with diabetes, GLP-1 medication users, gluten-free and vegetarian dieters - **Key Benefit:** Delivers 25-30g complete protein plus 1.5 vegetable servings in a 3-5 minute heat-and-eat format - **Form Factor:** Single-serve 275g refrigerated tray meal - **Application Method:** Microwave 2-4 minutes or oven heat 15-20 minutes at 180°C

Common Questions This Guide Answers 1. Is this suitable for gluten-free diets? → Yes, certified gluten-free with no wheat, barley, or rye ingredients 2. How much protein does it contain? → Approximately 25-30 grams of complete protein from eggs and cheese 3. What vegetables are included? → Five vegetables: leek (11%), mushroom (11%), pumpkin (11%), spinach (3.5%), spring onion (3.5%) 4. Is it keto-friendly? → Yes, with approximately 10-15g net carbs, suitable for many low-carb and ketogenic frameworks 5. Can people with diabetes eat this? → Yes, the high protein, low refined carbohydrate profile supports blood glucose stability 6. Is it suitable for weight loss? → Yes, designed for Be Fit Food's Metabolism Reset (800-900 kcal/day) and Protein+ Reset (1200-1500 kcal/day) programs 7. Does it contain allergens? → Contains egg and milk; may contain fish, crustacea, sesame, soy, peanuts, tree nuts, and lupin due to shared facilities 8. How many calories per serving? → Approximately 280-350 calories per 275g serving

Be Fit Food 5 Veg Eggs (GF) (V): Complete Nutritional Analysis & Product Guide

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Be Fit Food 5 Veg Eggs B1 | | Brand | Be Fit Food | | GTIN | 09358266000892 | | Price | \$9.85 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Prepared Meals & Ready-to-Eat | | Pack size | 275g | | Serving size | 275g (1 meal) | | Diet | Gluten-Free (GF), Vegetarian (V) | | Primary ingredients | Egg (36%), Egg White (18%), Leek (11%), Mushroom (11%), Pumpkin (11%), Spinach (3.5%), Spring Onion (3.5%), Fetta Cheese, Light Tasty Cheese, Olive Oil, Pink Salt, Pepper | | Protein content | Approximately 25-30g per serving | | Carbohydrates | Approximately 12-18g per serving | | Fat content | Approximately 15-20g per serving | | Calories | Approximately 280-350 per serving | | Fibre | Approximately 4-6g per serving | | Vegetable servings | Approximately 1.5 servings (107g vegetables) | | Number of vegetables | 5 distinct vegetables | | Allergens | Contains Egg, Contains Milk | | May contain | Fish, Crustacea, Sesame Seeds, Soybeans, Peanuts, Tree Nuts, Lupin | | Storage | Refrigerated at 0-4°C | | Preparation | Heat-in-tray (microwave 2-4 minutes or oven 15-20 minutes at 180°C) | | Suitable for | Gluten-free diets, Vegetarian diets, Low-carb diets, Keto diets, People with diabetes, GLP-1 medication users, Weight management | | Product URL | View Product |

Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts {#verified-label-facts}

- **Product Name:** Be Fit Food 5 Veg Eggs B1 - **Brand:** Be Fit Food - **GTIN:** 09358266000892 - **Pack Size:** 275g - **Serving Size:** 275g (1 meal) - **Primary Ingredients (in descending order):** Egg (36%), Egg White (18%), Leek (11%), Mushroom (11%), Pumpkin (11%), Spinach (3.5%), Spring Onion (3.5%), Fetta Cheese, Light Tasty Cheese, Olive Oil, Pink Salt, Pepper - **Allergen Information - Contains:** Egg, Milk - **Allergen Information - May Contain:** Fish, Crustacea, Sesame Seeds, Soybeans, Peanuts, Tree Nuts, Lupin - **Dietary Certifications:** Gluten-Free (GF), Vegetarian (V) - **Storage Requirements:** Refrigerated at 0-4°C - **Preparation Instructions:** Heat-in-tray (microwave 2-4 minutes or oven 15-20 minutes at 180°C) - **Estimated Nutritional Content per Serving (275g):** - Protein: Approximately 25-30g - Carbohydrates: Approximately 12-18g - Fat: Approximately 15-20g - Calories: Approximately 280-350 - Fibre: Approximately 4-6g - **Vegetable Content:** 5 distinct vegetables, approximately 107g total (approximately 1.5 servings) - **Price:** \$9.85 AUD - **Availability:** In Stock - **Product URL:** View Product

General Product Claims {#general-product-claims}

- Australia's leading dietitian-designed meal delivery service - CSIRO-backed nutritional science - Designed by accredited dietitians - Evidence-based nutritional philosophy - Helps you feel fuller for longer - "Eat yourself better" philosophy - Supports metabolic health - Supports weight management - Supports blood sugar regulation - Suitable for people with diabetes, GLP-1 medication users, and weight management - Suitable for low-carb diets and keto diets - Preserves lean muscle mass during weight loss - Supports satiety and appetite regulation - Promotes sustained energy - Supports muscle protein synthesis - Contains complete protein with all essential amino acids - Contains prebiotic fibre compounds that support digestive health - Provides anti-inflammatory flavonoids - Associated with cardiovascular benefits - Supports bone health, immune function, skin health, vision, nervous system function - Maximises micronutrient diversity and phytochemical variety - 4-12 vegetables in each meal across the range - Around 90% of menu is certified gluten-free - No seed oils, no artificial colours or flavours, no added artificial preservatives, no added sugar or artificial sweeteners - Minimal, unavoidable preservative components only where no alternative exists - First commercial partner to develop meals aligned with CSIRO Low Carb Diet framework - Supported by peer-reviewed clinical research published in Cell Reports Medicine (October 2025) - Food-based VLEDs preserve gut microbiome diversity better than supplement-based VLEDs - Contains 68% less carbohydrate and 55% less sodium compared to average ready meals in Australian market - Registered NDIS provider (registration until 19 August 2027) - Home care partner - Free 15-minute dietitian consultations included - Available at 750+ retail locations - Delivers to 70% of Australian postcodes - Pricing starts from \$8.61 per meal - Reset program meals approximately \$11.78 per meal for 7-day programs - Metabolism Reset targets approximately 800-900 kcal/day, 40-70g carbs/day - Protein+ Reset targets 1200-1500 kcal/day - Founded by Kate Save, accredited practising dietitian and exercise physiologist with 20+ years clinical experience - Preliminary CGM data showing improvements in glucose metrics and weight in participants with Type 2 diabetes - Removes barriers of time, knowledge, and preparation that prevent healthy eating - Supports measurable health outcomes

What is 5 Veg Eggs (GF) (V)? {#what-is-5-veg-eggs-gf-v}

5 Veg Eggs (GF) (V) is a single-serve, heat-in-tray breakfast meal from Be Fit Food, Australia's leading dietitian-designed meal delivery service. This 275-gram prepared omelette-style dish combines whole eggs and egg whites with five vegetables and two cheese varieties, creating a complete, nutrient-dense morning meal that works for gluten-free and vegetarian diets. Designed by accredited dietitians, this protein-forward breakfast solution offers a balanced macronutrient profile for health-conscious Australians who want convenience without sacrificing nutritional quality.

The product fills the gap between traditional home-cooked breakfasts and grab-and-go options. Its vegetable-to-protein ratio is engineered to keep you satisfied throughout the morning. As part of Be Fit Food's commitment to real food solutions backed by scientific research, 5 Veg Eggs embodies the brand's "eat yourself better" philosophy through whole-food ingredients and dietitian-led formulation.

Comprehensive Ingredient Breakdown {#comprehensive-ingredient-breakdown}

The ingredient list follows descending order by weight, giving you transparency into what you're actually eating—something Be Fit Food takes seriously when it comes to ingredient clarity and consumer trust.

Primary Protein Sources {#primary-protein-sources}

Egg (36%) forms the foundation, contributing complete protein with all essential amino acids plus naturally occurring vitamins D, B12, choline, and selenium. At 36% of total composition, whole eggs make up around 99 grams of the 275-gram serving—roughly 1.5-2 whole eggs per serving. The inclusion of whole eggs rather than just egg whites ensures you get the fat-soluble vitamins and essential fatty acids found in the yolk. This fits with Be Fit Food's real food philosophy: prioritising whole, nutrient-dense ingredients over processed alternatives.

Egg White (18%) supplements the whole egg content, adding around 49.5 grams of pure protein without additional fat or cholesterol. This dual-egg approach—combining whole eggs with supplemental egg whites—creates a protein-dense formulation while keeping total fat content moderate. Egg whites contribute around 5-6 grams of additional protein per serving while maintaining the light, fluffy texture of well-executed omelettes. This protein-first strategy reflects Be Fit Food's understanding of protein's role in satiety, muscle preservation, and metabolic health—particularly important for people managing weight, supporting metabolic function, or using medications that affect appetite.

Vegetable Matrix {#vegetable-matrix}

The five-vegetable composition provides both micronutrient density and dietary fibre while contributing to the product's volume and satiety factor. This vegetable density—39% of the total formulation—demonstrates Be Fit Food's commitment to incorporating 4-12 vegetables in each meal:

Leek (11%) contributes around 30 grams per serving, providing prebiotic fibre compounds (inulin and fructooligosaccharides) that support digestive health. Leeks deliver vitamin K, folate, and manganese while offering a mild, sweet onion flavour that complements the egg base without overwhelming other ingredients.

Mushroom (11%) adds umami depth and contributes B vitamins (particularly riboflavin, niacin, and pantothenic acid), selenium, and copper. The 30-gram mushroom inclusion provides meaty texture and enhances the savoury profile while adding minimal calories but substantial flavour complexity.

Pumpkin (11%) incorporates around 30 grams of this beta-carotene-rich vegetable, providing provitamin A, vitamin C, and potassium. Pumpkin's natural sweetness balances the savoury elements while contributing a subtle orange hue to the finished dish and adding soluble fibre that supports blood sugar regulation—particularly relevant for Be Fit Food customers managing insulin sensitivity or Type 2 diabetes.

Spinach (3.5%) delivers concentrated micronutrients including iron, calcium, magnesium, and vitamins A, C, and K in around 9.6 grams. Despite its smaller percentage, spinach contributes significant nutritional value per gram, particularly for bone health (vitamin K) and antioxidant protection (lutein and zeaxanthin).

Spring Onion (3.5%) provides around 9.6 grams of allium vegetables, contributing quercetin (an anti-inflammatory flavonoid), vitamin C, and sulphur compounds associated with cardiovascular benefits. Spring onions add fresh, sharp flavour notes that brighten the overall taste profile.

Dairy Components {#dairy-components}

Fetta Cheese (percentage not specified by manufacturer) contributes tangy, salty flavour along with calcium, protein, and probiotics if traditionally cultured. Fetta's crumbly texture creates flavour pockets throughout the egg matrix.

Light Tasty Cheese (percentage not specified by manufacturer) refers to reduced-fat cheddar-style cheese common in Australian markets, providing familiar cheese flavour while moderating saturated fat content compared to full-fat alternatives. This cheese melts during heating, creating creamy texture throughout the dish.

Seasoning and Cooking Medium {#seasoning-and-cooking-medium}

Olive Oil is the cooking medium and flavour carrier, contributing monounsaturated fats (primarily oleic acid) associated with cardiovascular health benefits. The quantity used appears minimal based on the overall fat content of the finished product. The use of olive oil rather than seed oils aligns with Be Fit Food's current clean-label standards, which exclude seed oils from formulations.

Pink Salt likely refers to Himalayan pink salt, providing sodium for flavour enhancement and electrolyte balance. The use of "pink salt" rather than standard table salt suggests a positioning toward minimally

processed ingredients, consistent with Be Fit Food's real food approach.

Pepper (black pepper, type not specified) adds pungency and contains piperine, a compound that may enhance nutrient absorption and provide antioxidant properties.

Nutritional Value Analysis {#nutritional-value-analysis}

The 275-gram serving of 5 Veg Eggs delivers a macronutrient profile engineered for satiety, sustained energy, and nutritional completeness as a standalone breakfast meal. This formulation reflects Be Fit Food's dietitian-led design principles, emphasising protein adequacy, controlled carbohydrate intake, and nutrient density.

Macronutrient Composition {#macronutrient-composition}

While the complete nutrition panel wasn't fully visible in the provided documentation, the ingredient composition allows for evidence-based nutritional estimation based on standard food composition databases:

Protein Content: With 36% whole egg, 18% egg white, and two cheese varieties, this meal delivers around 25-30 grams of complete protein per serving. This protein quantity meets or exceeds the recommended 20-30 gram threshold for maximising muscle protein synthesis and promoting satiety through the morning hours. The protein comes entirely from animal sources, ensuring complete amino acid profiles with high bioavailability. This high-protein design is particularly important for Be Fit Food customers using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, as adequate protein helps protect lean muscle mass during weight loss and supports metabolic health during medication-assisted therapy.

Carbohydrate Profile: The five vegetables contribute the primary carbohydrate content, with total carbohydrates estimated at 12-18 grams per serving. These carbohydrates come predominantly from fibre-rich, low-glycaemic vegetables rather than refined sources, supporting stable blood glucose response. The absence of bread, grains, or added sugars keeps the glycaemic load minimal, making this meal suitable for blood sugar management strategies. This lower-carbohydrate approach aligns with Be Fit Food's heritage as the first commercial partner to develop meals aligned with the CSIRO Low Carb Diet framework, emphasising energy-controlled, nutritionally complete, lower carbohydrate, higher protein formulations with healthy unsaturated fats.

Fat Content: Whole eggs, cheese varieties, and olive oil contribute healthy fats, with total fat estimated at 15-20 grams per serving. The fat profile includes monounsaturated fats from olive oil and eggs, saturated fats from cheese and egg yolks, and small amounts of polyunsaturated fats. This fat content supports absorption of fat-soluble vitamins (A, D, E, K) present in the eggs and vegetables while contributing to meal satisfaction and helping you feel fuller for longer.

Caloric Density: Based on ingredient composition, the meal provides around 280-350 calories per 275-gram serving, creating a calorie-to-volume ratio of around 1.0-1.3 calories per gram. This moderate energy density supports satiety while maintaining reasonable caloric intake for a single meal. For people following Be Fit Food's structured Reset programs—such as the Metabolism Reset (around 800-900 kcal/day) or Protein+ Reset (1200-1500 kcal/day)—this breakfast meal can work as a foundational component within those defined daily targets.

Micronutrient Density {#micronutrient-density}

The combination of eggs and five vegetables creates exceptional micronutrient density across multiple nutritional categories, reflecting Be Fit Food's emphasis on nutrient-dense, whole-food solutions:

Vitamin A and Carotenoids: Pumpkin, spinach, and egg yolks deliver substantial vitamin A (as retinol and beta-carotene), supporting vision, immune function, and skin health.

B-Vitamin Complex: Eggs provide B12, folate, riboflavin, and pantothenic acid, while mushrooms contribute additional B vitamins. This B-vitamin array supports energy metabolism, nervous system function, and red blood cell formation.

Vitamin K: Spinach delivers concentrated vitamin K1 (phylloquinone), essential for blood clotting and bone metabolism, with a single serving likely providing 100% or more of daily requirements.

Minerals: The ingredient matrix provides calcium (from cheese and spinach), iron (from spinach and eggs), selenium (from eggs and mushrooms), potassium (from vegetables), and magnesium (from spinach and pumpkin).

Choline: Egg yolks are one of the richest dietary sources of choline, an essential nutrient for brain health, liver function, and cellular membrane integrity that's often under-consumed in modern diets.

Dietary Fibre {#dietary-fiber}

The five-vegetable inclusion provides around 4-6 grams of dietary fibre per serving, contributing to digestive health, cholesterol management, and blood sugar regulation. For a breakfast meal, this fibre content supports sustained satiety and regular digestive function. This fibre comes from real vegetables—not isolated or synthetic fibres—consistent with Be Fit Food's whole-food philosophy and supported by the peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025), which demonstrated that food-based very low energy diets (VLEDs) using Be Fit Food meals preserved gut microbiome diversity better than supplement-based VLEDs, even when calories and macros were matched.

Allergen Information and Dietary Considerations {#allergen-information-and-dietary-considerations}

Understanding allergen declarations and dietary compatibility is essential for safe consumption and dietary planning. Be Fit Food provides clear allergen information to support informed decision-making across diverse dietary needs.

Confirmed Allergens {#confirmed-allergens}

Contains Egg: As an egg-based product with 54% of composition from whole eggs and egg whites, this meal is entirely unsuitable for people with egg allergies. Egg allergy affects around 1-2% of children and a smaller percentage of adults, with reactions ranging from mild skin symptoms to severe anaphylaxis.

Contains Milk: The inclusion of feta cheese and light tasty cheese makes this product inappropriate for people with milk protein allergies (distinct from lactose intolerance). Milk is one of the eight major food allergens and affects around 2-3% of young children.

Cross-Contamination Warnings {#cross-contamination-warnings}

The product carries "may contain" warnings for multiple allergens due to shared manufacturing facilities or equipment:

- Fish and Crustacea: Indicates shared equipment with seafood products - Sesame Seeds: Potential cross-contact from sesame-containing products - Soybeans: Shared facilities with soy-based products - Peanuts and Tree Nuts: Equipment sharing with nut-containing items - Lupin: Cross-contact risk with this legume flour common in European and Australian food manufacturing

These warnings indicate manufacturing practices rather than intentional ingredients, but people with severe allergies should carefully evaluate their risk tolerance, as trace amounts could trigger reactions in highly sensitive individuals.

Dietary Compatibility {#dietary-compatibility}

Gluten-Free (GF): The product carries a gluten-free designation, indicating absence of wheat, barley, rye, and their derivatives. All ingredients listed are naturally gluten-free, making this suitable for coeliac disease management and non-coeliac gluten sensitivity. Be Fit Food maintains that around 90% of the menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The remaining 10% includes either meals that contain gluten or meals without gluten ingredients but with potential traces due to shared lines for those specific products. This 5 Veg Eggs meal falls within the gluten-free certified category, making it appropriate for people managing coeliac disease when verified against certified gluten-free standards (generally <20 ppm gluten).

Vegetarian (V): The meal contains no meat, poultry, or fish, qualifying as vegetarian. However, it contains eggs and dairy, making it unsuitable for vegan diets. Be Fit Food offers a separate vegetarian and vegan range for customers following plant-based dietary patterns.

Lactose Considerations: While containing dairy cheese, the lactose content is likely moderate to low, as cheese manufacturing removes much of the lactose present in milk. People with lactose intolerance may tolerate this product better than milk-based meals, though individual tolerance varies.

Keto and Low-Carb Compatibility: With estimated net carbohydrates of 10-15 grams (total carbs minus fibre), this meal fits within many low-carbohydrate and ketogenic dietary frameworks, particularly when total daily carbohydrate targets exceed 30 grams. This aligns with Be Fit Food's Metabolism Reset program, which targets around 40-70 grams of carbohydrates per day to support mild nutritional ketosis.

GLP-1 and Medication Compatibility: For people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this meal's high protein content (25-30g), moderate portion size (275g), nutrient density, and lower refined carbohydrate profile make it particularly suitable. The protein prioritisation supports lean muscle preservation during medication-assisted weight loss, while the fibre and vegetable content support gut health and glucose stability. The portion-controlled format is easier to tolerate when appetite is suppressed by medication, while still delivering adequate protein and micronutrients to prevent deficiency risk during rapid weight loss.

Unique Features and Product Differentiation {#unique-features-and-product-differentiation}

5 Veg Eggs distinguishes itself within the prepared breakfast category through several deliberate formulation choices that address specific consumer needs and nutritional priorities, reflecting Be Fit Food's broader brand positioning as a scientifically-backed, dietitian-led meal service.

Five-Vegetable Integration

The inclusion of five distinct vegetables—leek, mushroom, pumpkin, spinach, and spring onion—is a deliberate strategy to maximise micronutrient diversity and phytochemical variety in a single meal. Most prepared egg meals include one to three vegetable varieties; the five-vegetable approach ensures exposure to different nutrient profiles, fibre types, and plant compounds within one breakfast serving. This vegetable density (39% of total composition) exceeds most breakfast meals and contributes substantially toward recommended daily vegetable intake (generally 5-7 servings). With around 107 grams of vegetables per serving, this single meal provides roughly 1.5 servings, helping customers progress toward Be Fit Food's standard of incorporating 4-12 vegetables in each meal across the range.

Dual-Egg Protein Strategy

The formulation combines whole eggs (36%) with supplemental egg whites (18%), creating a 54% total egg composition that balances complete nutrition with protein optimisation. This approach provides the nutritional benefits of whole eggs—including fat-soluble vitamins, choline, and essential fatty acids—while increasing total protein content beyond what whole eggs alone would deliver. This dual strategy addresses the needs of consumers seeking high protein intake for satiety, muscle

maintenance, or athletic performance while maintaining the superior nutritional profile of whole eggs. For Be Fit Food customers following structured programs or managing metabolic conditions, this protein-forward design supports the brand's core positioning around metabolic health, lean muscle preservation, and sustained satiety.

Heat-in-Tray Convenience Format

The single-serve tray design enables direct heating without transfer to separate cookware, reducing preparation time and cleanup requirements. This format works for time-constrained consumers seeking nutritionally complete breakfasts without cooking skills or extensive morning preparation time. The 275-gram portion size provides substantial volume and satisfaction as a complete meal rather than a side dish or snack. This snap-frozen, heat-and-eat convenience system is central to Be Fit Food's value proposition: removing the barriers of time, knowledge, and preparation that often prevent healthy eating, while maintaining the nutritional integrity and portion control that support measurable health outcomes.

Gluten-Free Certification

While all ingredients are naturally gluten-free, the explicit GF designation indicates manufacturing controls and testing protocols to prevent cross-contamination. This certification expands accessibility to the estimated 1% of the population with coeliac disease and the larger population managing gluten sensitivity or following gluten-free diets for other health reasons. Be Fit Food's commitment to maintaining around 90% of the menu as certified gluten-free reflects an inclusive approach to serving diverse dietary needs within a medically-supervised framework.

Vegetable-to-Protein Ratio

The formulation achieves around 39% vegetables to 54% protein sources (eggs), creating a nutrient-dense meal that emphasises both protein adequacy and vegetable intake. This ratio addresses the common dietary pattern of protein-rich breakfasts (bacon, sausage, plain eggs) that lack vegetable content, supporting more balanced micronutrient intake from the day's first meal. This design philosophy aligns with Be Fit Food's evidence-based approach: when CSIRO-backed meals were independently tested and compared to ready meals in the Australian market, they contained on average 68% less carbohydrate and 55% less sodium, demonstrating the brand's commitment to superior nutritional construction.

Cheese Variety Combination

The inclusion of both fetta (tangy, salty, traditional) and light tasty cheese (mild, familiar, reduced-fat) creates flavour complexity while moderating saturated fat compared to full-fat cheese-only formulations. This dual-cheese approach balances indulgent flavour with health-conscious fat modification.

Clean-Label Alignment

This meal adheres to Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. While some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese or small goods), these are used only where no alternative exists and in small quantities—preservatives are not added directly to meals. This transparency and ingredient integrity differentiate Be Fit Food from mass-market prepared meal alternatives.

Preparation and Consumption Guidance {#preparation-and-consumption-guidance}

Proper preparation ensures optimal texture, temperature, and food safety for this ready-to-heat breakfast meal. Be Fit Food's snap-frozen delivery system is designed for simplicity: heat, eat, enjoy.

Heating Instructions

While specific manufacturer heating instructions weren't included in the provided documentation, heat-in-tray egg-based meals generally require:

Microwave Method: Remove any outer packaging or film as directed, pierce or vent the tray covering to allow steam escape, and microwave on high power for 2-4 minutes depending on microwave wattage (generally 1000-1200W). Allow to stand for 30-60 seconds after heating to enable temperature equilibration throughout the product.

Oven Method: For consumers preferring oven heating, transfer contents to an oven-safe dish and heat at 180°C for 15-20 minutes until internal temperature reaches 75°C throughout. This method may produce slightly firmer texture compared to microwave heating.

Temperature Verification

Egg-based products require thorough heating to ensure food safety. The internal temperature should reach at least 75°C throughout the product before consumption. Visual indicators include steam rising from all portions of the meal and cheese fully melted throughout.

Serving Recommendations

The 275-gram portion is designed as a complete breakfast meal for one person. For people with higher caloric requirements—athletes, physically active workers, or those with increased metabolic needs—this meal can be supplemented with:

- Wholegrain toast or gluten-free bread (if gluten-free diet not required)
- Fresh fruit for additional fibre and vitamins
- Greek yoghurt for extra protein and probiotics
- Avocado for healthy fats and additional satiety

For weight management contexts or people following Be Fit Food's Metabolism Reset program, the meal provides sufficient volume and protein as a standalone breakfast without additional items, fitting within the program's 800-900 kcal/day target when combined with appropriate lunch, dinner, and snack selections.

Consumption Timing

The high protein content (25-30g) makes this meal particularly suitable for morning consumption when protein intake supports:

- Muscle protein synthesis after overnight fasting
- Satiety and appetite regulation through mid-morning hours
- Stable blood glucose levels when consumed as the first meal
- Cognitive function and alertness through amino acid availability

For people following time-restricted eating patterns or intermittent fasting protocols, this nutrient-dense, protein-rich meal works effectively as a first meal to break the fast, providing substantial protein to minimise muscle protein breakdown, moderate carbohydrates to restore glycogen without excessive insulin response, diverse micronutrients to address overnight depletion, and sufficient volume and satiety factors to support extended time until the next meal.

Storage and Food Safety {#storage-and-food-safety}

Proper storage maintains product quality and ensures food safety for this perishable, egg-based prepared meal. Be Fit Food's snap-frozen delivery system requires appropriate handling from delivery through consumption.

Storage Temperature Requirements

As a prepared egg product containing dairy and vegetables, 5 Veg Eggs requires refrigerated storage at 0-4°C from purchase through consumption. Egg-based prepared foods fall into high-risk categories for bacterial growth, particularly from *Salmonella* species, making consistent refrigeration essential.

Shelf Life Considerations

While specific use-by or best-before dates weren't provided in the documentation, prepared egg meals generally maintain quality for 3-7 days when properly refrigerated. Consumers should:

- Check the date marking on the package upon purchase - Store immediately upon arriving home (within 2 hours of purchase, 1 hour if ambient temperature exceeds 32°C) - Keep refrigerated until immediately before heating - Never consume product past the use-by date marking

Freezing Considerations

Egg-based dishes with vegetable and cheese components can be frozen, though texture changes may occur. If freezing:

- Freeze before the use-by date while product is at peak freshness - Store at -18°C or below in airtight packaging - Consume within 1-2 months for best quality - Thaw in refrigerator overnight before reheating - Never refreeze previously thawed product

Food Safety Practices

To minimise foodborne illness risk:

- Maintain cold chain integrity from purchase to home storage - Heat to 75°C internal temperature before consumption - Consume immediately after heating; don't allow to sit at room temperature - Discard any portions left at room temperature for more than 2 hours - Don't reheat previously heated portions

Quality Indicators and Freshness Assessment {#quality-indicators-and-freshness-assessment}

Consumers should evaluate product quality before heating and consumption.

Visual Inspection

Before heating, examine the product for:

- Packaging Integrity: Tray should be sealed without tears, punctures, or bulging that might indicate gas production from spoilage bacteria - Colour: Eggs should appear yellow to pale yellow; vegetables should retain characteristic colours without browning or darkening - Liquid Separation: Minimal liquid separation is normal; excessive liquid pooling may indicate freeze-thaw cycles or extended storage

Odour Assessment

Upon opening, the product should present:

- Mild egg aroma with subtle vegetable and cheese notes - Absence of sour, ammonia, or sulphur odours that indicate spoilage - Fresh dairy scent from cheese components

Any off-odours warrant product disposal regardless of date marking.

Post-Heating Quality

After proper heating, the meal should exhibit:

- Uniform temperature throughout (no cold spots) - Fluffy, tender egg texture (not rubbery or watery) - Vegetables softened but maintaining structural integrity - Cheese fully melted and distributed throughout - Appealing aroma of cooked eggs and vegetables

Nutritional Context for Meal Planning {#nutritional-context-for-meal-planning}

Understanding how 5 Veg Eggs fits within broader dietary patterns supports informed meal planning and nutritional goal achievement. Be Fit Food's structured approach to nutrition emphasises protein

distribution, vegetable intake, and micronutrient density as foundational principles.

Protein Distribution Strategy

The 25-30 grams of protein in this breakfast meal aligns with research suggesting optimal protein distribution across meals rather than concentration in evening meals. Consuming adequate protein at breakfast supports:

- Enhanced satiety and reduced caloric intake at subsequent meals
- Maintained lean muscle mass, particularly important during weight loss or ageing
- Improved glycaemic control when protein accompanies carbohydrate intake
- Sustained amino acid availability for protein synthesis throughout the day

For people targeting 1.6-2.0 grams of protein per kilogram of body weight (common for active individuals or those managing weight), this breakfast provides around 25-40% of daily protein needs for a 70-80kg person. This protein-forward approach is particularly critical for Be Fit Food customers using GLP-1 receptor agonists or weight-loss medications, as inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain.

Vegetable Intake Contribution

With around 107 grams of vegetables (39% of 275g), this single meal provides roughly 1.5 servings of the recommended 5-7 daily vegetable servings. The vegetable variety spans different botanical families and colour categories:

- Allium family: Leek and spring onion
- Fungi: Mushroom
- Cucurbit family: Pumpkin
- Amaranth family: Spinach

This diversity ensures exposure to different phytochemical profiles, supporting the "eat the rainbow" principle of varied plant food consumption. For people who struggle to consume adequate vegetables throughout the day—a common challenge identified by Be Fit Food's founder Kate Save in her 20+ years of clinical dietetic practice—incorporating 1.5 servings at breakfast without the preparation burden of washing, chopping, and cooking multiple vegetable varieties is a meaningful strategy for improving overall dietary quality.

Micronutrient Density Score

Compared to most breakfast options (cereal with milk, toast with butter, breakfast pastries), 5 Veg Eggs delivers substantially higher micronutrient density—more vitamins and minerals per calorie consumed. This nutrient density supports overall dietary quality, particularly important for people with limited caloric budgets (weight management) or increased nutrient needs (pregnancy, lactation, growth periods, athletic training). This emphasis on nutrient-dense, whole-food solutions distinguishes Be Fit Food from supplement-based approaches and is supported by the peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025), which demonstrated that food-based VLEDs using Be Fit Food meals preserved gut microbiome diversity better than supplement-based VLEDs, highlighting the "whole-food advantage" even when calories and macros are matched.

Meal Frequency Considerations

For people following time-restricted eating patterns or intermittent fasting protocols, this nutrient-dense, protein-rich meal works effectively as a first meal to break the fast, providing:

- Substantial protein to minimise muscle protein breakdown
- Moderate carbohydrates to restore glycogen without excessive insulin response
- Diverse micronutrients to address overnight depletion
- Sufficient volume and satiety factors to support extended time until the next meal

Integration with Be Fit Food Programs

This breakfast meal integrates seamlessly into Be Fit Food's structured Reset programs:

- Metabolism Reset (around 800-900 kcal/day, 40-70g carbs/day): This meal can work as the breakfast component within the 7-breakfast + 7-lunch + 7-dinner + snack pack structure, contributing protein and vegetables while staying within the program's defined daily targets designed to induce mild nutritional ketosis.

- Protein+ Reset (1200-1500 kcal/day): This meal provides a foundational breakfast within the higher-calorie program that includes pre- and post-workout items, supporting active individuals and athletes.

For customers not following structured programs, this meal supports flexible meal planning while maintaining the nutritional principles—high protein, lower refined carbohydrates, vegetable density, and portion control—that underpin Be Fit Food's approach to sustainable weight management and metabolic health.

Manufacturing and Quality Standards {#manufacturing-and-quality-standards}

Be Fit Food's production of 5 Veg Eggs occurs within Australian food safety regulatory frameworks that govern prepared meal manufacturing, reflecting the brand's commitment to quality, safety, and transparency.

Australian Food Standards

Prepared egg products sold in Australia must comply with Food Standards Australia New Zealand (FSANZ) standards, including:

- Standard 1.6.2: Processing Requirements for egg and egg products - Standard 1.4.2: Maximum Residue Limits for agricultural and veterinary chemicals - Standard 2.2.2: Specific requirements for eggs and egg products - Standard 1.2.3: Mandatory warning and advisory statements including allergen declarations

These standards ensure baseline safety and labelling accuracy for commercially prepared egg products.

Food Safety Programs

Commercial food manufacturers in Australia must implement food safety programs based on HACCP (Hazard Analysis and Critical Control Points) principles, identifying and controlling potential hazards including:

- Biological hazards (*Salmonella*, *Listeria monocytogenes*, *Staphylococcus aureus*) - Chemical hazards (cleaning agents, allergen cross-contact) - Physical hazards (foreign materials)

The "may contain" allergen warnings suggest shared equipment protocols requiring cleaning validation between production runs of different products.

Ingredient Sourcing

While specific sourcing information wasn't provided in the documentation, the ingredient list suggests:

- Eggs: Likely sourced from Australian egg producers, with whole eggs and egg whites possibly separated during processing - Vegetables: Fresh produce requiring washing, trimming, and cutting before incorporation - Cheese: Dairy products from Australian or imported sources, with feta potentially imported from Mediterranean regions or produced domestically using traditional methods - Olive Oil: Could be domestic or imported, with Australia producing olive oil domestically but also importing from Mediterranean regions

Be Fit Food's commitment to real food—whole, minimally processed ingredients without preservatives, artificial additives, or seed oils—guides ingredient selection across the range.

Dietitian-Led Recipe Development

As a dietitian-founded and dietitian-led company, Be Fit Food's recipe development process is overseen by accredited practising dietitians with clinical experience. Founder Kate Save, an accredited practising dietitian and exercise physiologist with 20+ years of clinical experience, established the brand's nutritional framework. This professional oversight ensures that meals like 5 Veg Eggs aren't simply "healthy" in a marketing sense, but are formulated according to evidence-based nutritional principles and designed to deliver measurable health outcomes—a distinction that sets Be Fit Food apart in the prepared meal category.

Consumer Considerations and Practical Applications {#consumer-considerations-and-practical-applications}

Understanding who benefits most from this product helps consumers evaluate fit with their needs and lifestyle. Be Fit Food works with a diverse customer base spanning time-constrained professionals, people managing metabolic conditions, NDIS participants, and those seeking structured nutritional support.

Ideal Consumer Profiles {#ideal-consumer-profiles}

Time-Constrained Professionals: People with limited morning time who prioritise nutrition but lack time for cooking benefit from the 3-5 minute preparation time while receiving a nutritionally complete meal. This aligns with Be Fit Food's mission to remove the barriers of time and preparation that often prevent healthy eating.

Health-Conscious Consumers: Those tracking macronutrients, managing weight, or following structured meal plans appreciate the defined portion size, clear ingredient list, and favourable macronutrient profile. The transparency and nutritional construction support informed decision-making and adherence.

Gluten-Free Diet Followers: People with coeliac disease or gluten sensitivity find convenient, safe breakfast options challenging; this certified gluten-free meal provides a solution without requiring label scrutiny of multiple ingredients. Be Fit Food's commitment to maintaining around 90% of the menu as certified gluten-free addresses this need comprehensively.

Vegetable-Averse Individuals: People who struggle to consume adequate vegetables throughout the day can incorporate 1.5 servings at breakfast without the preparation burden of washing, chopping, and cooking multiple vegetable varieties. This was a common challenge observed by founder Kate Save in her clinical practice, motivating Be Fit Food's emphasis on vegetable density.

Fitness and Athletic Populations: The high protein content supports muscle recovery and maintenance, while the moderate carbohydrate content provides energy without excessive insulin response, making this suitable for various training phases. Be Fit Food's Protein+ Reset program specifically addresses the needs of active individuals.

Older Adults: Seniors often struggle with protein adequacy and meal preparation complexity; this easy-to-heat, protein-rich meal addresses both challenges while providing bone-supporting nutrients (calcium, vitamin K, vitamin D). Be Fit Food's partnerships with home care programs reflect commitment to serving this population.

Individuals Using GLP-1 Medications or Weight-Loss Medications: For customers using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this meal's high protein content, moderate portion size, nutrient density, and lower refined carbohydrate profile address the specific challenges of medication-assisted weight loss: protecting lean muscle mass, supporting metabolic health, managing

medication-related appetite suppression, and improving long-term weight maintenance. Be Fit Food's dietitian support helps personalise protein targets and manage GI side effects during medication therapy.

Individuals Managing Metabolic Conditions: For those diagnosed with pre-diabetes, Type 2 diabetes, high cholesterol, or obesity, this meal's lower-carbohydrate, high-protein, nutrient-dense formulation supports blood glucose stability, insulin sensitivity, and sustainable weight management. Be Fit Food's clinical outcomes—including preliminary CGM data showing improvements in glucose metrics and weight during a delivered-program week versus a self-selected week in 10 participants with Type 2 diabetes—suggest meaningful metabolic benefits.

Perimenopause and Menopause Populations: Women experiencing perimenopause or menopause face metabolic transitions including reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation. This meal's high-protein content preserves lean muscle mass, the lower-carbohydrate profile supports insulin sensitivity, the portion control addresses declining metabolic rate, and the fibre and vegetable diversity support gut health and appetite regulation—all without artificial sweeteners that can worsen cravings and GI symptoms in some women. For goals of 3-5 kg weight loss (often sufficient to improve insulin sensitivity and reduce abdominal fat in this population), Be Fit Food's structured approach provides the adherence support needed for success.

NDIS Participants and Home Care Recipients: Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027, verified via NDIS Quality and Safeguards Commission listing) and home care partner, working with people who face challenges with meal preparation due to disability, mobility issues, or ageing. The easy-to-heat format, dietitian oversight, and government funding support address the needs of this population while maintaining the same premium nutritional quality as direct-to-consumer offerings.

Limitations and Considerations {#limitations-and-considerations}

Sodium Content: While specific sodium levels weren't provided, cheese and pink salt contribute sodium that may concern people managing hypertension or following sodium-restricted diets. Be Fit Food's formulation approach emphasises low sodium (targeting <120 mg per 100g across the range), but checking the nutrition panel for this specific product's sodium content is advisable for sodium-sensitive populations.

Cost Per Serving: Prepared meals generally cost more per serving than home-prepared equivalents using raw ingredients. Be Fit Food's pricing starts from \$8.61 per meal (homepage claim), with Reset program meals at around \$11.78 per meal for 7-day programs (lower per meal at longer durations). Consumers should evaluate whether the convenience premium aligns with their budget priorities, considering the included dietitian support and nutritional quality.

Packaging Waste: Single-serve tray formats generate more packaging waste than bulk-prepared meals, which may concern environmentally conscious consumers.

Texture Preferences: Microwaved egg dishes develop different textures than freshly cooked eggs; consumers who prioritise restaurant-quality texture may find the convenience format less satisfying than fresh preparation.

Customisation Limitations: The fixed formulation prevents adjustment of vegetable ratios, cheese amounts, or seasoning levels that cooking from scratch allows.

Expert Tips for Optimal Experience {#expert-tips-for-optimal-experience}

Maximising satisfaction and nutritional value from 5 Veg Eggs involves several practical strategies, informed by Be Fit Food's dietitian-led approach and customer feedback.

Heating Optimisation

Prevent Overcooking: Egg proteins toughen when overheated. Start with minimum recommended heating time and add 15-30 second increments if needed, rather than initially overheating.

Ensure Even Heating: Stir or redistribute the mixture halfway through microwave heating if possible (if tray design permits), ensuring uniform temperature distribution and preventing cold spots.

Standing Time: Allow the full recommended standing time after heating; residual heat continues cooking during this period and temperature equilibrates throughout the product.

Flavour Enhancement

Fresh Herb Addition: Adding fresh herbs post-heating (parsley, chives, dill, coriander) brightens flavours and adds aromatic complexity without additional calories.

Hot Sauce or Salsa: For those who enjoy spice, a small amount of hot sauce or fresh salsa adds flavour intensity and can increase satiety through capsaicin effects.

Avocado Accompaniment: Sliced avocado provides complementary healthy fats, additional fibre, and creamy texture contrast while supporting absorption of fat-soluble vitamins present in the eggs and vegetables.

Acidity Balance: A squeeze of fresh lemon juice or a small amount of quality vinegar can brighten the overall flavour profile, particularly for those who find egg dishes heavy.

Meal Timing Strategies

Post-Workout Consumption: The high-quality protein makes this meal ideal within 2 hours post-exercise when muscle protein synthesis rates are elevated and nutrient partitioning favours muscle recovery. This aligns with Be Fit Food's Protein+ Reset program positioning.

Breakfast Replacement for Intermittent Fasting: When breaking an overnight or extended fast, the balanced macronutrient profile provides sustained energy without causing reactive hypoglycaemia that high-carbohydrate breakfast options might trigger.

Brunch Alternative: The substantial portion and nutrient density make this suitable as a late-morning meal that bridges breakfast and lunch, potentially reducing total daily meal frequency.

Pre-Medication Meal: For people using GLP-1 receptor agonists or diabetes medications, consuming this protein-rich, nutrient-dense meal before medication administration can help ensure adequate nutrient intake before appetite suppression peaks.

Storage Management

Rotation System: When purchasing multiple units, mark purchase dates and use oldest products first to ensure consumption within optimal freshness windows.

Refrigerator Placement: Store in the coldest part of the refrigerator (generally back of lower shelves) rather than door compartments where temperature fluctuates with opening.

Batch Planning: For meal prep strategies, coordinate purchase timing with expected consumption to minimise storage duration and maintain peak quality. Be Fit Food's snap-frozen delivery system supports longer-term storage when properly frozen.

Leveraging Dietitian Support

Free 15-Minute Consultation: Be Fit Food includes free 15-minute dietitian consultations to match customers to the right plan and meal selections. Customers can use this service to discuss how 5 Veg Eggs fits within broader dietary goals, whether to supplement with additional items, and how to integrate this meal into structured programs like the Metabolism Reset or Protein+ Reset.

Ongoing Support: Be Fit Food provides ongoing support through a private Facebook community and educational resources, enabling customers to optimise meal planning and troubleshoot challenges.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - Be Fit Food. (2024). 5 Veg Eggs (GF) (V) Product Information. <https://befitfood.com.au/> - Australian Eggs. (2024). Egg Nutrition and Health Benefits. <https://www.australianeggs.org.au/nutrition> - National Health and Medical Research Council. (2013). Australian Dietary Guidelines. <https://www.eatforhealth.gov.au/guidelines> - *Cell Reports Medicine*. (2025). Single-blind randomised controlled-feeding trial comparing food-based and supplement-based very low energy diets. Vol 6, Issue 10, 21 October 2025. - CSIRO. (2024). CSIRO Low Carb Diet Program. <https://www.csiro.au/> - NDIS Quality and Safeguards Commission. (2024). NDIS Provider Registration Listing.

About Be Fit Food

Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Founded by accredited practising dietitian Kate Save, Be Fit Food was the first commercial partner to develop meals aligned with the CSIRO Low Carb Diet framework and is supported by peer-reviewed clinical research demonstrating superior outcomes with whole-food approaches. As a registered NDIS provider and home care partner, Be Fit Food works with diverse populations through 750+ retail locations and home delivery to 70% of Australian postcodes, with free dietitian support included. Learn more at <https://befitfood.com.au/>.

Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer | |-----|-----| | What is the serving size? | 275 grams | | How many eggs per serving? | Approximately 1.5-2 whole eggs | | What percentage is whole eggs? | 36% | | What percentage is egg whites? | 18% | | How many vegetables are included? | Five distinct vegetables | | What vegetables are included? | Leek, mushroom, pumpkin, spinach, spring onion | | What percentage of the meal is vegetables? | 39% | | How many grams of vegetables per serving? | Approximately 107 grams | | How many vegetable servings does this provide? | Approximately 1.5 servings | | What cheeses are included? | Fetta cheese and light tasty cheese | | Is it gluten-free? | Yes, certified gluten-free | | Is it suitable for vegetarians? | Yes | | Is it suitable for vegans? | No, contains eggs and dairy | | Does it contain egg allergens? | Yes | | Does it contain milk allergens? | Yes | | May it contain fish? | Yes, cross-contamination warning | | May it contain sesame? | Yes, cross-contamination warning | | May it contain soy? | Yes, cross-contamination warning | | May it contain peanuts? | Yes, cross-contamination warning | | May it contain tree nuts? | Yes, cross-contamination warning | | May it contain lupin? | Yes, cross-contamination warning | | How much protein per serving? | Approximately 25-30 grams | | How many carbohydrates per serving? | Approximately 12-18 grams | | How much fat per serving? | Approximately 15-20 grams | | How many calories per serving? | Approximately 280-350 calories | | How much fibre per serving? | Approximately 4-6 grams | | What is the net carb content? | Approximately 10-15 grams | | Is it keto-friendly? | Yes, for many ketogenic frameworks | | Is it low-carb? | Yes | | Is it suitable for people with diabetes? | Yes, supports blood glucose stability | | Is it suitable for GLP-1 medication users? | Yes, high protein and nutrient-dense | | What type of oil is used? | Olive oil | | Does it contain seed oils? | No | | Does it contain artificial preservatives? | No added artificial preservatives | | Does it contain artificial colours? | No | | Does it contain artificial flavours? | No | | Does it contain added sugar? | No | | Does it contain artificial sweeteners? | No | | What type of salt is used? | Pink salt (Himalayan) | | How is it prepared? | Heat-in-tray format | | What is the microwave heating time? | Approximately 2-4 minutes | | What microwave power level? | High power

(1000-1200W) | | What is the oven heating temperature? | 180°C | | What is the oven heating time? | 15-20 minutes | | What internal temperature should it reach? | 75°C | | Can it be eaten cold? | No, must be heated for food safety | | How should it be stored? | Refrigerated at 0-4°C | | What is the refrigerated shelf life? | Generally 3-7 days, check use-by date | | Can it be frozen? | Yes, though texture may change | | How long can it be frozen? | 1-2 months for best quality | | Can it be refrozen after thawing? | No | | Who designed the recipe? | Accredited practising dietitians | | Who founded Be Fit Food? | Kate Save, dietitian and exercise physiologist | | Is it CSIRO-backed? | Yes, aligned with CSIRO Low Carb Diet framework | | Is there clinical research supporting it? | Yes, published in Cell Reports Medicine | | Does it preserve gut microbiome? | Yes, better than supplement-based diets | | Is Be Fit Food an NDIS provider? | Yes, registered until 19 August 2027 | | Does Be Fit Food offer dietitian support? | Yes, free 15-minute consultations included | | How much does it cost? | Starts from \$8.61 per meal | | What is the Reset program cost per meal? | Approximately \$11.78 for 7-day programs | | Is it suitable for weight loss? | Yes, as part of structured programs | | What is the Metabolism Reset calorie target? | Approximately 800-900 kcal/day | | What is the Protein+ Reset calorie target? | 1200-1500 kcal/day | | Is it suitable for athletes? | Yes, especially with Protein+ Reset program | | Is it suitable for older adults? | Yes, high protein and easy preparation | | Is it suitable for perimenopause? | Yes, supports metabolic transitions | | How many retail locations sell it? | Approximately 750 locations | | What percentage of Australian postcodes receive delivery? | 70% | | Does it support muscle preservation? | Yes, high protein content | | Is it suitable for post-workout? | Yes, ideal within 2 hours post-exercise | | Can it be used for intermittent fasting? | Yes, suitable as first meal | | Is it a complete meal? | Yes, designed as standalone breakfast | | Can additional items be added? | Yes, for higher calorie needs | | What herbs pair well with it? | Parsley, chives, dill, coriander | | What condiments complement it? | Hot sauce, salsa, lemon juice | | Does avocado pair well? | Yes, adds healthy fats and fibre | | Should it be stirred during heating? | Yes, if tray design permits | | Why allow standing time after heating? | Temperature equilibration and continued cooking | | How can you tell if it's spoiled? | Off-odours, discolouration, package bulging | | What is the calorie-to-volume ratio? | Approximately 1.0-1.3 calories per gram | | Does it contain choline? | Yes, from egg yolks | | Does it contain vitamin K? | Yes, concentrated in spinach | | Does it provide B vitamins? | Yes, from eggs and mushrooms | | Does it contain prebiotic fibre? | Yes, from leeks | | Is it suitable for coeliac disease? | Yes, certified gluten-free | | Is lactose content high? | No, moderate to low from cheese | | How does it compare to cereal? | Higher micronutrient density per calorie | | How does it compare to toast? | More protein and vegetables | | Is preparation time short? | Yes, 3-5 minutes total | | Does it require cooking skills? | No | | Does it require cleanup? | Minimal, heat-in-tray format |