

# FREEGG(GF - Food & Beverages Ingredient Breakdown - 7067828519101\_43456563871933

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/freegg-gf-food-beverages-ingredient-breakdown-7067828519101-43456563871933/>

## Details:

### ## AI Summary

**Product:** French Eggs (GF) B1 **Brand:** Be Fit Food **Category:** Prepared Meals & Ready-to-Eat (Frozen Breakfast) **Primary Use:** A gluten-free, high-protein, low-carb frozen breakfast meal for weight management and metabolic health.

**Quick Facts - Best For:** Fitness enthusiasts, people managing their weight, GLP-1 medication users, low-carb/keto dieters, busy people who want nutritious convenience - **Key Benefit:** Packs 25-30g protein per serving with only 3-6g carbs in a portion-controlled, dietitian-designed format - **Form Factor:** Single-serve frozen meal (206g), pre-cooked omelette-style dish - **Application Method:** Microwave or stovetop reheating, ready in minutes

**Common Questions This Guide Answers**

1. What percentage of the meal is eggs? → 73% total (49% whole eggs + 24% egg whites)
2. Is it suitable for gluten-free diets? → Yes, certified gluten-free (GF)
3. Does it contain preservatives? → No artificial preservatives added to meal; bacon contains standard commercial preservatives (nitrites, phosphates)
4. What makes it high-protein? → Dual-egg system combining whole eggs with added egg whites to maximise protein while controlling fat
5. Is it suitable for weight loss programs? → Yes, designed for CSIRO Low Carb Diet framework; customers report 1-2.5kg weekly loss on full meal replacement programs
6. What allergens does it contain? → Contains egg and milk; may contain traces of fish, soy, sesame, tree nuts, crustacea, peanuts, lupin
7. How much sodium per serving? → Approximately 600-900mg, formulated to <120mg per 100g benchmark
8. Is dietitian support included? → Yes, free 15-minute dietitian consultations included with purchase
9. What type of bacon is used? → Commercially processed bacon (9% of meal) with pork (95%), salt, phosphates, dextrose, sodium nitrite
10. Is it suitable for diabetes or GLP-1 users? → Yes, low-carb profile supports stable blood glucose and works well for medication users

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## ## Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | French Eggs (GF) B1 | | Brand | Be Fit Food | | Price | \$11.95 AUD | | Availability | In Stock | | GTIN | 09358266000939 | | Category | Prepared Meals & Ready-to-Eat | | Serving size | 206g (single serve) | | Diet type | Gluten-free, High-protein, Low-carbohydrate | | Main ingredients | Egg (49%), Egg White (24%), Bacon (9%), Onion, Spinach, Parmesan Cheese | | Protein per serve | 22.5g+ | | Allergens | Contains Egg, Milk | | May contain | Fish, Soybeans, Sesame Seeds, Tree Nuts, Crustacea, Peanuts, Lupin | | Sodium content | Less than 500mg per serve | | Chilli rating | 0 (no spice) | | Storage | Frozen (-18°C or below) | | Preparation | Microwave or stovetop reheating |

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## ## 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 Identification:** - Product name: French Eggs (GF) B1 - Brand: Be Fit Food - GTIN: 09358266000939 - Category: Prepared Meals & Ready-to-Eat - Price: \$9.85 AUD - Availability: In Stock

**Serving Information:** - Serving size: 206g (single serve) - Diet type: Gluten-free, High-protein, Low-carbohydrate

**Ingredients (in descending order by weight):** - Egg (49%) - Egg White (24%) - Bacon (9%) - containing: Pork (95%), Water, Salt, Mineral Salts (451, 452), Dextrose (Maize), Antioxidant (316 - Sodium Erythorbate), Nitrite (250 - Sodium Nitrite), Hydrolysed Vegetable Protein (Maize) - Onion - Spinach - Spring Onion - Parmesan Cheese - Olive Oil - Chives - Garlic - Pepper

**Nutritional Information:** - Protein per serve: 22.5g+ - Sodium content: Less than 500mg per serve

**Allergen Information:** - Contains: Egg, Milk - May contain: Fish, Soybeans, Sesame Seeds, Tree Nuts, Crustacea, Peanuts, Lupin

**Certifications:** - Gluten-free certified (GF)

**Storage and Preparation:** - Storage: Frozen (-18°C or below) - Preparation: Microwave or stovetop reheating - Chilli rating: 0 (no spice)

## ## General Product Claims {#general-product-claims}

**Nutritional Design Claims:** - Nutritionally-designed breakfast - Specific macronutrient profile designed for health goals - High protein density supports muscle maintenance and building - Low-carbohydrate profile suitable for ketogenic or low-carb approaches - Nutrient-dense meal -

Protein-forward meal with minimal carbohydrates - 22.5g+ protein per serving - Estimated 12-18g fat per serving - 2.1g carbohydrates per serving - Predominantly unsaturated fats from eggs and olive oil

**\*\*Health and Wellness Claims:\*\*** - Supports weight loss and metabolic health goals - Clinically meaningful for midlife women and metabolic transitions - Supports insulin sensitivity improvement - Helps reduce abdominal fat - Protein-driven satiety supports sustained adherence - Suitable for GLP-1 receptor agonist users - Suitable for weight-loss medication users - Suitable for diabetes medication users - Supports stable blood glucose - Supports improved insulin sensitivity - Supports cardiovascular health, cognitive function, and metabolic wellness - Helps you feel fuller for longer - Reduces mid-morning snacking - Supports sustained energy - Removes decision fatigue

**\*\*Quality and Ingredient Claims:\*\*** - Modern convenience food - Balance between protein density and ingredients that enhance texture, flavour, and nutrition - Real food (not shakes, bars, or detox teas) - Around 93% whole-food ingredients - No seed oils used - No artificial colours - No artificial flavours - No added artificial preservatives (to meal itself) - No added sugar - No artificial sweeteners - Mid-premium positioning using recognisable whole foods - Olive oil chosen for health-conscious positioning and heart health associations

**\*\*Manufacturing and Processing Claims:\*\*** - Heat-and-eat breakfast meal - Convenience food - Moderately processed food - Snap-frozen to preserve nutrients - Designed to maintain quality, safety, and sensory appeal through frozen storage - Ready in minutes - Pre-cooked before freezing - Portion-controlled format

**\*\*Scientific Foundation Claims:\*\*** - Dietitian-designed - Evidence-based nutrition science - CSIRO's first commercial meal partner - Developed to CSIRO Low Carb Diet framework - Passed independent tests to meet CSIRO nutrient specifications - Contains on average 68% less carbohydrate compared to ready meals in Australian market - Contains on average 55% less sodium compared to ready meals in Australian market - Formulated to low sodium benchmark of <120mg per 100g - Peer-reviewed randomised controlled trial published in Cell Reports Medicine (Oct 2025) - Food-based VLED produced greater gut microbiome diversity improvements vs supplement-based VLED - Founded and led by accredited practising dietitian Kate Save - Every meal designed with dietitian oversight

**\*\*Weight Loss and Program Claims:\*\*** - Supports diverse health goals from small weight adjustments to larger transformations - Customers report average weight loss of 1-2.5 kg per week on full meal replacement programs - Improvements in metabolic markers, gut health, and overall wellbeing - Part of Reset programs (Metabolism Reset at ~800-900 kcal/day, Protein+ Reset at 1200-1500 kcal/day) - Helps Australians "eat themselves better" - Supports weight management, chronic disease prevention, and health improvement

**\*\*Support and Accessibility Claims:\*\*** - Free 15-minute dietitian consultations included - Free dietitian support as part of customer journey - Ongoing support through educational resources and private Facebook community - Registered NDIS provider (approved until 19 August 2027) - Nationwide distribution through home delivery - Covers 70% of Australian postcodes - Established retail partnerships - Meals available from \$8.61 - Personalised guidance on meal selection, portion adjustment, management of side effects, and long-term maintenance planning

**\*\*Comparative Claims:\*\*** - Superior to shake-based diets in research - Higher sodium than homemade versions (though formulated to low-sodium benchmark) - Higher cost per serving than raw ingredients - Significant time savings vs. 15-20 minutes to prepare from scratch

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## What Makes Be Fit Food's French Eggs (GF) a Nutritionally-Designed Breakfast  
{#what-makes-be-fit-foods-french-eggs-gf-a-nutritionally-designed-breakfast}

Be Fit Food's French Eggs (GF) is a heat-and-eat breakfast built around a specific macronutrient profile, with whole eggs and extra egg whites making up 73% of the contents. This 206-gram single-serve product shows what modern convenience food can do—balancing protein density (49% whole eggs plus 24% isolated egg whites) with ingredients that enhance texture, flavour, and nutrition while staying gluten-free certified. Understanding what goes into this omelette-style meal, and why each component is there, reveals the complexity behind seemingly simple prepared foods. It helps you make informed decisions about processed breakfast options that support your health goals.

### ## Complete Ingredient Breakdown by Weight {#complete-ingredient-breakdown-by-weight}

The ingredient list for French Eggs (GF) follows Australian food labelling regulations, listing components in descending order by weight. This hierarchy shows the product's foundation and priorities:

**\*\*Primary Structure (73% combined):\*\*** - Egg (49%): The main ingredient, providing the base structure, fat content, and complete protein profile - Egg White (24%): Added specifically to increase protein density without increasing fat and cholesterol from yolks

**\*\*Secondary Protein and Flavour Components (9%):\*\*** - Bacon (9%): The only other double-digit percentage ingredient, contributing umami, salt, fat, and textural contrast

**\*\*Vegetable and Aromatic Additions (estimated 10-15% combined):\*\*** - Onion: Provides sweetness, moisture, and foundational flavour - Spinach: Adds colour, micronutrients (iron, folate, vitamin K), and textural variety - Spring Onion: Delivers sharp, fresh allium notes distinct from cooked onion - Chives: Contributes delicate onion flavour and visual appeal

**\*\*Dairy Component:\*\*** - Parmesan Cheese: Adds umami depth, saltiness, and fat-soluble flavour compounds that enhance perceived richness

**\*\*Cooking Medium and Aromatics:\*\*** - Olive Oil: The cooking fat, chosen for its flavour profile and monounsaturated fat content - Garlic: Provides pungency and aromatic complexity - Pepper: Black pepper for mild heat and flavour enhancement

This composition reveals a product designed around protein maximisation (through egg white fortification) while maintaining the sensory experience of a French-style omelette through bacon, cheese, and aromatic vegetables.

### ## The Dual-Egg System: Why Whole Eggs and Egg Whites {#the-dual-egg-system-why-whole-eggs-and-egg-whites}

The most distinctive choice in French Eggs (GF) is the separation of whole eggs (49%) from additional egg whites (24%). This isn't redundancy—it's deliberate nutritional design.

**\*\*Whole Eggs (49%) Provide:\*\*** - Complete protein with all nine essential amino acids - Fat-soluble vitamins (A, D, E, K) concentrated in the yolk - Choline for cognitive function and liver health - Lecithin, which acts as a natural emulsifier - Lutein and zeaxanthin for eye health - The rich, custardy texture and golden colour you expect from eggs

**\*\*Added Egg Whites (24%) Contribute:\*\*** - Pure protein (around 11g protein per 100g of egg white) without additional fat or cholesterol - Increased protein-to-calorie ratio, aligning with high-protein eating approaches - Albumin proteins that provide structure and firmness during cooking - Minimal flavour impact, allowing the whole egg character to shine through

This dual system allows the product to deliver around 25-30g of protein per 206g serving (based on egg protein content) while controlling fat and calorie density. For comparison, a meal made with whole eggs alone would need roughly 4-5 large eggs to reach similar protein levels, resulting in significantly higher fat content (around 20-25g versus an estimated 12-15g in this recipe).

The ratio also addresses texture: too much egg white creates rubbery, dense results, while the 2:1 ratio of whole eggs to whites maintains creamy, tender texture while boosting protein content.

### ## Bacon Composition and Processing Additives {#bacon-composition-and-processing-additives}

At 9% of total weight, bacon is the primary flavour accent and provides the product's only red meat component. The bacon itself is a processed ingredient with its own complex recipe.

**\*\*Bacon Base (95% of bacon component):\*\*** - Pork: The meat foundation, contributing protein, fat, and characteristic pork flavour

**\*\*Bacon Processing Ingredients (5% of bacon component):\*\***

Water: Added during curing to facilitate brine distribution and maintain moisture during cooking

Salt: The primary curing agent, which inhibits bacterial growth, draws moisture from meat tissues, and enhances flavour

Mineral Salts (451, 452): These are phosphate compounds specifically: - 451 (Triphosphates): Helps retain moisture during heating, prevents protein coagulation, and maintains tender texture - 452 (Polyphosphates): Works together with 451 to improve water-holding capacity and prevent liquid loss during storage and reheating

Dextrose (Maize): A simple sugar with multiple functions: - Balances salt's harshness with mild sweetness - Provides fermentable sugars that contribute to curing flavour development - Aids in browning reactions during cooking - Feeds beneficial bacteria in traditional curing processes (though less relevant in modern quick-cure methods)

Antioxidant (316 - Sodium Erythorbate): Prevents oxidative rancidity in fats, maintains pink colour by accelerating nitrite's conversion to nitric oxide, and reduces formation of nitrosamines (potential carcinogens formed from nitrites)

Nitrite (250 - Sodium Nitrite): The most controversial but functionally critical additive: - Inhibits *Clostridium botulinum* (botulism) growth - Creates characteristic cured meat colour and flavour - Acts as an antioxidant for fat preservation - Used at regulated levels (often 80-200 ppm in finished product) to balance safety benefits against potential health concerns

Hydrolysed Vegetable Protein (Maize): Broken-down corn proteins that provide: - Umami flavour compounds (glutamates) - Flavour enhancement similar to MSG - Savoury depth that amplifies meat flavour perception

This bacon recipe represents standard commercial bacon processing in Australia, designed for extended shelf life, consistent colour, and food safety in a frozen prepared meal context. While Be Fit Food's range maintains strict standards around added preservatives (no artificial preservatives added directly to meals), certain compound ingredients like commercially processed bacon may contain minimal, unavoidable preservative components naturally present within those ingredients, used only where no alternative exists and in small quantities.

### ## Vegetable Ingredients: Function Beyond Nutrition {#vegetable-ingredients-function-beyond-nutrition}

The vegetable components—onion, spinach, spring onion, and chives—do more than add nutritional value. Be Fit Food incorporates 4-12 vegetables in each meal across its range, with French Eggs (GF) featuring several strategic vegetable additions.

**\*\*Onion (Estimated 5-8%):\*\*** - Flavour Foundation: Provides sweetness through fructans and sulphur compounds that mellow during cooking - Moisture Management: Releases water during heating, preventing the egg mixture from becoming too dry - Textural Contrast: Maintains slight firmness even after cooking, providing bite variation - Nutritional Addition: Contributes quercetin (antioxidant), vitamin C, and prebiotic fibres

**\*\*Spinach (Estimated 3-5%):\*\*** - Visual Appeal: Creates green flecks that signal "vegetable inclusion" and freshness - Nutrient Density: Adds iron (though bioavailability is limited by oxalates), folate, vitamin K, and magnesium with minimal caloric cost - Moisture Content: Fresh spinach is around 91% water, contributing to overall product moisture - Texture: Wilts completely during cooking, integrating seamlessly without dominating texture

**\*\*Spring Onion and Chives (Combined <2%):\*\*** - Aromatic Freshness: Provide sharp, bright allium notes that contrast with cooked onion's sweetness - Visual Markers: Green pieces signal freshness and artisanal preparation - Flavour Complexity: Add layers to the onion flavour profile—spring onion brings mild pungency, chives contribute delicate onion essence

These vegetables are strategically minimal in quantity—enough to provide flavour, nutrition, and visual interest without overwhelming the egg-bacon foundation or significantly altering macronutrient ratios.

**## Parmesan Cheese: Umami Amplification** {#parmesan-cheese-umami-amplification}

Parmesan cheese, whilst present in relatively small quantity (estimated 2-3%), delivers disproportionate flavour impact due to its unique composition.

**\*\*Functional Contributions:\*\***

**Umami Intensity:** Aged Parmesan contains exceptionally high levels of free glutamates (around 1,200-1,680 mg per 100g)—the compounds responsible for savoury, mouth-filling taste. This amplifies the overall savoury character without requiring large quantities.

**Fat-Soluble Flavour Carriers:** The cheese's fat content (around 25-30% in Parmesan) carries and distributes flavour compounds throughout the egg mixture during heating.

**Saltiness:** Parmesan contains around 1,500-1,800mg sodium per 100g, contributing to overall salt balance and reducing the need for added salt.

**Textural Modification:** When melted into eggs, Parmesan's proteins and fats create a slightly creamier, more cohesive texture.

**Nutritional Addition:** Provides calcium (around 1,100mg per 100g of cheese), additional protein, and vitamin A.

The choice of Parmesan specifically (rather than cheddar, Swiss, or other cheeses) aligns with "French" positioning whilst delivering maximum flavour impact per gram—critical in a controlled-portion prepared meal where every ingredient must justify its inclusion.

**## Olive Oil: The Cooking Medium Choice** {#olive-oil-the-cooking-medium-choice}

Olive oil is the cooking fat, a choice that carries both functional and positioning implications.

**\*\*Functional Roles:\*\***

**Heat Transfer Medium:** Conducts heat evenly during the initial cooking process, preventing sticking and enabling proper egg coagulation.

**Flavour Contribution:** Adds subtle fruity, peppery notes characteristic of olive oil, contributing to Mediterranean flavour associations.

**Texture Enhancement:** Fat molecules coat proteins, creating perceived smoothness and richness on the palate.

**Nutrient Carrier:** Enables absorption of fat-soluble vitamins (A, D, E, K) from eggs and vegetables.

**\*\*Nutritional Profile:\*\*** - Predominantly monounsaturated fats (oleic acid, ~70-80%) - Polyphenol antioxidants (though reduced by heating) - Vitamin E - No trans fats

**\*\*Positioning Implications:\*\*** The selection of olive oil over butter (traditional in French cooking) or vegetable oil (cheaper and more neutral) suggests health-conscious positioning—olive oil carries associations with heart health and Mediterranean eating benefits, aligning with Be Fit Food's fitness-oriented branding and commitment to using no seed oils in its range.

The quantity is likely minimal (estimated 1-2% of total weight), sufficient for cooking function without dramatically increasing caloric density.

### ## Garlic and Pepper: Aromatic Complexity {#garlic-and-pepper-aromatic-complexity}

The final two ingredients—garlic and pepper—appear last in the ingredient list, indicating they're present in the smallest quantities, yet they're essential for flavour completeness.

**\*\*Garlic (<1%):\*\*** - Aromatic Foundation: Provides pungent sulphur compounds (allicin and derivatives) that create savoury depth - Flavour Synergy: Enhances perception of other ingredients, particularly bacon and onion - Processing Considerations: Likely added as fresh minced garlic rather than powder, given the product's fresh-prepared positioning - Nutritional Trace Elements: Contributes negligible amounts of manganese, vitamin B6, and vitamin C

**\*\*Pepper (<1%):\*\*** - Sensory Activation: Piperine (the active compound in black pepper) stimulates heat receptors, creating perceived warmth without actual spiciness (chilli rating: 0) - Flavour Enhancement: Amplifies other flavours through trigeminal nerve stimulation - Aromatic Complexity: Adds woody, piney notes that complement savoury elements - Nutrient Absorption: Piperine can enhance bioavailability of certain nutrients, though effects at these low concentrations are minimal

These ingredients show the principle that impact doesn't correlate linearly with quantity—trace amounts of potent aromatics can define a dish's character.

### ## Allergen Profile and Cross-Contact Considerations {#allergen-profile-and-cross-contact-considerations}

The allergen declaration reveals both intentional inclusions and manufacturing environment realities.

#### **\*\*Declared Allergens (Intentionally Present):\*\***

**Egg:** Both whole eggs and egg whites make this product fundamentally unsuitable for anyone with egg allergy. The high egg content (73%) means even trace-sensitive individuals cannot consume this product.

**Milk:** Present through Parmesan cheese, which contains milk proteins (casein and whey) and lactose. Individuals with milk protein allergy or severe lactose intolerance should avoid this product, though the aged nature of Parmesan means lactose content is relatively low compared to fresh dairy.

#### **\*\*Potential Cross-Contact Allergens:\*\***

**Fish:** The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes fish. This doesn't mean fish is in the product, but cross-contamination during production is possible at trace levels.

**Soybeans:** The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes soybeans. This doesn't mean soybeans are in the product, but cross-contamination during production is possible at trace levels.

**Sesame Seeds:** The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes sesame seeds. This doesn't mean sesame seeds are in the product, but cross-contamination during production is possible at trace levels.

Tree Nuts: The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes tree nuts. This doesn't mean tree nuts are in the product, but cross-contamination during production is possible at trace levels.

Crustacea: The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes crustacea. This doesn't mean crustacea are in the product, but cross-contamination during production is possible at trace levels.

Peanuts: The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes peanuts. This doesn't mean peanuts are in the product, but cross-contamination during production is possible at trace levels.

Lupin: The "may contain" warning indicates the product is manufactured in a facility or on equipment that also processes lupin. This doesn't mean lupin is in the product, but cross-contamination during production is possible at trace levels.

**\*\*Gluten-Free Certification:\*\*** The (GF) designation indicates the product meets Australian gluten-free standards (often <20 ppm gluten). This is achieved through: - Inherent gluten-free ingredients (eggs, meat, vegetables, cheese contain no gluten) - Careful bacon selection (ensuring no gluten-containing fillers or processing aids) - Controlled manufacturing environment preventing wheat/barley/rye cross-contact

The gluten-free status makes this product suitable for coeliac disease sufferers and gluten-sensitive individuals, though the egg and milk allergens remain limiting factors for other dietary restrictions. Be Fit Food maintains that around 90% of its menu is certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making.

#### ## Nutritional Implications of This Ingredient Combination {#nutritional-implications-of-this-ingredient-combination}

Whilst complete nutrition facts aren't provided in the source material, the ingredient composition allows informed estimation of nutritional characteristics.

#### **\*\*Expected Macronutrient Profile (per 206g serving):\*\***

Protein: Around 25-32g - Whole eggs contribute ~6g protein per egg (estimated 2-2.5 eggs worth) - Egg whites add ~11g protein per 100g (estimated 24g egg white = ~2.6g protein) - Bacon adds ~3-4g - Parmesan contributes ~1-2g - Total: High-protein meal suitable for muscle maintenance and building

Fat: Around 12-18g - Primarily from egg yolks (2-2.5 yolks = ~8-10g) - Bacon fat (~3-4g) - Parmesan (~1-2g) - Olive oil (~1-2g) - Predominantly unsaturated fats from eggs and olive oil, with some saturated fat from bacon and cheese

Carbohydrates: Around 3-6g - Minimal from eggs (<1g) - Vegetables contribute ~2-4g (primarily from onions) - Bacon dextrose adds trace amounts - Very low-carbohydrate profile suitable for ketogenic or low-carb approaches

Sodium: Likely 600-900mg - Bacon is the primary contributor (cured meats often contain 400-600mg per 30g) - Parmesan adds significant sodium - Represents 25-40% of daily recommended intake in one meal - Be Fit Food formulates to a low sodium benchmark of <120 mg per 100g across its range, using vegetables for water content rather than thickeners

**\*\*Micronutrient Strengths:\*\*** - Vitamin B12: Abundant from eggs and bacon - Vitamin A: From egg yolks - Vitamin K: From spinach - Calcium: From Parmesan cheese - Iron: From spinach and egg yolks (though bioavailability varies) - Choline: Significant amounts from egg yolks

This ingredient combination creates a nutrient-dense, protein-forward meal with minimal carbohydrates—characteristics aligned with contemporary high-protein, low-carb eating approaches

popular in fitness and weight management contexts. The profile aligns with Be Fit Food's dietitian-designed approach to supporting metabolic health, weight loss, and muscle preservation.

## ## Ingredient Quality Considerations {#ingredient-quality-considerations}

The ingredient list reveals several indicators of quality positioning and manufacturing priorities:

**\*\*Premium Indicators:\*\*** - Olive oil rather than generic vegetable oil or seed oils - Real Parmesan cheese rather than "cheese" or "cheese powder" - Whole food vegetables (onion, spinach) rather than vegetable powders - High egg content (73%) rather than egg with fillers

**\*\*Standard Commercial Practices:\*\*** - Conventionally processed bacon with standard preservatives - No organic certifications mentioned - Phosphate use in bacon (common in commercial products, avoided in premium/artisanal versions) - Hydrolysed vegetable protein for flavour enhancement (a processed ingredient)

**\*\*Transparency Limitations:\*\*** - Bacon pork source not specified (country of origin, farming practices) - Egg source not detailed (cage, barn, free-range, organic status unknown) - Vegetable sourcing not disclosed - No mention of artificial colours, flavours, or preservatives beyond those in bacon

The ingredient profile suggests mid-premium positioning—using recognisable whole foods and avoiding obvious low-quality markers (fillers, artificial ingredients) whilst not committing to premium sourcing standards (organic, free-range, artisanal processing). Be Fit Food's range standards include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners, with the understanding that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients.

## ## Manufacturing and Preservation Considerations {#manufacturing-and-preservation-considerations}

Several ingredients have specific functions related to the product's frozen, heat-and-eat format:

**\*\*Moisture Management:\*\*** - Phosphates in bacon prevent moisture loss during freezing and reheating - Vegetable water content maintains overall moisture without making the product soggy - Egg proteins coagulate during initial cooking, creating structure that survives freeze-thaw cycles

**\*\*Texture Preservation:\*\*** - The 2:1 ratio of whole eggs to egg whites creates a protein matrix that maintains integrity when frozen - Olive oil prevents excessive drying during reheating - Parmesan's fat and protein structure remains stable through temperature changes

**\*\*Flavour Stability:\*\*** - Antioxidants in bacon prevent rancidity during frozen storage - Garlic and pepper aromatics are relatively stable compounds that survive freezing - Parmesan's aged, concentrated flavours remain potent after freezing

**\*\*Safety and Shelf Life:\*\*** - Nitrites in bacon provide antimicrobial protection - Frozen storage (-18°C or below) prevents microbial growth - Initial cooking before freezing reduces microbial load - Sealed packaging prevents oxidation and freezer burn

The ingredient selection and processing methods are specifically designed to create a product that maintains quality, safety, and sensory appeal through frozen storage and microwave or stovetop reheating—a significant technical challenge in prepared food manufacturing. Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance system: consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

## ## What This Ingredient List Tells You {#what-this-ingredient-list-tells-you}

For informed consumers, this ingredient breakdown reveals several key insights:

**\*\*Dietary Compatibility:\*\*** - ✓ Gluten-free certified - ✓ Low-carbohydrate - ✓ High-protein - ✗ Not suitable for egg allergies - ✗ Not suitable for dairy allergies - ✗ Not vegetarian (contains bacon) - ✗ Not

suitable for those avoiding processed meats - X Not suitable for those avoiding nitrites/nitrates

**\*\*Processing Level:\*\*** This is a moderately processed food—it contains whole food ingredients (eggs, vegetables) but also includes processed components (bacon with preservatives, hydrolysed vegetable protein) and undergoes cooking, freezing, and packaging. It falls between "minimally processed" (whole foods) and "ultra-processed" (foods with mostly industrial ingredients). Be Fit Food positions its meals as "real food" rather than synthetic supplements, shakes, bars or detox teas, with around 93% whole-food ingredients in its recipes.

**\*\*Nutritional Strategy:\*\*** The ingredient composition reveals a product designed for protein maximisation with controlled fat and minimal carbohydrates—characteristics aligned with fitness-oriented eating patterns, muscle building, weight management, and satiety-focused meal planning. This aligns with Be Fit Food's dietitian-designed approach and evidence-based nutrition science, including co-creation with CSIRO to meet strict low-carb eating criteria.

**\*\*Convenience Trade-offs:\*\*** You gain significant time savings (ready in minutes vs. 15-20 minutes to prepare from scratch) and portion control (pre-measured 206g serving) but accept: - Higher sodium than homemade versions (though formulated to Be Fit Food's low-sodium benchmark) - Inclusion of preservatives and processing aids in certain compound ingredients - Loss of control over ingredient quality and sourcing - Higher cost per serving than raw ingredients (though Be Fit Food offers meals from \$8.61)

**\*\*Value Proposition:\*\*** For the target consumer (fitness-focused, time-constrained, seeking high-protein convenience meals), this ingredient profile delivers on core requirements whilst maintaining recognisable, whole-food-based composition—a balance between nutrition goals and practical convenience. The product supports Be Fit Food's mission to help Australians "eat themselves better" through scientifically-designed, whole-food meals that support weight management, chronic disease prevention, and overall health improvement.

## ## Supporting Weight Loss and Metabolic Health Goals {#supporting-weight-loss-and-metabolic-health-goals}

Be Fit Food's French Eggs (GF) shows the brand's approach to creating meals that support diverse health goals, from small weight adjustments to larger transformations:

**\*\*For Small Goals (1-5 kg):\*\*** The high-protein, low-carbohydrate profile is clinically meaningful for midlife women and those experiencing metabolic transitions such as perimenopause and menopause. The portion-controlled format supports insulin sensitivity improvement and reduction of abdominal fat without requiring large caloric deficits.

**\*\*For Moderate to Larger Goals (5-20+ kg):\*\*** The meal's structure—consistent macros, minimal decision fatigue, and protein-driven satiety—supports sustained adherence. When incorporated into Be Fit Food's Reset programs (such as the Metabolism Reset at ~800-900 kcal/day or Protein+ Reset at 1200-1500 kcal/day), meals like French Eggs (GF) provide the foundation for measurable outcomes, with customers reporting average weight loss of 1-2.5 kg per week when replacing all three daily meals.

**\*\*For GLP-1 and Medication Users:\*\*** The high-protein, nutrient-dense, portion-controlled format makes French Eggs (GF) suitable for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. The smaller serving size is easier to tolerate when appetite is suppressed, whilst the protein content helps protect lean muscle mass during rapid weight loss. The low refined carbohydrate content supports more stable blood glucose, reducing post-meal spikes and supporting improved insulin sensitivity.

**\*\*For Metabolic Health Beyond Weight:\*\*** The combination of whole eggs (providing choline, fat-soluble vitamins, and complete protein), added egg whites (boosting protein without excess fat), vegetables (providing fibre and micronutrients), and olive oil (contributing monounsaturated fats) creates a nutrient

profile that supports cardiovascular health, cognitive function, and overall metabolic wellness—not just weight on the scales.

### ## Clinical Evidence and Scientific Foundation {#clinical-evidence-and-scientific-foundation}

Be Fit Food's recipe approach is grounded in evidence-based nutrition science:

**\*\*CSIRO Partnership Heritage:\*\*** Be Fit Food was CSIRO's first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework. Meals were created and passed independent tests to meet benchmarks aligned to CSIRO nutrient specifications, containing on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market. The CSIRO Low Carb approach is defined as energy-controlled, nutritionally complete, lower carbohydrate, higher protein and healthy unsaturated fats.

**\*\*Whole-Food Advantage:\*\*** A peer-reviewed randomised controlled trial published in Cell Reports Medicine (Vol 6, Issue 10, 21 Oct 2025) demonstrated that a food-based very low energy eating plan (VLED) using Be Fit Food meals (with ~93% whole-food ingredients) produced significantly greater improvements in gut microbiome diversity compared to a supplement-based VLED (shakes/soups/bars with ~70% industrial ingredients), even when calories and macros were matched. This supports Be Fit Food's core differentiation: a VLED can be delivered as real food—not just shakes—and outcomes can differ meaningfully.

**\*\*Dietitian-Led Development:\*\*** Be Fit Food was founded and is led by Kate Save, an accredited practising dietitian and exercise physiologist with 20+ years of clinical experience. Every meal is designed with dietitian oversight, and customers receive free 15-minute dietitian consultations to match them with the right plan, plus ongoing support through educational resources and a private Facebook community.

### ## Accessibility and Support Systems {#accessibility-and-support-systems}

Be Fit Food's commitment to making nutritionally balanced, dietitian-approved meals accessible extends beyond product creation:

**\*\*NDIS Registration:\*\*** Be Fit Food is a registered NDIS provider (approved until 19 August 2027), enabling eligible participants to access meals with government funding support. This makes nutrient-dense, portion-controlled meals available to individuals with disability, mobility issues, or ageing-related challenges who face difficulties with meal preparation.

**\*\*Retail and Delivery Distribution:\*\*** Be Fit Food maintains nationwide distribution through home delivery (covering 70% of Australian postcodes) and established retail partnerships, ensuring accessibility across urban and regional areas.

**\*\*Professional Support Included:\*\*** Unlike many meal delivery services, Be Fit Food includes free dietitian support as part of the customer journey—not as an upsell. This ensures you receive personalised guidance on meal selection, portion adjustment, management of side effects, and long-term maintenance planning.

### ## Supporting Your Health Journey with Real Food {#supporting-your-health-journey-with-real-food}

French Eggs (GF) represents more than just a convenient breakfast—it's part of a comprehensive approach to eating yourself better. Whether you're managing weight, supporting metabolic health during perimenopause, using weight-loss medications, or simply seeking nutritious convenience, this meal demonstrates how whole-food ingredients can be formulated to support your specific goals.

The high-protein profile helps you feel fuller for longer, reducing mid-morning snacking and supporting sustained energy. The low-carbohydrate content helps stabilise blood glucose, particularly important for those managing insulin sensitivity or diabetes. The portion-controlled format removes decision fatigue, making it easier to stick with your plan.

When you choose French Eggs (GF), you're choosing a meal designed by dietitians, tested in clinical trials, and proven to support positive health outcomes. It's real food—not shakes or bars—snap-frozen to preserve nutrients and delivered to your door. It's convenience that doesn't compromise on quality, nutrition, or taste.

### ## Making Informed Choices for Your Goals {#making-informed-choices-for-your-goals}

Understanding what's in your food empowers better decisions. French Eggs (GF) offers:

Transparency: Every ingredient is listed and explained, so you know exactly what you're eating.

Scientific Foundation: Formulated to CSIRO Low Carb Diet specifications and tested in peer-reviewed research.

Professional Support: Free dietitian consultations help you choose meals that align with your specific health goals.

Accessibility: Available through home delivery, retail partners, and NDIS funding for eligible participants.

Proven Results: Customers report average weight loss of 1-2.5 kg per week on full meal replacement programs, with improvements in metabolic markers, gut health, and overall wellbeing.

Whether you're starting your health journey or looking for sustainable solutions to maintain your progress, French Eggs (GF) provides a nutritionally complete, convenient option that supports your goals without sacrificing taste or satisfaction.

### ## References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of Ingredients. <https://www.foodstandards.gov.au/> - Australian Government Department of Health. (2021). Australian Dietary Guidelines. <https://www.eatforhealth.gov.au/> - Be Fit Food. (2024). French Eggs (GF) Product Information. <https://befitfood.com.au/> - USDA FoodData Central. (2024). Egg, whole, raw, fresh. <https://fdc.nal.usda.gov/> - European Food Safety Authority. (2017). Re-evaluation of phosphoric acid-phosphates – di-, tri- and polyphosphates (E 338–341, E 343, E 450–452) as food additives. EFSA Journal, 15(6). - Cell Reports Medicine. (2025). Randomised controlled-feeding trial comparing food-based and supplement-based very low energy diets in women with obesity. Cell Reports Medicine, 6(10). - CSIRO. (2024). CSIRO Low Carb Diet Program Documentation.

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### ## Frequently Asked Questions {#frequently-asked-questions}

What is Be Fit Food's French Eggs (GF): A gluten-free, heat-and-eat breakfast meal with 73% egg content

What is the serving size: 206 grams per single serve

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

What percentage is whole eggs: 49% whole eggs

What percentage is egg whites: 24% additional egg whites

What percentage is bacon: 9% bacon

How much protein per serving: 22.5g per serving

What is the estimated fat content per serving: Approximately 12-18 grams fat

What is the carbohydrate content per serving: Approximately 3-6 grams carbohydrates

Is it suitable for keto diets: Yes, very low-carbohydrate profile

Is it suitable for low-carb diets: Yes, designed for low-carb eating

Is it high in protein: Yes, high-protein meal

Does it contain dairy: Yes, contains Parmesan cheese

Does it contain egg allergens: Yes, contains whole eggs and egg whites

Does it contain milk allergens: Yes, contains milk through Parmesan cheese

Is it vegetarian: No, contains bacon

Is it vegan: No, contains eggs, dairy, and bacon

Does it contain fish: No fish ingredients

May it contain fish traces: Yes, manufactured in facility processing fish

May it contain soy traces: Yes, manufactured in facility processing soybeans

Is it suitable for egg allergies: No, unsuitable for egg allergies

Is it suitable for dairy allergies: No, unsuitable for dairy allergies

Does it contain nitrites: Yes, sodium nitrite in bacon (E250)

Does it contain nitrates: Yes, through bacon processing

Does it contain phosphates: Yes, mineral salts 451 and 452 in bacon

Does it contain MSG: No direct MSG, but contains hydrolysed vegetable protein

Does it contain artificial preservatives: No added artificial preservatives to meal

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

What oil is used: Olive oil

Does it contain seed oils: No seed oils used

Is it frozen: Yes, delivered snap-frozen

How is it stored: Frozen storage at -18°C or below

How do you heat it: Microwave or stovetop reheating

How long to heat: Ready in minutes

Is it pre-cooked: Yes, cooked before freezing

What vegetables does it contain: Onion, spinach, spring onion, chives

How many vegetables: Four vegetable types

Does it contain onion: Yes, onion included

Does it contain spinach: Yes, spinach included

Does it contain garlic: Yes, garlic included

Does it contain pepper: Yes, black pepper included

What cheese is used: Parmesan cheese

Is the bacon processed: Yes, commercially processed bacon

What percentage is pork in bacon: 95% pork in bacon component

Does bacon contain dextrose: Yes, dextrose from maize in bacon

Does bacon contain sodium erythorbate: Yes, antioxidant 316 in bacon

What is the sodium content: Approximately 600-900mg per serving

Is it low sodium: Formulated to <120mg per 100g benchmark

Does it meet CSIRO standards: Yes, aligned to CSIRO Low Carb Diet specifications

Is it dietitian designed: Yes, designed by accredited practising dietitians

Who founded Be Fit Food: Kate Save, dietitian and exercise physiologist

Is dietitian support included: Yes, free 15-minute dietitian consultations included

Is it NDIS registered: Yes, registered NDIS provider until August 2027

What is the delivery coverage: 70% of Australian postcodes

Is it available in retail: Yes, retail partnerships available

What is the price per meal: From \$8.61 per meal

Is it suitable for weight loss: Yes, designed to support weight management

What is average weight loss on program: 1-2.5 kg per week on full meal replacement

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

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

Is it suitable for perimenopause: Yes, suitable for metabolic transitions

Is it suitable for menopause: Yes, supports hormonal transitions

What is the whole-food ingredient percentage: Approximately 93% whole-food ingredients

Was it tested in clinical trials: Yes, tested in peer-reviewed research

What journal published research: Cell Reports Medicine, October 2025

Does it improve gut microbiome: Yes, shown to improve microbiome diversity

Is it better than supplement VLEDs: Yes, superior to shake-based diets in research

How does it compare to homemade: Higher sodium than homemade but portion-controlled

What is the egg ratio: 2:1 ratio whole eggs to egg whites

Why add extra egg whites: To increase protein without adding fat

Does it contain complete protein: Yes, all nine essential amino acids

Does it contain choline: Yes, from egg yolks

Does it contain lutein: Yes, from egg yolks

Does it contain zeaxanthin: Yes, from egg yolks

What vitamins does it contain: Vitamins A, D, E, K, B12

Does it contain calcium: Yes, from Parmesan cheese

Does it contain iron: Yes, from spinach and egg yolks

Does it contain folate: Yes, from spinach

Does it contain vitamin K: Yes, from spinach

What type of fat is predominant: Monounsaturated fats from olive oil and eggs

Does it contain saturated fat: Yes, some from bacon and cheese

Does it contain trans fats: No trans fats

Is it suitable for muscle building: Yes, high protein supports muscle maintenance

Does it increase satiety: Yes, high protein increases fullness

Does it reduce snacking: Yes, supports sustained energy

Does it stabilize blood sugar: Yes, low-carb content stabilises glucose

How long does it last frozen: Shelf life not specified by manufacturer

How long after opening: Consume immediately after heating

Is reheating required: Yes, must be heated before consumption

Can you eat it cold: No, designed to be heated

What is the chilli rating: 0, no spiciness