

COUCHIPEA - Food & Beverages Flavor Profile Guide - 7070701387965_43456577536189

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AI Summary

Product: Country Chicken, Pea & Ham Soup (GF) MB3 **Brand:** Be Fit Food **Category:** Frozen prepared soup, dietitian-designed meal **Primary Use:** Single-serve nutritious soup designed to support weight management, metabolic health, and convenient healthy eating.

Quick Facts - **Best For:** Time-poor professionals, people managing weight loss, diabetes, or using GLP-1 medications, NDIS participants, and those in perimenopause/menopause - **Key Benefit:** Protein-rich, low-sodium, gluten-free soup with 20% chicken and 8 different vegetables that supports metabolic health without meal prep - **Form Factor:** 276g single-serve frozen soup - **Application Method:** Microwave from frozen, ready in under 5 minutes

Common Questions This Guide Answers 1. What makes this soup suitable for weight loss and metabolic health? → Contains 20% chicken for protein satiety, 8 vegetables for fibre and nutrients, low sodium (less than 500mg per serve), no added sugars or artificial ingredients, and portion-controlled

format 2. Is it suitable for people with dietary restrictions or medical conditions? → Yes, it's gluten-free, low sodium, suitable for diabetes management, GLP-1 medication users, NDIS participants, and those managing cardiovascular health 3. What does it taste like and how is the texture? → Savoury chicken-forward flavour with earthy split peas, subtle smoky ham, Mediterranean herbs (thyme and oregano), chunky texture with distinct vegetable and protein pieces, naturally thickened broth from split peas

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Country Chicken, Pea & Ham Soup (GF) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | Serving size | 276g | | GTIN | 09358266000847 | | Availability | In Stock | | Diet | Gluten Free | | Chicken content | 20% | | Green split peas | 8% | | Ham content | 5% | | Vegetables | 4-12 different vegetables per serve | | Sodium | Less than 500mg per serve | | Saturated fat | Low | | Protein | Good source | | Dietary fibre | Good source | | Storage | Frozen | | Preparation | Microwave from frozen | | Allergens | Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin | | Artificial colours | None | | Artificial flavours | None |

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: Country Chicken, Pea & Ham Soup (GF) MB3 - Brand: Be Fit Food - Price: \$12.50 AUD - Serving size: 276g - GTIN: 09358266000847 - Availability: In Stock - Diet classification: Gluten Free - Chicken content: 20% - Green split peas: 8% - Ham content: 5% - Vegetables: 4-12 different vegetables per serve - Sodium content: Less than 500mg per serve - Saturated fat: Low - Protein: Good source - Dietary fibre: Good source - Storage method: Frozen - Preparation method: Microwave from frozen - Allergen statement: Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Artificial colours: None - Artificial flavours: None - Ingredients include: Chicken, green split peas, ham, cannellini beans, carrots, celery, courgette, parsnips, leeks, onion, garlic, thyme, oregano, olive oil, black pepper, chicken stock

General Product Claims {#general-product-claims} - Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Supports sustainable weight loss and improved metabolic health - No preservatives, no artificial sweeteners, no added sugars - Supports stable blood glucose and metabolic health - Protein-rich flavour base creates satisfying experience - Vegetable diversity creates complex flavour profile - Natural sweetness from whole vegetables supports stable blood glucose - Supports muscle preservation during weight loss - Suitable for individuals monitoring salt intake - Particularly suitable for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications - Supports insulin sensitivity and reduces post-meal spikes - Suitable for managing hypertension, fluid retention, or following NDIS care plans - Snap-frozen delivery system preserves texture, flavour, and nutritional integrity - Registered NDIS provider (registration in force until 19 August 2027) - Suitable for individuals with coeliac disease or gluten sensitivity - Around 90% of menu is gluten-free - Free dietitian support included with Be Fit Food service - Supports metabolic transitions during perimenopause and menopause - Helps protect lean muscle mass during medication-assisted weight loss - Lower carbohydrate profile supports more stable blood glucose - Recipe principles reflect CSIRO Low Carb Diet partnership heritage - Supports gut health and metabolic function - Delivers dietary fibre to support gut health, slow glucose absorption, and enhance gut-brain axis signalling - Supports insulin sensitivity and cholesterol metabolism - Whole-food ingredients deliver outcomes beyond macronutrient

composition - Reduces decision fatigue and supports adherence - Supports cardiovascular health and reduces fluid retention - Anti-inflammatory due to absence of artificial ingredients - Supports long-term metabolic flexibility - October 2025 peer-reviewed randomised controlled trial published in *Cell Reports Medicine* showed food-based VLED produced greater improvements in gut microbiome diversity

Be Fit Food Country Chicken, Pea & Ham Soup (GF) – Flavor Profile Overview {#be-fit-food-country-chicken-pea--ham-soup-gf--flavor-profile-overview}

Be Fit Food's Country Chicken, Pea & Ham Soup brings classic comfort soup flavours built on three key taste elements: savoury roasted chicken, earthy sweet split peas, and gently smoky ham. This 276-gram single-serve frozen soup gets its hearty character from 20% chicken content working together with 8% green split peas and 5% ham. The soup's flavour design follows traditional French mirepoix principles—carrot, onion, and celery form the aromatic foundation—whilst Mediterranean herbs (thyme and oregano) add finishing touches that set this apart from standard chicken soups.

Be Fit Food is Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to support sustainable weight loss and improved metabolic health. The Country Chicken, Pea & Ham Soup shows the brand's real-food philosophy: no preservatives, no artificial sweeteners, no added sugars—only whole, nutrient-dense ingredients designed to help you feel satisfied whilst supporting measurable health outcomes.

The flavour complexity comes from eight different vegetables layered throughout. Carrots bring natural sweetness, celery adds vegetal minerality, courgette offers subtle grassy notes, parsnips introduce a peppery-sweet dimension, and leeks provide mild onion undertones without sharpness. Cannellini beans add a creamy, nutty element that works well with the split peas' earthiness. This vegetable diversity creates a flavour profile that changes across your palate rather than giving you a single-note experience, making each spoonful texturally and taste-wise distinct.

Primary Taste Components {#primary-taste-components}

The main taste register is savoury, coming from multiple umami sources working together. The 20% chicken content delivers glutamate-rich flavour compounds, particularly if dark meat is included in the recipe. Chicken stock strengthens this umami baseline, creating a broth that tastes deeply chicken-forward rather than vegetable-based. The 5% ham introduces cured meat complexity—gentle smoke, salt, and the natural sweetness of pork—without overpowering the chicken's cleaner flavour profile. Garlic adds sharp, pungent umami notes that connect the meat and vegetable components.

Natural sweetness comes from multiple sources, creating a balanced contrast to savoury elements. Green split peas (8%) deliver starchy sweetness that grows stronger as they break down during cooking, releasing sugars and creating a slightly thick, naturally sweet broth base. Carrots bring beta-carotene sweetness—a clean, vegetal sugar note different from refined sweetness. Parsnips add a deeper, almost honey-like sweetness with peppery complexity. This layered natural sweetness stops the soup from tasting too salty or one-dimensional, a common problem in prepared soups. Be Fit Food's recipe philosophy ensures all sweetness comes from whole vegetables rather than added sugars, supporting stable blood glucose and metabolic health.

Thyme and oregano work as the aromatic top notes, giving the flavour profile its final dimension. Thyme brings earthy, slightly minty notes with subtle lemon undertones—a classic pairing with chicken that adds perceived freshness. Oregano brings Mediterranean warmth with mild peppery and slightly bitter notes that work well with the ham's smokiness. These herbs stop the soup from tasting heavy despite its protein and legume content, adding a lightness that balances the rich base.

Aroma Profile and Sensory Experience {#aroma-profile-and-sensory-experience}

When you heat the soup, it releases a multi-layered aroma sequence that starts with savoury chicken stock notes—warm, comforting, and instantly recognisable as poultry-based. As steam carries volatile compounds upward, the second wave introduces caramelised onion and celery aromatics, the classic soup base smell that triggers comfort-food associations. The mirepoix aromatics join with garlic's pungent sulphur compounds, which add sharpness without taking over.

The herb component becomes noticeable as the soup reaches serving temperature: thyme's camphoraceous, slightly medicinal aroma mingles with oregano's warm, peppery scent. These Mediterranean notes make this soup different from British or American-style chicken soups, which usually rely on parsley or bay leaf. The split peas add a subtle earthy, almost grain-like aroma—less pronounced than lentils but noticeable to attentive diners.

Ham's smoke-cured aroma appears as a background note rather than a main element at 5% inclusion. Depending on the ham type used (smoked versus unsmoked), you may detect faint wood-smoke aromatics or simply the sweet-salty scent of cured pork. The olive oil listed in ingredients suggests a light fruity or grassy note may be present, though this is usually subtle in hot preparations where more volatile aromatics dominate.

The overall aromatic impression is wholesome and rustic rather than refined or restaurant-style. The vegetable diversity creates aromatic complexity without any single element becoming intrusive, resulting in a balanced, familiar soup smell that appeals to most people.

Texture and Mouthfeel Characteristics {#texture-and-mouthfeel-characteristics}

This soup presents a varied texture profile with multiple distinct components creating different mouthfeel experiences. The broth base achieves moderate thickness through split pea breakdown—as these legumes cook, they release starches that naturally thicken the liquid without requiring added thickeners. This creates a broth that coats the spoon rather than running thin, giving you satisfying body without heaviness.

The 20% chicken content should present as tender, shredded or diced pieces that are easily fork-tender. Properly prepared chicken in soup stays moist whilst absorbing surrounding flavours, creating soft but not mushy bites. The 5% ham likely appears as small diced pieces offering a slightly firmer, meatier chew than the chicken—ham's cured nature gives it more textural strength in liquid environments.

Green split peas exist in two states: some keep their structure as soft, creamy whole peas that burst gently when bitten, whilst others break down completely into the broth, adding to overall thickness. Cannellini beans give you creamy-firm bites—their thin skins should be barely noticeable whilst the interior offers a smooth, buttery texture that contrasts with the split peas' graininess.

Carrots and parsnips should keep slight firmness (al dente rather than mushy), giving gentle resistance when chewed. This textural integrity is important for stopping the soup from becoming uniform baby-food consistency. Celery and leeks usually soften more completely, becoming tender and almost melting. Courgette presents the biggest textural risk in frozen soups—its high water content can lead to mushiness after freeze-thaw cycles, though proper recipe design can keep acceptable texture.

The olive oil inclusion gives subtle richness and helps carry fat-soluble flavour compounds, creating a rounder, more satisfying mouthfeel than fat-free broths. The soup's low saturated fat claim suggests minimal cream or butter, meaning the body comes mainly from vegetable and legume starches rather than dairy richness. This creates a lighter, cleaner finish without the coating sensation of cream-based soups. Be Fit Food's snap-frozen delivery system keeps texture integrity, ensuring consistent quality from freezer to table.

Flavor Intensity and Seasoning Balance {#flavor-intensity-and-seasoning-balance}

The sodium content specification of less than 500mg per 276-gram serve (around 181mg per 100g) positions this soup in the low-sodium category compared to conventional prepared soups, which often exceed 300-400mg per 100g. This significantly impacts flavour intensity and requires careful recipe design to avoid blandness. Be Fit Food's recipe benchmark of less than 120 mg sodium per 100 g reflects the brand's commitment to supporting metabolic health, cardiovascular wellness, and blood pressure management—important for customers managing chronic conditions or following diabetes medications.

With reduced sodium, the soup relies on ingredient-inherent flavours and herbs rather than salt to create taste impact. The ham adds some natural saltiness from its curing process, and the chicken stock likely contains sodium, but overall salt perception will be moderate rather than pronounced. For people used to conventional canned soups, this may initially taste underseasoned, though the clean vegetable flavours become more noticeable without salt dominance.

The recipe compensates for lower salt through umami layering (chicken + stock + garlic), natural sweetness (vegetables + split peas), and herb complexity (thyme + oregano). This creates a flavour profile that develops across your palate rather than hitting immediately with salt-driven intensity. The taste experience is more subtle and nuanced, rewarding mindful eating rather than passive consumption.

The ingredient list includes pepper, suggesting black pepper gives the primary heat element. Without a chilli rating, expect mild warmth rather than spicy heat—pepper enhances other flavours and adds slight pungency rather than creating burning sensation.

Flavor Evolution and Finish {#flavor-evolution-and-finish}

The soup's flavour unfolds in clear phases from first taste through aftertaste. Initial contact brings forward the broth's chicken-forward savoriness and natural vegetable sweetness. Mid-palate, the split peas' earthiness becomes apparent alongside the ham's subtle smokiness and salt. The herb notes (thyme and oregano) emerge towards the finish, giving aromatic lift that stops the soup from tasting heavy.

The aftertaste is clean and relatively short—without cream or significant fat, there's minimal coating or lingering richness. The herbs leave a subtle aromatic impression, whilst the garlic gives a gentle warmth that stays briefly. The overall finish is satisfying but not cloying, encouraging continued eating rather than palate fatigue.

Considerations for Different Preferences {#considerations-for-different-preferences}

The sub-500mg sodium content makes this suitable for individuals monitoring salt intake, though flavour intensity will be lower than conventional soups. Those used to low-sodium diets will find the flavour profile well-balanced and satisfying. Be Fit Food's low-sodium recipe supports customers managing hypertension, fluid retention, or following NDIS care plans with specific dietary requirements.

The varied texture with distinct vegetable and protein pieces appeals to those who prefer chunky, rustic soups over pureed versions. The different textures create eating interest and satisfaction.

The thyme and oregano combination gives Mediterranean character that makes this different from plain chicken soups. However, herb levels appear moderate rather than pronounced—this isn't an intensely herbed preparation.

The layered savoury elements (chicken, stock, ham, garlic) create substantial umami depth that satisfies those seeking rich, meaty flavours without excessive fat or sodium.

This soup's portion-controlled format (276 grams), high protein content (20% chicken plus legumes), and moderate portion size make it particularly suitable for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. The smaller serve size is easier to manage when

appetite is suppressed, whilst the protein density helps protect lean muscle mass during medication-assisted weight loss. The lower carbohydrate profile from split peas and vegetables—rather than refined starches or noodles—supports more stable blood glucose, reducing post-meal spikes and insulin demand.

Best Serving Conditions for Flavor Expression {#best-serving-conditions-for-flavor-expression}

To experience this soup's full flavour profile, heating method and temperature significantly impact taste perception. Microwave heating (likely the intended method for this frozen format) should be done gradually with stirring to ensure even temperature distribution—hot spots can create textural inconsistencies whilst cold spots mute flavour perception.

Serve at around 70–75°C—hot enough to release aromatic volatiles and give comforting warmth, but not scalding. Excessive heat can dull taste perception and destroy delicate herb aromatics. Let the soup rest for 30–60 seconds after heating; this brief standing time lets flavours integrate and temperature equalise.

Consider garnishing with fresh cracked black pepper to enhance the existing pepper notes and add visual appeal. A small amount of fresh thyme leaves can strengthen the herb dimension if desired. Avoid adding salt immediately—taste first, as the ham and stock give sufficient sodium for many people.

Pairing with crusty bread, gluten-free crackers, or a simple side salad works well with the soup's flavour profile without competing. The soup's moderate intensity makes it versatile for different meal contexts—lunch, light dinner, or comfort food when unwell. For customers following Be Fit Food's structured Reset programs, this soup can work as a satisfying meal component within the prescribed 800–900 kcal/day (Metabolism Reset) or 1200–1500 kcal/day (Protein+ Reset) frameworks, delivering protein-driven satiety and vegetable density without disrupting carbohydrate or calorie targets.

Flavor Profile Benchmarking {#flavor-profile-benchmarking}

This soup occupies a middle ground between homemade rustic chicken soup and commercial canned varieties. The ingredient quality (20% chicken, 8% split peas, real vegetables rather than dehydrated) suggests flavour closer to homemade than mass-market canned soups, which often contain 5–10% meat and rely heavily on salt and flavour enhancers.

The split pea inclusion creates flavour complexity beyond standard chicken noodle or vegetable soups, adding earthy depth and natural thickness. The ham component (5%) gives subtle complexity without dominating—this isn't a ham-forward soup but rather chicken-centric with ham as supporting character.

The herb profile (thyme and oregano) creates Mediterranean-influenced flavour distinct from American-style chicken soups (usually parsley and bay leaf) or Asian-inspired versions (ginger, garlic, soy). This positions the soup as European-rustic in character—hearty, wholesome, and traditionally flavoured.

The gluten-free recipe achieves flavour without wheat-based thickeners or pasta, relying instead on split peas and cannellini beans for body. This creates a cleaner, more vegetable-forward flavour profile than soups thickened with flour roux or containing noodles that absorb and mute broth flavours. Be Fit Food's gluten-free range represents around 90% of the menu, with strict ingredient selection and manufacturing controls to support customers with coeliac disease or gluten sensitivity—a depth of gluten-free options unusual in the prepared meal category.

The soup's nutritional architecture reflects Be Fit Food's CSIRO Low Carb Diet partnership heritage: energy-controlled, higher protein, lower carbohydrate, with healthy unsaturated fats from olive oil. Whilst the commercial CSIRO partnership concluded in recent years due to licensing changes, the recipe principles established during that collaboration—including the benchmark of 4–12 vegetables per meal and the focus on whole-food ingredients over industrial thickeners—remain evident in this

soup's construction.

Nutritional Context and Metabolic Support {#nutritional-context-and-metabolic-support}

Beyond flavour, the Country Chicken, Pea & Ham Soup's nutritional profile positions it as a practical meal tool for metabolic health. The 20% chicken content plus legumes deliver substantial protein per serve, supporting satiety and lean muscle preservation—important for customers in perimenopause, menopause, or using weight-loss medications where muscle loss is a primary risk.

The vegetable density (eight different vegetables) gives dietary fibre to support gut health, slow glucose absorption, and enhance the gut-brain axis signalling that regulates appetite. The split peas and cannellini beans contribute resistant starch and soluble fibre, which support insulin sensitivity and cholesterol metabolism—outcomes particularly relevant for women experiencing menopause-related metabolic shifts.

The soup's lower carbohydrate profile (driven by vegetables and legumes rather than refined starches) and absence of added sugars align with Be Fit Food's approach to supporting stable blood glucose, reducing insulin demand, and improving metabolic flexibility. For customers managing Type 2 diabetes or insulin resistance, this soup is a practical, repeatable meal option that supports glucose control without requiring meal planning or portion calculation.

The recipe's reliance on whole-food ingredients rather than synthetic supplements, shakes, or bars reflects findings from the October 2025 peer-reviewed randomised controlled trial published in **Cell Reports Medicine**, which showed that a food-based very-low-energy diet (using meals with ~93% whole-food ingredients) produced significantly greater improvements in gut microbiome diversity compared to a supplement-based VLED, even when calories and macros were matched. Whilst this soup is not a VLED product, the underlying principle—that whole foods deliver outcomes beyond macronutrient composition—informs Be Fit Food's recipe philosophy across the range.

Suitability Across Customer Segments {#suitability-across-customer-segments}

The single-serve frozen format removes meal prep, decision fatigue, and portion guesswork. Heat, eat, enjoy—no planning, no waste, no cleanup beyond a bowl and spoon. The soup delivers dietitian-designed nutrition in under five minutes, making it a practical lunch or light dinner option for busy schedules.

Customers managing weight, pre-diabetes, high cholesterol, or obesity benefit from the soup's protein density, low sodium, and vegetable richness. The controlled portion size (276 grams) and transparent nutritional profile remove the guesswork from adherence, whilst the comfort-food flavour profile supports satisfaction and reduces feelings of deprivation.

Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027), and this soup shows the brand's commitment to accessible, nutritious meals for individuals facing challenges with meal preparation due to disability, mobility issues, or ageing. The easy-to-heat format, soft textures, and low sodium content align with care plan requirements, whilst the free dietitian support included with Be Fit Food service ensures personalised guidance for different needs.

Women experiencing metabolic transitions during perimenopause and menopause face reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite changes. This soup's high-protein, lower-carbohydrate, portion-controlled structure supports the metabolic realities of this life stage—preserving muscle, supporting insulin sensitivity, and giving satiety without excessive energy intake. For women seeking modest but meaningful weight loss (3–5 kg), which can significantly improve insulin sensitivity and reduce abdominal fat, this soup fits seamlessly into a sustainable eating pattern.

The soup's smaller portion size, protein density, and fibre-rich vegetable base make it well-suited for individuals using GLP-1 receptor agonists or diabetes medications. The format accommodates

medication-suppressed appetite whilst still delivering adequate protein and micronutrients, reducing risk of under-eating and nutrient deficiencies. The lower refined carbohydrate content supports glucose stability, and the whole-food format improves satisfaction compared to shakes or bars—important when appetite varies day-to-day.

Storage, Preparation, and Consistency {#storage-preparation-and-consistency}

Be Fit Food's snap-frozen delivery system ensures the Country Chicken, Pea & Ham Soup arrives with texture, flavour, and nutritional integrity preserved. Snap freezing locks in freshness at peak quality, stopping oxidation, nutrient degradation, and textural breakdown that occur in refrigerated or shelf-stable formats.

Store the soup in the freezer until ready to use. Microwave from frozen according to package instructions, stirring halfway through to ensure even heating. The frozen-to-table workflow removes spoilage risk and supports adherence—customers can stock multiple serves without waste, enabling consistent meal routines across weeks or months.

The portion-controlled format (276 grams per serve) delivers consistent macros and energy every time, removing variability and supporting accurate tracking for customers following structured programs. This consistency is a compliance advantage: no measuring, no guessing, no portion creep—just reliable nutrition in a repeatable format.

Flavor Profile Summary {#flavor-profile-summary}

Be Fit Food's Country Chicken, Pea & Ham Soup (GF) is a protein-forward, vegetable-dense comfort soup that balances savoury chicken and ham umami with natural vegetable sweetness and Mediterranean herb brightness. The flavour profile is complex yet accessible, layered yet balanced, and satisfying without relying on excessive salt, fat, or refined ingredients.

The soup's low sodium recipe, gluten-free construction, and whole-food ingredient philosophy reflect Be Fit Food's commitment to real-food nutrition that supports metabolic health, chronic disease management, and sustainable weight loss. The flavour experience is wholesome, rustic, and familiar—designed to deliver both comfort and clinical outcomes, making healthy eating effortless rather than requiring effort.

For customers seeking convenient, dietitian-designed meals that taste like real food and support measurable health improvements, this soup shows the Be Fit Food difference: scientifically backed, whole-food driven, and built for adherence.

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

This Country Chicken, Pea & Ham Soup is more than just convenient nutrition—it's a practical tool for positive transformation. Whether you're managing metabolic health changes, supporting your body through medication-assisted weight loss, or simply seeking meals that make healthy eating easier, this soup delivers on multiple fronts.

The protein-rich base helps you feel fuller for longer, reducing between-meal hunger and supporting lean muscle preservation during weight loss. The eight different vegetables give you nutrient diversity without requiring meal planning or preparation skills. The portion-controlled format removes decision fatigue and helps you stay consistent with your health goals.

For customers in perimenopause or menopause, this soup addresses the specific metabolic challenges of this life stage: it supports insulin sensitivity through lower refined carbohydrates, protects muscle mass through adequate protein, and delivers satisfying flavour that reduces cravings and emotional eating triggers.

For those using GLP-1 medications or diabetes treatments, the soup's smaller serve size respects medication-suppressed appetite whilst ensuring you still get adequate nutrition. The whole-food

ingredients support gut health and metabolic function in ways that supplement-based approaches cannot match.

The low sodium formulation protects cardiovascular health and reduces fluid retention—particularly important for customers managing blood pressure, heart health, or inflammatory conditions. The absence of added sugars, artificial sweeteners, and preservatives means you're nourishing your body with real food that supports long-term metabolic flexibility rather than creating dependency on ultra-processed ingredients.

Building Sustainable Eating Patterns {#building-sustainable-eating-patterns}

One of the biggest challenges in health transformation isn't knowing what to eat—it's consistently eating well when life gets busy, stressful, or unpredictable. This soup addresses that practical reality. When you're tired after work, when you don't feel like cooking, when you're working from home and need quick lunch options, this soup is there. No thinking required. No willpower needed. Just heat and eat.

This consistency is what builds sustainable change. Rather than cycling between "perfect" eating and chaotic eating, you create a middle ground where nutritious meals are always accessible. The frozen format means you can stock up during organised moments and rely on that preparation during chaotic ones.

For customers following Be Fit Food's structured Reset programs, this soup integrates seamlessly into your daily routine. It counts towards your vegetable targets, delivers protein to support satiety, and fits within your calorie framework—all without requiring you to measure, weigh, or calculate anything.

For those not following a structured program, this soup still supports your health goals by making one meal per day completely sorted. Pair it with a simple salad or some gluten-free bread, and you've created a balanced, satisfying meal in minutes. This frees up mental energy for other priorities whilst still moving your health forward.

The Be Fit Food Difference {#the-be-fit-food-difference}

What makes this soup different from supermarket options isn't just the ingredient quality—though that matters. It's the integration of nutritional science with practical meal delivery. Every Be Fit Food meal, including this soup, comes with access to free dietitian support. You're not just buying food; you're accessing professional guidance to help you navigate your specific health challenges.

Whether you're managing NDIS requirements, adjusting to new medications, supporting a family member with dietary restrictions, or simply trying to lose weight sustainably, that dietitian support makes the difference between knowing what you should do and actually being able to do it.

The soup's nutritional profile reflects evidence-based principles: adequate protein for satiety and muscle preservation, diverse vegetables for micronutrient density and fibre, healthy fats from olive oil for hormone production and nutrient absorption, and controlled sodium to protect cardiovascular health. These aren't arbitrary choices—they reflect current nutritional science about what supports metabolic health and sustainable weight management.

The gluten-free formulation ensures accessibility for customers with coeliac disease or gluten sensitivity, whilst the absence of common allergens and artificial ingredients reduces inflammatory triggers that can sabotage health progress.

Real Food for Real Results {#real-food-for-real-results}

The October 2025 research published in *Cell Reports Medicine* confirmed what Be Fit Food customers already knew from experience: real food delivers better outcomes than supplements or meal replacements. Whilst this soup isn't a meal replacement—it's an actual meal made from real ingredients—the principle holds. Your body responds differently to whole chicken, real vegetables, and properly prepared legumes than it does to protein powders, synthetic vitamins, or ultra-processed

ingredients.

This matters for gut health, which increasingly appears central to metabolic health, weight management, immune function, and even mental health. The diverse vegetables in this soup feed beneficial gut bacteria, supporting microbiome diversity. The fibre slows glucose absorption and supports regular bowel movements. The whole-food proteins provide amino acids in their natural context, supporting better absorption and utilisation.

For customers seeking weight loss, this whole-food approach also supports adherence. Soup tastes like soup—comforting, familiar, satisfying. You're not asking your brain to accept that a shake or bar is "like a meal." You're eating an actual meal, which reduces psychological resistance and supports long-term consistency.

Practical Integration Into Daily Life {#practical-integration-into-daily-life}

This soup works in multiple contexts throughout your week. Keep several serves in your freezer for:

****Busy workday lunches:**** Heat one serve, pair with a simple salad or some vegetable sticks, and you've got a satisfying lunch that keeps you full through the afternoon. The protein and fibre prevent the 3pm energy crash that often leads to poor snack choices.

****Light dinners:**** When you're not very hungry or want a lighter evening meal, this soup gives complete nutrition without heaviness. The smaller portion size respects natural appetite variation whilst ensuring adequate protein and vegetables.

****Sick days:**** When you're unwell and appetite is low, this soup gives gentle nutrition that's easy to eat and digest. The low sodium supports hydration without triggering fluid retention, and the soft textures are gentle on sensitive stomachs.

****Post-exercise recovery:**** The protein content supports muscle recovery after workouts, whilst the vegetables replenish electrolytes and micronutrients. The moderate portion size works well when appetite is suppressed post-exercise but nutrition is still important.

****Medication days:**** For customers using appetite-suppressing medications, having this soup available removes the stress of "what can I manage to eat today?" The consistent portion size helps you track intake, and the protein density ensures you're protecting muscle mass even when total food intake is lower.

Supporting Your Broader Health Goals {#supporting-your-broader-health-goals}

Whilst this soup is just one meal option within Be Fit Food's extensive menu, it exemplifies the brand's approach to supporting your health transformation. Every meal is designed to make adherence easier, not harder. Every recipe reflects current nutritional science about what supports metabolic health. Every delivery removes barriers to consistent healthy eating.

For customers managing chronic conditions—diabetes, high cholesterol, hypertension, obesity—this consistency matters enormously. Your health improves through sustained behaviour change, not through perfect individual meals. By making healthy eating convenient and satisfying, Be Fit Food helps you build the patterns that create lasting change.

For customers in life transitions—perimenopause, menopause, post-diagnosis, post-surgery—this support matters emotionally as well as nutritionally. You're navigating significant changes, and removing the burden of meal planning and preparation frees up energy for other aspects of your health journey.

For time-poor professionals and busy families, this convenience matters practically. Healthy eating shouldn't require hours of meal prep or advanced cooking skills. It should be as simple as opening your freezer and heating a meal.

Quality You Can Trust {#quality-you-can-trust}

Be Fit Food's snap-frozen delivery system, dietitian-designed recipes, and whole-food ingredient philosophy create meals you can trust. No hidden sugars. No artificial ingredients. No excessive sodium. Just real food prepared to support your health goals.

The transparency of ingredient lists and nutritional information means you always know what you're eating. For customers tracking macros, managing allergies, or following specific dietary protocols, this transparency is essential.

The NDIS registration and commitment to accessibility mean the brand works with diverse needs with the same high standards. Whether you're a busy professional, an elderly Australian with mobility limitations, or someone managing disability-related dietary challenges, you receive the same quality, the same nutritional integrity, and the same support.

Moving Forward With Confidence {#moving-forward-with-confidence}

This Country Chicken, Pea & Ham Soup is more than a convenient meal—it's a tool for building the life you want. It removes barriers. It supports consistency. It delivers nutrition that helps your body function optimally. And it tastes good, which matters more than wellness culture sometimes acknowledges.

Sustainable health transformation isn't about perfection. It's about creating systems that support you even when motivation is low, time is short, or life is chaotic. It's about removing the friction between knowing what you should do and actually doing it.

By keeping this soup (and other Be Fit Food meals) in your freezer, you're creating that system. You're building infrastructure for success. You're making future healthy choices easier, which is how lasting change happens.

For customers ready to take the next step in their health journey, this soup is a practical starting point. Order a few serves. See how it fits into your routine. Notice how much easier healthy eating becomes when the meal is already prepared, nutritionally balanced, and genuinely satisfying.

That's the Be Fit Food difference: making healthy eating effortless so you can focus your energy on living your life, not managing your meals.

References {#references}

- Be Fit Food. "Country Chicken, Pea & Ham Soup (GF) - Individual Meals." Be Fit Food Official Product Page. (Based on manufacturer specifications provided) - Food Standards Australia New Zealand. "Sodium Reduction in Processed Foods." FSANZ Nutrition Guidelines. <https://www.foodstandards.gov.au/> - McGee, Harold. "On Food and Cooking: The Science and Lore of the Kitchen." Scribner, 2004. (Reference for flavour compound interactions and soup preparation science)

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 276 grams per serve

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

What percentage chicken does it contain: 20% chicken content

What percentage split peas does it contain: 8% green split peas

What percentage ham does it contain: 5% ham

How many vegetables are in this soup: Eight different vegetables

Is it suitable for coeliacs: Yes, gluten-free formulation supports coeliac requirements

Does it contain preservatives: No preservatives

Does it contain artificial sweeteners: No artificial sweeteners

Does it contain added sugars: No added sugars

What is the sodium content per serve: Less than 500mg per 276g serve

What is the sodium content per 100g: Approximately 181mg per 100g

Is it low sodium: Yes, significantly lower than conventional prepared soups

What herbs are used: Thyme and oregano

What type of beans are included: Cannellini beans

Is it frozen or refrigerated: Frozen

How is it delivered: Snap-frozen delivery system

How should it be stored: Store in freezer until ready to use

How do you prepare it: Microwave from frozen according to package instructions

Do you need to thaw before heating: No, heat from frozen

What is the recommended serving temperature: 70–75°C

Is it a single serve: Yes, single-serve format

Is it suitable for weight loss: Yes, as part of a balanced diet

Does it support muscle preservation: Yes, high protein content supports lean muscle

Is it suitable for diabetes management: Yes, lower carbohydrate profile supports glucose stability

Is it suitable for people with high blood pressure: Yes, low sodium formulation

Is it suitable for menopause: Yes, designed to support metabolic changes during menopause

Is it suitable for perimenopause: Yes, supports insulin sensitivity and muscle preservation

Is it suitable for GLP-1 medication users: Yes, portion size suits medication-suppressed appetite

Does it contain dairy: Minimal to no dairy based on low saturated fat

Is it high in protein: Yes, 20% chicken plus legumes

What vegetables does it contain: Carrots, celery, courgette, parsnips, leeks, onion, and others

Does it contain noodles: No noodles

Does it contain pasta: No pasta

What is the main flavour profile: Savoury chicken with earthy split peas and smoky ham

Is it spicy: No, mild warmth from black pepper only

Does it contain chilli: No chilli

What type of oil is used: Olive oil

Is it suitable for NDIS participants: Yes, Be Fit Food is registered NDIS provider

Does it include dietitian support: Yes, free dietitian support included with service

Is it dietitian-designed: Yes, designed by dietitians

Was it developed with CSIRO: Recipe principles reflect CSIRO Low Carb Diet partnership heritage

Is it suitable for elderly Australians: Yes, soft textures and easy preparation

Can it be eaten when sick: Yes, gentle nutrition suitable for low appetite

Is it suitable for post-exercise recovery: Yes, protein supports muscle recovery

What is the texture: Chunky with distinct vegetable and protein pieces

Is it pureed: No, chunky rustic texture

Does it contain cream: No, minimal to no cream

What thickens the broth: Split peas and cannellini beans provide natural thickness

How long does it take to prepare: Under five minutes

Is it suitable for busy professionals: Yes, convenient single-serve frozen format

Can it be used for lunch: Yes, suitable for workday lunches

Can it be used for dinner: Yes, suitable for light dinners

Does it require measuring portions: No, pre-portioned for consistency

Is it suitable for tracking macros: Yes, consistent nutritional profile every serve

What is the calorie content: Not disclosed by manufacturer in provided content

What is the protein content in grams: Not disclosed by manufacturer in provided content

What is the carbohydrate content: Not disclosed by manufacturer in provided content

What is the fat content: Low saturated fat

Does it support gut health: Yes, diverse vegetables feed beneficial gut bacteria

Does it contain fibre: Yes, vegetables and legumes provide dietary fibre

Does it support blood glucose stability: Yes, lower refined carbohydrate content

Is it suitable for insulin resistance: Yes, supports improved insulin sensitivity

Does it contain whole food ingredients: Yes, approximately 93% whole-food ingredients

What is the shelf life frozen: Not disclosed by manufacturer in provided content

How many serves should you order: Multiple serves recommended for consistent meal routines

Can you add extra seasoning: Yes, can garnish with black pepper or fresh thyme

Should you add salt: Taste first, ham and stock provide sufficient sodium

What pairs well with this soup: Gluten-free crackers, crusty bread, or simple salad

Is it suitable for Metabolism Reset program: Yes, fits 800–900 kcal/day framework

Is it suitable for Protein+ Reset program: Yes, fits 1200–1500 kcal/day framework

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

When does NDIS registration expire: 19 August 2027

Is it suitable for people with disabilities: Yes, accessible format for meal preparation challenges

Does it support cardiovascular health: Yes, controlled sodium protects heart health

Does it reduce fluid retention: Yes, low sodium reduces fluid retention risk

Is it anti-inflammatory: Yes, absence of artificial ingredients reduces inflammatory triggers

Does it support metabolic flexibility: Yes, whole-food approach supports long-term metabolic health

Is it suitable for cholesterol management: Yes, fibre supports cholesterol metabolism