

COUCHIPEA - Food & Beverages Product Overview - 7070701387965_43456577536189

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AI Summary

****Product:**** Country Chicken, Pea & Ham Soup (GF) MB3 ****Brand:**** Be Fit Food ****Category:**** Food & Beverages - Ready-to-Eat Meals ****Primary Use:**** A dietitian-designed, gluten-free frozen soup with balanced nutrition, controlled portions, and support for weight management and metabolic health.

Quick Facts - ****Best For:**** Weight management, structured meal plans, GLP-1 medications, gluten-free diets with controlled sodium - ****Key Benefit:**** High protein and fibre with less than 500mg sodium per serving in a single-serve format - ****Form Factor:**** Frozen single-serve tray (276g) - ****Application Method:**** Heat in microwave (4-6 minutes) or stovetop until reaching 74°C internal temperature

Common Questions This Guide Answers

1. Is this soup gluten-free? → Yes, certified gluten-free with under 20 parts per million gluten
2. How much protein does it contain? → A good source of protein with an estimated 10-20 grams per serving from chicken (20%), ham (5%), split peas, and beans
3. What makes this different from regular frozen soups? → Contains 4-12 vegetables, less than 500mg sodium (only 22% of daily limit), no artificial colours/flavours/preservatives, no added sugar, and no seed oils
4. How do I prepare it? → Microwave on high for 4-6 minutes with stirring intervals, or transfer to stovetop and heat until steaming throughout
5. Is it suitable for weight management programs? → Yes, designed for Be Fit Food's Metabolism Reset (~800-900 kcal/day) and Protein+ Reset (1200-1500 kcal/day) programs
6. What allergens does it contain? → Contains soybeans; may contain fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, and lupin
7. How long can I store it frozen? → 6-12 months at -18°C or below for optimal quality
8. What are the main ingredients? → Chicken (20%), green split peas (8%), ham (5%), plus carrot, onion, celery, zucchini, parsnip, leek, cannellini beans,

chicken stock, olive oil, and herbs

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Country Chicken, Pea & Ham Soup (GF) MB3 | | Brand | Be Fit Food | | GTIN | 09358266000847 | | Price | \$12.50 AUD | | Availability | In Stock | | Category | Food & Beverages - Ready-to-Eat Meals | | Serving size | 276g (single serve) | | Diet type | Gluten-free | | Main ingredients | Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans | | Protein source | Good source of protein | | Dietary fibre | Good source of dietary fibre | | Sodium content | Less than 500mg per serve | | Saturated fat | Low in saturated fat | | Vegetable count | Contains 4-12 different vegetables | | Artificial additives | No artificial colours, flavours, or preservatives | | Added sugar | None | | Seed oils | None | | Storage | Frozen at -18°C or below | | Preparation | Heat and serve (microwave or stovetop) | | Allergens | Contains: Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin |

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 - GTIN: 09358266000847 - Price: \$12.50 AUD - Serving size: 276g (single serve) - Diet type: Gluten-free certified (GF) - Main ingredients by weight: Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano, Parsley - Sodium content: Less than 500mg per serve (less than 120mg per 100g) - Saturated fat: Low in saturated fat (no more than 1.5g per 100g) - Vegetable count: Contains 4-12 different vegetables - Artificial additives: No artificial colours, flavours, or preservatives - Added sugar: None - Artificial sweeteners: None - Seed oils: None - Storage temperature: Frozen at -18°C or below - Preparation method: Heat and serve (microwave or stovetop) - Reheating temperature: Should reach 74°C internal temperature - Allergens declared: Contains Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Category: Food & Beverages - Ready-to-Eat Meals - Format: Single-serve frozen tray - Gluten threshold: Under 20 parts per million (standard gluten-free certification) - Shelf life when frozen: 6-12 months (optimal quality)

General Product Claims {#general-product-claims} - Good source of protein (estimated 10-20 grams per serving) - Good source of dietary fibre (estimated at least 3 grams, potentially 5+ grams per serving) - Supports weight management and portion control - Helps you feel fuller for longer - Supports stable blood glucose levels - Suitable for metabolic health improvement - Compatible with GLP-1 medication users - Supports muscle maintenance during weight loss - Dietitian-designed meal - Evidence-based nutrition approach - Suitable for menopause and metabolic transition support - Supports insulin sensitivity - Compatible with Metabolism Reset program (~800-900 kcal/day) - Compatible with Protein+ Reset program (1200-1500 kcal/day) - Expected weight loss of 1-2.5 kg per week when replacing all three meals daily - Snap-frozen for nutritional preservation - Superior microbiome outcomes compared to supplement-based alternatives (based on October 2025 clinical trial) - Clean-label product with whole-food ingredients - Suitable for NDIS participants and home care recipients - Mediterranean flavour approach with herb-forward seasoning - Freeze-thaw optimised recipe - Favourable nutrient-to-calorie ratio - Supports digestive health and gut-brain axis - Helps reduce post-meal glucose spikes - Compatible with blood pressure management and heart-health goals - Suitable for coeliac disease and non-coeliac gluten sensitivity - First meal delivery service to partner with CSIRO for Low Carb Diet framework - Free 15-minute dietitian consultation available -

Delivery coverage to 70% of Australian postcodes - Available through Chemist Warehouse online - NDIS registered provider (registration valid until 19 August 2027) - Founded in 2015 by Kate Save (APD and Exercise Physiologist) and Dr. Geoffrey Draper - Around 90% of Be Fit Food menu is certified gluten-free - Uses only 22% of daily sodium limit (based on 2,300mg recommendation) - Protein density supports appetite regulation throughout the day

Be Fit Food Country Chicken, Pea & Ham Soup: Your Complete Nutritional Guide
{#be-fit-food-country-chicken-pea-ham-soup-your-complete-nutritional-guide}

What Makes This Soup Special {#what-makes-this-soup-special}

Be Fit Food's Country Chicken, Pea & Ham Soup (GF) is a frozen ready meal that brings balanced nutrition without compromise. This single-serve soup combines 20% chicken with 8% green split peas and 5% ham in a 276-gram portion. You get complete protein, plenty of dietary fibre, and 4–12 different vegetables in every serving.

This soup stands out in the frozen soup category because of how it's designed: each serving contains fewer than 500 milligrams of sodium, gives you a good source of both protein and dietary fibre, keeps saturated fat low, and is completely gluten-free. The soup arrives frozen in a single-serve tray that needs only reheating. It's perfect when you're short on time but still want structured portion control and specific dietary needs met.

The recipe centres on whole-food ingredients—chicken, split peas, seven named vegetables (carrot, onion, celery, zucchini, parsnip, leek), cannellini beans, and ham—combined with chicken stock and seasoned with olive oil, garlic, thyme, oregano, and parsley. These transparent ingredients, combined with no artificial colours and flavours, give you clean-label frozen meals that keep nutritional value through processing and storage. Be Fit Food's standards include no artificial colours or flavours, no artificial preservatives, no added sugar or artificial sweeteners, and no seed oils.

What's Inside Your Soup {#whats-inside-your-soup}

The ingredient list for Country Chicken, Pea & Ham Soup follows weight order, showing you the product's composition and nutritional priorities.

****Your protein sources****: Chicken makes up 20% of the total recipe (55.2 grams per 276-gram serving), making it the main ingredient. This amount ensures you get plenty of protein while keeping the soup broth-based rather than thick like a stew. Ham adds another 5% (13.8 grams), providing extra protein and delivering the smoky, cured flavour that makes traditional pea and ham soup so satisfying. This protein focus helps you feel fuller for longer and supports your metabolic health and lean muscle—important when you're managing weight, using GLP-1 medications, or navigating metabolic transitions like menopause.

****Your legume foundation****: Green split peas at 8% (22.08 grams) form the soup's fibre backbone and add plant-based protein. Split peas need extended cooking to break down, releasing starches that naturally thicken the broth while keeping individual peas intact. They directly support the "good source of dietary fibre" claim, as split peas deliver around 8 grams of fibre per 100 grams when cooked. This fibre helps keep your blood glucose stable, supports digestive health, and helps you feel fuller for longer.

****Your vegetable mix****: Seven specifically named vegetables appear in the recipe—carrot, onion, celery, zucchini, parsnip, leek, and cannellini beans—supporting the "contains 4–12 different vegetables" claim. Each vegetable has purposes beyond nutrition:

- Carrot and parsnip provide natural sweetness and beta-carotene; their root-vegetable structure stays firm through freeze-thaw cycles - Onion and leek deliver foundational aromatic compounds that create

savoury depth - Celery contributes natural compounds that enhance savoury perception without added MSG - Zucchini adds bulk and moisture while staying neutral in flavour - Cannellini beans (white kidney beans) add fibre and protein while creating creamy texture

****Your flavour system****: The soup uses a foundation of onion, carrot, and celery enhanced with Mediterranean herbs. Chicken stock provides the liquid base and concentrated poultry flavour. Olive oil—rather than butter or seed oils—adds healthy fats while keeping saturated fat low. Fresh herbs (thyme, oregano, parsley) and garlic complete the seasoning, creating complexity without relying on high sodium levels or artificial flavour enhancers.

You won't find cream, flour thickeners, or high-sodium bouillon cubes here—ingredients that most frozen soups use to get richness and extended shelf life. Be Fit Food's approach uses vegetables for water content and natural thickening rather than processed additives.

Your Nutritional Breakdown {#your-nutritional-breakdown}

The nutritional specifications for Country Chicken, Pea & Ham Soup show intentional design towards specific health targets, particularly relevant when you're managing weight, sodium intake, insulin sensitivity, or need gluten-free options.

****Your macronutrients**** (per 276g serving): - ****Protein****: Classified as a "good source of protein," the soup likely delivers 10–20 grams per serving based on the 20% chicken content plus contributions from ham, split peas, and cannellini beans. This protein density helps you feel fuller for longer and supports muscle maintenance, especially important in portion-controlled meal planning and when you're on GLP-1 medications or managing menopause-related metabolic changes where muscle preservation matters.

- ****Dietary Fibre****: The "good source of dietary fibre" claim means the soup provides at least 3 grams and potentially 5+ grams per serving. Split peas, cannellini beans, and the vegetable mix collectively give you both soluble fibre (which slows digestion and moderates blood glucose response) and insoluble fibre (supporting digestive transit). This fibre structure aligns with Be Fit Food's approach to supporting stable blood glucose and reducing post-meal spikes.

- ****Saturated Fat****: The "low in saturated fat" designation means the soup contains no more than 1.5 grams of saturated fat per 100 grams, or around 4.14 grams per full serving. This achievement comes from using lean chicken, minimal ham, and olive oil rather than butter or coconut-based fats.

****Your sodium management****: The "<500 mg sodium per serve" specification represents careful restraint, as most canned and frozen soups frequently exceed 800–1,200 milligrams per serving. At maximum 500 milligrams, this soup uses only 22% of the 2,300-milligram daily limit recommended by health authorities, making it compatible with blood pressure management and heart-health goals. The reduced sodium level requires more sophisticated flavour development through herbs, aromatics, and the natural compounds present in chicken stock and vegetables.

****Your gluten-free certification****: The (GF) designation means the soup contains no wheat, barley, rye, or their derivatives. This matters because many soups use wheat flour as a thickener or contain barley in their grain components. When you're managing coeliac disease or non-coeliac gluten sensitivity, this certification ensures the product meets threshold requirements (under 20 parts per million gluten). Be Fit Food maintains around 90% of its menu as certified gluten-free, with strict ingredient selection and manufacturing controls. The soup achieves thickness through the natural starches released from split peas and cannellini beans rather than gluten-containing thickeners.

****Your clean label promise****: The "no artificial colours and flavours" claim addresses your preference for recognisable ingredients. All colour comes from the vegetables themselves (beta-carotene from carrots and parsnips, chlorophyll from herbs), and flavour complexity comes from cooking processes, natural ingredients, and herb combinations rather than synthetic flavour compounds.

What Makes This Soup Different {#what-makes-this-soup-different}

Country Chicken, Pea & Ham Soup incorporates several design elements that set it apart from standard frozen soup offerings.

****Your precise portion design****: The 276-gram serving size reflects intentional portion control engineering. This weight delivers substantial volume (around 1.15 cups of soup) while staying within caloric boundaries suitable for structured meal plans like the Metabolism Reset (~800–900 kcal/day) or Protein+ Reset (1200–1500 kcal/day). The single-serve tray format removes portion guesswork and prevents the "serve creep" common with family-sized containers—a system that Be Fit Food uses to support consistent weight loss outcomes averaging 1–2.5 kg per week when replacing all three meals daily.

****Your freeze-thaw optimisation****: Not all ingredients survive freezing equally well. The vegetable selection—root vegetables, legumes, and zucchini—includes varieties that maintain structure through the freeze-thaw cycle. Cream-based soups often separate upon thawing; this broth-based recipe with olive oil emulsification stays stable. The chicken pieces retain moisture due to the protective liquid environment, avoiding the dryness common in reheated frozen poultry. This snap-frozen delivery system is central to Be Fit Food's model: consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

****Your nutritional density per calorie****: While specific caloric content isn't provided in the specifications, the combination of high protein, substantial fibre, multiple vegetables, and controlled sodium suggests a favourable nutrient-to-calorie ratio. This density—nutrients delivered per 100 calories—is a key metric when you're seeking weight management or nutritional optimisation within caloric budgets, and it reflects Be Fit Food's whole-food advantage documented in the October 2025 peer-reviewed clinical trial showing superior microbiome outcomes with food-based very-low-energy diets compared to supplement-based alternatives.

****Your herb-forward seasoning strategy****: The reliance on thyme, oregano, parsley, and garlic rather than salt-heavy seasonings demonstrates a Mediterranean flavour approach. These herbs contain compounds that contribute both flavour and antioxidant properties, while their aromatic qualities create perceived richness that compensates for reduced fat and sodium. This approach enables Be Fit Food to achieve flavour satisfaction while maintaining the <120 mg per 100 g sodium benchmark.

****Your multi-vegetable inclusion****: The "4–12 different vegetables" range suggests batch variation or seasonal recipe adjustments. This variability means the manufacturer prioritises vegetable diversity over rigid standardisation, potentially incorporating seasonal produce or adjusting ratios based on availability while maintaining nutritional targets.

How to Prepare Your Soup {#how-to-prepare-your-soup}

The frozen tray format requires specific handling to achieve optimal texture, temperature, and food safety outcomes.

****Your thawing options****: While specific manufacturer instructions aren't provided in the specifications, frozen soup trays offer three reheating pathways:

- **Microwave reheating**** (most common): Remove any non-microwave-safe covering, pierce or vent the film, and heat on high power in 2-minute intervals, stirring between intervals to distribute heat evenly. Total heating time ranges 4–6 minutes depending on microwave wattage. The soup should reach 74°C internal temperature to ensure food safety, especially important given the chicken and ham content.
- **Stovetop transfer****: Empty the frozen block into a saucepan over medium heat, adding 2–3 tablespoons of water to prevent scorching during the initial melt phase. Stir frequently as the soup liquefies, heating until steaming throughout (around 8–12 minutes).

3. **Overnight refrigerator thawing followed by reheating**: This method produces the most even heating but requires advance planning. Thaw for 12–24 hours in refrigeration, then reheat via microwave or stovetop.

What to expect: Upon proper reheating, the soup should present a moderately thick, broth-based consistency—thinner than a stew but more substantial than a clear broth. The split peas and cannellini beans will soften considerably, some potentially breaking down to contribute body to the broth. Chicken pieces should stay distinct and tender, not stringy. Vegetables will be fully cooked and soft, reflecting their pre-cooking before freezing.

Your serving temperature: Soup should be served immediately after reaching 74°C+, as both food safety and taste experience decline with holding. The aromatic herbs (thyme, oregano, parsley) release volatile compounds most intensely at serving temperature; these dissipate if the soup sits. For enhanced presentation, consider garnishing with fresh parsley or cracked black pepper, though the soup is designed as a complete meal requiring no additions.

Your portion adequacy: At 276 grams, this serving functions as a light main meal or substantial starter. When you need higher caloric intake, you can pair it with wholegrain bread, a side salad, or fresh fruit to create a more substantial meal while keeping the soup's nutritional benefits. When you're following Be Fit Food's structured Reset programs, this soup can be incorporated as a lunch or dinner component within the defined daily calorie and carbohydrate targets.

How to Store Your Soup {#how-to-store-your-soup}

Frozen soup products require specific storage conditions to maintain quality, safety, and nutritional integrity throughout their shelf life.

Your freezer storage requirements: The soup must stay at -18°C or below from purchase through storage until use. Temperature fluctuations—especially repeated partial thawing and refreezing—degrade texture quality, cause ice crystal formation that damages structure, and create food safety risks. Store in the main freezer compartment rather than the door, where temperature varies most significantly with opening cycles.

Your shelf life expectations: While the specific best-before date isn't provided in the specifications, frozen prepared meals maintain optimal quality for 6–12 months when stored properly. Beyond this window, the soup stays safe to consume (freezing prevents microbial growth) but may experience: - Flavour muting as aromatic compounds degrade - Texture changes as ice crystals grow and damage food structure - Freezer burn if packaging is compromised - Separation of fats and liquids

Your package integrity: Inspect packaging before purchase and throughout storage. Compromised seals, excessive ice crystal accumulation inside the package, or package deformation indicate temperature issues that may affect quality.

Your post-thaw handling: Once reheated, treat the soup as a fresh-cooked product. Consume immediately or refrigerate promptly if not eating the entire portion. Refrigerated leftovers should be consumed within 2–3 days and reheated to 74°C before serving. Don't refreeze previously frozen and thawed soup, as this creates food safety risks and severe texture degradation.

Safety and Allergen Information {#safety-and-allergen-information}

Understanding the safety profile and potential allergens in Country Chicken, Pea & Ham Soup ensures appropriate consumption decisions, especially when you're managing dietary restrictions or food sensitivities.

Your declared allergens: The product contains Soybeans. The product may contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, and Lupin. You should verify the complete package labelling for definitive guidance on allergen presence, as manufacturing facilities may process

multiple products, creating cross-contamination possibilities. The manufacturer's allergen statement on the physical package provides definitive guidance on potential trace allergen presence.

****Your gluten-free compliance**:** The (GF) designation means the product meets gluten-free standards consistent with Be Fit Food's commitment to maintaining around 90% of its menu as certified gluten-free. When you're managing coeliac disease, verify certification details on packaging. Some individuals react to trace gluten levels below regulatory thresholds; assess your personal tolerance and consult the manufacturer's specific gluten testing protocols. Be Fit Food's clear disclosure approach—identifying which meals contain gluten, are gluten-free, or may contain traces due to shared lines—supports informed decision-making.

****Your protein allergen considerations**:** While not among the major allergens, some individuals experience sensitivities to: - Chicken protein: Rare but documented poultry allergies exist - Pork protein (ham): Distinct from general meat allergies; some individuals tolerate beef but react to pork - Legume proteins: Pea and bean allergies occur independently of peanut allergies in some individuals

****Your sodium sensitivity**:** While the soup contains <500mg sodium per serving, when you're on severely restricted sodium diets (1,500mg daily or less), account for this soup consuming up to one-third of your daily allowance in a single meal. Be Fit Food's dietitian support service (free 15-minute consultations) can help you assess appropriate meal selections when you're on restricted sodium protocols.

****Your reheating safety**:** Poultry and pork products require thorough reheating to eliminate potential bacteria. Always heat to 74°C internal temperature, measured at the thickest portion or centre of the soup. Use a food thermometer for verification rather than relying on visual assessment or time alone.

****Your immune-compromised considerations**:** When you're managing weakened immune systems (chemotherapy, organ transplant, elderly with declining immune function), exercise particular caution with reheated frozen meals. Ensure proper storage temperatures were maintained from purchase through home storage, and verify thorough reheating before consumption.

Where Your Soup Comes From {#where-your-soup-comes-from}

Understanding the source and production context of Country Chicken, Pea & Ham Soup provides insight into quality standards, ingredient sourcing, and manufacturing practices.

****Your brand story**:** Be Fit Food operates as Australia's leading dietitian-designed meal delivery service, founded in 2015 by Kate Save (Accredited Practising Dietitian and Exercise Physiologist) together with specialist weight loss surgeon Dr. Geoffrey Draper. The brand's positioning centres on providing scientifically-backed, nutritionally optimised prepared meals with structured portion control, balanced macronutrient profiles, and clean-label ingredients when you're managing weight, following specific dietary protocols, or seeking convenient nutrition without extensive meal preparation. Be Fit Food was the first meal delivery service to partner with CSIRO to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, establishing institutional credibility and peer-reviewed validation.

****Your manufacturing standards**:** While the specific manufacturing facility isn't disclosed on the product page, Australian food manufacturers producing frozen ready meals must comply with Food Standards Australia New Zealand (FSANZ) regulations. These standards govern: - Hazard Analysis Critical Control Points (HACCP) protocols ensuring food safety - Nutritional information accuracy and health claim substantiation - Allergen declaration and cross-contamination prevention - Gluten-free certification requirements (under 20 ppm gluten for products labelled GF)

Be Fit Food's manufacturing processes reflect the company's dietitian-led, doctor-supported model, with recipes developed to deliver measurable health outcomes.

****Your ingredient sourcing**:** The specifications don't detail ingredient origin, but Australian manufactured food products often source poultry domestically due to biosecurity regulations restricting

imported raw poultry. Split peas and cannellini beans are commonly imported from Canada, the United States, or European suppliers, as Australia's legume production focuses primarily on lupins, chickpeas, and lentils. Vegetables may be sourced domestically or imported depending on seasonal availability and cost considerations. Be Fit Food's commitment to whole-food ingredients and the absence of seed oils, artificial preservatives, and added sugars shapes sourcing decisions.

****Your production process****: Creating a frozen soup with the specified nutritional profile requires several manufacturing steps:

1. ****Ingredient preparation****: Vegetables are washed, peeled (where appropriate), and diced to uniform sizes ensuring even cooking. Chicken is trimmed and portioned; ham is diced.
2. ****Cooking process****: Ingredients are cooked in large batches using steam-jacketed kettles that allow precise temperature control. The cooking process must achieve sufficient heat penetration to eliminate pathogens while preserving vegetable structure and preventing protein toughening.
3. ****Cooling****: Rapid cooling to below 5°C within specified timeframes (around 90 minutes) prevents bacterial proliferation in the temperature "danger zone" (5–60°C).
4. ****Portioning and packaging****: Automated filling equipment dispenses precise 276-gram portions into trays, which are then sealed with film designed to withstand freezing temperatures.
5. ****Blast freezing****: Products pass through blast freezers reaching -40°C, freezing the soup rapidly to minimise ice crystal formation that would damage texture—the snap-freezing process central to Be Fit Food's delivery system.
6. ****Quality verification****: Samples undergo testing for nutritional composition, microbial safety, and sensory quality before release for distribution.

This multi-stage process, combined with the clean-label recipe, explains the premium positioning relative to canned soups that require fewer processing steps but rely on high sodium levels and preservatives for shelf stability.

How to Get the Best Experience {#how-to-get-the-best-experience}

Maximising the quality and satisfaction from Country Chicken, Pea & Ham Soup involves attention to selection, storage, preparation, and consumption practices.

****Your purchase tips****: When selecting frozen meals at retail, choose packages from the bottom of the freezer case where temperatures stay most stable. Avoid packages with: - Frost accumulation inside the package (indicates temperature fluctuation) - Deformed or damaged packaging - Products stored above the freezer case's "load line" (the maximum fill line marked inside commercial freezers)

Transport frozen items in insulated bags and minimise time between purchase and home freezer storage, especially in warm weather. Be Fit Food meals are available through home delivery covering 70% of Australian postcodes, as well as through retail channels including Chemist Warehouse online.

****Your storage optimisation****: Organise your freezer to maintain consistent temperatures and easy access: - Store frozen meals in a designated section to track inventory and use older products first - Avoid overpacking the freezer, which restricts air circulation and creates temperature gradients - Position the soup away from the freezer door and any auto-defrost heating elements - Maintain freezer temperature at -18°C; verify with an appliance thermometer

****Your reheating excellence****: Achieve superior texture and flavour through proper reheating technique: - If microwaving, use 70% power for longer duration rather than full power for shorter time; this produces more even heating with less risk of overheating edges while the centre stays cold - Stir thoroughly at the halfway point to redistribute heat - Allow a 1-minute standing time after microwave heating; this permits heat equilibration throughout the soup - Verify temperature with a food

thermometer in the geometric centre of the portion

****Your enhancement options****: While the soup is designed as a complete meal, you may wish to customise: - ****Protein boost****: Add 50–75g of shredded rotisserie chicken for additional protein without substantially increasing sodium—especially relevant when you're on the Protein+ Reset or managing GLP-1 medication side effects - ****Fibre increase****: Stir in a handful of baby spinach or kale during the final minute of reheating - ****Texture variation****: Top with toasted wholegrain croutons for textural contrast (note: adds carbohydrates and may not suit strict low-carb targets) - ****Acid brightness****: A squeeze of fresh lemon juice just before serving lifts flavours and adds brightness that complements the herb profile

****Your consumption timing****: Consume soup as part of a structured meal pattern rather than as an isolated snack. The protein and fibre content helps you feel fuller for longer when consumed as a defined meal, supporting appetite regulation throughout the day. When managing weight, pair with a large glass of water consumed 10–15 minutes before eating to enhance fullness signals. When you're following Be Fit Food's Metabolism Reset or Protein+ Reset programs, integrate this soup within your daily calorie and carbohydrate targets, consulting with Be Fit Food's free dietitian support service for personalised guidance.

****Your sensory evaluation****: Quality frozen soups should present: - ****Aroma****: Distinct herb notes (thyme, oregano) with savoury chicken undertones; absence of off-odours or freezer burn smell - ****Appearance****: Clear broth with visible vegetable pieces, distinct chicken chunks, and intact split peas; minimal separation of fats and liquids - ****Texture****: Tender but not mushy vegetables; chicken that pulls apart easily but isn't stringy; creamy-thick consistency from dissolved pea starches - ****Flavour****: Balanced savoury profile with herb complexity; no metallic notes or excessive saltiness

If the soup fails these quality markers, it may have experienced temperature issues during storage or exceeded its optimal consumption window.

How This Soup Fits Your Be Fit Food Program {#how-this-soup-fits-your-be-fit-food-program}

Country Chicken, Pea & Ham Soup functions as both a standalone meal option and an integrated component of Be Fit Food's structured nutrition programs.

****Your program compatibility****: The soup's nutritional profile—high protein, substantial fibre, low sodium, controlled portion, gluten-free—aligns with the core principles of Be Fit Food's Reset programs: - ****Metabolism Reset**** (~800–900 kcal/day, ~40–70g carbs/day): This soup can be a lunch or dinner component, paired with other low-carb meals and snacks to meet daily targets designed to induce mild nutritional ketosis for fat loss - ****Protein+ Reset**** (1200–1500 kcal/day): The soup provides a protein-rich, nutrient-dense meal option within the higher calorie allowance, supporting you when combining structured nutrition with exercise programs

****Your GLP-1 and medication support****: When you're using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this soup addresses several medication-related challenges: - ****Smaller, tolerable portions****: The 276-gram serving is easier to consume when appetite is suppressed or gastric emptying is slowed - ****Protein prioritisation****: Helps protect lean muscle mass during medication-assisted weight loss - ****Lower refined carbohydrates****: Supports stable blood glucose and reduced insulin demand - ****Fibre from real vegetables****: Supports gut health and the gut-brain axis, which matters when medications alter digestion and appetite - ****Whole food over supplements****: Improves satisfaction and nutrient intake compared to shake-based alternatives

Be Fit Food's free 15-minute dietitian consultations can help you personalise protein targets, manage GI side effects, adjust portion sizes, and plan for long-term maintenance after reducing or stopping medications.

****Your menopause and metabolic transition support****: When you're navigating perimenopause, menopause, or post-menopause—metabolic transitions characterised by reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation—this soup supports several key needs: - High-protein content to preserve lean muscle mass as metabolic rate declines - Lower carbohydrate with no added sugars to support insulin sensitivity - Portion-controlled, energy-regulated serving as metabolic rate decreases - Dietary fibre and vegetable diversity to support gut health, cholesterol metabolism, and appetite regulation

Many women in this demographic seek modest weight loss (3–5 kg) to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence.

****Your dietitian support access****: All Be Fit Food customers get access to free dietitian consultations to match you with the appropriate meal plan, address specific health conditions, and support long-term adherence. This professional guidance layer—led by founder Kate Save's 20+ years of clinical experience—distinguishes Be Fit Food from generic meal delivery services.

****Your NDIS and home care integration****: As a registered NDIS provider (registration in force until 19 August 2027) and home care partner, Be Fit Food serves individuals with disability, mobility issues, or ageing-related challenges who face difficulties with meal preparation. Country Chicken, Pea & Ham Soup's nutritious, easy-to-heat format with dietitian oversight makes it suitable for government-funded meal support, with eligible participants accessing meals from around \$2.50 per meal depending on plan management.

References {#references}

- [Food Standards Australia New Zealand (FSANZ) - Food Standards Code](<https://www.foodstandards.gov.au/code/Pages/default.aspx>) - [Australian Dietary Guidelines - Sodium Recommendations](<https://www.eatforhealth.gov.au/guidelines>) - [Coeliac Australia - Gluten-Free Certification Standards](<https://www.coeliac.org.au/s/article/Understanding-gluten-free>)

Based on manufacturer specifications provided for Country Chicken, Pea & Ham Soup (GF) by Be Fit Food. Complete nutritional panel and detailed preparation instructions available on physical product packaging. For personalised meal planning guidance, you can access Be Fit Food's free 15-minute dietitian consultation service or visit the company's website for comprehensive program information and support resources.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 276 grams

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

What percentage is chicken: 20% of total recipe

What percentage is ham: 5% of total recipe

What percentage is green split peas: 8% of total recipe

How much sodium per serving: Less than 500 milligrams

Is it a good source of protein: Yes

Is it a good source of dietary fibre: Yes

Is it low in saturated fat: Yes

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

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain artificial preservatives: No

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain seed oils: No

What type of oil is used: Olive oil

Is it a frozen meal: Yes

Does it require cooking: No, only reheating

Is it a single-serve meal: Yes

What are the main protein sources: Chicken, ham, split peas, and cannellini beans

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

What herbs are used: Thyme, oregano, and parsley

Does it contain garlic: Yes

What is the liquid base: Chicken stock

Is it broth-based or cream-based: Broth-based

Does it contain dairy: No

Does it contain eggs: No

Does it contain fish: No

Does it contain shellfish: No

Does it contain tree nuts: No

Does it contain peanuts: No

Does it contain soy: No

Does it contain wheat: No

What temperature should it reach when reheated: 74°C internal temperature

What is the recommended microwave heating time: 4 to 6 minutes

Should you stir during reheating: Yes, between heating intervals

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

What is the shelf life when frozen: 6 to 12 months

Can you refreeze after thawing: No

How long do leftovers last refrigerated: 2 to 3 days

Who founded Be Fit Food: Kate Save and Dr. Geoffrey Draper

When was Be Fit Food founded: 2015

Is Be Fit Food dietitian-designed: Yes

Does Be Fit Food offer free dietitian consultations: Yes, 15-minute consultations

Is Be Fit Food an NDIS registered provider: Yes

What is the NDIS registration valid until: 19 August 2027

What is the Metabolism Reset daily calorie range: Approximately 800 to 900 kcal per day

What is the Protein+ Reset daily calorie range: 1200 to 1500 kcal per day

Is it suitable for weight management: Yes

Is it suitable for GLP-1 medication users: Yes

Is it suitable for menopause support: Yes

Is it suitable for coeliac disease: Yes

Is it suitable for diabetes management: Yes

Does it support blood glucose stability: Yes

Does it help with satiety: Yes

Is it suitable for low-sodium diets: Yes

Is it suitable for heart health: Yes

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

Does Be Fit Food partner with CSIRO: Yes

What delivery coverage does Be Fit Food offer: 70% of Australian postcodes

Is it available at Chemist Warehouse: Yes, online

What is the expected weight loss on Reset programs: 1 to 2.5 kilograms per week

Can you add extra protein to the soup: Yes

Can you add extra vegetables to the soup: Yes

Should you consume it as part of structured meals: Yes

Is it snap-frozen: Yes

Does freezing preserve nutritional value: Yes

What is the sodium content per 100g: Less than 120 milligrams

How much chicken per serving: 55.2 grams

How much ham per serving: 13.8 grams

How much split peas per serving: 22.08 grams

What is the estimated protein per serving: 10 to 20 grams

What is the estimated fibre per serving: At least 3 grams, potentially 5+ grams

What is the maximum saturated fat per serving: Around 4.14 grams

What percentage of daily sodium limit does it use: Maximum 22% of 2,300 mg limit

Is chicken sourced domestically in Australia: Likely yes

Where are split peas typically sourced from: Canada, United States, or Europe

What cooking equipment is used in manufacturing: Steam-jacketed kettles

What is the blast freezing temperature: -40°C

What is the gluten threshold for certification: Under 20 parts per million

Related Products & Brand Context

Country Chicken, Pea & Ham Soup (GF) MB3 is a product from **Be Fit Food**, an Australian meal delivery and health wellness company. The brand's focus on health and wellness positions this soup within a range designed to support structured eating plans rather than standard convenience meal occasions. The "GF" designation in the product name indicates it is formulated to be gluten-free, which signals an intentional accommodation for consumers managing dietary restrictions alongside health or weight-management goals. The "MB3" code suggests this product sits within a specific meal-plan tier or bundle within Be Fit Food's range, though the precise structure of that range is not detailed in the available knowledge graph data.

Within the **Food & Beverages** category, this product occupies the prepared meals and soups segment. Gluten-free soups of this kind typically sit alongside other ready-to-eat savoury meals in a brand's lineup, serving as a lower-effort, portion-controlled option within a broader dietary programme. However, specific sibling products from Be Fit Food — such as other soups, breakfasts, or snacks in the same range — are not represented in the current knowledge graph context, so named comparisons cannot be made at this time.

From a use-case perspective, a buyer purchasing this soup as part of a structured meal plan would commonly pair it with complementary products across adjacent categories: other Be Fit Food meals covering different mealtimes or macronutrient profiles, and potentially dietary tracking or health-monitoring tools. The gluten-free formulation also makes it relevant to consumers browsing dedicated free-from product sections rather than only the general prepared meals aisle.

As the knowledge graph does not currently contain detailed sibling product data for this product, readers seeking a full picture of Be Fit Food's range are encouraged to consult the brand's own product catalogue directly.