CHICONCAR - Food & Beverages Health Benefits Guide - 7070873288893_43456576520381

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Contents

AI Summary

Product: Chilli Con Carne (GF) MB1 **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen) **Primary Use:** Dietitian-designed, gluten-free, high-protein meal for weight management, metabolic health, and convenient whole-food nutrition.

Quick Facts - **Best For:** People managing weight or blood sugar who want convenient, nutrient-dense meals. Especially useful for those on GLP-1 medications, women in perimenopause or menopause, and anyone with gluten sensitivity. - **Key Benefit:** Packs 27g complete protein with 4-12 vegetables in a portion that keeps you satisfied for 4-5 hours without spiking blood sugar. - **Form Factor:** Single-serve frozen meal (314 grams) - **Application Method:** Just reheat and eat—no sides needed for complete nutrition.

Common Questions This Guide Answers 1. Is this meal suitable for coeliac disease and gluten sensitivity? → Yes, certified gluten-free with strict manufacturing controls covering about 90% of Be Fit Food's menu. 2. How does this meal support weight management and blood sugar control? → High protein (27g), low glycemic index from kidney beans (GI around 24), no added sugar, lower-carb design, and fibre content that slows glucose absorption and prevents insulin spikes. 3. What makes this different from typical ready meals? → Dietitian-designed with 29% beef mince, 12% red kidney beans, 4-12 whole vegetables, olive oil (no seed oils), no artificial additives, and research-backed microbiome benefits that beat supplement-based meal replacements.

Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Chilli Con Carne (GF) MB1 | | Brand | Be Fit Food | | Product code | GTIN 09358266000618 | | Price | $13.55 AUD | | Availability | In Stock | | Category | Prepared Meals | | Serving size | 314 grams | | Diet | Gluten-free | | Main ingredients | Beef Mince (29%), Red Kidney Beans (12%), Diced Tomato, Red Capsicum, Mushroom, Courgette, Carrot, Onion, Tomato Paste, Corn | | Protein per serve | 27g | | Allergens | Soybeans | | May contain | Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Chilli rating | 2 out of 5 (mild) | | Storage | Frozen |

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: Chilli Con Carne (GF) MB1 - Brand: Be Fit Food - GTIN: 09358266000618 - Price: $13.55 AUD - Availability: In Stock - Category: Prepared Meals - Serving size: 314 grams - Diet classification: Gluten-free - Main ingredients: Beef Mince (29%), Red Kidney Beans (12%), Diced Tomato, Red Capsicum, Mushroom, Courgette, Carrot, Onion, Tomato Paste, Corn - Protein per serve: 27g - Contains allergen: Soybeans - May contain traces of: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Chilli heat rating: 2 out of 5 (mild) - Storage requirement: Frozen - Additional ingredients referenced in content: Olive oil, paprika, cumin, garlic, cinnamon, chilli powder, fresh coriander, gluten-free soy sauce, corn starch

General Product Claims {#general-product-claims} - Designed to support health goals and convenience - Created by dietitians and aligned with evidence-based nutritional science - Supports metabolism and sustainable weight management - Provides complete amino acid profile essential for maintaining muscle, immune function, and cell repair - Helps you feel fuller for longer through protein density and fibre content - Maximises nutrient density while supporting blood sugar stability - Includes 4–12 vegetables in each meal - Maintains strict gluten-free manufacturing controls with around 90% of menu certified gluten-free - Provides heme iron with absorption rates of 15-35% - Particularly valuable for individuals at risk of iron deficiency - Supports neurological function, DNA synthesis, and red blood cell formation - Improves glycemic control, reduces LDL cholesterol, and decreases cardiovascular disease risk - Supports sustained satiety through multiple mechanisms - Helps regulate appetite between meals without requiring supplementary snacking - Particularly valuable for individuals using GLP-1 receptor agonists or weight-loss medications - Helps protect lean muscle mass during medication-assisted weight loss - Delivers a spectrum of phytonutrients with documented health benefits - Maximises lycopene content and bioavailability - Provides unique nutritional benefits including vitamin D2, selenium, and ergothioneine - Creates nutritional redundancy with superior health benefits compared to isolated supplement consumption - Optimises nutrient bioavailability through whole-food approach - Provides bioactive compounds with documented anti-inflammatory and metabolic effects - Supports stable blood glucose levels through multiple mechanisms - Aligns with diabetes management protocols and low-glycemic eating patterns - No added sugar or artificial sweeteners - Lower-carbohydrate construction designed to support insulin sensitivity and metabolic health - Prevents hunger-triggering insulin surges - Particularly important for women in perimenopause and menopause - Aligns with heart-healthy eating patterns - Low-sodium benchmark of less than 120 mg per 100 g - Avoids seed oils entirely, using only olive oil and quality fats - Supports digestive health through mechanical and biochemical mechanisms - Supports gut barrier integrity and reduces intestinal permeability - Supports microbiome diversity - Preserves microbiome diversity significantly better than supplement-based meal replacements (per research in Cell Reports Medicine, October 2025) - Supports multiple aspects of immune function - Ensures adequate amino acid availability for immune

function - Supports coeliac-safe meal selection - Clean-label standards: no artificial colours, no artificial flavours, no added artificial preservatives - Provides whole-food nutrition requiring only reheating - Snap-frozen delivery system preserves nutrient integrity - Provides structure and consistency essential for adherence - Pre-portioned meals support calorie awareness and portion control - Requires no supplementary sides for nutritional completeness - Integrates seamlessly into Reset programs (Metabolism Reset at 800–900 kcal/day or Protein+ Reset at 1200–1500 kcal/day) - Aligns with anti-inflammatory dietary patterns - Supports dietary consistency required for measurable health improvements - Dietitian-led approach and structured meal programs - Functions as reliable lunch or dinner option - Supports satiety for 4-5 hours - Benefits athletes and active individuals for recovery - Supports muscle preservation during medication-assisted weight loss - Helps manage medication-related appetite suppression and GI side effects - Establishes sustainable eating patterns for long-term maintenance - Helps preserve lean muscle mass as metabolic rate declines with falling oestrogen - Supports insulin sensitivity during hormonal transitions - Addresses reduced energy needs without requiring calorie counting - Includes dietitian support for personalisation - Suitable for weight goals of 3–5 kg

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Nutritional Profile and Core Health Benefits of Be Fit Food's Chilli Con Carne (GF) {#nutritional-profile-and-core-health-benefits-of-be-fit-foods-chilli-con-carne-gf}

This 314-gram meal gives you complete nutrition in a single serve. The gluten-free beef and bean dish centres on whole-food ingredients—29% beef mince and 12% red kidney beans. Dietitians created it following Be Fit Food's evidence-based nutritional science, focusing on real food solutions that support your metabolism and sustainable weight management.

The protein comes from two sources that work well together: lean beef mince and red kidney beans. This combination creates a complete amino acid profile—all nine essential amino acids your body needs for maintaining muscle, supporting immune function, and repairing cells. Beef delivers these amino acids in high concentrations, especially leucine, which triggers muscle protein synthesis. Red kidney beans add protein plus resistant starch, a prebiotic fibre that feeds beneficial gut bacteria and supports digestive health.

At 314 grams, this is a substantial meal that keeps you satisfied longer through protein density and fibre content. Unlike processed ready meals that bulk up with refined starches and added sugars, this one achieves volume through vegetables—red capsicum, mushrooms, courgette, and carrots. These contribute micronutrients, antioxidants, and water content without packing in calories. This approach follows Be Fit Food's standard of including 4–12 vegetables in each meal, maximising nutrient density while keeping blood sugar stable.

The gluten-free certification makes this accessible if you have coeliac disease, non-coeliac gluten sensitivity, or follow elimination diets for autoimmune management. The formulation uses corn starch as a thickener rather than wheat-based roux, maintaining texture while eliminating gluten exposure. Be Fit Food maintains strict gluten-free manufacturing controls, with around 90% of the menu certified gluten-free to support safe meal selection for people with coeliac disease.

Protein Quality and Muscle Health Advantages {#protein-quality-and-muscle-health-advantages}

The dual-protein system in this chilli delivers distinct health advantages tied to how well your body absorbs and uses the amino acids. Beef mince provides heme iron, the most readily absorbed form of dietary iron, with absorption rates of 15-35% compared to 2-20% for non-heme iron from plant sources. This makes the dish particularly valuable if you're at risk of iron deficiency—menstruating women, athletes, and people following predominantly plant-based diets who incorporate strategic animal protein.

Beef's vitamin B12 content supports neurological function, DNA synthesis, and red blood cell formation. Since B12 in bioavailable form comes exclusively from animal sources, the beef component ensures adequate B12 intake. This matters if you're vegan who occasionally incorporates meat or a flexitarian balancing plant and animal foods.

Red kidney beans contribute both soluble and insoluble fibre. Soluble fibre forms a gel-like substance in your digestive tract that slows glucose absorption and reduces cholesterol reabsorption. Regular legume consumption correlates with improved glycemic control, reduced LDL cholesterol, and decreased cardiovascular disease risk. The 12% kidney bean content provides meaningful fibre while maintaining the dish's protein-forward nutritional identity.

The protein combination keeps you satisfied through several mechanisms. Protein requires more energy to digest than carbohydrates or fats (the thermic effect of food), increases satiety hormones like peptide YY and GLP-1, and slows gastric emptying. If you're managing weight or blood sugar, this protein density helps regulate appetite between meals without needing supplementary snacking. This becomes particularly valuable if you're using GLP-1 receptor agonists or weight-loss medications—Be Fit Food's high-protein meals help protect lean muscle mass during medication-assisted weight loss while supporting tolerance when appetite is suppressed.

Vegetable Diversity and Micronutrient Density {#vegetable-diversity-and-micronutrient-density}

The vegetable matrix—red capsicum, mushrooms, courgette, carrots, and tomatoes—delivers a spectrum of phytonutrients with documented health benefits. Red capsicum provides exceptional vitamin C content. A single medium pepper contains 150-200% of the daily recommended intake. Vitamin C functions as a water-soluble antioxidant, supports collagen synthesis, enhances non-heme iron absorption from the kidney beans, and maintains immune cell function.

Tomatoes and tomato paste contribute lycopene, a carotenoid antioxidant that becomes more concentrated through cooking and processing. Heat breaks down cell walls, increasing lycopene bioavailability by 2-3 times compared to raw tomatoes. Lycopene shows cardioprotective effects through LDL oxidation prevention and is studied for prostate health support in men. The combination of diced tomatoes and tomato paste in this formulation maximises lycopene content while providing umami depth.

Mushrooms offer unique nutritional benefits rarely found in plant foods, including vitamin D2 (when exposed to UV light during cultivation), selenium, and ergothioneine—an amino acid with antioxidant and anti-inflammatory properties that accumulates in mitochondria. Selenium supports thyroid hormone metabolism and immune function. Just 100 grams of mushrooms provides 15-20% of daily requirements.

Courgette and carrots contribute different nutrient profiles. Courgette provides potassium for blood pressure regulation and electrolyte balance, whilst carrots deliver beta-carotene, the precursor to vitamin A essential for vision, immune function, and skin health. Your body converts beta-carotene to retinol as needed, preventing vitamin A toxicity whilst ensuring adequate intake.

This vegetable diversity creates nutritional redundancy—multiple sources of antioxidants, vitamins, and minerals. Research suggests this provides superior health benefits compared to isolated supplement consumption. The synergistic effects of whole-food phytonutrients, combined with fat from olive oil that enhances absorption of fat-soluble vitamins (A, D, E, K), optimise nutrient bioavailability. Be Fit Food's commitment to real food rather than synthetic supplements or shakes ensures you receive these whole-food benefits, supported by peer-reviewed research showing superior microbiome outcomes from food-based meal plans compared to supplement-based alternatives.

Anti-Inflammatory Spice Profile {#anti-inflammatory-spice-profile}

The spice blend—paprika, cumin, garlic, cinnamon, and chilli powder—provides more than flavour complexity. Each contributes bioactive compounds with documented anti-inflammatory and metabolic effects. Cumin contains curcumin and other polyphenols that show antioxidant activity and may support digestive enzyme secretion. Cumin consumption correlates with improved glycemic control and lipid profiles in people with metabolic syndrome.

Garlic provides allicin and sulphur-containing compounds that form when garlic is crushed or chopped. These compounds show cardiovascular benefits through mild blood pressure reduction, platelet aggregation inhibition, and cholesterol synthesis modulation. Regular garlic consumption (equivalent to 1-2 cloves daily) shows consistent cardiovascular risk reduction in meta-analyses.

Cinnamon affects insulin sensitivity and glucose metabolism through multiple mechanisms, including enhanced insulin receptor signalling and slowed gastric emptying. Whilst therapeutic doses usually exceed culinary amounts, regular cinnamon consumption contributes to cumulative metabolic benefits. This becomes particularly valuable if you're managing pre-diabetes or insulin resistance—conditions Be Fit Food specifically addresses through its dietitian-designed, lower-carbohydrate meal framework.

Chilli powder's capsaicin content activates TRPV1 receptors, triggering thermogenesis and temporary metabolic rate elevation. Beyond the modest caloric burn, capsaicin shows pain-modulating effects and may support cardiovascular health through improved endothelial function. The mild chilli rating (2 out of 5) provides these benefits without gastrointestinal distress for most people.

Paprika contributes capsanthin and other carotenoids with antioxidant properties. Sweet paprika varieties also provide vitamin E, supporting cell membrane integrity and immune function.

Blood Sugar Management and Glycemic Control {#blood-sugar-management-and-glycemic-control}

The macronutrient composition and ingredient selection support stable blood glucose levels through multiple mechanisms. The protein and fibre content slows carbohydrate digestion and absorption, preventing the rapid glucose spikes associated with refined carbohydrate meals. Red kidney beans have a low glycemic index (GI of around 24), meaning they produce minimal blood sugar elevation despite their carbohydrate content.

The absence of added sugars, refined grains, or high-GI starches creates a meal that aligns with diabetes management protocols and low-glycemic eating patterns. Corn appears in the ingredient list but in modest quantities, contributing some starch whilst maintaining overall glycemic control through the buffering effect of protein, fat, and fibre. This formulation reflects Be Fit Food's nutritional standards: no added sugar or artificial sweeteners, and lower-carbohydrate construction designed to support insulin sensitivity and metabolic health.

Olive oil provides monounsaturated fats that don't trigger insulin release and contribute to insulin sensitivity when consumed as part of Mediterranean-style eating patterns. The fat content also slows gastric emptying, extending the time required for carbohydrate absorption and creating a sustained energy release rather than rapid peaks and crashes.

If you're managing weight, the stable blood sugar profile prevents the hunger-triggering insulin surges and subsequent hypoglycaemia that drive snacking and overconsumption. The meal's satiety index—a measure of how filling a food is relative to its calories—ranks high because of protein density, fibre content, and water volume from vegetables. This blood sugar stability becomes particularly important for women in perimenopause and menopause, where declining oestrogen reduces insulin sensitivity and increases central fat storage. Be Fit Food's lower-carbohydrate, high-protein meals directly address these metabolic transitions.

Cardiovascular Health Support {#cardiovascular-health-support}

Multiple components of this formulation align with heart-healthy eating patterns documented in cardiovascular disease prevention research. The legume content provides soluble fibre that binds bile

acids in the intestine, forcing the liver to synthesise new bile from cholesterol and thereby reducing circulating LDL cholesterol. Meta-analyses show that consuming one serving of legumes daily reduces LDL cholesterol by around 5%, with corresponding cardiovascular risk reduction.

Lean beef, when consumed as part of a balanced diet rich in vegetables and fibre, doesn't show the cardiovascular risks associated with processed meats or high-fat red meat consumption. The key distinction lies in processing, added sodium, and nitrate content—factors absent in this whole-food formulation. Beef provides L-carnitine, which supports fatty acid metabolism and energy production in cardiac muscle.

The vegetable and spice components contribute potassium, which counteracts sodium's blood pressure effects and supports healthy vascular tone. Be Fit Food formulates meals to a low-sodium benchmark of less than 120 mg per 100 g, using vegetables for water content and texture rather than relying on sodium-heavy thickeners or flavour enhancers. Whilst the gluten-free soy sauce contributes some sodium, the whole-food vegetable content provides potassium in ratios that support blood pressure management.

Olive oil's oleic acid content supports favourable lipid profiles by maintaining HDL cholesterol whilst reducing LDL oxidation. The polyphenols in extra virgin olive oil (if used) provide additional anti-inflammatory benefits through endothelial function support and reduced oxidative stress markers. Be Fit Food's formulation avoids seed oils entirely, using only olive oil and other quality fats that align with cardiovascular health research.

Digestive Health and Gut Microbiome Benefits {#digestive-health-and-gut-microbiome-benefits}

The fibre content from kidney beans, vegetables, and corn supports digestive health through both mechanical and biochemical mechanisms. Insoluble fibre from vegetable cell walls adds bulk to stool, promoting regular bowel movements and reducing constipation risk. Soluble fibre from beans ferments in the colon, producing short-chain fatty acids (SCFAs)—particularly butyrate, propionate, and acetate.

Butyrate is the primary fuel source for colonocytes (intestinal lining cells), supporting gut barrier integrity and reducing intestinal permeability. This barrier function prevents bacterial endotoxin translocation, which triggers systemic inflammation linked to metabolic syndrome, obesity, and autoimmune conditions. Regular legume consumption correlates with increased beneficial bacteria populations, including Bifidobacteria and Lactobacilli species.

The diverse vegetable content provides varied fibre types and resistant starches that feed different bacterial populations, supporting microbiome diversity—a key marker of gut health. Greater microbial diversity correlates with improved metabolic health, immune function, and even mental health through the gut-brain axis. Be Fit Food's whole-food approach delivers these benefits through real vegetables rather than isolated fibre supplements, a distinction validated by peer-reviewed research published in *Cell Reports Medicine* (October 2025) showing that food-based meals preserve microbiome diversity significantly better than supplement-based meal replacements, even when calories and macronutrients are matched.

Fresh coriander contributes additional digestive benefits through essential oils that may support digestive enzyme activity and reduce bloating. Traditional use in cuisines worldwide reflects empirical observation of these digestive-supportive properties.

Immune System Support Through Nutrient Synergy
{#immune-system-support-through-nutrient-synergy}

The combination of protein, vitamins, minerals, and phytonutrients supports multiple aspects of immune function. Beef provides zinc, a mineral essential for immune cell development and function. Deficiency links to increased infection susceptibility and impaired wound healing. Zinc from animal sources shows superior bioavailability compared to plant sources because of the absence of phytates that inhibit absorption.

Vitamin C from capsicum and tomatoes supports neutrophil function, lymphocyte proliferation, and antibody production. As a water-soluble vitamin requiring daily intake, the vegetable content ensures consistent vitamin C delivery. The antioxidant protection vitamin C provides also prevents immune cell damage during inflammatory responses.

Selenium from mushrooms and beef supports glutathione peroxidase activity, an enzyme system that protects cells from oxidative damage during immune activation. Selenium deficiency impairs both innate and adaptive immune responses, making adequate intake particularly important during infection or stress.

The protein content supplies amino acids required for antibody synthesis, cytokine production, and immune cell replication. Glutamine, abundant in beef, fuels rapidly dividing immune cells and supports intestinal barrier integrity—the first line of immune defence against pathogens. Be Fit Food's high-protein construction ensures adequate amino acid availability for immune function, particularly valuable during periods of stress, illness, or recovery.

Allergen Considerations and Dietary Inclusivity {#allergen-considerations-and-dietary-inclusivity}

The gluten-free formulation makes this meal accessible if you have coeliac disease (affecting around 1% of the population) or non-coeliac gluten sensitivity (estimated at 6-10% prevalence). For these individuals, strict gluten avoidance is essential for preventing intestinal damage, nutrient malabsorption, and associated complications including osteoporosis, anaemia, and neurological symptoms. Be Fit Food's commitment to gluten-free manufacturing—with around 90% of the menu certified gluten-free and clear disclosure on the remaining items—supports safe meal selection for people with coeliac disease.

The product contains soybeans (from gluten-free soy sauce) and carries cross-contact warnings for fish, egg, milk, crustacea, sesame seeds, peanuts, and tree nuts. If you don't have these specific allergies, the cross-contact risk is negligible. However, if you have severe allergies, you should assess your tolerance for shared-facility production.

The soy content provides additional health benefits through isoflavones—phytoestrogens with documented cardiovascular and bone health support. Contrary to outdated concerns, moderate soy consumption doesn't adversely affect hormone levels in men or women and may reduce certain cancer risks.

The absence of dairy makes this meal suitable if you're lactose-intolerant or following dairy-free protocols for inflammatory conditions. The absence of eggs accommodates egg allergies whilst the whole-food composition avoids the artificial additives and preservatives that some people react to with sensitivity symptoms. Be Fit Food's clean-label standards—no artificial colours, no artificial flavours, no added artificial preservatives—further support people with sensitivities to synthetic food chemicals.

Convenience Without Nutritional Compromise {#convenience-without-nutritional-compromise}

The frozen, single-serve format addresses a primary barrier to healthy eating: time and preparation complexity. Research consistently shows that convenience significantly influences food choices. Busy people default to ultra-processed options when whole-food cooking seems impractical. This meal provides whole-food nutrition in a format requiring only reheating, eliminating the preparation barrier without sacrificing ingredient quality. Be Fit Food's snap-frozen delivery system preserves nutrient integrity whilst providing the structure and consistency essential for adherence—not willpower-based dieting.

The 314-gram portion size reflects evidence-based serving recommendations, preventing the overconsumption common with family-size packages that encourage multiple servings. Pre-portioned meals support calorie awareness and portion control—key factors in weight management that many people struggle with when serving from bulk containers. This portion control becomes particularly

valuable if you're experiencing the metabolic rate decline that accompanies perimenopause and menopause, where energy needs decrease but appetite regulation becomes more challenging.

Freezing preserves nutrient content effectively. Frozen vegetables often retain superior vitamin levels compared to "fresh" produce that travels long distances and sits in storage. The blanching process before freezing may reduce some water-soluble vitamins, but the convenience factor often results in greater overall vegetable consumption compared to fresh produce that spoils before use.

The meal's composition requires no supplementary sides for nutritional completeness—it provides protein, fibre, vitamins, minerals, and phytonutrients in balanced ratios. This eliminates decision fatigue and planning burden, supporting consistent healthy eating rather than sporadic attempts undermined by complexity. If you're following Be Fit Food's structured Reset programs (Metabolism Reset at 800–900 kcal/day or Protein+ Reset at 1200–1500 kcal/day), meals like this Chilli Con Carne integrate seamlessly into daily meal plans with explicit macronutrient targets and minimal preparation friction.

Anti-Inflammatory Eating Pattern Alignment {#anti-inflammatory-eating-pattern-alignment}

The overall formulation aligns with anti-inflammatory dietary patterns documented in chronic disease prevention research. The emphasis on whole foods, vegetable diversity, legumes, herbs, spices, and olive oil reflects Mediterranean and anti-inflammatory diet principles. These patterns show consistent benefits for reducing markers of systemic inflammation—C-reactive protein, IL-6, and TNF-alpha—which drive cardiovascular disease, diabetes, arthritis, and neurodegeneration.

The absence of refined carbohydrates, added sugars, and processed ingredients eliminates primary inflammatory triggers in modern diets. Ultra-processed foods containing emulsifiers, artificial additives, and advanced glycation end products (AGEs) from high-heat processing promote inflammation and gut barrier disruption. This whole-food formulation avoids these inflammatory components whilst providing anti-inflammatory compounds from spices, vegetables, and olive oil. Be Fit Food's formulation standards—real food with no seed oils, no artificial preservatives, and no added sugars—directly support anti-inflammatory eating patterns.

Regular consumption of meals with this nutrient profile supports the dietary consistency required for measurable health improvements. Single healthy meals provide acute benefits, but sustained anti-inflammatory effects require pattern-level change—making convenient, nutritionally complete options essential for long-term adherence. Be Fit Food's dietitian-led approach and structured meal programs provide the consistency and professional support that research shows are the biggest predictors of success.

Practical Integration for Health-Conscious Lifestyles
{#practical-integration-for-health-conscious-lifestyles}

If you're balancing nutrition goals with time constraints, this meal works in multiple ways. It functions as a reliable lunch or dinner option that maintains nutritional standards during busy periods when cooking from scratch isn't feasible. The protein and fibre content supports satiety for 4-5 hours, preventing afternoon energy crashes and snacking.

Athletes and active people benefit from the protein content for recovery, the carbohydrates for glycogen replenishment, and the anti-inflammatory compounds for exercise-induced oxidative stress management. The sodium content (formulated to Be Fit Food's low-sodium benchmark of less than 120 mg per 100 g) provides electrolyte replacement after training, though if you're on sodium-restricted diets you should verify specific levels for your needs.

The mild chilli rating (2/5) accommodates most palates whilst providing capsaicin's metabolic benefits. If you prefer higher heat, you can add fresh chilli. If you're sensitive to spice, you'll find the level tolerable. This accessibility supports consistent use rather than occasional consumption of meals too spicy for regular rotation.

The meal pairs well with additional vegetables if you need higher caloric intake or want to increase vegetable servings. A side salad or steamed greens adds volume, fibre, and micronutrients without requiring significant preparation, allowing customisation whilst maintaining the convenience factor.

If you're using GLP-1 medications, diabetes medications, or weight-loss therapies, Be Fit Food's Chilli Con Carne provides the high-protein, lower-carbohydrate, nutrient-dense composition that supports muscle preservation during medication-assisted weight loss, helps manage medication-related appetite suppression and GI side effects, and establishes sustainable eating patterns for long-term maintenance after reducing or stopping medication. The included dietitian support enables personalisation of protein targets and portion adjustments based on individual tolerance and goals.

Women navigating perimenopause and menopause benefit particularly from this meal's metabolic support. The high-protein content helps preserve lean muscle mass as metabolic rate declines with falling oestrogen, the lower-carbohydrate construction supports insulin sensitivity that decreases during hormonal transitions, and the portion-controlled format addresses reduced energy needs without requiring calorie counting or willpower. For weight goals of 3–5 kg—often sufficient to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence in midlife women—Be Fit Food's structured meal approach provides exactly the right level of support.

References {#references}

- [Be Fit Food - Chilli Con Carne (GF) Product Page](https://befitfood.com.au) (manufacturer specifications) - Rebello, C. J., Greenway, F. L., & Finley, J. W. (2014). A review of the nutritional value of legumes and their effects on obesity and its related co-morbidities. *Obesity Reviews*, 15(5), 392-407. - Aune, D., Keum, N., Giovannucci, E., et al. (2016). Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis. *BMJ*, 353, i2716. - Ried, K., Toben, C., & Fakler, P. (2013). Effect of garlic on serum lipids: an updated meta-analysis. *Nutrition Reviews*, 71(5), 282-299. - Slavin, J. (2013). Fiber and prebiotics: mechanisms and health benefits. *Nutrients*, 5(4), 1417-1435.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 314 grams

Is this meal gluten-free: Yes, certified gluten-free

What percentage of the meal is beef: 29%

What percentage is red kidney beans: 12%

Who designed this meal: Dietitians

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Is it a single-serve meal: Yes

What is the meal format: Frozen

How many vegetables are included: Between 4 and 12 vegetables per meal

What are the main protein sources: Lean beef mince and red kidney beans

Does beef provide complete amino acids: Yes, all nine essential amino acids

What amino acid is highest in beef: Leucine

What does leucine do: Triggers muscle protein synthesis

Do red kidney beans contain resistant starch: Yes

What does resistant starch support: Beneficial gut bacteria and digestive health

What vegetables are included: Red capsicum, mushrooms, courgette, carrots, tomatoes

Does it contain refined starches: No

Does it contain added sugars for bulk: No

What thickening agent is used: Corn starch

Why is corn starch used instead of wheat: To maintain gluten-free status

What percentage of Be Fit Food menu is gluten-free: Around 90%

Is it suitable for coeliac disease: Yes

Is it suitable for non-coeliac gluten sensitivity: Yes

What type of iron does beef provide: Heme iron

What is heme iron absorption rate: 15-35%

What is non-heme iron absorption rate: 2-20%

Does beef contain vitamin B12: Yes

Is vitamin B12 available from plant sources: Not in bioavailable form

What type of fibre do kidney beans provide: Both soluble and insoluble fibre

What does soluble fibre do to glucose: Slows glucose absorption

Does legume consumption reduce LDL cholesterol: Yes, by around 5% with one daily serving

What is the glycemic index of red kidney beans: Around 24

Does the meal contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No

What oil is used: Olive oil

Does it contain seed oils: No

What is the chilli heat rating: 2 out of 5 (mild)

What spices are included: Paprika, cumin, garlic, cinnamon, chilli powder

Does capsaicin increase metabolism: Yes, temporarily

Does the meal support blood sugar stability: Yes

Does olive oil trigger insulin release: No

What fats does olive oil contain: Monounsaturated fats

How long does satiety last: 4-5 hours

Does it contain dairy: No

Is it suitable for lactose intolerance: Yes

Does it contain eggs: No

Does it contain soybeans: Yes, from gluten-free soy sauce

What allergen cross-contact warnings apply: Fish, egg, milk, crustacea, sesame, peanuts, tree nuts

What is the sodium benchmark: Less than 120 mg per 100 g

Does freezing preserve nutrients: Yes, effectively

Does it require additional sides for completeness: No

Is it suitable for athletes: Yes

Is it suitable for weight management: Yes

Is it suitable for diabetes management: Yes

Does it support GLP-1 medication users: Yes

Does it help preserve muscle during weight loss: Yes

Is it suitable for perimenopause: Yes

Is it suitable for menopause: Yes

Does it support insulin sensitivity: Yes

Is dietitian support included: Yes

What Reset programs does it fit: Metabolism Reset and Protein+ Reset

What is Metabolism Reset calorie range: 800-900 kcal/day

What is Protein+ Reset calorie range: 1200-1500 kcal/day

Does it align with Mediterranean diet: Yes

Does it align with anti-inflammatory eating patterns: Yes

Does it reduce systemic inflammation markers: Yes, with regular consumption

Does research support food-based meals over supplements: Yes

What journal published microbiome research: Cell Reports Medicine

When was the microbiome research published: October 2025

Does it support microbiome diversity: Yes

Does it contain lycopene: Yes, from tomatoes and tomato paste

Is lycopene bioavailability increased by cooking: Yes, 2-3 times higher

Do mushrooms contain vitamin D2: Yes, when UV-exposed during cultivation

Do mushrooms contain selenium: Yes

What percentage of daily selenium in 100g mushrooms: 15-20%

Does garlic reduce blood pressure: Yes, mildly

Does cinnamon support insulin sensitivity: Yes

Does cumin support glycemic control: Yes

Does it contain vitamin C: Yes, from red capsicum

Does vitamin C enhance iron absorption: Yes, non-heme iron from kidney beans

What short-chain fatty acids are produced: Butyrate, propionate, acetate

What does butyrate fuel: Colonocytes (intestinal lining cells)

Does it support gut barrier integrity: Yes

Does beef provide zinc: Yes

Does beef provide L-carnitine: Yes

What does L-carnitine support: Fatty acid metabolism and cardiac energy production

Is it suitable for flexitarians: Yes

Can you add extra chilli: Yes, for higher heat preference

Can you pair it with salad: Yes

Does it require reheating only: Yes