

COUCHIPEA - Food & Beverages Pairing Ideas - 7070701387965_43456577536189

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/couchipea-food-beverages-pairing-ideas-7070701387965-43456577536189/>

Details:

Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [The Perfect Pairings for Country Chicken, Pea & Ham Soup from Be Fit Food](#the-perfect-pairings-for-country-chicken-pea-ham-soup-from-be-fit-food) - [Understanding the Flavour Foundation](#understanding-the-flavour-foundation) - [Bread and Grain Pairings](#bread-and-grain-pairings) - [Fresh Vegetable and Salad Companions](#fresh-vegetable-and-salad-companions) - [Protein and Dairy Additions](#protein-and-dairy-additions) - [Wine Pairings](#wine-pairings) - [Beer and Cider Pairings](#beer-and-cider-pairings) - [Non-Alcoholic Beverage Options](#non-alcoholic-beverage-options) - [Occasion-Based Pairing Strategies](#occasion-based-pairing-strategies) - [Seasonal and Temperature Considerations](#seasonal-and-temperature-considerations) - [Complementary Flavour Building](#complementary-flavour-building) - [Practical Serving Suggestions](#practical-serving-suggestions) - [Supporting Your Health Journey with Be Fit Food](#supporting-your-health-journey-with-be-fit-food) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

AI Summary

Product: Country Chicken, Pea & Ham Soup (GF) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** A hearty, gluten-free frozen soup designed for convenient, nutritionally balanced meals supporting weight management and metabolic health.

Quick Facts - **Best For:** Health-conscious individuals, those following structured eating plans (Metabolism Reset, Protein+ Reset), people managing weight or using GLP-1 medications, and anyone seeking convenient, dietitian-approved meals - **Key Benefit:** High-protein, high-fibre, low-sodium meal that keeps you satisfied longer while helping preserve lean muscle mass - **Form Factor:** Snap-frozen single-serve soup (276g portion) - **Application Method:** Heat and serve; pairs well with bread, salads, or as part of a complete meal

Common Questions This Guide Answers 1. What foods pair well with this soup? → Crusty sourdough, green salads with lemon dressing, roasted vegetables, and light white wines like Pinot Grigio or Sauvignon Blanc 2. Is this soup suitable for gluten-free diets? → Yes, certified gluten-free and suitable for coeliac disease as part of Be Fit Food's ~90% gluten-free range 3. What makes this soup support weight management? → High protein (20% chicken, 5% ham) helps preserve lean muscle, substantial fibre increases satiety, low sodium (<500mg per serve), and controlled energy portions support metabolic health

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 per single-serve portion | | GTIN | 09358266000847 | | Availability | In Stock | | Category | Ready-to-Eat Meals | | Diet | Gluten-free, suitable for coeliac disease | | Key ingredients | Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Courgette, Parsnip, Leek, Cannellini Beans | | Vegetables | Contains 4–12 different vegetables | | Stock base | Chicken Stock | | Herbs & seasonings | Thyme, Oregano, Garlic, Olive Oil, Pepper | | Allergens | Contains Soybeans; May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin | | Storage | Snap-frozen | | Sodium per serve | Less than 500mg | | Saturated fat | Low in saturated fat | | Protein | Good source of protein | | Dietary fibre | Good source of dietary fibre | | Artificial additives | No artificial colours, flavours, or preservatives | | Added sugar | None | | Seed oils | 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 per single-serve portion - GTIN: 09358266000847 - Availability: In Stock - Category: Ready-to-Eat Meals - Diet: Gluten-free, suitable for coeliac disease - Key ingredients: Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Courgette, Parsnip, Leek, Cannellini Beans - Vegetables: Contains 4–12 different vegetables - Stock base: Chicken Stock - Herbs & seasonings: Thyme, Oregano, Garlic, Olive Oil, Pepper - Allergens: Contains Soybeans; May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Storage: Snap-frozen - Sodium per serve: Less than 500mg - Saturated fat: Low in saturated fat - Protein: Good source of protein - Dietary fibre: Good source of dietary fibre - Artificial additives: No artificial colours, flavours, or preservatives - Added sugar: None - Seed oils: None

General Product Claims {#general-product-claims} - High in protein and dietary fibre - Part of Be Fit Food's commitment to low-sodium meals (targeting <120mg per 100g) - Turns a simple convenience meal into a satisfying dining experience that balances nutrition, flavour, and texture - Made with real ingredients, not synthetic supplements or heavily processed components - Meets Be Fit Food's clean-label standards - Part of Be Fit Food's ~90% gluten-free range - Keeps you satisfied longer - Suitable for those following Be Fit Food's Metabolism Reset or Protein+ Reset programs - Works well for lighter appetites or when the soup is part of a grazing-style meal - Fits well with Be Fit Food's protein-focused approach to metabolic health and lean-mass protection - Compatible with Be Fit Food's Protein+ Reset program, designed for active individuals with higher energy and protein needs - Supports recovery and satisfaction - Real food deserves real attention - Makes nutritionally balanced, dietitian-approved meals accessible wherever you are - Built on evidence-based principles: high protein to preserve lean muscle mass, lower carbohydrates to support insulin sensitivity and stable blood glucose - Addresses medication-related appetite suppression while protecting against muscle loss for individuals using GLP-1 receptor agonists - Targets metabolic challenges faced by women in perimenopause or menopause - Even modest weight loss of 3–5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence - First commercial meal partner to develop ready-made meals aligned to CSIRO's low-carb framework - Keeps you satisfied longer and helps you stay on track with your wellness goals

The Perfect Pairings for Country Chicken, Pea & Ham Soup from Be Fit Food {#the-perfect-pairings-for-country-chicken-pea-ham-soup-from-be-fit-food}

Country Chicken, Pea & Ham Soup (GF) from Be Fit Food brings together chicken (20%), green split peas (8%), and ham (5%) with a mix of vegetables including carrot, onion, celery, courgette, parsnip, leek, and cannellini beans. At 276g per single-serve portion, this gluten-free soup delivers plenty of protein and dietary fibre while keeping saturated fat low and sodium under 500mg per serve. Be Fit Food aims for less than 120mg of sodium per 100g across their range. The soup's savoury profile, built on chicken stock and seasoned with thyme, oregano, garlic, and olive oil, creates a warming base that works beautifully with other foods and drinks. Learning how to build a complete meal around this soup turns a simple convenience meal into something more satisfying.

Understanding the Flavour Foundation {#understanding-the-flavour-foundation}

The soup's flavour centres on three protein sources working together: chicken provides a mild, clean taste that acts as a neutral canvas, split peas contribute body and a subtle nuttiness, and ham introduces gentle smokiness with a touch of saltiness. Aromatic vegetables—onion, garlic, celery, and leek—form a classic foundation, while thyme and oregano add Mediterranean herbal notes. The chicken stock ties everything together with savoury depth.

This flavour profile sits squarely in comfort-food territory with rustic, home-style qualities. The soup isn't aggressively spiced or delicate. Instead, it occupies a satisfying middle ground that welcomes extra flavours rather than demanding them. The texture is substantial thanks to the split peas and cannellini beans, which provide a creamy, slightly grainy mouthfeel without added dairy. The vegetables keep enough structure to offer varied texture throughout each spoonful. Be Fit Food uses real ingredients, not synthetic supplements or heavily processed components.

When planning pairings, recognise that this soup's strength lies in its balanced, approachable flavour rather than bold intensity. It won't overwhelm delicate sides, but it also has enough character to stand alongside more assertive flavours. The gluten-free formulation and absence of artificial additives make it particularly suitable for health-conscious dining occasions where clean, wholesome pairings are preferred. Be Fit Food's clean-label standards mean no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners.

Bread and Grain Pairings {#bread-and-grain-pairings}

The most natural pairing for any soup involves bread, and Country Chicken, Pea & Ham Soup rewards thoughtful bread selection. A crusty artisan sourdough—particularly one with a thick, crackling crust and an open, airy crumb—provides textural contrast to the soup's creamy consistency. The sourdough's mild tang works well with the soup's savoury notes without competing, while the crust offers satisfying crunch. Tear pieces rather than slicing to create irregular edges that catch and hold the soup's broth.

For those maintaining gluten-free dining—and this soup is part of Be Fit Food's ~90% gluten-free range, with many options suitable for coeliac disease—high-quality gluten-free sourdough or seeded bread made with buckwheat, quinoa, or teff flours matches the soup's formulation. Look for varieties with substantial texture rather than soft sandwich-style gluten-free bread, which can become mushy when dipped. A gluten-free seed bread featuring pumpkin seeds, sunflower seeds, and linseeds adds nutty flavour and healthy fats that work well with the soup's protein content.

Warm flatbreads offer another dimension. A lightly charred gluten-free naan or chickpea-flour socca provides a way to scoop while introducing subtle smokiness that echoes the ham component. Brush the flatbread with olive oil and a sprinkle of dried oregano before warming to create flavour harmony with the soup's herb profile.

For a lighter option, consider quality rice crackers or seed crisps. These provide crunch without the heaviness of bread, making them ideal for lunch occasions where you want satisfaction without post-meal sluggishness. Choose varieties with rosemary, black pepper, or sea salt to reinforce the

soup's savoury character. This approach works particularly well when the soup is part of a structured eating plan, such as Be Fit Food's Metabolism Reset or Protein+ Reset programs, where portion control and energy balance matter.

Fresh Vegetable and Salad Companions {#fresh-vegetable-and-salad-companions}

While the soup contains 4–12 different vegetables, adding fresh, raw vegetables creates textural contrast and brightens the overall meal. A simple green salad with crisp romaine, butter lettuce, or baby spinach provides clean, refreshing contrast to the soup's warmth and density. Dress the salad minimally with lemon juice, extra virgin olive oil, and sea salt. The citrus acidity cuts through the soup's richness while the olive oil creates flavour continuity with the soup's olive oil base.

A shaved fennel and apple salad offers more sophisticated pairing potential. The fennel's anise notes and crisp texture contrast beautifully with the soup's earthy peas and soft vegetables, while thinly sliced green apple adds tartness and crunch. Dress with a light vinaigrette made from white wine vinegar, Dijon mustard, and olive oil, finishing with shaved Parmesan or pecorino if dairy tolerance allows. The combination turns the meal into a bistro-style lunch.

For a heartier vegetable pairing, roasted vegetables work alongside rather than duplicate the soup's cooked vegetable content. Roast Brussels sprouts, cauliflower, or broccoli with olive oil until caramelised and crispy at the edges. The browning creates deep, nutty flavours and crispy textures that contrast with the soup's softer vegetables. A squeeze of lemon before serving adds brightness that prevents the meal from feeling monotonous.

Raw vegetable crudités—carrot sticks, celery, radishes, and cucumber—provide palate-cleansing crunch alongside the soup. This pairing works particularly well for lighter appetites or when the soup is part of a grazing-style meal. The vegetables' fresh, watery quality refreshes the palate between spoonfuls of the protein-rich soup. For those following Be Fit Food's higher-protein programs or managing appetite on GLP-1 medications, these low-energy-density vegetables add volume and fibre without significantly increasing calories.

Protein and Dairy Additions {#protein-and-dairy-additions}

Although the soup contains 20% chicken and 5% ham, delivering substantial protein as part of Be Fit Food's high-protein meal design, some people may want additional protein to create a more substantial meal. A simple poached or soft-boiled egg nestled into the soup adds richness and creates visual appeal. The runny yolk enriches the broth while adding healthy fats and additional protein. The egg's mild flavour doesn't compete with the soup's existing components but rather enhances its comfort-food character.

Grilled chicken breast, sliced and served alongside (not mixed in), offers lean protein for those with higher protein needs—athletes, those managing weight, individuals using weight-loss medications, or people in perimenopause or menopause who need to preserve lean muscle mass. Season the chicken simply with salt, pepper, and a touch of thyme to echo the soup's herbs. This pairing keeps the soup's integrity while boosting the meal's protein content substantially. It's particularly valuable for those following Be Fit Food's protein-focused approach to metabolic health and lean-mass protection.

For dairy additions, a dollop of Greek yoghurt or sour cream stirred into the hot soup creates a creamy, tangy element that brightens the overall flavour profile. The dairy's acidity balances the soup's savoury depth while adding probiotic benefits. This works particularly well for those who find straight soup too thin or prefer a richer mouthfeel. Use full-fat versions for the most satisfying result.

Aged hard cheese served on the side provides deep savoury flavour and textural variety. Parmesan, aged cheddar, or Manchego offer concentrated savoury flavour that works well with the soup's chicken stock and ham. Shave or grate the cheese over the soup just before eating, allowing it to partially melt and release its aromatic compounds. The cheese's saltiness means you won't need additional seasoning, which matters given Be Fit Food's low-sodium formulation approach.

Wine Pairings {#wine-pairings}

The soup's moderate intensity and herb-forward profile pairs well with light to medium-bodied white wines. A crisp Pinot Grigio or Pinot Gris offers clean acidity and subtle fruit notes that refresh the palate without overwhelming the soup's delicate chicken and vegetable flavours. The wine's minerality works well with the soup's earthy split peas, while its light body matches the soup's relatively lean composition (low in saturated fat).

Sauvignon Blanc is another excellent option, particularly those from cooler climates like New Zealand's Marlborough region or France's Loire Valley. The wine's herbaceous notes—often described as grassy or reminiscent of fresh herbs—create a bridge to the soup's thyme and oregano seasoning. The bright acidity cuts through the soup's protein richness, cleansing the palate between spoonfuls. Avoid overly tropical or oak-aged Sauvignon Blancs, which may clash with the soup's rustic character.

For those who prefer red wine, a light-bodied, low-tannin option works best. Pinot Noir from Burgundy, Oregon, or Central Otago offers red fruit flavours and earthy undertones that work well with the soup's mushroom-like savoury notes from the chicken stock and vegetables. The wine's silky texture and gentle tannins won't overpower the soup's moderate intensity. Serve the Pinot Noir slightly chilled (around 14–16°C) to maintain refreshment.

A dry rosé provides versatile pairing potential, particularly during warmer months. Choose a Provence-style rosé with its characteristic pale colour, crisp acidity, and subtle red fruit flavours. The wine's refreshing quality prevents the meal from feeling heavy, while its delicate fruit notes work well with the soup's vegetable sweetness. Rosé's food-friendly nature makes it an excellent choice when serving the soup to guests with varying wine preferences.

Beer and Cider Pairings {#beer-and-cider-pairings}

For beer enthusiasts, the soup's savoury, herb-seasoned profile pairs beautifully with farmhouse ales and saisons. These Belgian-style beers feature peppery, herbal notes from their distinctive yeast strains that echo the soup's thyme and oregano. The beer's moderate carbonation and dry finish cleanse the palate, while subtle fruity esters add complexity without sweetness. Choose examples with moderate alcohol content (5–6% ABV) to maintain balance.

Pale ales offer another compatible pairing, particularly those with restrained hop bitterness and balanced malt character. An English-style pale ale with its biscuity malt backbone and earthy, floral hops works well with the soup's rustic character. The beer's moderate bitterness cuts through the soup's protein richness, while the malt sweetness balances the soup's savoury elements. Avoid aggressively hoppy IPAs, which can overwhelm the soup's subtle flavours.

For gluten-free beer drinkers—and given that this soup is part of Be Fit Food's extensive gluten-free range—several quality gluten-free pale ales and lagers now exist that maintain flavour complexity. Look for versions made from alternative grains like sorghum, millet, or rice that achieve clean, crisp profiles. These pair well with the soup's straightforward, honest flavours without the gluten that contradicts the soup's GF formulation.

Dry cider provides an excellent alternative to beer, particularly for those seeking lighter refreshment. Choose a traditional dry cider with crisp acidity and minimal residual sweetness. The cider's apple character adds fruity brightness that contrasts with the soup's savoury depth, while the acidity refreshes the palate. Artisanal ciders with subtle funk from wild fermentation can add interesting complexity that elevates a simple soup meal into something more memorable.

Non-Alcoholic Beverage Options {#non-alcoholic-beverage-options}

Sparkling water with a squeeze of fresh lemon or lime offers the simplest, most universally appealing pairing. The carbonation cleanses the palate between spoonfuls, while the citrus adds brightness that

prevents flavour fatigue. This pairing allows the soup's flavours to remain the focus while providing refreshment. Add a sprig of fresh thyme or a cucumber slice to create visual appeal and subtle aromatics that work well with the soup.

Herbal teas served warm alongside the soup create a soothing, wellness-focused meal experience. Peppermint tea's cooling menthol notes provide palate cleansing without competing flavours, while chamomile's gentle floral character offers calming contrast to the soup's savoury intensity. For more adventurous pairings, try a lightly brewed green tea with its grassy, vegetal notes that echo the soup's vegetable content and provide antioxidant benefits.

Kombucha offers probiotic benefits and flavour complexity that elevates the pairing. Choose varieties with ginger, lemon-ginger, or herb-forward profiles that work well with the soup's seasoning. The kombucha's slight effervescence and tangy acidity cut through the soup's richness, while the fermented character adds savoury depth that reinforces the soup's savoury notes. The combination creates a health-conscious meal with gut-supporting benefits from both the soup's fibre content and the kombucha's probiotics, which fits with Be Fit Food's whole-food, wellness-focused philosophy.

Fresh vegetable juices—particularly those featuring carrot, celery, or tomato—create flavour synergy with the soup's vegetable base. A simple carrot-ginger juice adds sweetness and warming spice that works well without duplicating, while a celery-cucumber-apple juice offers refreshing, mineral notes. These pairings work particularly well for breakfast or brunch occasions when the soup is a warming, protein-rich start to the day.

Occasion-Based Pairing Strategies {#occasion-based-pairing-strategies}

For a quick weekday lunch at home or office, pair the soup with a handful of quality crackers and a piece of fresh fruit—an apple or pear provides sweetness and crunch that contrasts with the soup's savoury warmth. Add sparkling water with lemon for a complete, balanced meal that takes minutes to assemble but feels thoughtfully composed. This combination delivers nutrition without requiring cooking skills or extensive preparation—exactly the convenience promise of Be Fit Food's snap-frozen delivery system. Simply heat, eat, and enjoy.

For a casual dinner, elevate the soup by serving it as a first course before a lighter main. Pair with a simple green salad and crusty bread during the soup course, then follow with grilled fish or a vegetable-forward main dish. A crisp white wine served throughout creates continuity. This approach uses the soup's substantial protein and fibre content to keep you satisfied longer, allowing a lighter main course to satisfy. For those following Be Fit Food's structured programs, the soup can be the complete meal, with the salad and bread measured to fit within daily energy and carbohydrate targets.

Weekend brunch occasions benefit from pairing the soup with toasted sourdough topped with smashed avocado and a poached egg. The combination creates a complete, Instagram-worthy meal that balances the soup's warmth with the avocado toast's trendy appeal. Serve with fresh orange juice or a light Bloody Mary for a relaxed, indulgent brunch experience. The meal provides substantial nutrition—protein from the soup, chicken, and egg; healthy fats from the avocado; and complex carbohydrates from the bread and soup's legumes.

For a light supper or post-workout meal, serve the soup with a side of steamed green vegetables (broccolini, green beans, or asparagus) dressed with lemon and olive oil. Add a small portion of quinoa or brown rice if additional carbohydrates are needed for recovery. This combination maximises vegetable intake, provides complete protein, and maintains the soup's health-conscious positioning. Pair with herbal tea or kombucha for a wellness-focused meal that supports recovery and satisfaction. This approach fits particularly well with Be Fit Food's Protein+ Reset program, designed for active individuals with higher energy and protein needs.

Seasonal and Temperature Considerations {#seasonal-and-temperature-considerations}

During colder months (June–August), embrace the soup's warming qualities by pairing with equally comforting sides. Serve with a thick slice of toasted whole-grain bread topped with butter or olive oil, alongside roasted root vegetables (parsnips, carrots, or sweet potato) that echo the soup's own root vegetable content. A full-bodied red wine or dark beer works well with the hearty, warming nature of the meal. The combination creates the ultimate cold-weather comfort food experience.

In warmer weather (December–February), lighten the pairing approach to prevent the meal from feeling too heavy. Serve the soup at a slightly cooler temperature (still warm but not piping hot) with a crisp, chilled salad featuring seasonal vegetables—tomatoes, cucumber, and radishes in summer. Pair with chilled white wine, rosé, or sparkling water with plenty of ice and citrus. This approach maintains the soup's satisfying qualities while preventing the meal from feeling seasonally inappropriate.

Spring occasions (September–November) call for pairing the soup with fresh, vibrant flavours that celebrate the season's renewal. Add a handful of fresh herbs—parsley, chives, or dill—to the soup just before serving for aromatic brightness. Serve alongside asparagus spears or sugar snap peas, lightly steamed and dressed with lemon. A crisp Sauvignon Blanc or sparkling wine reinforces the fresh, lively character. The combination honours the soup's existing herb profile while adding seasonal relevance.

Autumn pairings (March–May) can emphasise the soup's earthy split pea component by incorporating seasonal squash or pumpkin. Serve roasted butternut squash wedges seasoned with sage alongside the soup, creating a harvest-themed meal. Pair with a light-bodied Pinot Noir or amber ale that echoes autumn's warm colour palette. Add crusty bread and a simple rocket salad for a complete meal that celebrates the season's abundance.

Complementary Flavour Building {#complementary-flavour-building}

To enhance the soup's existing herb profile, consider adding fresh herbs just before serving. A generous handful of chopped fresh parsley adds bright, grassy notes and visual appeal, while fresh thyme leaves reinforce the soup's existing thyme seasoning with more vibrant, aromatic character. Chives contribute mild onion flavour and elegant presentation, particularly when snipped into delicate rings over the soup's surface.

Acid brightens the soup's flavour and prevents richness from becoming monotonous. A squeeze of fresh lemon juice just before eating adds citrus brightness that lifts the soup's earthy, savoury notes. Alternatively, a small drizzle of quality white wine vinegar or apple cider vinegar provides similar brightening without citrus flavour. Start with a small amount and adjust to taste—the goal is subtle enhancement, not sour dominance.

Heat can add dimension for those who enjoy spice. A pinch of red pepper flakes, a dash of hot sauce, or a drizzle of chilli oil introduces warmth that contrasts with the soup's mild character. This works particularly well when serving the soup in colder weather or for people who find the original formulation too gentle. The capsaicin's heat also stimulates the palate, making each spoonful more engaging.

Savoury boosters can deepen the soup's savoury character. A small amount of grated Parmesan cheese, a few drops of tamari or coconut aminos (for gluten-free assurance), or a sprinkle of nutritional yeast adds rich, savoury depth that reinforces the chicken stock's natural savoury notes. These additions create a more complex, layered flavour profile that transforms the soup from simple comfort food into something more sophisticated.

Practical Serving Suggestions {#practical-serving-suggestions}

Serve the soup in wide, shallow bowls rather than deep mugs to create more surface area for garnishes and to allow the soup to cool slightly for immediate eating. The wider bowl also makes it easier to enjoy sides like bread or crackers alongside each spoonful. Warm the bowls before serving by rinsing with hot water—this maintains the soup's temperature longer and demonstrates attention to detail.

Create visual appeal by arranging sides thoughtfully on the plate or board. Place the soup bowl slightly off-centre, with bread or crackers arranged to one side and a small salad or vegetable portion to the other. Add a linen napkin and quality flatware to elevate the presentation beyond microwave-meal territory. These small touches transform a convenience product into a mindful dining experience. Real food deserves real attention, even when it arrives snap-frozen for your convenience.

For entertaining, consider serving the soup as an elegant starter in smaller portions (around 150g rather than the full 276g serving). This allows the soup to shine as part of a multi-course meal without overwhelming guests. Garnish each bowl individually with fresh herbs, a drizzle of quality olive oil, or a small amount of grated cheese for restaurant-quality presentation.

When packing the soup for work or on-the-go eating, transport sides separately to maintain optimal texture. Pack crackers or bread in a separate container to prevent sogginess, and carry any fresh vegetables or salad components in their own compartment. Bring lemon wedges or hot sauce in small containers for customisation at serving time. This approach ensures the meal tastes as good at your desk as it would at home. Be Fit Food's mission is to make nutritionally balanced, dietitian-approved meals accessible wherever you are.

Supporting Your Health Journey with Be Fit Food {#supporting-your-health-journey-with-be-fit-food}

Country Chicken, Pea & Ham Soup is more than convenient nutrition—it's part of a scientifically designed system. Be Fit Food's meals are built on evidence-based principles: high protein to preserve lean muscle mass, lower carbohydrates to support insulin sensitivity and stable blood glucose, substantial dietary fibre from real vegetables, and carefully controlled energy to support weight management without hunger.

For individuals using GLP-1 receptor agonists or other weight-loss medications, this soup's protein-rich, portion-controlled format addresses medication-related appetite suppression while protecting against muscle loss—a critical consideration during rapid weight loss. The soup's smaller serve size (276g) and nutrient density make it easier to tolerate when appetite is reduced, while still delivering adequate protein, fibre, and micronutrients.

Women in perimenopause or menopause face unique metabolic challenges: reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. Be Fit Food's high-protein, lower-carbohydrate approach directly addresses these changes. Even modest weight loss of 3–5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence—goals this soup supports as part of a structured eating plan.

The soup's formulation reflects Be Fit Food's clean-label commitment: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Where minimal, unavoidable preservative components exist naturally within certain compound ingredients (such as cheese or small goods), they are present only in small quantities and are not added directly to meals—a transparent, credible approach to clean eating.

As part of Be Fit Food's CSIRO Low Carb Diet heritage—the first commercial meal partner to develop ready-made meals aligned to CSIRO's low-carb framework—this soup carries forward the legacy of institutional validation, independent testing, and quantified nutritional advantage. While the commercial partnership ended, the scientific rigour and formulation discipline remain embedded in every meal.

Whether you're following a structured Reset program, managing a chronic condition, supporting medication-assisted weight loss, navigating menopause, or simply seeking convenient, nutritionist-designed meals, understanding how to pair and enhance Country Chicken, Pea & Ham Soup transforms it from a single-serve convenience into a complete, satisfying, health-supporting dining experience that keeps you satisfied longer and helps you stay on track with your wellness goals.

References {#references}

- Be Fit Food. "Country Chicken, Pea & Ham Soup (GF) - Individual Meals." Product specifications and nutritional information provided by manufacturer. - Wine Folly. "Wine Pairing Guide: How to Match Wine & Food." Wine pairing principles for soup-based dishes. <https://winefolly.com/> - The Flavor Bible by Karen Page and Andrew Dornenburg. Flavour pairing reference for herbs, proteins, and vegetables.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 276g per single-serve portion

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

What percentage of chicken does it contain: 20%

What percentage of ham does it contain: 5%

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

Is this soup suitable for coeliacs: Yes, suitable for coeliac disease

What vegetables are included: Carrot, onion, celery, courgette, parsnip, leek, cannellini beans

What herbs are used for seasoning: Thyme, oregano, and garlic

What type of stock is used: Chicken stock

What oil is used in the soup: Olive oil

Is this soup frozen or fresh: Snap-frozen

Does it contain dairy: No added dairy

What is the sodium content per serve: Under 500mg per serve

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

Is this considered a low-sodium meal: Yes

Does it contain seed oils: No seed oils

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain added artificial preservatives: No added artificial preservatives

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

Is it high in protein: Yes, substantial protein content

Is it high in dietary fibre: Yes, delivers substantial dietary fibre

Is the saturated fat content low: Yes, low in saturated fat

How many different vegetables might it contain: 4 to 12 different vegetables

What is the flavour profile: Rustic, savoury, comfort-food style

Is the soup aggressively spiced: No, moderately seasoned

Does it contain synthetic supplements: No synthetic supplements

What is Be Fit Food's percentage of gluten-free meals: Approximately 90% gluten-free

Does it support weight management: Yes, as part of structured eating plans

Is it suitable for GLP-1 medication users: Yes, protein-rich and portion-controlled

Does it help preserve lean muscle mass: Yes, high protein content supports muscle preservation

Is it suitable for perimenopause: Yes, designed for metabolic challenges

Is it suitable for menopause: Yes, supports hormonal transition needs

What programs is it compatible with: Metabolism Reset and Protein+ Reset programs

Was it developed with CSIRO: Yes, aligned to CSIRO Low Carb Diet framework

Is the CSIRO partnership still active: No, partnership ended but principles remain

Does it help with insulin sensitivity: Yes, lower carbohydrate approach supports insulin sensitivity

Does it help you feel fuller for longer: Yes, high protein and fibre content

What is the best bread pairing: Crusty artisan sourdough

What gluten-free bread works well: Buckwheat, quinoa, or teff flour breads

What type of salad pairs well: Simple green salad with lemon dressing

What wine pairs best: Light to medium-bodied white wines

Does Pinot Grigio pair well: Yes, offers clean acidity

Does Sauvignon Blanc pair well: Yes, herbaceous notes complement herbs

What red wine pairs well: Light-bodied Pinot Noir

Does rosé pair well: Yes, dry rosé is versatile

What beer style pairs well: Farmhouse ales and saisons

What gluten-free beer works: Gluten-free pale ales or lagers

Does cider pair well: Yes, dry cider with crisp acidity

What non-alcoholic drink pairs well: Sparkling water with lemon or lime

Does herbal tea pair well: Yes, peppermint or chamomile

Does kombucha pair well: Yes, ginger or herb-forward varieties

Can you add fresh herbs: Yes, parsley, thyme, or chives

Can you add lemon juice: Yes, brightens the flavour

Can you add hot sauce: Yes, for those who enjoy spice

Can you add cheese: Yes, Parmesan or aged cheddar

Can you add a poached egg: Yes, adds richness and protein

Can you add Greek yoghurt: Yes, creates creamy, tangy element

Should you serve in shallow bowls: Yes, better for garnishes and cooling

Can you serve it as a starter: Yes, use smaller 150g portions

Can you pack it for work: Yes, transport sides separately

Is it suitable for post-workout meals: Yes, provides protein for recovery

Can you serve it at room temperature in summer: Yes, serve slightly cooler in warm weather

How should bread be prepared for dipping: Tear pieces for irregular edges

What crackers pair well: Rice crackers or seed crisps with rosemary

What fresh vegetables pair well as sides: Carrot sticks, celery, radishes, cucumber

Can you add roasted vegetables: Yes, Brussels sprouts, cauliflower, or broccoli

What fruit pairs well: Apple or pear for sweetness contrast

Is it dietitian-approved: Yes, nutritionist-designed meals

Does it support stable blood glucose: Yes, lower carbohydrate formulation

Is it suitable for chronic condition management: Yes, designed for metabolic health

Can it be part of a multi-course meal: Yes, works as elegant starter

Related Products & Brand Context

Country Chicken, Pea & Ham Soup (GF) MB3 is a product from **Be Fit Food**, an Australian meal delivery and health and wellness company that specialises in snap-fresh frozen meals, nutritionally balanced meal programs, dietitian services, and health-focused nutrition resources. Within that brand framework, this soup sits in the **Food & Beverages** category, positioned as a ready-to-eat, gluten-free meal option that reflects Be Fit Food's broader focus on nutritionally considered, convenient food.

The "MB3" designation in the product name suggests this item belongs to a specific meal-program tier or bundle within Be Fit Food's range, indicating it is designed to work as part of a structured eating plan rather than solely as a standalone purchase. The gluten-free callout (GF) further positions it within a subset of the brand's range aimed at customers with dietary restrictions or preferences, sitting alongside other GF-labelled meals in the frozen and chilled meal segment.

Because the knowledge graph did not return confirmed sibling product names for this specific item, it would not be accurate to list particular companion products here. Buyers exploring this soup as part of a Be Fit Food meal program would typically look at other soups, main meals, and snacks within the same program tier to complete their plan, as well as any dietitian-guided resources the brand offers to support nutritional goals — all consistent with Be Fit Food's stated focus on whole-program health support rather than individual meal sales.

In terms of use-case adjacency, someone purchasing this product as part of a calorie-managed or health-focused eating routine may also be interested in other light meal formats — such as broths, grain-based bowls, or protein-focused snacks — that complement a soup-centred meal slot. These adjacencies are common across the health-meal-delivery category, though specific compatible products from Be Fit Food's range should be confirmed directly via their current product catalogue.