

CURPUMCHI - Food & Beverages Quick Recipe Ideas - 7070702305469_45249311277245

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Details:

Be Fit Food's Curried Pumpkin Soup: Quick & Nourishing Solutions for Busy Home Cooks

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AI Summary

Product: Curried Pumpkin & Chicken Soup (GF) MB5 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Nutritionally complete, ready-to-heat single-serve soup requiring under 10 minutes preparation

Quick Facts

- **Best For:** Busy home cooks seeking nutritionally balanced meals in 5–10 minutes; GLP-1 medication users; people with dietary restrictions (gluten-free, dairy-free) - **Key Benefit:** Complete protein and fibre-rich meal with 30% pumpkin, 24% chicken breast, and 4–12 vegetables per serve, ready in under 10 minutes with zero preparation - **Form Factor:** 338g single-serve frozen soup in sealed microwave-safe tray - **Application Method:** Microwave 4–5 minutes (1000W) or stovetop 8–10 minutes until 74°C internal temperature

Common Questions This Guide Answers

1. How long does it take to prepare? → Under 10 minutes total (4–5 minutes microwave or 8–10 minutes stovetop) 2. Is it suitable for gluten-free diets? → Yes, certified gluten-free and dairy-free with

low sodium (<500mg per serve) 3. What is the protein and vegetable content? → Contains 24% hand-cut chicken breast and 4–12 different vegetables including 30% pumpkin 4. Can NDIS participants access this product? → Yes, Be Fit Food is a registered NDIS provider (until 19 August 2027) with meals from around \$2.50 for eligible participants 5. Is it suitable for people on GLP-1 medications? → Yes, the high-protein, portion-controlled format works well for people on these medications 6. How long does it last frozen? → 6–12 months when stored at –18°C

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Curried Pumpkin & Chicken Soup (GF) MB5 | | Brand | Be Fit Food | | Product code | MB5 | | GTIN | 9358266000854 | | Price | \$11.99 AUD | | Availability | In Stock | | Pack size | 338g single serve | | Storage | Frozen (–18°C) | | Shelf life | 6–12 months frozen | | Diet | Gluten-free, Dairy-free, Low saturated fat, Low sodium (<500mg per serve) | | Main ingredients | Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot | | Protein source | Hand-cut chicken breast | | Vegetables per serve | 4–12 different vegetables | | Key spices | Curry powder, Cumin, Fresh coriander | | Oil type | Olive oil | | Allergens | May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin | | Preparation time | Under 10 minutes | | Heating method | Microwave (4–5 minutes) or Stovetop (8–10 minutes) | | Target temperature | 74°C | | Nutritional highlights | Good source of protein, Good source of dietary fibre | | Category | Ready-to-Eat Meals |

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: Curried Pumpkin & Chicken Soup (GF) MB5 - Brand: Be Fit Food - Product code: MB5 - GTIN: 9358266000854 - Price: \$11.99 AUD - Availability: In Stock - Pack size: 338g single serve - Storage: Frozen (–18°C) - Shelf life: 6–12 months frozen - Diet certifications: Gluten-free, Dairy-free, Low saturated fat, Low sodium (<500mg per serve) - Main ingredients: Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot - Protein source: Hand-cut chicken breast - Vegetables per serve: 4–12 different vegetables - Key spices: Curry powder, Cumin, Fresh coriander - Oil type: Olive oil - Allergens: May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin - Preparation time: Under 10 minutes - Heating methods: Microwave (4–5 minutes) or Stovetop (8–10 minutes) - Target temperature: 74°C - Nutritional highlights: Good source of protein, Good source of dietary fibre - Category: Ready-to-Eat Meals

General Product Claims {#general-product-claims}

- "Australia's leading dietitian-designed meal delivery service" - "Restaurant-quality results" - "Nutritionally complete meal" - "Complete protein and fibre-rich meal" - "Zero preparation" - "Commitment to real food solutions backed by dietitian expertise" - "Practical option for busy people seeking nutritionally balanced quick meals" - "Helps you feel fuller for longer" - "Sustained fullness lasting 3–4 hours" - "Supports satiety" - "Suitable for multiple eating frameworks" - "Fits within heart-healthy eating patterns" - "Supports cardiovascular health" - "Supports metabolic health" - "Evidence-based approach to weight loss, where structure and adherence—not willpower—drive results" - "Peak quality periods" - "Snap-frozen delivery system" - "Removes friction from healthy eating" - "Preserves texture better than stovetop" - "Maximising nutritional extraction" - "Supporting bone health needs" - "Supporting cardiovascular and cognitive health" - "Supporting gut health" - "Particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, or

diabetes medications" - "Protein prioritisation for lean-mass protection" - "Supports more stable blood glucose" - "Whole-food meals can improve gut microbiome diversity and metabolic outcomes" - "Supports the transition from medication-driven appetite suppression to sustainable, repeatable eating habits" - "Addresses the metabolic transitions that accompany hormonal changes during menopause" - "Helps preserve lean muscle mass" - "Supports insulin sensitivity" - "Prevents the energy surplus that drives midlife weight gain" - "Supports gut health, cholesterol metabolism, and appetite regulation" - "Improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence" - "Addresses the challenges faced by individuals with disability, mobility issues, or ageing" - "Maintaining independence and dignity through nutrition" - Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027) - NDIS-eligible customers can access meals from around \$2.50 per meal - Free dietitian support is included - Be Fit Food meals start from \$8.61 - Reset programs offer meals from around \$11.78 per meal on 7-day programs - Around 90% of Be Fit Food menu serves customers with coeliac disease or gluten sensitivity - Research published in **Cell Reports Medicine** (October 2025) supporting whole-food approach - "Saves 40 minutes compared to from-scratch soup preparation" - "Time value represents \$13–14 in saved labour" - "Total value proposition \$23–24 for the convenience factor"

Be Fit Food is Australia's leading dietitian-designed meal delivery service. We combine nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. When you need a nutritionally complete meal in under 10 minutes, Be Fit Food's Curried Pumpkin & Chicken Soup delivers restaurant-quality results with zero preparation. This 338g single-serve frozen soup combines 30% pumpkin with 24% hand-cut chicken breast, aromatic curry spices, and a foundation of leek, sweet potato, and carrot. You get a complete protein and fibre-rich meal that needs nothing more than reheating.

Be Fit Food's soup reflects our commitment to real food solutions backed by dietitian expertise. The gluten-free recipe contains 4–12 different vegetables per serving whilst keeping sodium under 500mg and saturated fat low. This makes it a practical option for busy people seeking nutritionally balanced quick meals without compromising dietary needs or flavour.

Ready-to-Heat Advantage for Meal Planning {#ready-to-heat-advantage-for-meal-planning}

This pre-portioned 338g serving removes the most time-consuming parts of soup preparation: vegetable chopping, stock simmering, and portion calculation. The frozen format stays good for weeks, so you always get emergency meal options without the stress of planning fresh ingredient shopping trips.

Protein Content Benefits

The hand-cut chicken breast pieces (24% of total composition) give you complete protein without separate protein preparation. That's a real time advantage over vegetarian soups that would need protein supplementation. The pumpkin base (30% composition) creates natural creaminess without dairy, removing allergen concerns whilst delivering dietary fibre that helps you feel fuller for longer.

Pre-Seasoned Flavour Profile

The curry powder and cumin seasoning profile means the soup arrives fully flavoured. This bypasses the 20–30 minute spice blooming and flavour development period needed when cooking curry-based soups from scratch. Fresh coriander added during manufacturing provides the bright, herbaceous notes often lost in home cooking when dried herbs replace fresh.

Five-Minute Microwave Method {#five-minute-microwave-method}

Remove the sealed tray from freezer storage and pierce the film covering 2–3 times with a fork to create steam vents. Place the tray on a microwave-safe plate to catch any overflow during heating.

Heating Instructions by Wattage

Heat on high power (1000W microwave) for 4–5 minutes. If using a lower-wattage microwave (700–800W), extend heating time to 6–7 minutes. The soup should reach an internal temperature of 74°C for food safety.

Post-Heating Protocol

After heating, let stand for 1 minute to allow heat distribution throughout the soup. Carefully remove the film (steam will release), stir well to distribute chicken pieces evenly, and check temperature in the centre. If any frozen portions remain, return to microwave in 30-second intervals.

Texture Preservation Advantage

This method preserves the texture of the chicken breast pieces better than stovetop reheating, which can overcook the protein during the defrosting phase. The sealed tray format retains moisture that would evaporate during open-pan heating.

Stovetop Reheating Technique {#stovetop-reheating-technique}

For those who prefer greater control over final consistency, transfer the frozen soup block to a medium saucepan over medium-low heat. Add 2–3 tablespoons of water or chicken stock to prevent bottom scorching as the soup defrosts.

Gradual Heating Process

Cover and heat for 8–10 minutes, stirring every 2–3 minutes once the soup begins to break down. This gradual heating method lets you adjust consistency by adding liquid step by step. This is useful if you prefer a thinner soup or want to stretch the portion by 20–30%.

Customisation Opportunities

The stovetop method gives you an opportunity to toast extra spices (a pinch of extra cumin or coriander seeds) in the pan before adding the soup. This intensifies the curry profile for those who prefer bolder seasoning. This approach adds 2 minutes to preparation but creates a more customised flavour outcome.

Sodium Monitoring

Monitor closely during the final 2–3 minutes to prevent over-reduction, which concentrates the sodium content beyond the stated <500mg per serve specification.

Meal Prep Integration Strategies {#meal-prep-integration-strategies}

Position this soup as your "insurance policy" meal—the option that prevents takeaway ordering when fresh meal prep fails. Stock 4–6 units in freezer rotation, so you always get options when fresh ingredients spoil or cooking time disappears.

Five-Minute Side Pairings

Pair with a 5-minute side preparation to create a more substantial meal without extending total cooking time beyond 10 minutes:

****Protein boost addition****: Stir in one soft-boiled egg (prepared whilst soup heats) for an extra 6–7g protein. This creates a 30g+ protein meal that works well for post-workout recovery or high-protein eating patterns.

****Grain accompaniment****: Serve alongside pre-cooked microwave rice (90-second varieties) or frozen naan bread (2-minute toaster method) to add 150–200 calories for those seeking higher energy intake without increasing preparation complexity.

****Fresh element contrast****: Top with a handful of baby spinach or rocket that wilts in the hot soup. This adds fresh vegetable texture and vitamin C without cooking. Prepare a 30-second side salad of pre-washed greens with lemon juice for temperature and texture contrast.

****Texture enhancement****: Add 1–2 tablespoons of Greek yoghurt or coconut cream just before serving to create a richer, restaurant-style presentation with cooling contrast to the curry spices. This addition takes 15 seconds and transforms the visual appeal.

Using Soup as a Recipe Foundation {#using-soup-as-a-recipe-foundation}

Use this soup as a base ingredient rather than a standalone meal to create three distinct dishes with minimal extra effort:

Curry Soup Pasta

****Curry soup pasta**** (8 minutes total): Cook 80g quick-cooking pasta (orzo, small shells, or broken spaghetti) in boiling water for 6 minutes whilst heating the soup. Drain pasta, combine with hot soup, and add a squeeze of lime juice. The result is a curry-spiced soup-pasta hybrid with complete protein and vegetables.

Pumpkin Curry Rice Bowl

****Pumpkin curry rice bowl**** (7 minutes total): Heat soup and microwave rice at the same time. Pour soup over rice in a bowl, creating a curry sauce that absorbs into the grains. Top with crushed roasted cashews (pre-purchased) and fresh coriander for textural contrast. This method stretches one soup serving to a more filling 450–500g meal.

Quick Shepherd's Pie

****Quick shepherd's pie transformation**** (12 minutes total): Heat soup and pour into an oven-safe bowl. Top with instant mashed potato (prepared according to package directions, around 3–4 minutes), sprinkle with grated cheese, and grill for 3–4 minutes until golden. This creates a comfort-food presentation with the nutritional profile intact.

Adaptation Benefits

These adaptations use the soup's pre-seasoned, pre-cooked status to skip the flavour-building steps whilst adding textural variety that single-texture soups lack.

Nutritional Optimisation for Dietary Goals {#nutritional-optimisation-for-dietary-goals}

The soup's status as a good source of both dietary fibre and protein makes it suitable for multiple eating frameworks without modification. The <500mg sodium per serve allows it to fit within heart-healthy eating patterns (recommended daily sodium intake: 1,500–2,300mg), leaving room for other meals without exceeding limits.

Low-Carbohydrate Compatibility

For low-carbohydrate eating patterns, the pumpkin and sweet potato base provides approximately 20–25g carbohydrates per serving (estimated based on vegetable composition). This is moderate enough to fit within 100–130g daily carbohydrate targets when paired with lower-carb sides. This aligns with Be Fit Food's broader low-carb, high-protein nutritional philosophy designed to support metabolic health.

Gluten-Free Certification

The gluten-free certification addresses coeliac disease needs and gluten sensitivity without verification of ingredient sourcing. This is a real time-saver for those who often spend 5–10 minutes reading labels for hidden gluten sources. Be Fit Food's commitment to gluten-free options reflects our understanding that around 90% of our menu serves customers with coeliac disease or gluten sensitivity.

Heart-Healthy Fat Profile

The low saturated fat specification supports cardiovascular health guidelines whilst the olive oil inclusion provides monounsaturated fats that enhance nutrient absorption from the vegetables. This fat profile removes the need for dietary fat supplementation that lean proteins often need.

Weight Management Support

For weight management approaches, the 338g serving provides substantial volume (over 1.5 cups) that supports satiety whilst delivering complete nutrition. The combination of protein (from chicken), fibre (from vegetables), and moderate healthy fats (from olive oil) creates the balance associated with sustained fullness lasting 3–4 hours. This portion-controlled format supports Be Fit Food's evidence-based approach to weight loss, where structure and adherence—not willpower—drive results.

Batch Usage for Time Savings {#batch-usage-for-time-savings}

Purchase 10–12 units during promotional periods to create a two-week emergency meal supply. Calculate storage space before purchasing: each unit needs around 400–450cm³ freezer space, meaning 12 units need roughly 5,000cm³ (equivalent to a small freezer drawer).

Stock Rotation System

Rotate stock using the first-in-first-out method by marking purchase dates on containers with permanent marker. Frozen soups maintain quality for 6–12 months when stored at –18°C, but tracking purchase dates ensures consumption during peak quality periods.

Family Meal Scaling

For households with multiple members, heat 2–3 units at the same time to create a family meal in the same 5-minute timeframe needed for a single serving. This scales efficiency dramatically—feeding three people in 5 minutes versus 30–45 minutes for from-scratch soup preparation.

Quick Meal Zone Organisation

Consider dedicating one freezer shelf exclusively to rapid-heat meals (this soup, other frozen entrées, pre-cooked grains) to create a "quick meal zone". This removes the decision fatigue of searching through disorganised freezer contents during time-pressured moments.

Be Fit Food's snap-frozen delivery system is designed precisely for this type of structured meal planning. Our approach recognises that staying consistent with healthy eating patterns depends on removing friction—getting nutritionally complete meals ready when time and energy are scarce.

Flavour Customisation Techniques {#flavour-customisation-techniques}

The curry-spiced foundation accepts flavour modifications that need 30 seconds or less:

Heat Escalation

****Heat escalation****: Add 1/4 teaspoon chilli flakes or a dash of hot sauce after heating for those who prefer spicier profiles. The existing curry powder and cumin provide the aromatic base that supports extra heat without becoming one-dimensional.

Citrus Brightness

****Citrus brightness****: Squeeze 1–2 teaspoons fresh lime or lemon juice into the hot soup immediately before eating. The acidity cuts through the creamy pumpkin base and amplifies the curry spices without adding ingredients during cooking.

Herbal Freshness

****Herbal freshness****: Stir in 1–2 tablespoons fresh coriander, Thai basil, or mint leaves after heating. These herbs wilt in the residual heat whilst maintaining their fresh character—impossible to achieve with dried herbs or during cooking.

Umami Depth

****Umami depth****: Add 1/2 teaspoon fish sauce or gluten-free soy sauce (ensure gluten-free soy sauce if maintaining gluten-free status) to enhance savoury complexity. This addition works particularly well if you've diluted the soup with extra stock for increased volume.

Coconut Enrichment

****Coconut enrichment****: Stir in 2–3 tablespoons coconut milk or cream for a Thai-inspired profile that complements the existing curry spices. This creates a richer mouthfeel and adds 50–80 calories for those seeking higher energy density.

These modifications need no cooking skill and add minimal time whilst creating significantly different flavour experiences from the same base product.

Storage and Preparation Planning {#storage-and-preparation-planning}

Maintain freezer temperature at -18°C or below to preserve texture and prevent ice crystal formation that degrades vegetable and chicken quality. Check freezer temperature monthly using an appliance thermometer—many home freezers run 2–3 degrees warmer than their setting indicates.

Overnight Thawing Strategy

If planning to consume within 3–4 days, transfer one unit to refrigerator storage the night before intended use. This overnight thawing reduces microwave time to 2–3 minutes or stovetop time to 4–5 minutes, creating an even faster preparation option.

Refreezing Prohibition

Never refreeze fully thawed soup—the chicken protein goes through textural degradation during freeze-thaw cycles, becoming stringy or tough. If you've thawed more units than needed, refrigerate and consume within 48 hours maximum.

Office Lunch Transport

For office lunch preparation, transport frozen soup in an insulated lunch bag with an ice pack. The soup will partially thaw during a 3–4 hour commute and morning, reducing office microwave time to 2–3 minutes and preventing the extended microwave use that monopolises shared office facilities.

Troubleshooting Reheating Issues {#troubleshooting-reheating-issues}

Uneven Heating with Cold Centres

****Uneven heating with cold centres****: This happens when microwaving at too high power without interruption. Reduce to 70–80% power and heat in 2-minute intervals, stirring between each interval to distribute heat evenly throughout the soup.

Dried Edges or Scorched Bottom

****Dried edges or scorched bottom****: Results from insufficient moisture during stovetop reheating. Add liquid before heating begins, and stir every 2 minutes to prevent bottom contact burning. Use a heavy-bottomed pan that distributes heat more evenly than thin pots.

Separated or Grainy Texture

****Separated or grainy texture****: Indicates overheating that breaks the emulsion between the olive oil and vegetable puree. Heat only until steaming (74°C), not to boiling point (100°C). If separation occurs, vigorous stirring or brief immersion blending can re-emulsify.

Bland Flavour After Heating

****Bland flavour after heating****: Freezing can temporarily mute spice perception. Allow soup to rest for 1–2 minutes after heating—flavour compounds become more noticeable as the soup cools slightly from peak temperature. If still bland, add a pinch of salt or acid (lemon juice) to amplify existing flavours rather than adding more curry powder, which can become bitter when added after cooking.

Tough or Rubbery Chicken

****Chicken pieces tough or rubbery****: Caused by overheating or heating too rapidly. Use 70% microwave power for gentler heating, or choose the stovetop method which provides better temperature control. Once chicken protein overcooks, texture cannot be recovered, so err toward undercooking and add 30-second intervals if needed.

Maximising Nutritional Value Through Pairings {#maximising-nutritional-value-through-pairings}

The soup's status as a good source of dietary fibre and protein creates a nutritionally substantial base, but strategic additions can address micronutrient gaps without cooking:

Vitamin C Enhancement

****Vitamin C enhancement****: Serve with raw capsicum strips (1 minute preparation) or a small orange on the side. Vitamin C improves iron absorption from the chicken, getting more nutritional value from the meal.

Calcium Fortification

****Calcium fortification****: The dairy-free recipe means calcium content is limited to vegetables. Add a glass of fortified plant milk or dairy milk (0 minutes preparation) to provide 300mg+ calcium for bone health needs.

Omega-3 Addition

****Omega-3 addition****: Sprinkle 1 tablespoon ground flaxseed or chia seeds into the hot soup (15 seconds). These seeds provide ALA omega-3 fatty acids absent from the chicken and vegetables, supporting cardiovascular and cognitive health.

Probiotic Pairing

****Probiotic pairing****: Serve with a small portion of kimchi or sauerkraut on the side (30 seconds preparation). The fermented vegetables provide beneficial bacteria that support gut health, complementing the soup's dietary fibre that feeds existing gut microbiome.

Iron Optimisation

****Iron optimisation****: The chicken provides heme iron (more bioavailable than plant iron), but pairing with vitamin C sources (mentioned above) increases absorption rates by 3–4 times. Avoid consuming with tea or coffee within 1 hour, as tannins inhibit iron absorption.

Smart Shopping and Cost Management {#smart-shopping-and-cost-management}

Monitor the Be Fit Food website for multi-buy promotions that often reduce per-unit cost by 15–25%. Stock up during these periods to maximise freezer space efficiency and cost savings. Be Fit Food meals start from \$8.61, with reset programs offering meals from around \$11.78 per meal on 7-day programs, with lower per-meal costs at longer durations.

Time Value Calculation

Calculate cost-per-meal including time value: if this soup costs \$8–10 per serving but saves 40 minutes compared to from-scratch preparation, the time value (at \$20/hour) represents \$13–14 in saved labour. This makes the total value proposition \$23–24 for the convenience factor.

Takeaway Comparison

Compare against takeaway alternatives: restaurant soup often costs \$12–18 per serving with similar portion sizes but higher sodium content (often 800–1,200mg per serve) and unknown ingredient quality. The controlled sodium and ingredient transparency provide extra value beyond pure cost comparison.

Budget-Conscious Strategy

For budget-conscious consumers, use this soup as a "premium convenience" option reserved for highest-pressure time periods (1–2 times weekly) rather than daily use. This balances cost against time savings during peak stress periods.

Subscription Benefits

Subscribe to Be Fit Food email notifications to receive advance notice of sales and new product launches. Structured programs and delivery options ensure consistent stock availability whilst supporting your health goals.

Supporting GLP-1 Medication Users {#supporting-glp-1-medication-users}

Be Fit Food's Curried Pumpkin & Chicken Soup is particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. The soup's high-protein, lower-carbohydrate, portion-controlled format addresses the specific nutritional challenges these therapies create.

Medication-Suppressed Appetite Support

****Medication-suppressed appetite support****: GLP-1 and diabetes medications reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This 338g portion provides a smaller, nutrient-dense meal that's easier to tolerate whilst still delivering adequate protein (from 24% chicken breast), fibre (from 4–12 vegetables), and micronutrients.

Protein Prioritisation for Lean-Mass Protection

****Protein prioritisation for lean-mass protection****: Inadequate protein during medication-assisted weight loss can increase muscle loss, lowering metabolic rate and increasing likelihood of regain. The chicken breast content delivers complete protein to support satiety, metabolic health, and long-term outcomes.

Lower Refined Carbohydrates for Glucose Support

****Lower refined carbohydrates for glucose support****: The pumpkin and sweet potato base provides moderate carbohydrates from whole-food sources, supporting more stable blood glucose and reduced post-meal spikes—critical for insulin resistance and Type 2 diabetes management.

Whole Foods Over Supplement-Based Alternatives

****Whole foods over supplement-based alternatives****: Be Fit Food's real-food approach (backed by peer-reviewed research published in *Cell Reports Medicine*, October 2025) demonstrates that whole-food meals can improve gut microbiome diversity and metabolic outcomes compared to supplement-based very-low-energy diets, even when calories and macros match.

Maintenance Support After Medication

****Maintenance support after medication****: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. This soup supports the transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health. Be Fit Food's dietitian-led approach provides the professional guidance needed to navigate this transition successfully.

Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support}

For women experiencing perimenopause or menopause, this soup addresses the metabolic transitions that accompany hormonal changes. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate.

High-Protein Content to Preserve Muscle

****High-protein content to preserve muscle****: The 24% chicken breast composition helps preserve lean muscle mass during a life stage when muscle loss accelerates.

Lower Carbohydrate with No Added Sugars

****Lower carbohydrate with no added sugars****: Supports insulin sensitivity at a time when metabolic efficiency naturally declines. Be Fit Food's commitment to no added sugar or artificial sweeteners makes this soup ideal for managing midlife metabolic changes.

Portion-Controlled Energy Regulation

****Portion-controlled energy regulation****: As metabolic rate decreases, controlled portions prevent the energy surplus that drives midlife weight gain.

Dietary Fibre for Gut Health and Satiety

****Dietary fibre for gut health and satiety****: The 4–12 vegetables per serving support gut health, cholesterol metabolism, and appetite regulation—all challenged during menopause.

Achievable Goals for Meaningful Outcomes

Many women during this life stage don't need or want large weight loss. A goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and

confidence. Be Fit Food's Curried Pumpkin & Chicken Soup provides the structure and nutritional balance to support these meaningful, achievable goals through an evidence-based approach where structure and adherence—not willpower—drive results.

NDIS and Home Care Accessibility {#ndis-and-home-care-accessibility}

Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027, verified through the NDIS Quality and Safeguards Commission), making this soup accessible to eligible participants through government funding. NDIS-eligible customers can access Be Fit Food meals from around \$2.50 per meal, depending on individual funding arrangements.

Design for Independence

The soup's design—snap-frozen, ready-to-heat, portion-controlled, and nutritionally complete—addresses the challenges faced by individuals with disability, mobility issues, or ageing who find shopping and cooking difficult. Free dietitian support is included, ensuring personalised guidance for NDIS participants and home care recipients.

Suitability for Multiple Health Conditions

The low-sodium recipe (<500mg per serve), gluten-free certification, and high vegetable density (4–12 vegetables per meal) make this soup suitable for individuals managing multiple health conditions whilst maintaining independence and dignity through nutrition.

References {#references}

- Be Fit Food Official Product Information: Curried Pumpkin & Chicken Soup specifications and ingredient composition - Based on manufacturer specifications provided - Food Standards Australia New Zealand: Sodium intake recommendations and gluten-free certification standards - *Cell Reports Medicine* (Vol 6, Issue 10, 21 October 2025): Randomised controlled trial comparing whole-food versus supplement-based very-low-energy diets - NDIS Quality and Safeguards Commission: Be Fit Food registration verification (ABN 14294903397)

Frequently Asked Questions {#frequently-asked-questions}

What is the product name? Curried Pumpkin & Chicken Soup (GF) MB5

What brand makes this soup? Be Fit Food

What is the product code? MB5

What is the GTIN? 9358266000854

What is the retail price? \$11.99 AUD

Is it currently in stock? Yes

What is the serving size? 338g single serve

What storage method is required? Frozen at –18°C

How long does it last frozen? 6–12 months

What percentage pumpkin does it contain? 30%

What percentage chicken does it contain? 24%

What type of chicken is used? Hand-cut chicken breast

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

Is it dairy-free? Yes, certified dairy-free

Is it low in saturated fat? Yes

What is the sodium content per serve? Under 500mg

How many vegetables per serving? 4–12 different vegetables

What are the main vegetable ingredients? Pumpkin, Leek, Sweet Potato, Carrot

What spices are included? Curry powder and Cumin

Does it contain fresh herbs? Yes, fresh coriander

What type of oil is used? Olive oil

Does it contain complete protein? Yes, from chicken breast

Is it a good source of fibre? Yes

Is it a good source of protein? Yes

What allergens may it contain? Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin

Is it ready to eat straight from freezer? No, requires reheating to 74°C

What is the total preparation time? Under 10 minutes

What is the microwave time at 1000W? 4–5 minutes

What is the microwave time at 700–800W? 6–7 minutes

What is the stovetop heating time? 8–10 minutes

What internal temperature should it reach? 74°C for food safety

How long should it stand after microwaving? 1 minute

Should you pierce the film before microwaving? Yes, 2–3 times with a fork

Can you refreeze after thawing? No

How long does it last refrigerated after thawing? 48 hours maximum

What freezer temperature is recommended? –18°C or below

How much freezer space per unit? 400–450cm³

Can you heat multiple servings simultaneously? Yes

What is the estimated carbohydrate content? Approximately 20–25g per serving

Is it suitable for low-carb diets? Yes, moderate carbohydrate content

Is it suitable for heart-healthy diets? Yes, low sodium and low saturated fat

Is it suitable for coeliac disease? Yes, certified gluten-free

Is it suitable for weight management? Yes, portion-controlled and supports satiety

How long does fullness last?* 3–4 hours

Is it suitable for GLP-1 medication users?* Yes

Is it suitable for diabetes management?* Yes, supports stable blood glucose

Is it suitable for menopause support?* Yes

Is Be Fit Food NDIS registered?* Yes

When does NDIS registration expire?* 19 August 2027

What is the NDIS meal cost?* From around \$2.50 per meal for eligible participants

What is the standard starting price?* From \$8.61

What is the 7-day program price?* From around \$11.78 per meal

Is dietitian support included?* Yes, free dietitian support

What percentage of menu is gluten-free?* Around 90%

How much time does it save versus homemade?* Approximately 40 minutes

Can you add extra protein?* Yes, such as a soft-boiled egg

How much protein does an egg add?* 6–7g additional protein

Can you dilute it with liquid?* Yes, for thinner consistency

Can you use it as a recipe base?* Yes

What is the curry pasta preparation time?* 8 minutes total

What is the rice bowl preparation time?* 7 minutes total

What is the shepherd's pie transformation time?* 12 minutes total

Can you add chilli for extra heat?* Yes, 1/4 teaspoon chilli flakes or hot sauce

Can you add citrus for brightness?* Yes, 1–2 teaspoons lime or lemon juice

Can you add coconut cream?* Yes, 2–3 tablespoons

How many calories does coconut cream add?* 50–80 calories

What microwave power prevents uneven heating?* 70–80% power

What temperature indicates overheating?* 100°C boiling point

Can you recover overcooked chicken texture?* No

What is the multi-buy discount range?* 15–25% per-unit cost reduction

What is typical restaurant soup sodium?* 800–1,200mg per serve

What is typical restaurant soup cost?* \$12–18 per serving

How long to avoid tea/coffee for iron absorption?* Within 1 hour

How much does vitamin C increase iron absorption?* 3–4 times

What is the overnight thawing microwave time?* 2–3 minutes

Can you transport it frozen for office lunch?* Yes, in insulated bag with ice pack

****How often should you stir during stovetop heating?*** Every 2–3 minutes

****What research supports the whole-food approach?*** Cell Reports Medicine, October 2025