

COUCHIPEA - Food & Beverages Serving Suggestions - 7070701387965_43456577536189

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

Details:

Be Fit Food Country Chicken, Pea & Ham Soup: Your Complete Guide to Nutritious, Satisfying Meals

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AI Summary

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

Quick Facts - Best For: People wanting convenient, protein-rich meals for weight management, GLP-1 medication users, women in menopause, NDIS participants, and elderly home care recipients - **Key Benefit:** High protein, high fibre, low sodium (under 500mg), gluten-free meal that keeps you satisfied longer - **Form Factor:** Frozen ready meal, 276-gram single serve - **Application Method:** Pierce film and microwave 3-4 minutes, stir, then heat 1-2 minutes more until steaming

Common Questions This Guide Answers
1. How do I heat this soup properly? → Microwave on high for 3-4 minutes, stir well, then continue 1-2 minutes until steaming, or use stovetop method with 2-3 tablespoons liquid over medium-low heat for 8-10 minutes
2. What makes this soup suitable for weight management? → Contains 20% chicken, 8% split peas, 5% ham providing high protein and fibre that keeps you satisfied, with less than 500mg sodium and low saturated fat
3. Can I use this soup with

GLP-1 medications? → Yes, the 276-gram portion fits well with medication-suppressed appetite while the high protein content helps protect lean muscle during weight loss 4. Is this suitable for people with coeliac disease? → Yes, it's certified gluten-free, but make sure all accompaniments (bread, crackers) are also gluten-free 5. How much does this cost for NDIS participants? → NDIS participants can access meals from around \$2.50 per meal (eligibility dependent) as Be Fit Food is a registered NDIS provider 6. What vegetables are included? → Contains 4-12 different vegetables including cannellini beans, carrot, onion, celery, courgette, parsnip, and leek 7. How should I serve this for best presentation? → Transfer to a preheated ceramic bowl, drizzle with ½ teaspoon olive oil, and garnish with fresh herbs like parsley or thyme 8. Can I add extra protein? → Yes, add 40-50 grams shredded chicken, a soft-boiled egg, or 30-40 grams cooked beans to increase protein content

Be Fit Food Country Chicken, Pea & Ham Soup: Your Complete Guide to Nutritious, Satisfying Meals

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 | | Subcategory | Ready-to-Eat Meals | | Pack size | 276 grams (single serve) | | Chicken content | 20% | | Green split peas | 8% | | Ham content | 5% | | Vegetable variety | 4-12 different vegetables | | Diet | Gluten free | | Protein | Good source | | Dietary fibre | Good source | | Sodium | Less than 500mg per serve | | Saturated fat | Low | | Artificial additives | None (no artificial colours or flavours) | | Key ingredients | Chicken, Green Split Peas, Carrot, Onion, Celery, Courgette, Ham, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano | | Allergens | Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin | | Storage | Frozen |

Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts {#verified-label-facts} - Product name: Country Chicken, Pea & Ham Soup (GF) MB3 - Brand: Be Fit Food - GTIN: 09358266000847 - Pack size: 276 grams (single serve) - Chicken content: 20% - Green split peas: 8% - Ham content: 5% - Vegetable variety: 4-12 different vegetables - Diet: Gluten free - Protein: Good source - Dietary fibre: Good source - Sodium: Less than 500mg per serve - Saturated fat: Low - Artificial additives: None (no artificial colours or flavours) - Key ingredients: Chicken, Green Split Peas, Carrot, Onion, Celery, Courgette, Ham, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano - Allergens: Contains Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - Storage: Frozen - Price: \$12.50 AUD - Availability: In Stock - Category: Food & Beverages - Subcategory: Ready-to-Eat Meals

General Product Claims {#general-product-claims} - Helps you feel fuller for longer - Supports your health journey - Supports weight management goals - Supports metabolic health - Ideal for GLP-1 medication users - Helps protect lean muscle mass during medication-assisted weight loss - Supports more stable blood glucose levels - Reduces post-meal spikes and lowers insulin demand - Supports gut-brain axis - Helps preserve muscle mass during metabolic transition (menopause) - Improves insulin sensitivity - Helps prevent gradual weight creep common during midlife - Supports successful midlife weight management - Supports cardiovascular health - Prevents malnutrition risk in elderly populations - Thoughtfully crafted nutrition - Protein-rich, fibre-packed meal - Creates a solid foundation for various serving options - Nourishes your body and satisfies your taste buds - Brings out the flavours

- Keeps vegetables intact - Prevents split peas from becoming too mushy - Allows herbs to fully release their aromas - Boosts your enjoyment of the meal - Makes your dining experience better - Keeps soup at right eating temperature longer - Creates maximum colour contrast - Reinforces "country" character - Adds texture contrast - Creates more complete meal - Creates refreshing contrast - Aids digestion - Provides antioxidants - Prevents flavour fatigue - Maintains convenience of pre-portioned nutrition - Creates communal dining experience - Maintains dietary integrity - Represents moderate sodium amount - Creates restaurant-style presentation - Creates impressive, Instagram-worthy presentation - Positions soup as sophisticated course - Fits naturally within Be Fit Food's structured nutrition programs - Aligns with Be Fit Food's emphasis on higher protein, lower carbohydrate eating patterns - Removes decision fatigue - Addresses medication-related eating challenges - Suits medication-suppressed appetite - Directly addresses perimenopause and menopause physiological changes - Supports consistent eating pattern - Provides independence through nutrition - Meets quality standards required for supported living nutrition - Makes nutritious eating accessible and affordable

Product Overview: Comfort Food That Supports Your Wellness Goals {#product-overview-comfort-food-that-supports-your-wellness-goals}

Be Fit Food's Country Chicken, Pea & Ham Soup is a frozen ready meal that combines solid nutrition with the kind of comfort you want from soup. This single-serve option packs 20% chicken, 8% green split peas, and 5% ham into a 276-gram portion, along with anywhere from 4 to 12 different vegetables. It's gluten-free, keeps sodium under 500mg per serve, and stays low in saturated fat—which makes it a practical choice when you want convenient meals that actually support your health.

The soup brings together cannellini beans, carrot, onion, celery, courgette, parsnip, and leek with quality protein sources. It's already a complete meal on its own, but knowing how to dress it up, what to pair it with, and how to adjust it to your needs can turn a simple heat-and-eat into something you'll actually look forward to.

Getting the Best Results: Heating Your Soup {#getting-the-best-results-heating-your-soup}

The frozen format needs proper heating to hit that ideal 70-75°C sweet spot where the flavours really come through and you get that comforting warmth. The microwave is quick: pierce the film, heat on high for 3-4 minutes, give it a good stir to distribute the heat, then go another 1-2 minutes until it's steaming throughout.

Stovetop reheating takes a bit longer but gives you better texture. Transfer the frozen soup to a small saucepan, add 2-3 tablespoons of water or chicken stock so it doesn't stick, and heat over medium-low for 8-10 minutes, stirring now and then. This gentler approach keeps the vegetables from turning to mush and prevents the split peas from breaking down too much.

Once it's hot, let it sit for a minute. This isn't just about safety—it lets the temperature even out and gives the thyme and oregano a chance to release their aromas. Serve it while it's still steaming, because that's when the herb scents are strongest and most appetising.

Making Your Soup Look Great {#making-your-soup-look-great}

Even though this comes from a package, a few simple steps make it feel more like a proper meal. Transfer it to a warmed ceramic bowl—just run hot water in the bowl for 30 seconds first. This keeps your soup at the right temperature for 5-7 minutes longer than a cold bowl would.

The soup already looks pretty good with its visible chicken pieces, vegetable chunks, and split peas. A light drizzle of extra virgin olive oil (about ½ teaspoon) adds a nice sheen and a fresh, peppery note that works with the herbs. A small cluster of fresh parsley, thyme sprigs, or chopped chives adds that pop of green against the golden-brown base.

Bowl choice matters more than you'd think. White or cream bowls make the vegetables and chicken stand out, while rustic earthenware plays up the "country" vibe. Wide, shallow soup plates work better than deep bowls for chunky soup like this—they show off the ingredients better and make it easier to eat.

Bread and Grain Partners {#bread-and-grain-partners}

Since the soup is gluten-free, you'll want to keep that going if you're adding bread. Serve it with 40-50 grams of warmed gluten-free sourdough, seeded bread, or crusty baguette. Brush the bread lightly with olive oil and toast it until golden—the crunch contrasts nicely with the soup's creamy consistency.

The 276-gram serving is pretty satisfying on its own, but adding a grain-based side makes it more substantial if you need the extra energy. A 50-gram portion of toasted gluten-free biscuits, rice cakes, or corn thins adds crunch without pushing you over the 500mg sodium limit. For something warm, try a 75-gram serving of cooked quinoa or brown rice on the side, which brings the total to around 450-500 calories.

Garlic bread is classic with soup, but you'll want to go easy to respect the soup's nutritional profile. Make gluten-free garlic bread with minimal butter (5-7 grams per slice) mixed with fresh garlic and parsley, keeping the saturated fat addition modest.

Fresh Vegetable and Salad Partners {#fresh-vegetable-and-salad-partners}

The soup already has 4-12 different vegetables, which is solid, but pairing it with fresh, raw vegetables adds texture variety and extra vitamin C (which can drop during cooking and freezing). A simple side salad of 60-80 grams mixed greens, cherry tomatoes, cucumber, and radishes dressed with lemon juice and olive oil gives you that fresh contrast without adding much sodium or calories.

If you want to keep the warm, comforting theme going, try roasted vegetables on the side: 100 grams of roasted Brussels sprouts, broccoli, or cauliflower seasoned with herbs and a light olive oil coating. The roasted vegetables can sit alongside or get stirred into the soup just before serving for added texture and visual interest.

Steamed green beans or asparagus (80-100 grams) make another good pairing, especially when lightly seasoned with lemon zest and black pepper. These green vegetables create colour contrast and a crisp-tender texture that's different from the soup's softer vegetable pieces.

Boosting Your Protein {#boosting-your-protein}

The soup already has 20% chicken and 5% ham, giving you a good protein hit, but you might want more—especially if you're active, recovering from illness, or following a higher-protein approach. Adding 40-50 grams of shredded rotisserie chicken (skin removed) bumps up the protein by around 12-15 grams without changing the flavour much.

For variety, try a soft-boiled or poached egg on top. Cook the egg so the yolk stays slightly runny (6-7 minute boil time), then place it on top of the soup just before serving. When you break the yolk, it creates this rich, creamy element that makes the soup feel more indulgent while adding 6-7 grams of quality protein and making the presentation more interesting.

Another option is 30-40 grams of cooked white beans (beyond the cannellini beans already there) or chickpeas stirred into the heated soup. This adds both protein and extra fibre without competing with the established flavours.

Adjusting Herbs and Seasonings {#adjusting-herbs-and-seasonings}

The soup comes with thyme and oregano, giving it Mediterranean-influenced flavours. While it's already well-seasoned, you might want subtle adjustments based on your taste or the situation. Fresh black pepper, cracked at the table, adds aromatic bite and mild heat without increasing sodium—especially

valuable given the soup's sub-500mg formulation.

A small squeeze of fresh lemon juice (about ½ teaspoon) just before serving brightens the flavours and adds acidity that balances the richness from the chicken and ham. This works particularly well when you're serving the soup as part of a lighter meal or during warmer weather when brighter flavours are more appealing.

If you like stronger herb flavours, a small amount of fresh herbs stirred in during the final minute of heating boosts the aromatic profile: fresh thyme leaves (½ teaspoon), chopped oregano, or marjoram complement what's already there. You could also try a pinch of dried Italian herb blend or herbes de Provence added during reheating.

Skip adding salt—the ham and chicken stock already provide sodium, and the soup is formulated to stay under 500mg per serve, which is a deliberate nutritional feature worth preserving. Similarly, resist adding cream or butter, which would compromise the soup's low saturated fat profile.

Adjusting Portions for Different Meals {#adjusting-portions-for-different-meals}

The 276-gram single serving works for various meal situations when you pair it thoughtfully. As a light lunch, serve the soup with a 40-gram portion of gluten-free biscuits and a 100-gram side salad, creating a balanced 400-450 calorie meal. This combination keeps you satisfied through the soup's protein and fibre while keeping overall energy intake moderate.

For a more substantial dinner, especially if you're active or need more energy, pair the soup with 80-100 grams of cooked gluten-free pasta or grain, a slice of gluten-free bread, and roasted vegetables. This transforms the soup into the centrepiece of a 600-700 calorie meal with balanced macronutrients.

As a starter course, serve the soup in smaller portions (around 140 grams, half the container) in smaller bowls or cups, saving the rest for another meal. This works well for dinner parties or special occasions where you're serving multiple courses, letting the soup stimulate appetite without filling people up before the main course.

Serving Through the Seasons {#serving-through-the-seasons}

Soup gets associated with cold weather, but this nutritionally balanced option works year-round with thoughtful pairing and presentation. During autumn and winter, lean into warmth and comfort by serving the soup in deep bowls with warm, crusty gluten-free bread and roasted root vegetables.

In spring and summer, serve the soup at a slightly lower temperature (60-65°C rather than 70-75°C) alongside fresh, crisp salads featuring seasonal vegetables like cucumber, tomatoes, and leafy greens. The lighter accompaniments and reduced serving temperature make the soup more appropriate for warm-weather dining while keeping its nutritional benefits.

Time of day matters too. The soup's substantial protein content (from chicken, ham, and split peas) makes it especially good for lunch, giving you sustained energy through the afternoon. The moderate portion size and balanced macronutrient profile also work well for early dinner, especially when paired with extra vegetables.

Drinks That Complete Your Meal {#drinks-that-complete-your-meal}

The right drink choice enhances both your dining experience and nutritional completeness. Room-temperature or lightly chilled water with a slice of lemon stays neutral, cleansing your palate between spoonfuls without interfering with the soup's herb flavours. Sparkling mineral water offers a more sophisticated alternative, with the carbonation offering palate-cleansing properties.

If you enjoy wine with meals, a light, crisp white wine like Pinot Grigio or unoaked Chardonnay (100-125ml serving) complements the chicken and vegetable flavours without overwhelming them. The

wine's acidity balances the soup's richness while the moderate alcohol content doesn't interfere with the herb seasonings. A light-bodied red wine like Pinot Noir works too if you prefer red wine, especially when the soup comes with bread or grain accompaniments.

Non-alcoholic options include herbal teas served alongside (not with) the soup—chamomile or peppermint tea after finishing the soup aids digestion, while green tea provides antioxidants that complement the vegetable content. For something more substantial, unsweetened almond milk or skim milk (200ml) adds calcium and extra protein without excessive calories, though these work better before or after rather than during soup consumption.

Planning Your Week with Soup {#planning-your-week-with-soup}

While packaged as a single serve, buying multiple units makes meal planning easier. For weekly meal prep, store 4-5 soups in the freezer, pairing each with different accompaniments throughout the week to prevent getting bored: Monday with gluten-free bread and salad, Wednesday with quinoa and roasted vegetables, Friday with biscuits and fresh vegetables. This gives you convenient, nutritionally consistent meals while keeping variety through different pairings.

When preparing soup for multiple people at once, heat individual servings separately to maintain proper food safety and allow for personal preferences. Alternatively, for family-style serving, combine 2-3 servings in a medium saucepan, adding 3-4 tablespoons of chicken stock to help with even heating, then portion into individual bowls at the table. This creates a more communal dining experience while keeping the convenience of pre-portioned nutrition.

Leftover heated soup shouldn't go back in the freezer. However, if you heat only half a serving, the remaining frozen portion can stay frozen if returned to the freezer within 5-10 minutes. Any heated soup not consumed should go in the refrigerator right away and get eaten within 24 hours, reheated only once to 75°C for food safety.

Meeting Special Dietary Needs {#meeting-special-dietary-needs}

The soup's gluten-free formulation makes it suitable for coeliac disease and gluten sensitivity, but your serving suggestions must maintain this. All accompaniments—bread, biscuits, grains—must be certified gluten-free. Cross-contamination during serving is a real concern, so use clean utensils and serving bowls that haven't touched gluten-containing foods.

If you're monitoring sodium intake due to high blood pressure or heart concerns, the sub-500mg sodium content per serve is moderate (around 20-25% of the 2,000mg daily recommended limit). When serving this soup in sodium-restricted situations, avoid adding any salt or high-sodium accompaniments like salted biscuits or processed cheese. Instead, choose fresh vegetables, unsalted bread, and herbs for flavour enhancement.

The "good source of dietary fibre" claim means the soup provides substantial fibre per serve from the split peas, cannellini beans, and vegetable content. If you're specifically seeking high-fibre meals, pair the soup with fibre-rich accompaniments like whole grain gluten-free bread, extra beans, or high-fibre vegetables to create a meal providing 10-12 grams of total fibre.

Elevating for Special Occasions {#elevating-for-special-occasions}

While designed as an everyday convenience meal, this soup can be elevated for special occasions or when entertaining guests who appreciate nutritious, well-prepared food. Serve in quality ceramic bowls or soup plates, garnished with a drizzle of premium extra virgin olive oil, fresh herb sprigs, and a light sprinkle of cracked black pepper. Place the bowl on a charger plate with a folded cloth napkin and quality cutlery for a restaurant-style presentation.

For a more elaborate presentation, prepare individual bread bowls using small, round gluten-free bread loaves: cut the top off, hollow out the interior, brush with olive oil, and toast until crispy, then ladle the

hot soup into the bread bowl. This creates an impressive presentation while adding a substantial bread component that guests can eat after finishing the soup.

When serving as part of a multi-course meal, present the soup as a starter in smaller portions (120-150 grams) in elegant soup cups or small bowls, accompanied by a single gluten-free breadstick or small piece of toasted bread. This positions the soup as a sophisticated course rather than a simple convenience food, showing that nutritionally balanced prepared foods can be part of elegant dining.

Fitting with Be Fit Food Programs {#fitting-with-be-fit-food-programs}

This Country Chicken, Pea & Ham Soup fits naturally within Be Fit Food's structured nutrition programs. If you're following the Metabolism Reset program (around 800-900 calories per day), this soup works well as a satisfying lunch or dinner component, paired with a small side salad and measured portion of gluten-free biscuits to stay within daily targets while keeping you satisfied through its protein and fibre content.

For the Protein+ Reset (1200-1500 calories per day), the soup provides an excellent foundation meal that you can enhance with extra protein sources like a soft-boiled egg or extra chicken, plus more substantial vegetable sides and a larger grain portion. The soup's balanced macronutrient profile aligns with Be Fit Food's emphasis on higher protein, lower carbohydrate eating patterns for metabolic health.

If you're using Be Fit Food meals as part of a maintenance strategy after initial weight loss, you'll find this soup especially valuable for its convenience and portion control. The snap-frozen format ensures consistent nutrition delivery, removing the decision fatigue that often leads to dietary drift. By keeping several units on hand, you maintain the structure that supported your initial success while enjoying the flexibility to add fresh accompaniments based on appetite and activity levels.

Supporting Your Journey with GLP-1 Medications and Diabetes Management {#supporting-your-journey-with-glp-1-medications-and-diabetes-management}

If you're using GLP-1 receptor agonists or other weight-loss and diabetes medications, this soup is an ideal meal solution for medication-related eating challenges. The smaller 276-gram portion size fits well with medication-suppressed appetite, making it easier to get adequate nutrition even when hunger signals are reduced. The soup's high protein content (from chicken, ham, and split peas) helps protect lean muscle during medication-assisted weight loss—critical for maintaining metabolic rate and long-term weight maintenance.

The lower carbohydrate profile and absence of added sugars support more stable blood glucose levels, reducing post-meal spikes and lowering insulin demand. This is especially valuable if you're managing Type 2 diabetes or insulin resistance, where stable glucose control improves both immediate symptoms and long-term metabolic health. The soup's fibre content from vegetables and legumes further slows glucose absorption and supports the gut-brain axis, which can be altered by GLP-1 medications.

When appetite is medication-suppressed, total nutrient intake often drops below adequate levels for protein and micronutrients. This soup's nutrient density—4-12 vegetables per serve, substantial protein, and balanced formulation—helps maintain nutritional adequacy even when overall food intake is reduced. If you're transitioning off medication or reducing doses, the soup provides a repeatable, structured eating pattern that supports the shift from medication-driven appetite suppression to sustainable, self-regulated eating habits.

Supporting Your Menopause and Midlife Wellness Journey {#supporting-your-menopause-and-midlife-wellness-journey}

Women in perimenopause and menopause face unique metabolic challenges driven by declining oestrogen: reduced insulin sensitivity, increased central fat storage, loss of lean muscle, and altered appetite regulation. This soup's nutritional design directly addresses these physiological changes. The high protein content helps preserve muscle during the metabolic transition when muscle loss

accelerates, supporting both metabolic rate and functional strength.

The lower carbohydrate formulation with no added sugars improves insulin sensitivity—especially important as oestrogen's protective metabolic effects diminish. The soup's portion-controlled format provides appropriate energy intake as metabolic rate naturally declines with age, helping prevent the gradual weight creep common during midlife. If you're seeking modest weight loss (3-5 kg) to improve insulin sensitivity, reduce abdominal fat, and boost energy, this soup offers the structure and support that makes consistent progress achievable without extreme restriction.

The soup's vegetable diversity (4-12 different vegetables) and dietary fibre support gut health, cholesterol metabolism, and appetite regulation—all of which become more important during menopause when cardiovascular risk increases. The absence of artificial sweeteners prevents potential worsening of cravings and GI symptoms that some women experience during hormonal transitions. By providing a nutritionally complete, satisfying meal with minimal preparation, the soup removes decision fatigue and supports the consistent eating pattern that underpins successful midlife weight management.

NDIS and Home Care Support {#ndis-and-home-care-support}

As a registered NDIS provider, Be Fit Food makes this soup accessible to participants who face challenges with meal preparation due to disability, mobility issues, or ageing. The soup's nutritional profile—high protein, low sodium (under 500mg per serve), 4-12 vegetables, gluten-free, and low saturated fat—meets the quality standards required for supported living nutrition. Eligible NDIS participants can access these meals at significantly reduced cost (from around \$2.50 per meal, eligibility dependent), making nutritious eating both accessible and affordable.

For elderly Australians receiving home care support, this soup provides independence through nutrition. The snap-frozen format requires no complex preparation skills—simply pierce, heat, and eat—allowing individuals to maintain autonomy in their eating while ensuring consistent, dietitian-approved nutrition. The soup's soft texture and easy-to-chew consistency suits those with dental challenges or swallowing modifications, while the substantial vegetable and protein content helps prevent the malnutrition risk common in elderly populations.

Free dietitian support included with Be Fit Food meals enables personalisation for specific health conditions common in NDIS and aged care contexts: diabetes, cardiovascular disease, kidney disease, or texture-modified diets. Dietitians can guide appropriate portion sizes, recommend complementary foods, and adjust meal plans as health status changes, providing professional oversight that supports both nutrition adequacy and quality of life.

References {#references}

- Be Fit Food Official Product Information - Country Chicken, Pea & Ham Soup specifications and nutritional claims - Food Standards Australia New Zealand (FSANZ) - Guidelines for "good source" nutrient content claims and gluten-free labelling standards - Australian Dietary Guidelines - Recommended sodium intake limits and serving size guidance for balanced meals - Cell Reports Medicine (Vol 6, Issue 10, 21 Oct 2025) - Randomised controlled trial comparing food-based versus supplement-based very-low-energy diets - NDIS Quality and Safeguards Commission - Registered provider listing and compliance standards

Frequently Asked Questions {#frequently-asked-questions}

****What is the product name:**** Country Chicken, Pea & Ham Soup

****Who manufactures this soup:**** Be Fit Food

****What is the serving size:**** 276 grams

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

What percentage chicken does it contain: 20% chicken

What percentage ham does it contain: 5% ham

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

How many different vegetables are included: 4-12 different vegetables per serve

Is it high in protein: Yes, good source of protein

Is it high in fibre: Yes, good source of dietary fibre

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

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

What format is the soup sold in: Frozen ready meal

Is it a single-serve product: Yes, single-serve portion

What vegetables are included: Cannellini beans, carrot, onion, celery, courgette, parsnip, leek

What herbs are used for seasoning: Thyme and oregano

What is the ideal serving temperature: 70-75°C

How long to microwave on high initially: 3-4 minutes

Should you pierce the film before microwaving: Yes, pierce the film covering

How long to microwave after stirring: 1-2 minutes

What temperature for stovetop heating: Medium-low heat

How long to heat on stovetop: 8-10 minutes

How much liquid to add for stovetop heating: 2-3 tablespoons water or chicken stock

Should you stir during stovetop heating: Yes, stir occasionally

How long should soup rest after heating: One minute

Why rest the soup after heating: Lets temperature even out and herbs release aromas

Should you preheat the serving bowl: Yes, with hot water for 30 seconds

How long does preheating keep soup warmer: 5-7 minutes longer

What bowl colour creates best visual contrast: White or cream-coloured bowls

What type of bowl shape works best: Wide, shallow soup plates

How much olive oil for garnish drizzle: About ½ teaspoon

What fresh herbs work for garnish: Flat-leaf parsley, thyme sprigs, or chives

How much gluten-free bread to serve: 40-50 grams

How much gluten-free biscuits as accompaniment: 50-gram portion

How much cooked quinoa or rice to add: 75-gram serving

What is total calories with grain addition: Around 450-500 calories

How much side salad to pair: 60-80 grams mixed greens

How much roasted vegetables to serve: 100 grams

How much steamed green vegetables to add: 80-100 grams

How much rotisserie chicken to add for extra protein: 40-50 grams

How much protein does added chicken provide: 12-15 grams

What type of egg works as topping: Soft-boiled or poached egg

How long to boil egg for runny yolk: 6-7 minutes

How much protein does an egg add: 6-7 grams

How much cooked beans to add: 30-40 grams

How much lemon juice to add: About ½ teaspoon

How much fresh thyme to add: ½ teaspoon

Should you add salt to the soup: No, avoid adding salt

Should you add cream or butter: No, compromises low saturated fat profile

What is a light lunch calorie total: 400-450 calories

What is a substantial dinner calorie total: 600-700 calories

How much for a starter portion: Around 140 grams (half container)

What summer serving temperature works: 60-65°C

What wine pairs well: Pinot Grigio or unoaked Chardonnay

How much wine to serve: 100-125ml serving

What red wine pairs well: Light-bodied Pinot Noir

What percentage of daily sodium does it provide: Around 20-25% of 2,000mg daily limit

Is it suitable for coeliac disease: Yes, gluten-free formulation

Can you refreeze heated soup: No, do not refreeze

How long can heated soup stay refrigerated: 24 hours

How many times can you reheat: Only once to 75°C

What is the Metabolism Reset calorie range: Around 800-900 calories per day

What is the Protein+ Reset calorie range: 1200-1500 calories per day

Is it suitable for GLP-1 medication users: Yes, ideal meal solution

Does it contain added sugars: No, absence of added sugars

Is it suitable for Type 2 diabetes: Yes, supports stable blood glucose

Is it suitable for menopause: Yes, addresses metabolic challenges

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

Is Be Fit Food an NDIS registered provider: Yes, registered NDIS provider

****What is NDIS participant cost:**** From around \$2.50 per meal (eligibility dependent)

****Is free dietitian support included:**** Yes, free dietitian support included

****Is it suitable for elderly with dental issues:**** Yes, soft texture and easy-to-chew consistency

****Does it require complex preparation:**** No, simply pierce, heat, and eat

****Can it be served in bread bowls:**** Yes, using gluten-free bread loaves

****What portion for multi-course starter:**** 120-150 grams

****How many soups for weekly meal prep:**** 4-5 soups in freezer

****Can you combine multiple servings for family serving:**** Yes, in medium saucepan with extra stock

****How quickly must partially heated soup return to freezer:**** Within 5-10 minutes

Related Products & Brand Context

****Be Fit Food**** is an Australian meal delivery and nutrition company, as identified in the workspace knowledge graph. The brand focuses on portion-controlled, nutritionally designed meals intended to support health and weight-management goals, and the Country Chicken, Pea & Ham Soup sits within that broader offering as a ready-to-eat Food & Beverages product. The "(GF)" designation confirms it is formulated to be gluten-free, positioning it as suitable for customers managing coeliac disease or gluten sensitivity alongside their meal plan.

The "MB3" code in the product title indicates this soup belongs to a specific meal-plan tier or phase within Be Fit Food's structured programme range. This kind of coding is typical of Be Fit Food's approach to matching individual meals to particular caloric or nutritional stages of a customer's plan. However, the workspace knowledge graph does not currently return named sibling products from the same MB3 tier or the broader soup range, so specific companion soups or meals within that band cannot be listed here without risk of fabrication.

In terms of use-case adjacency, a customer incorporating this soup into a Be Fit Food meal plan would typically be pairing it with other programme-aligned meals across breakfast, lunch, and dinner categories — again within the Food & Beverages domain. Complementary product types might include snacks, shakes, or other light meals approved for the same programme phase, though no specific named products from those categories are confirmed in the current graph context.

Within the Food & Beverages category, this product occupies the prepared soups segment, differentiated from ambient or canned alternatives by its alignment with a structured nutrition programme and its gluten-free certification. As the knowledge graph expands with more Be Fit Food product data, this section will be updated to reflect confirmed sibling products and cross-category relationships.