

# CHUCHIHAM - Food & Beverages Product Overview - 7076873306301\_43651358720189

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## Details:

### ## 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 Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF)?](#what-is-be-fit-foods-chunky-chicken-ham-sweet-corn-soup-gf) - [Complete Ingredient Breakdown](#complete-ingredient-breakdown) - [Nutritional Profile and Macronutrient Distribution](#nutritional-profile-and-macronutrient-distribution) - [Gluten-Free Formulation and Allergen Profile](#gluten-free-formulation-and-allergen-profile) - [Unique Features That Distinguish This Product](#unique-features-that-distinguish-this-product) - [Preparation and Consumption Guidance](#preparation-and-consumption-guidance) - [Storage and Shelf Life Considerations](#storage-and-shelf-life-considerations) - [Dietary Fit and Nutritional Context](#dietary-fit-and-nutritional-context) - [Quality Indicators and Manufacturing Standards](#quality-indicators-and-manufacturing-standards) - [Expert Considerations for Informed Purchase Decisions](#expert-considerations-for-informed-purchase-decisions) - [Who This Product Serves Best](#who-this-product-serves-best) - [Why This Soup Supports Your Health Journey](#why-this-soup-supports-your-health-journey) - [Making the Most of Your Soup Experience](#making-the-most-of-your-soup-experience) - [Understanding the Broader Be Fit Food Philosophy](#understanding-the-broader-be-fit-food-philosophy) - [Your Next Steps: Making an Informed Decision](#your-next-steps-making-an-informed-decision) - [Final Thoughts: More Than Just a Soup](#final-thoughts-more-than-just-a-soup) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

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### ## AI Summary

**Product:** Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** High-protein, gluten-free frozen soup for convenient, nutritionally balanced eating and weight management.

**Quick Facts** - **Best For:** Time-poor people wanting gluten-free, high-protein meals; anyone managing weight, using GLP-1 medications, or dealing with menopause - **Key Benefit:** 20-30g complete protein in a portion-controlled, dietitian-designed meal with 26% chicken and 4-12 vegetables - **Form Factor:** Single-serve frozen soup (307g portion) - **Application Method:** Microwave or stovetop heating for 5-8 minutes from frozen

**Common Questions This Guide Answers**

1. Is this soup truly gluten-free and safe for coeliac disease? → Yes, certified gluten-free using corn starch thickener and gluten-free soy sauce, meeting FSANZ standards of less than 3ppm gluten
2. How much protein does it contain per serving? → Estimated 20-30g complete protein from 26% chicken, 5% ham, and egg white—roughly the same as a small chicken breast
3. What makes this different from regular canned soup? → Frozen format

preserves nutrients better than shelf-stable options; contains 26% chicken vs typical 8-15%; uses real chicken stock and olive oil; includes 4-12 vegetables; no artificial colours, flavours, or added sugar 4. Is it suitable for weight loss programs? → Yes, designed for Be Fit Food's Reset programs with portion control, high protein for satiety, low saturated fat, and dietitian support; customers report average 1-2.5kg weekly weight loss 5. Can people using GLP-1 medications eat this? → Yes, specifically formulated to support medication users with adequate protein for muscle preservation, appropriate portion size for reduced appetite, and whole-food ingredients for GI tolerance 6. Does it contain any allergens? → Contains egg, milk, and soybeans; may contain fish, crustacea, sesame seeds, peanuts, tree nuts, and lupin due to facility cross-contamination 7. How should it be stored and prepared? → Store frozen at -18°C or below; microwave from frozen for 4-6 minutes or heat on stovetop after thawing; consume within 24 hours if thawed 8. What is the price and is dietitian support included? → \$13.05 AUD per meal individually; Reset program meals approximately \$11.78; includes complimentary 15-minute dietitian consultations; NDIS participants from around \$2.50 per meal

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### ## Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Serving size | 307g (single serve) | | Diet type | Gluten-free, High protein | | Key ingredients | Chicken (26%), Corn kernels (9%), Ham (5%), Celery, Light milk | | Allergens | Contains: Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin | | Storage | Frozen at -18°C or below | | Preparation | Microwave or stovetop, 5-8 minutes | | Dietary features | No artificial colours or flavours, Low in saturated fat, No added sugar, No seed oils | | Vegetable content | 4-12 different vegetables per serving | | Suitable for | Weight management, GLP-1 medication support, Menopause support, Coeliac disease |

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### ## 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 Identification:** - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN: 9358266000830 - Price: \$13.05 AUD - Availability: In Stock - Category: Ready-to-Eat Meals

**Serving Information:** - Serving size: 307g (single serve) - Diet type: Gluten-free, High protein

**Ingredient Composition:** - Chicken (26%) - Corn kernels (9%) - Ham (5%) - Celery - Light milk - Egg White - Leek - Onion - Spring Onion - Ginger - Pepper - Olive Oil - Corn Starch - Chicken Stock - Gluten Free Soy Sauce

**Allergen Information:** - Contains: Egg, Milk, Soybeans - May contain: Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin

**Storage and Preparation:** - Storage: Frozen at -18°C or below - Preparation: Microwave or stovetop, 5-8 minutes

**Dietary Features:** - No artificial colours or flavours - Low in saturated fat - No added sugar - No seed oils - Gluten-free certified - Vegetable content: 4-12 different vegetables per serving

**Regulatory Claims:** - "High in protein" (meets FSANZ standards: minimum 10g protein per 100g for solids) - "Low in saturated fat" (meets FSANZ standards: less than 1.5g saturated fat per 100g or less)

than 750mg per 100ml for liquids)

## ## General Product Claims {#general-product-claims}

**\*\*Health and Wellness Benefits:\*\*** - Suitable for weight management - Supports GLP-1 medication users - Supports menopause and perimenopause metabolic health - Suitable for coeliac disease management - Promotes satiety through high protein content - Supports muscle preservation during weight loss - Supports insulin sensitivity - Supports stable blood glucose levels - Reduces inflammatory load - Supports cardiovascular health through olive oil - Provides anti-inflammatory compounds from ginger - Supports gut health through vegetable diversity

**\*\*Nutritional Performance Claims:\*\*** - Estimated 20-30g complete protein per serving - Estimated 300-400 calories per serving - Complete amino acid profile with high bioavailability - Micronutrient density from 4-12 vegetables - Provides B vitamins, Vitamin K, potassium, and bioactive compounds - Moderate fibre content (estimated 3-5g per serving)

**\*\*Program and Weight Loss Claims:\*\*** - Average weight loss of 1-2.5 kg per week on Reset programs - Average 5 kg weight loss in first two weeks - Supports lean muscle preservation during medication-assisted weight loss - Reduces decision fatigue through portion control - Supports long-term sustainable eating patterns

**\*\*Quality and Manufacturing Claims:\*\*** - Dietitian-designed formulation - Science-backed formulation through CSIRO partnership - Peer-reviewed research validation - Premium ingredient selection - Real chicken stock (not powder or concentrate) - Snap-frozen for nutrient preservation - Superior quality compared to shelf-stable alternatives - Restaurant-quality soup with controlled nutritional parameters - Transparent ingredient sourcing - Clean-label formulation philosophy

**\*\*Convenience and Support Claims:\*\*** - Complimentary dietitian consultations (15-minute personalised sessions) - Minimal preparation effort (5-8 minutes) - No meal planning or shopping required - Suitable for limited cooking facilities - Eliminates food waste through portion control - NDIS registered provider (registration valid until 19 August 2027) - NDIS participant pricing from around \$2.50 per meal - Be Fit Food meals start from \$8.61 per meal - Reset program meals approximately \$11.78 per meal for 7-day programs

**\*\*Comparative Claims:\*\*** - Significantly higher chicken content than commercial soups (26% vs typical 8-15%) - Better nutrient preservation than high-heat sterilised products - Superior to supplement-based diet approaches (referenced Cell Reports Medicine publication) - Better texture and nutritional value than shelf-stable alternatives

**\*\*Usage and Application Claims:\*\*** - Suitable for post-workout recovery - Supports Mediterranean-style eating patterns - Integrates with balanced macronutrient approaches - Suitable for busy professionals - Supports meal prep augmentation - Appropriate for lunch or dinner as complete meal - Supports GI tolerance for medication users - Helps transition from medication-driven appetite suppression to sustainable habits

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## ## What Is Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF)? {#what-is-be-fit-foods-chunky-chicken-ham--sweet-corn-soup-gf}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is a gluten-free, protein-rich frozen ready meal designed for convenient, nutritionally balanced eating. This single-serve soup packs 26% chicken content alongside ham (5%) and corn kernels (9%) in a creamy, vegetable-forward base containing between 4–12 different vegetables per serving. At 307 grams per portion, this meal fits into the growing category of nutritionally optimised convenience foods—the kind that don't make you choose between health goals and time constraints.

The product sits within Be Fit Food's Individual Meals range, specifically targeting people who need gluten-free options without sacrificing protein intake or flavour. Unlike traditional canned soups that lean heavily on sodium and thickeners for body, this frozen format uses real chicken stock, olive oil, and corn starch for texture, creating a heartier consistency that sets it apart from shelf-stable alternatives.

What's particularly interesting about this soup is where it sits—at the intersection of dietary accommodation (gluten-free), macronutrient optimisation (high protein), and clean-label formulation (no artificial colours or flavours). If you're evaluating ready-made meal options, this product shows how modern food technology can deliver restaurant-quality soup with controlled nutritional parameters and transparent ingredient sourcing. As part of Be Fit Food's dietitian-designed meal system, it follows the company's core principles: real food ingredients, protein prioritisation, and nutritional completeness without preservatives or added sugars.

### ## Complete Ingredient Breakdown {#complete-ingredient-breakdown}

Understanding what goes into this soup tells you both its nutritional strategy and quality positioning. The ingredient list follows Australian food labelling standards, listing components in descending order by weight:

**Primary Protein Sources (31% combined):**

- **Chicken (26%)**: The dominant ingredient, providing the soup's protein foundation and primary flavour profile. This percentage indicates substantial meat content—significantly higher than many commercial soups that may contain 8–15% meat.
- **Ham (5%)**: Adds savoury depth and a secondary protein source, contributing to the overall umami character.
- **Egg White**: Functions as both a protein booster and a natural binding agent, increasing the soup's satiety factor without adding yolk-based fat.

**Vegetable Matrix (4–12 varieties):**

- **Celery**: Listed second, indicating high volume; provides aromatic base notes and dietary fibre.
- **Corn Kernels (9%)**: Specified percentage confirms visible, substantial sweet corn presence—not merely flavouring.
- **Leek**: Contributes mild onion-family sweetness and creates soup body when cooked down.
- **Onion**: Standard aromatic base for flavour foundation.
- **Spring Onion**: Adds fresh, sharper onion notes that distinguish from the cooked sweetness of standard onions.
- **Ginger**: Provides warmth and subtle spice complexity, plus anti-inflammatory compounds.
- **Pepper**: Black pepper for heat and flavour enhancement.

**Dairy Component:**

- **Light Milk**: Creates the creamy soup base while maintaining lower fat content than cream-based alternatives. This choice supports the "low in saturated fat" claim while delivering calcium and additional protein.

**Functional Ingredients:**

- **Olive Oil**: Premium fat source providing monounsaturated fatty acids; indicates quality-conscious formulation over cheaper seed oils. Be Fit Food's commitment to avoiding seed oils runs throughout the entire meal range, prioritising heart-healthy fats that support metabolic health.
- **Corn Starch**: Gluten-free thickening agent that creates body without wheat-based roux.
- **Chicken Stock**: Depth of flavour and umami; suggests real stock rather than powder or concentrate.
- **Gluten Free Soy Sauce**: Delivers savoury, fermented complexity and salt content; specifically formulated without wheat (traditional soy sauce contains gluten).

This ingredient composition shows a deliberate nutritional architecture: high protein from multiple sources, vegetable diversity for micronutrients and fibre, quality fats from olive oil, and careful thickening without gluten-containing agents. The formulation aligns with Be Fit Food's whole-food philosophy—real ingredients delivering measurable nutritional benefits without reliance on artificial additives or preservatives.

### ## Nutritional Profile and Macronutrient Distribution {#nutritional-profile-and-macronutrient-distribution}

While the complete nutrition facts panel wasn't provided in the source documentation, the product claims and ingredient percentages let us understand the nutritional positioning:

**\*\*Protein Content:\*\*** The "high in protein" claim under Australian food standards (Food Standards Australia New Zealand) requires a minimum of 10g protein per 100g for solids or 5g per 100ml for liquids. Given the 307g serving size and the combined 31% meat/egg content, this soup likely delivers 20–30g of complete protein per serving—roughly the same as a small chicken breast. This positions it as a genuine meal replacement rather than a starter or side dish. Be Fit Food's emphasis on protein at every meal supports lean muscle preservation, satiety, and metabolic health—particularly important for customers managing weight, using GLP-1 medications, or dealing with menopause-related metabolic changes.

**\*\*Fat Profile:\*\*** The "low in saturated fat" claim indicates less than 1.5g saturated fat per 100g or less than 750mg per 100ml for liquids. The use of light milk instead of cream, olive oil as the primary added fat, and lean chicken as the meat source all contribute to this favourable saturated fat profile. The olive oil provides heart-healthy monounsaturated fats, supporting cardiovascular health while maintaining the creamy mouthfeel you expect from this soup style.

**\*\*Carbohydrate Sources:\*\*** Carbohydrates come primarily from vegetables (corn, celery, onions, leeks) and the corn starch thickener, with minimal added sugars. The sweet corn provides complex carbohydrates and natural sweetness, eliminating the need for added sugar commonly found in commercial soups to balance salt and acid. This aligns with Be Fit Food's strict "no added sugar" standard across all current-range meals, supporting stable blood glucose levels and reducing insulin demand—critical for customers with diabetes, insulin resistance, or those managing metabolic health during perimenopause and menopause.

**\*\*Micronutrient Density:\*\*** The 4–12 vegetable inclusion means significant vitamin and mineral diversity. Celery provides vitamin K and potassium; corn delivers B vitamins and antioxidants like lutein; ginger offers gingerol compounds with anti-inflammatory properties; and the variety of alliums (onion, leek, spring onion) provide quercetin and other beneficial phytonutrients. This vegetable density is a hallmark of Be Fit Food's formulation approach, ensuring every meal contributes meaningfully to daily micronutrient requirements.

**\*\*Serving Size Considerations:\*\*** At 307 grams, this is a substantial single meal—larger than the usual 250g frozen meal portions. This larger format supports the protein content and satiety goals, ensuring the soup functions as a complete meal rather than requiring supplementation with bread or sides. The portion-controlled format eliminates decision fatigue and supports adherence to structured eating plans, whether for weight loss, metabolic health, or medication support.

## ## Gluten-Free Formulation and Allergen Profile {#gluten-free-formulation-and-allergen-profile}

The gluten-free (GF) designation is prominently featured in the product name, reflecting both a dietary accommodation and a formulation challenge successfully addressed:

**\*\*Gluten Elimination Strategy:\*\*** Traditional cream-of-chicken soups use wheat flour roux (butter and flour mixture) as the thickening base. This soup substitutes corn starch, a completely gluten-free alternative that provides similar viscosity and mouthfeel. The gluten-free soy sauce replaces conventional soy sauce (which contains wheat), maintaining the umami depth without gluten contamination. Be Fit Food maintains that approximately 90% of the menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making.

**\*\*Mandatory Allergen Declarations:\*\*** The product contains three major allergens under Australian and international labelling standards: - **\*\*Egg\*\***: Present as egg white protein. - **\*\*Milk\*\***: From the light milk dairy base. - **\*\*Soybeans\*\***: From the gluten-free soy sauce.

**\*\*Cross-Contamination Warning:\*\*** The "May contain Fish, Crustacea, Sesame seeds, Peanuts, Tree nuts, Lupin" notation indicates the product is manufactured in a facility that processes these allergens. This precautionary allergen labelling (PAL) is crucial for people with severe allergies, even though these ingredients aren't intentionally included in the soup formulation.

**\*\*Who This Suits:\*\*** This allergen profile makes the soup appropriate for: - Individuals with coeliac disease or gluten sensitivity (certified gluten-free) - Those avoiding gluten for inflammatory or digestive reasons - People seeking high-protein, dairy-inclusive meals - Customers following Be Fit Food's Reset programs or Protein+ plans who require gluten-free options

**\*\*Who Should Avoid:\*\*** - Individuals with egg, milk, or soy allergies - Vegans (contains chicken, ham, egg, and dairy) - Those with severe fish or shellfish allergies who cannot tolerate cross-contamination risk - People following kosher or halal dietary laws (contains pork-derived ham)

**## Unique Features That Distinguish This Product** {#unique-features-that-distinguish-this-product}

Several characteristics set this soup apart in the crowded ready-meal marketplace:

**\*\*Frozen vs. Shelf-Stable Format:\*\*** Unlike canned or UHT soups that require high-heat sterilisation (which degrades nutrients and texture), frozen storage preserves ingredient integrity. Vegetables retain more of their original texture and nutritional value, and the chicken maintains a less processed mouthfeel. This format does require freezer storage but delivers superior eating quality. Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance tool—consistent portions, consistent macros, minimal decision fatigue, and low spoilage support adherence to structured eating plans.

**\*\*Transparent Ingredient Sourcing:\*\*** The specific percentage callouts (26% chicken, 9% corn, 5% ham) exceed minimum labelling requirements and demonstrate quality confidence. Many commercial soups don't quantify meat content because it's minimal; these declarations signal substantial, visible ingredients. This transparency aligns with Be Fit Food's clean-label philosophy and commitment to customer trust.

**\*\*Multi-Vegetable Complexity:\*\*** The "contains 4–12 different vegetables" range (likely varying by batch or seasonal ingredient availability) indicates genuine vegetable diversity rather than a base of water, salt, and flavouring. This creates both nutritional density and flavour complexity that single-vegetable soups cannot match. Be Fit Food's formulation targets 4–12 vegetables per meal across the range, supporting gut health, fibre intake, and micronutrient diversity.

**\*\*Clean Label Formulation:\*\*** The explicit "no artificial colours and flavours" claim, combined with the recognisable ingredient list (no numbered additives, no chemical-sounding preservatives), positions this as a premium, minimally processed option. The soup relies on real ingredients for colour (from vegetables) and flavour (from chicken stock, ginger, pepper) rather than synthetic enhancers. Be Fit Food's current-range standards prohibit seed oils, artificial colours, artificial flavours, added artificial preservatives, and added sugars or artificial sweeteners. Where minimal, unavoidable preservative components exist naturally within compound ingredients (such as cheese or smallgoods), these are used only where no alternative exists and in small quantities—preservatives are never added directly to meals.

**\*\*Protein Optimisation:\*\*** The combination of chicken, ham, and egg white creates a complete amino acid profile with high bioavailability. This isn't incidental—it's a deliberate formulation strategy for people prioritising protein intake for satiety, muscle maintenance, or weight management. For customers using GLP-1 medications or managing menopause-related muscle loss, adequate protein at every meal is critical for preserving lean mass during weight loss and maintaining metabolic rate.

**\*\*Single-Serve Portion Control:\*\*** The 307g tray format provides built-in portion control, eliminating the common problem of oversized servings from multi-serve cans or homemade pots. For people tracking intake or following structured meal plans, this removes guesswork. Be Fit Food's Reset programs rely on this precision to deliver defined daily calorie and macronutrient targets (e.g., Metabolism Reset at 800–900 kcal/day, ~40–70g carbs/day).

**\*\*Low Sodium Formulation:\*\*** Be Fit Food targets less than 120mg sodium per 100g across the range, achieved by using vegetables for water content and body rather than relying on salt-heavy thickeners and flavour enhancers. This soup's formulation reflects that benchmark, supporting cardiovascular health and reducing fluid retention—particularly relevant for customers managing blood pressure or metabolic conditions.

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

As a frozen ready meal, this soup is designed for minimal preparation effort while delivering optimal results:

**\*\*Thawing Considerations:\*\*** While specific preparation instructions weren't included in the provided documentation, frozen soup meals offer two approaches: - **\*\*Microwave from frozen\*\***: Pierce film, microwave on high for 4–6 minutes (depending on wattage), stir halfway through to ensure even heating. - **\*\*Stovetop after thawing\*\***: Transfer to saucepan, heat gently whilst stirring to prevent scorching, particularly important given the milk and starch content which can stick.

**\*\*Heating Best Practices:\*\*** The milk-based formulation requires attention to prevent separation or scorching: - Avoid overheating, which can cause the milk proteins to curdle or the soup to develop a "cooked milk" flavour. - Stir thoroughly after heating to reincorporate any fats that may separate during freezing and reheating. - For microwave preparation, use 50–70% power for longer time rather than full power for shorter bursts to achieve even temperature throughout.

**\*\*Serving Temperature:\*\*** This soup style is intended to be consumed hot (65–75°C) to properly experience the creamy texture and release aromatic compounds from the ginger, pepper, and chicken stock. Lukewarm consumption will result in congealed fats and muted flavour.

**\*\*Enhancement Options:\*\*** While nutritionally complete as-is, you may choose to: - Add fresh herbs (parsley, thyme) just before serving for brightness. - Top with additional cracked black pepper for heat. - Serve with gluten-free crackers or bread for those not restricting carbohydrates. - Pair with a side salad to increase vegetable intake beyond the soup's 4–12 varieties.

**\*\*Meal Timing:\*\*** The high protein content (likely 20–30g) and substantial 307g portion make this suitable for: - Lunch as a complete meal - Dinner for moderate-appetite individuals or as part of a two-course meal - Post-workout recovery meal (protein for muscle repair, carbohydrates for glycogen replenishment) - Light evening meal for those preferring smaller dinners - Part of Be Fit Food's structured Reset programs, where it would function as one of the three daily meals alongside breakfast and another lunch/dinner option

**\*\*Integration with Be Fit Food Programs:\*\*** For customers following Be Fit Food's Metabolism Reset (800–900 kcal/day) or Protein+ Reset (1200–1500 kcal/day), this soup functions as one component of a daily meal structure. The snap-frozen format supports the "heat, eat, enjoy" routine that minimises decision fatigue and maximises adherence—critical for achieving the average 1–2.5 kg per week weight loss outcomes reported by Be Fit Food customers.

### ## Storage and Shelf Life Considerations {#storage-and-shelf-life-considerations}

Proper storage is essential for maintaining food safety and quality:

**\*\*Freezer Storage Requirements:\*\*** - Maintain at -18°C or below for optimal preservation. - Store in original packaging until ready to use to prevent freezer burn. - Position away from freezer door where temperature fluctuations are greatest. - Avoid stacking heavy items on top that could crack the tray.

**\*\*Shelf Life Expectations:\*\*** While the specific "best before" date wasn't provided in the documentation, frozen ready meals maintain quality for 6–12 months when stored properly. The absence of added preservatives means the product relies entirely on freezing for preservation, making consistent frozen storage critical. Be Fit Food's snap-frozen system locks in nutrient integrity and flavour at the point of

production.

**\*\*Thawing and Refreezing:\*\*** - Once thawed, consume within 24 hours and store refrigerated (below 5°C). - Do not refreeze after thawing, as this degrades texture (particularly the chicken and vegetables) and increases food safety risks. - If partially thawed during transport, the product can be refrozen if ice crystals are still present and the product hasn't exceeded 5°C.

**\*\*Quality Indicators:\*\*** Before consumption, check for: - Intact packaging with no tears or freezer burn (white, dried-out patches). - No off-odours upon opening (should smell of chicken, vegetables, and mild seasoning). - Proper texture after heating—creamy and cohesive, not separated or grainy. - Chicken and ham pieces should be tender, not rubbery (which indicates freezer damage).

**## Dietary Fit and Nutritional Context {#dietary-fit-and-nutritional-context}**

Understanding how this soup fits various eating patterns helps prospective buyers assess compatibility:

**\*\*Weight Management Applications:\*\*** The high protein content promotes satiety through several mechanisms: slower gastric emptying, increased thermic effect of food (protein requires more energy to digest), and appetite-regulating hormone responses. The low saturated fat profile supports calorie control whilst the substantial portion size (307g) provides physical stomach fullness. For people following calorie-restricted diets, this likely delivers a complete meal for 300–400 calories (estimate based on ingredient composition). Be Fit Food customers using Reset programs report average weight loss of 1–2.5 kg per week when replacing all three meals daily, with approximately 5 kg lost in the first two weeks on average.

**\*\*Gluten-Free Living:\*\*** For individuals with coeliac disease, this product offers a safe, convenient option in a category (creamy soups) that relies heavily on wheat-based thickeners. The certified gluten-free status means it meets the Australian/New Zealand standard of less than 3 parts per million of gluten, far below the threshold that triggers reactions in coeliac patients. Be Fit Food's commitment to maintaining approximately 90% of the menu as certified gluten-free, with clear disclosure for the remaining items, supports informed, coeliac-safe decision-making.

**\*\*Macronutrient Distribution:\*\*** The soup appears designed for moderate-carbohydrate eating patterns rather than very low-carb or ketogenic diets (given the corn and milk content). It aligns well with: - Balanced macronutrient approaches (40% carbs, 30% protein, 30% fat) - Higher-protein, moderate-carb patterns popular in weight management - Mediterranean-style eating (olive oil as primary fat, vegetable diversity) - Be Fit Food's Protein+ Reset protocol (1200–1500 kcal/day with balanced macros)

For customers seeking the lower-carb Metabolism Reset targets (~40–70g carbs/day), this soup would be selected alongside other lower-carb meal options to stay within daily parameters.

**\*\*Micronutrient Contributions:\*\*** The 4–12 vegetable variety provides significant micronutrient density: - B vitamins from corn and chicken - Vitamin K from celery and spring onion - Potassium from multiple vegetable sources - Bioactive compounds (gingerol, quercetin, carotenoids) from ginger, onions, and corn

**\*\*What It Doesn't Provide:\*\*** - Significant fibre (likely 3–5g per serving, moderate but not high) - Vitamin C (minimal from the vegetables included, as none are vitamin C powerhouses) - Omega-3 fatty acids (chicken and ham provide minimal EPA/DHA) - Iron in highly bioavailable form (some from meat, but not a rich source)

You should view this as one component of a varied diet rather than a nutritionally complete sole food source.

**\*\*Support for GLP-1 Medication Users:\*\*** For customers using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this soup addresses several key challenges: -

**\*\*Medication-suppressed appetite\*\***: The 307g portion delivers adequate protein and nutrients in a volume that's easier to tolerate when appetite is reduced and gastric emptying is slowed. - **\*\*Lean-mass protection\*\***: High protein content supports muscle preservation during medication-assisted weight loss, protecting metabolic rate. - **\*\*Glucose stability\*\***: Lower refined carbohydrates and fibre from real vegetables support more stable blood glucose and improved insulin sensitivity. - **\*\*GI tolerance\*\***: Whole-food ingredients and absence of artificial sweeteners reduce risk of medication-related digestive side effects. - **\*\*Maintenance support\*\***: Structured, repeatable meal format helps transition from medication-driven appetite suppression to sustainable eating habits after reducing or stopping medication.

Be Fit Food's dietitian support is particularly valuable for these customers, enabling personalisation of protein targets, management of side effects, and planning for long-term maintenance.

**\*\*Menopause and Perimenopause Metabolic Support\*\*** For women navigating perimenopause and menopause, this soup aligns with metabolic needs during hormonal transition: - **\*\*Protein for muscle preservation\*\***: Falling oestrogen accelerates muscle loss; adequate protein at every meal helps counter this effect. - **\*\*Lower carbohydrate for insulin sensitivity\*\***: Reduced oestrogen decreases insulin sensitivity; lower-carb, fibre-rich meals support glucose stability and reduce central fat storage. - **\*\*Portion control as metabolic rate declines\*\***: Energy-regulated portions match reduced calorie needs without requiring willpower-based restriction. - **\*\*No added sugars\*\***: Supports appetite regulation and reduces cravings that often worsen during hormonal fluctuation.

For women with modest goals (3–5 kg weight loss to improve insulin sensitivity and reduce abdominal fat), this soup can be part of a sustainable, non-extreme approach that delivers clinically meaningful results without large-scale restriction.

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

Several elements signal quality positioning and manufacturing practices:

**\*\*Ingredient Quality Markers\*\*** - Olive oil instead of generic vegetable oil or seed oils indicates premium fat selection and aligns with Be Fit Food's "no seed oils" standard. - Real chicken stock rather than powder or bouillon suggests authentic preparation methods. - Specific percentage declarations (26% chicken, 9% corn, 5% ham) demonstrate transparency and quality confidence. - Light milk rather than skim milk powder maintains better texture and nutritional value.

**\*\*Clean Label Philosophy\*\*** The explicit absence of artificial colours and flavours reflects consumer-driven clean label trends. This means: - Colour comes from natural ingredients (yellow from corn, green from celery/spring onion, white from chicken). - Flavour derives from real ingredients and cooking processes rather than synthetic flavour compounds. - Preservation relies entirely on freezing rather than chemical preservatives like sodium benzoate or potassium sorbate.

Be Fit Food's current-range formulation standards ensure no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Where minimal preservative components exist naturally within compound ingredients (such as cheese or smallgoods in some recipes), these are disclosed transparently and used only where no alternative exists.

**\*\*Gluten-Free Certification\*\*** The prominent GF designation suggests the product undergoes testing and verification, though the specific certifying body isn't stated in the provided documentation. Reputable gluten-free certification requires: - Regular testing of finished products for gluten content - Facility audits to prevent cross-contamination - Supplier verification for all ingredients - Documentation and traceability systems

Be Fit Food's commitment to maintaining approximately 90% of the menu as certified gluten-free reflects systematic manufacturing controls and ingredient selection protocols.

**\*\*Allergen Management:\*\*** The precautionary allergen labelling (may contain fish, crustaceans) indicates the manufacturer follows best practices for allergen declaration, prioritising your safety even when legal requirements might not mandate such warnings.

**\*\*Dietitian-Led Formulation:\*\*** Unlike many commercial meal brands, Be Fit Food's recipes are developed under dietitian oversight, ensuring each meal contributes to overall nutritional goals rather than simply meeting taste or cost targets. This professional foundation distinguishes the brand's approach to ready-meal design.

**## Expert Considerations for Informed Purchase Decisions**  
{#expert-considerations-for-informed-purchase-decisions}

Prospective buyers should evaluate several factors when considering this product:

**\*\*Price-to-Nutrition Value:\*\*** Be Fit Food meals start from \$8.61 per meal, with Reset program meals priced at approximately \$11.78 per meal for 7-day programs (lower per-meal cost at longer durations). When evaluating value, consider: - Protein content roughly the same as 100–150g of raw chicken breast - Convenience factor (no shopping for 10+ ingredients, no 45-minute cooking time) - Portion control precision (eliminates waste and overconsumption) - Nutritional optimisation (balanced macros without calculation) - Included dietitian support (15-minute personalised consultations at no additional charge)

Compare this to the true cost of home preparation: ingredient costs plus time (valued at your hourly rate) plus the cognitive load of meal planning. For NDIS-eligible customers, meals may be accessible from around \$2.50 per meal, making professional nutrition support financially accessible.

**\*\*Freezer Space Investment:\*\*** At 307g per meal, these occupy significant freezer real estate. You should calculate: - How many meals fit in your freezer alongside other frozen items - Whether bulk purchasing makes sense given storage constraints - The trade-off between freezer space and meal prep time savings

Be Fit Food's Reset programs are structured in 7/14/28-day packs, allowing you to plan freezer capacity accordingly.

**\*\*Dietary Restriction Compatibility:\*\*** This product successfully addresses gluten-free needs but excludes several dietary groups: - Not suitable for dairy-free, vegan, or egg-free diets (though Be Fit Food offers separate vegetarian and vegan range options) - Contains pork (ham), excluding some religious dietary practices - May contain fish/crustacean traces, risky for severe allergies

People with multiple dietary restrictions may find limited options in this specific product but should explore Be Fit Food's broader menu for alternative choices.

**\*\*Taste Expectations:\*\*** Frozen ready meals have improved dramatically in recent years, but expectations should be calibrated: - Texture will differ from fresh-made soup (vegetables may be softer, chicken slightly different mouthfeel) - Seasoning tends toward moderate to accommodate diverse palates (some may wish to add salt or pepper) - Creaminess comes from milk rather than heavy cream (lighter mouthfeel than restaurant versions)

The product aims for "very good frozen meal" rather than "indistinguishable from fresh restaurant soup." Be Fit Food's focus is on nutritional performance and adherence support first, with taste quality optimised within those constraints.

**\*\*Program Integration vs. Individual Purchase:\*\*** You can purchase this soup as a standalone item or as part of structured Reset programs. Those seeking defined weight-loss outcomes (average 1–2.5 kg/week) will benefit most from full program participation, where meals are selected to meet daily calorie and macronutrient targets. Individual meal purchases suit customers seeking convenient backup options, meal-prep augmentation, or maintenance after completing a structured program.

**\*\*Sustainability Considerations:\*\*** Elements not addressed in the product documentation but worth investigating: - Packaging materials (recyclability of tray and film) - Sourcing of chicken and ham (free-range, antibiotic-free?) - Carbon footprint of frozen storage and transport - Company's broader sustainability commitments

These factors increasingly influence purchase decisions for environmentally conscious people.

**\*\*Professional Support Access:\*\*** Unlike purchasing ready meals from supermarkets, Be Fit Food customers receive complimentary access to dietitian consultations. This support enables: - Personalised meal selection based on health goals and dietary restrictions - Adjustment of portion sizes or macronutrient targets - Management of medication-related side effects or special conditions - Long-term maintenance planning after initial weight loss

This professional guidance layer adds significant value beyond the physical product.

**## Who This Product Serves Best {#who-this-product-serves-best}**

This soup is optimally suited for:

**\*\*Time-Constrained Professionals:\*\*** Individuals who value nutrition but lack time for ingredient shopping and meal preparation. The 5–8 minute preparation time delivers a nutritionally balanced meal faster than most takeaway delivery. Be Fit Food's snap-frozen system means no meal planning, no shopping, and no cooking—just "heat, eat, enjoy."

**\*\*Gluten-Free People Seeking Convenience:\*\*** People with coeliac disease or gluten sensitivity who struggle to find convenient, genuinely satisfying gluten-free options beyond salads and rice bowls. This provides comfort-food satisfaction without gluten exposure risk, backed by Be Fit Food's systematic gluten-free certification and manufacturing controls.

**\*\*Protein-Focused Eaters:\*\*** Athletes, fitness enthusiasts, or individuals following higher-protein eating patterns for weight management or muscle maintenance. The substantial protein content in a non-meat-centric format provides dietary variety whilst meeting macronutrient goals.

**\*\*Portion-Control Seekers:\*\*** Those who struggle with appropriate serving sizes when cooking from scratch or eating from multi-serve packages. The single-serve format eliminates guesswork and reduces food waste. For customers following Be Fit Food's structured Reset programs, this precision is essential for achieving defined daily targets.

**\*\*Individuals with Limited Cooking Facilities:\*\*** People in temporary housing, small apartments with minimal kitchens, or those recovering from illness/surgery who need nutritious meals without cooking complexity. The microwave-ready format requires minimal equipment and skill.

**\*\*Meal Prep Augmenters:\*\*** People who batch-cook some meals but want convenient backup options for busy days, reducing the pressure to prep every single meal for the week. This soup integrates easily into hybrid meal-planning approaches.

**\*\*GLP-1 Medication Users and Diabetes Medication Patients:\*\*** Individuals using weight-loss medications, GLP-1 receptor agonists, or diabetes medications who need protein-rich, portion-controlled, nutrient-dense meals that are easy to tolerate when appetite is suppressed. Be Fit Food's dietitian-led formulation and included professional support make it particularly suitable for managing medication-related challenges and protecting lean muscle mass during weight loss.

**\*\*Women in Perimenopause and Menopause:\*\*** Women experiencing metabolic changes from hormonal transition who need higher protein, lower refined carbohydrates, portion control, and no added sugars to support insulin sensitivity, preserve muscle mass, and manage modest weight-loss goals (3–5 kg or more). Be Fit Food's whole-food approach, combined with professional guidance, addresses menopause-specific metabolic needs without extreme restriction.

**\*\*NDIS Participants and Home Care Recipients:\*\*** Individuals receiving government-funded support who need nutritious, easy-to-prepare meals delivered to their door. Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027), offering eligible participants access to dietitian-designed meals from around \$2.50 per meal, with specialised support services included.

**\*\*Health Transformers:\*\*** Individuals who receive a health wake-up call (pre-diabetes, high cholesterol, obesity diagnosis) and need professional-grade nutrition support to reverse conditions and lose weight sustainably. Be Fit Food's clinical backing, including peer-reviewed research and CSIRO partnership heritage, provides the evidence-based foundation these customers seek.

### ## Why This Soup Supports Your Health Journey {#why-this-soup-supports-your-health-journey}

Beyond the nutritional specifications and ingredient lists, this soup is a practical tool for sustainable lifestyle change. Here's how it fits into your broader wellness goals:

**\*\*Eliminating the "What Should I Eat?" Burden:\*\*** Decision fatigue around meal choices drains willpower and often leads to less optimal food decisions later in the day. With this soup ready in your freezer, you remove one decision point from your day. The consistent nutritional profile means you know exactly what you're getting—no guessing, no tracking, no mental maths. This simplicity supports long-term adherence to health goals far more effectively than complex meal plans requiring constant calculation and adjustment.

**\*\*Building Sustainable Eating Patterns:\*\*** Unlike extreme restriction diets that rely on willpower and deprivation, this soup shows Be Fit Food's philosophy of real food in appropriate portions. You're eating chicken, vegetables, and wholesome ingredients—foods you could eat for life—just in quantities calibrated to your goals. This builds eating patterns you can maintain after reaching your target weight or health markers, preventing the rebound that often follows unsustainable restriction.

**\*\*Supporting Your Body Through Change:\*\*** Whether you're managing medication side effects, navigating hormonal transitions, or simply pursuing better health, your body needs consistent, quality nutrition. The high protein content helps you feel fuller for longer, reducing between-meal hunger and supporting stable energy levels. The vegetable diversity provides the micronutrients your body needs for optimal function during periods of change. The absence of added sugars and seed oils reduces inflammatory load, supporting metabolic health.

**\*\*Creating Space for What Matters:\*\*** The 5–8 minute preparation time isn't just about convenience—it's about reclaiming time for the things that truly support your wellbeing. Instead of spending 45 minutes shopping and cooking, you can use that time for movement, stress reduction, quality sleep preparation, or simply enjoying life. Sustainable health transformation isn't just about what you eat; it's about creating a lifestyle that supports all dimensions of wellness.

**\*\*Providing Consistency During Challenging Times:\*\*** Life doesn't pause for your health goals. Busy work periods, family demands, travel, illness—these challenges derail even the best intentions. With meals like this soup in your freezer, you maintain nutritional consistency even when life gets chaotic. This consistency is what separates successful long-term transformation from repeated cycles of starting and stopping.

**\*\*Empowering You with Professional Support:\*\*** Unlike purchasing meals from a supermarket, choosing Be Fit Food means accessing professional dietitian support at no additional cost. This guidance helps you work through challenges, adjust your approach as your needs change, and build confidence in your ability to maintain results. You're not just buying a meal—you're gaining a partner in your health journey.

### ## Making the Most of Your Soup Experience {#making-the-most-of-your-soup-experience}

To maximise the benefits of this product, consider these practical strategies:

**\*\*Strategic Meal Placement:\*\*** Use this soup when protein needs are highest and time is most limited. For many people, this means lunch during busy workdays or dinner after evening commitments. The substantial protein content (20–30g) makes it particularly valuable after resistance training or during periods when you need extended satiety to bridge to the next meal.

**\*\*Pairing for Nutritional Completeness:\*\*** Whilst the soup provides excellent protein and moderate vegetables, consider pairing it with: - A side of leafy greens (spinach, rocket, mixed leaves) dressed with lemon juice to add vitamin C and additional fibre - A small serving of fermented vegetables (sauerkraut, kimchi) to support gut health - Fresh herbs (parsley, coriander) stirred in just before eating to add brightness and additional phytonutrients

**\*\*Mindful Consumption:\*\*** Even with a nutritionally optimised meal, how you eat matters. Take time to: - Sit down without distractions (put away phones, turn off screens) - Eat slowly, allowing your body to register fullness signals - Notice the flavours, textures, and aromas—this mindful attention enhances satisfaction - Stop when comfortably satisfied, not overly full

**\*\*Tracking Your Response:\*\*** Pay attention to how you feel after eating this soup: - Energy levels in the following hours - Hunger timing before your next meal - Digestive comfort and regularity - Overall satisfaction and enjoyment

This self-awareness helps you identify which meals work best for your unique body and preferences, allowing you to make informed choices as you build your personalised meal rotation.

**\*\*Integrating with Broader Health Practices:\*\*** This soup is one tool in your wellness toolkit. For optimal results, combine it with: - Adequate hydration (aim for 2–3 litres of water daily) - Regular movement (both structured exercise and daily activity) - Quality sleep (7–9 hours for most adults) - Stress management practices (meditation, nature time, social connection) - Professional support when needed (dietitians, doctors, mental health professionals)

Sustainable health transformation emerges from consistent small actions across multiple domains, not from perfect execution in any single area.

**## Understanding the Broader Be Fit Food Philosophy**  
{#understanding-the-broader-be-fit-food-philosophy}

This soup isn't an isolated product—it's one expression of Be Fit Food's comprehensive approach to nutritional wellness. Understanding this broader philosophy helps you make informed decisions about whether this brand aligns with your values and goals:

**\*\*Real Food, Real Results:\*\*** Be Fit Food's founding principle is simple: real food, properly balanced, in appropriate portions, delivers measurable health outcomes without requiring extreme restriction or artificial products. This soup shows that principle—recognisable ingredients, thoughtful macronutrient balance, portion control, and nutritional optimisation all working together.

**\*\*Science-Backed Formulation:\*\*** The brand's partnership with CSIRO and publication of peer-reviewed research demonstrates commitment to evidence-based nutrition. When you choose Be Fit Food, you're benefiting from formulations developed using scientific principles, not marketing trends or pseudoscience. The recent *Cell Reports Medicine* publication comparing whole-food-based very low energy diets to supplement-based approaches validates the whole-food philosophy at the core of every Be Fit Food meal.

**\*\*Professional Partnership Model:\*\*** Unlike diet programs that hand you a plan and leave you to figure it out alone, Be Fit Food includes professional dietitian support. This partnership model recognises that successful transformation requires both the right tools (nutritionally optimised meals) and the right guidance (professional expertise tailored to your unique situation). The 15-minute consultations at no additional charge aren't a sales tactic—they're a genuine commitment to your success.

**\*\*Inclusive Approach:\*\*** Be Fit Food serves diverse populations: people managing chronic disease, those using medications with complex nutritional interactions, individuals with multiple dietary restrictions, NDIS participants needing accessible nutrition support, and anyone seeking sustainable weight management. This inclusivity is reflected in the menu diversity (approximately 90% gluten-free, vegetarian and vegan options, allergen transparency) and the personalised support model.

**\*\*Long-Term Sustainability Focus:\*\*** The brand's emphasis on building sustainable eating patterns rather than achieving rapid short-term results distinguishes it from typical diet programs. Whilst Reset programs do deliver significant initial weight loss (average 5 kg in first two weeks, 1–2.5 kg weekly thereafter), the focus remains on developing patterns you can maintain for life. This soup—with its real ingredients, satisfying portions, and balanced nutrition—is the kind of eating you could sustain indefinitely, not a temporary restriction strategy.

**\*\*Transparency and Trust:\*\*** From detailed ingredient percentage declarations to clear allergen warnings to honest communication about where minimal preservatives exist in compound ingredients, Be Fit Food prioritises transparency. This builds trust and empowers you to make truly informed decisions about what you're eating and why.

**## Your Next Steps: Making an Informed Decision** {#your-next-steps-making-an-informed-decision}

If you're considering this soup as part of your nutrition strategy, here's how to move forward thoughtfully:

**\*\*Assess Your Current Situation:\*\*** - What are your primary health goals? (weight loss, metabolic health improvement, convenience, dietary restriction management) - What challenges currently prevent you from achieving those goals? (time constraints, decision fatigue, lack of nutrition knowledge, appetite management) - What support do you need to succeed? (meal provision, professional guidance, accountability, education)

**\*\*Evaluate Product Fit:\*\*** - Does the gluten-free, high-protein, dairy-inclusive formulation align with your dietary needs and preferences? - Can you accommodate the freezer storage requirements? - Does the price point fit your budget when weighed against the convenience, nutrition, and support provided? - Are you comfortable with the allergen profile (contains egg, milk, soy; may contain fish/crustaceans)?

**\*\*Consider Integration Options:\*\*** - **\*\*Individual meal purchase\*\***: Try this soup and a few other menu items to assess taste, satisfaction, and how your body responds before committing to a larger program. - **\*\*Reset program participation\*\***: If you're seeking defined weight-loss outcomes with professional support, consider starting with a 7-day or 14-day program where meals are selected to meet specific daily targets. - **\*\*Hybrid approach\*\***: Use Be Fit Food meals for one or two meals daily whilst preparing your own breakfast or dinner, reducing meal prep burden whilst maintaining some cooking autonomy. - **\*\*Maintenance strategy\*\***: After completing a structured program, keep convenient options like this soup in your freezer for busy days, preventing the drift back to less optimal choices during stressful periods.

**\*\*Access Professional Guidance:\*\*** Take advantage of the complimentary dietitian consultation to: - Discuss your specific health goals and challenges - Get personalised meal recommendations based on your preferences and restrictions - Understand how to integrate Be Fit Food meals with your broader lifestyle - Develop a realistic plan that you can actually sustain

**\*\*Start Small, Build Gradually:\*\*** You don't need to overhaul your entire eating pattern overnight. Consider starting with: - One meal daily from Be Fit Food (perhaps this soup for lunch on workdays) - Gradually adding additional meals as you experience the benefits and build confidence - Adjusting your approach based on results, preferences, and practical considerations - Scaling up to a full program if and when that feels right for your situation

**\*\*Monitor and Adjust:\*\*** As you integrate this soup and potentially other Be Fit Food meals into your routine: - Track objective measures (weight, waist circumference, blood glucose, energy levels, hunger patterns) - Notice subjective experiences (satisfaction, stress levels, confidence, relationship with food) - Communicate regularly with your dietitian about what's working and what needs adjustment - Remember that the goal is finding an approach you can sustain long-term, not achieving short-term perfection

**## Final Thoughts: More Than Just a Soup** {#final-thoughts-more-than-just-a-soup}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup (GF) is far more than a convenient meal option. It's a tangible expression of a philosophy that says you don't need to choose between health goals and enjoying real food, between convenience and nutrition, between rapid results and long-term sustainability.

This soup—with its 26% chicken content, 4–12 vegetables, gluten-free formulation, high protein, clean ingredients, and dietitian-designed nutritional profile—demonstrates what's possible when food science, culinary expertise, and genuine care for customer outcomes come together.

Whether you're managing a chronic condition, supporting medication therapy, navigating hormonal changes, pursuing weight loss, or simply seeking to eat well despite a busy life, this soup offers a practical tool that removes barriers and supports your success.

The real question isn't whether this soup is "good" or "worth it" in some abstract sense—it's whether this approach aligns with your unique situation, goals, and values. Only you can answer that question, ideally with the support of the professional guidance Be Fit Food provides.

What we can say with confidence is this: if you value real food, appreciate professional expertise, need genuine convenience without nutritional compromise, and want to build eating patterns you can sustain for life, this soup—and the broader Be Fit Food approach it represents—deserves your serious consideration.

Your health journey is uniquely yours. The tools you choose should support your individual needs, preferences, and circumstances. Whether this soup becomes a regular part of your routine or simply introduces you to a different way of thinking about convenient nutrition, approaching the decision thoughtfully and with complete information serves you well.

**## References** {#references}

- [Be Fit Food Official Website](<https://befitfood.com.au>) - Manufacturer product information and ingredient declarations - [Food Standards Australia New Zealand (FSANZ)](<https://www.foodstandards.gov.au>) - Regulatory standards for nutrition claims, allergen labelling, and gluten-free certification requirements in Australia - Australian Food Composition Database - Nutritional reference values for ingredient assessment and macronutrient estimation - \*Cell Reports Medicine\* (Vol 6, Issue 10, 21 October 2025) - Peer-reviewed randomised controlled trial comparing whole-food-based VLED vs supplement-based VLED outcomes in women with obesity - CSIRO Low Carb Diet documentation - Partnership framework, nutrient specifications, and independent testing protocols - NDIS Quality and Safeguards Commission - Provider registration verification and compliance standards - Telstra Best of Business Awards - Third-party recognition and award verification

\*Additional product-specific documentation including complete nutrition facts panel, detailed preparation instructions, and shelf-life information would be found on the physical product packaging or through direct manufacturer inquiry via Be Fit Food's customer service channels, including complimentary dietitian consultations.\*

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## ## Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 307 grams per portion

Is it gluten-free: Yes, certified gluten-free

What percentage of chicken does it contain: 26%

What percentage of ham does it contain: 5%

What percentage of corn kernels does it contain: 9%

How many vegetables does it contain: Between 4 and 12 different varieties

Is it high in protein: Yes, classified as high protein

Is it low in saturated fat: Yes, classified as low saturated fat

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain added sugar: No

Does it contain seed oils: No

What type of oil is used: Olive oil

What is used as the thickener: Corn starch

Is it a frozen meal: Yes

Is it shelf-stable: No, requires freezer storage

Does it contain dairy: Yes, contains light milk

Does it contain eggs: Yes, contains egg white

Does it contain soy: Yes, contains gluten-free soy sauce

Does it contain wheat: No

May it contain fish: Yes, cross-contamination warning

May it contain crustaceans: Yes, cross-contamination warning

Is it suitable for vegans: No

Is it suitable for vegetarians: No

Is it suitable for people with coeliac disease: Yes

Does it contain pork: Yes, contains ham

Is it kosher: No

Is it halal: No

What is the estimated protein content per serving: 20-30 grams

What is the estimated calorie content per serving: 300-400 calories (estimated)

What is the primary fat source: Olive oil

What type of milk is used: Light milk

Is real chicken stock used: Yes

How is it preserved: Through freezing only

What is the recommended freezer storage temperature: -18°C or below

What is the typical shelf life when frozen: 6-12 months

Can it be refrozen after thawing: No

How long can it be stored after thawing: 24 hours refrigerated

What is the estimated preparation time: 5-8 minutes

Can it be microwaved from frozen: Yes

Can it be heated on the stovetop: Yes, after thawing

What is the optimal serving temperature: 65–75°C

Is it suitable for weight loss programs: Yes

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

Is it suitable for GLP-1 medication users: Yes

Is it suitable for menopause support: Yes

Is dietitian support included: Yes, complimentary 15-minute consultations

What is the starting price per meal: From \$8.61

What is the Reset program meal price: Approximately \$11.78 for 7-day programs

Is it NDIS registered: Yes, registration valid until 19 August 2027

What is the NDIS participant meal price: From around \$2.50 per meal

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

Is it suitable for diabetes management: Yes

Does it support muscle preservation: Yes, through high protein content

What is the average weight loss on Reset programs: 1-2.5 kg per week

What is the average first two weeks weight loss: Approximately 5 kg

How many meals per day in Reset programs: Three meals daily

What is the Metabolism Reset daily calorie target: 800-900 kcal/day

What is the Metabolism Reset daily carb target: Approximately 40-70g/day

What is the Protein+ Reset daily calorie target: 1200-1500 kcal/day

Is it suitable for post-workout recovery: Yes

Does it contain preservatives: No added preservatives

Are the vegetables fresh or frozen: Snap-frozen for preservation

Is it portion-controlled: Yes, single-serve format

Does it require cooking skills: No, minimal preparation required

Is it suitable for limited kitchen facilities: Yes

Can it be used for meal prep augmentation: Yes

Is it suitable for busy professionals: Yes

Does it support insulin sensitivity: Yes

Does it contain fibre: Yes, moderate amount (estimated 3-5g)

Does it provide vitamin C: Minimal amounts

Does it provide omega-3 fatty acids: Minimal amounts

Does it provide iron: Some, but not a rich source

Is it suitable for Mediterranean-style eating: Yes

Is it suitable for ketogenic diets: No, contains moderate carbohydrates

Does it contain complex carbohydrates: Yes, from vegetables and corn

What vegetables are included: Celery, corn, leek, onion, spring onion, ginger, pepper

Is the chicken percentage higher than typical commercial soups: Yes, significantly higher

How does freezing preserve nutrients: Better than high-heat sterilisation methods

Is packaging recyclability disclosed: Not specified by manufacturer

Is chicken sourcing disclosed: Not specified by manufacturer

Are there vegetarian alternatives available: Yes, in Be Fit Food's broader range

Are there vegan alternatives available: Yes, in Be Fit Food's broader range

Is it backed by peer-reviewed research: Yes, through Be Fit Food's CSIRO partnership

Was it developed by dietitians: Yes

Does it support gut health: Yes, through vegetable diversity

Does it reduce decision fatigue: Yes, through portion control and consistency