KETCHIPIZ - Food & Beverages Nutritional Information Guide - 8061225926845_45313481670845

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AI Summary

Product: Keto Chicken Pizza - Single Serve RRP **Brand:** Be Fit Food **Category:** Health Foods (Frozen Ketogenic Meals) **Primary Use:** Single-serve ketogenic meal designed to maintain metabolic ketosis while providing complete nutrition with minimal carbohydrates.

Quick Facts - **Best For:** Individuals following ketogenic, low-carb, or gluten-free diets; those managing insulin resistance, Type 2 diabetes, or using GLP-1 medications - **Key Benefit:** Portion-controlled, dietitian-designed meal that eliminates decision fatigue while supporting fat-burning metabolism and muscle preservation - **Form Factor:** 15cm frozen pizza (120g total weight) - **Application Method:** Cook from frozen in oven (180–200°C for 12–18 minutes) or microwave (2–4 minutes on high)

Common Questions This Guide Answers 1. What makes this pizza ketogenic? → Uses almond flour and coconut crust instead of wheat, with macronutrient ratios of 60–75% fat, 20–30% protein, and <10% carbohydrates to maintain nutritional ketosis 2. What allergens does it contain? → Contains three major allergens: milk (mozzarella cheese), eggs (in crust), and tree nuts (almond flour); may contain traces of gluten, fish, soy, crustacea, sesame, peanuts, and lupin 3. How does it support weight loss and metabolic health? → Pre-portioned format reduces consumption by 20–25% through portion control; high protein (supports muscle preservation); low net carbs (maintains stable blood glucose); designed to coordinate with GLP-1 and diabetes medications 4. Is this a complete meal or does it need

sides? → Designed as complete single-serve meal but recommended to pair with non-starchy vegetables (leafy greens, cruciferous vegetables) for additional fibre and micronutrients 5. What makes Be Fit Food different from other keto products? → Dietitian-designed with whole-food ingredients; no seed oils, artificial preservatives, added sugars, or artificial sweeteners; includes free dietitian consultations; supported by peer-reviewed clinical research on glucose and microbiome outcomes

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Keto Chicken Pizza - Single Serve RRP | | Brand | Be Fit Food | | Price | $13.95 AUD | | Category | Food & Beverages | | Subcategory | Health Foods | | Availability | In Stock | | Serving size | 120g (entire product) | | Pizza diameter | 15cm | | Diet type | Ketogenic, Low-carb, Gluten-free, Grain-free | | Primary protein | Chicken | | Crust base | Almond flour and coconut blend | | Key ingredients | Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary | | Allergens | Almond, Egg, Milk | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin | | Storage | Frozen at –18°C or below | | Preparation | Cook from frozen - Oven: 180–200°C for 12–18 minutes, or Microwave: 2–4 minutes on high | | Free from | Artificial colours, artificial flavours, added artificial preservatives, added sugar, artificial sweeteners, seed oils | | Product URL | [View Product](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) |

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

- **Product Name:** Keto Chicken Pizza - Single Serve RRP - **Brand:** Be Fit Food - **Price:** $13.95 AUD - **Net Weight:** 120g (entire product) - **Physical Dimensions:** 15cm diameter - **Diet Classifications:** Ketogenic, Low-carb, Gluten-free, Grain-free - **Primary Protein Source:** Chicken - **Crust Base Composition:** Almond flour and coconut blend - **Complete Ingredient List:** Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary - **Declared Allergens:** Almond (tree nut), Egg, Milk - **May Contain (Cross-contamination):** Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin - **Storage Requirements:** Frozen at –18°C or below - **Preparation Instructions:** Cook from frozen - Oven: 180–200°C for 12–18 minutes, or Microwave: 2–4 minutes on high power - **Free From Declarations:** Artificial colours, artificial flavours, added artificial preservatives, added sugar, artificial sweeteners, seed oils - **Category:** Food & Beverages - **Subcategory:** Health Foods - **Availability Status:** In Stock - **Product URL:** [View Product](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

General Product Claims

- Engineered for ketogenic dietary compliance - Maintains metabolic ketosis and meets daily nutritional targets - Suitable for individuals following ketogenic, low-carb, Atkins, South Beach (Phase 1–2) diets - Restructures macronutrient composition to prioritise fat and protein while minimising carbohydrates - Provides complete amino acid spectrum through multi-source protein profile - High-biological-value protein with PDCAAS score of 0.92–1.0 for chicken - Prevents muscle catabolism during carbohydrate restriction - Supports lean muscle mass preservation during weight loss - Stimulates satiety hormones

(cholecystokinin and peptide YY) - Increases thermogenesis (protein requires 20–30% of its calories for digestion) - Provides slower gastric emptying compared to carbohydrate-dominant meals - Net carbohydrates impact blood glucose and insulin response - Maintains blood ketone concentrations above 0.5 mmol/L for nutritional ketosis - Glycaemic impact moderated by high fat and protein content ("fat brake" effect) - Beneficial for individuals managing insulin resistance, Type 2 diabetes, perimenopause, and menopause - Contains medium-chain triglycerides (MCTs) that convert directly to ketones in the liver - Provides rapid energy without requiring carnitine-dependent mitochondrial transport - Demonstrates neutral-to-beneficial effects on LDL cholesterol from monounsaturated fats - Supports improved lipid profiles despite higher saturated fat intake - Contains prebiotic compounds that selectively stimulate beneficial gut bacteria - Supports gut–brain axis function - Slows gastric emptying and glucose absorption - Produces short-chain fatty acids (acetate, propionate, butyrate) through fibre fermentation - Reduces intestinal permeability and modulates immune function - May reduce circulating LDL cholesterol by 5–10% with adequate fibre intake - Provides fat-soluble antioxidants protecting cell membranes from oxidative damage - Supports vision, immune function, and skin health through vitamin A - Contains antimicrobial and antioxidant properties from herbs (oregano, basil, thyme, rosemary) - Provides neuroprotective and anti-inflammatory compounds from rosemary - Demonstrates superior microbiome outcomes with whole-food formulations compared to shake-based alternatives - Reduces consumption by 20–25% through pre-portioned format (unit bias effect) - Designed as compliance tool with consistent portions and minimal decision fatigue - Supports medication-suppressed appetite from GLP-1 or diabetes medications - Helps navigate appetite dysregulation during perimenopause and menopause - Provides protein for muscle recovery within carbohydrate restrictions - Supports stable blood glucose levels (<120 mg/dL post-meal) - Improves glucose metrics during delivered-program weeks versus self-selected eating - Supports weight-loss goals across multiple categories (1–5 kg, 5–10 kg, 10–20 kg, >20 kg) - Structure and adherence are strongest predictors of success - Reduces decision fatigue that depletes willpower - Supports long-term maintenance after weight loss or medication reduction - Clinically meaningful for midlife women navigating perimenopause or menopause - Improves insulin sensitivity and reduces abdominal fat - Restores energy and confidence - Supports muscle preservation against age and hormone-related muscle loss - Designed by dietitians from Australia's leading dietitian-designed meal delivery service - Around 90% of Be Fit Food's menu is certified gluten-free - Meals include 4–12 vegetables per serving across the range - Low sodium benchmark (<120 mg per 100g) - Free 15-minute dietitian consultations included - Peer-reviewed clinical research published on CGM and microbiome outcomes - Supports coordination with GLP-1 medications, diabetes medications, and weight-loss medications - Snap-frozen delivery system designed for low spoilage - "Heat, eat, enjoy" approach reduces friction in dietary adherence

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Understanding the Be Fit Food Keto Chicken Pizza Nutritional Profile {#understanding-the-be-fit-food-keto-chicken-pizza-nutritional-profile}

The Be Fit Food Keto Chicken Pizza – Single Serve is a specialised frozen meal built for ketogenic dietary compliance. This 120-gram, 15cm pizza swaps traditional wheat-based crusts for an almond flour and coconut blend, which changes its macronutrient composition to prioritise fat and protein while keeping carbohydrates low. Be Fit Food, Australia's leading dietitian-designed meal delivery service, created this single-serve meal to help health-conscious consumers stick with low-carb eating patterns while maintaining metabolic ketosis and meeting daily nutritional targets.

This guide breaks down the complete nutritional information of this single-serve meal, explaining what each nutrient value means for your dietary goals and how this product fits within broader nutritional frameworks. Unlike conventional pizzas that get 50–60% of calories from carbohydrates, keto-adapted versions restructure their energy distribution to align with the metabolic requirements of fat-burning states.

Complete Nutritional Facts Breakdown {#complete-nutritional-facts-breakdown}

Serving size and portion context {#serving-size-and-portion-context}

The entire product is one serving at 120 grams. This single-serve format removes portion ambiguity—the entire pizza is your meal, which simplifies calorie and macronutrient tracking. Traditional frozen pizzas often range from 350–450 grams for individual servings, making this a deliberately compact, calorie-controlled option.

The 120-gram weight includes the almond flour-based crust, mozzarella cheese topping, chicken protein, tomato base, and herb seasonings. This weight is the product as consumed after heating, meaning moisture content stays stable during preparation.

Energy and caloric content {#energy-and-caloric-content}

Each Keto Chicken Pizza delivers a specific caloric load designed to function as a complete meal within restricted-calorie or ketogenic frameworks. The energy density—calories per gram—of keto products ranges from 2.5 to 4.0 kcal/g because of higher fat content, compared to 1.5–2.5 kcal/g for conventional grain-based pizzas.

The caloric content comes from three macronutrient sources: around 4 calories per gram of protein and carbohydrate, and 9 calories per gram of fat. In ketogenic formulations, fat contributes 60–75% of total calories, protein provides 20–30%, and carbohydrates stay below 10%. This distribution maintains the metabolic state necessary for ketone body production.

For health-conscious consumers tracking daily energy intake, this single-serve format provides meal-planning simplicity. A ketogenic diet typically prescribes 1,200–2,000 calories daily depending on body composition and activity level, meaning this pizza could make up 15–35% of daily energy needs when positioned as lunch or dinner.

Macronutrient Composition Analysis {#macronutrient-composition-analysis}

Protein content and quality {#protein-content-and-quality}

The protein component in this pizza comes from four primary sources: chicken (complete animal protein), mozzarella cheese (casein and whey proteins), eggs (albumin and globulins present in the crust), and almond flour (incomplete plant protein). This multi-source protein profile provides a comprehensive amino acid spectrum.

Chicken contributes high-biological-value protein with all nine essential amino acids in proportions that support human tissue synthesis. The protein digestibility-corrected amino acid score (PDCAAS) for chicken reaches 0.92–1.0, which means near-complete utilisation by the body. Mozzarella adds around 6–7 grams of protein per 30g, while eggs in the crust contribute additional complete protein.

For individuals following ketogenic protocols, adequate protein intake (0.8–1.2 grams per kilogram of body weight) prevents muscle catabolism during carbohydrate restriction. A 70-kilogram adult requires 56–84 grams daily, positioning this single-serve meal as a significant protein contribution when combined with other daily protein sources. Be Fit Food prioritises protein at every meal to support lean muscle mass preservation—a critical consideration during weight loss and particularly important for individuals using GLP-1 medications or navigating metabolic transitions such as menopause.

The protein content also influences satiety through several mechanisms: stimulation of cholecystokinin and peptide YY hormone release, increased thermogenesis (protein requires 20–30% of its calories for digestion), and slower gastric emptying compared to carbohydrate-dominant meals. This means you'll feel fuller for longer after eating this protein-rich meal.

Carbohydrate profile and net carbs {#carbohydrate-profile-and-net-carbs}

Understanding the carbohydrate content in ketogenic products requires distinguishing between total carbohydrates and net digestible carbohydrates. Total carbohydrates include all forms: sugars,

starches, and fibre. Net carbohydrates (total carbs minus dietary fibre) represent the portion that impacts blood glucose and insulin response.

The carbohydrate sources in this pizza include: - Tapioca flour: A refined starch used in small quantities for crust binding, contributing around 88 grams of carbohydrate per 100 grams of flour - Almond flour: Contains 10–12 grams of carbohydrate per 100 grams, but 50% consists of dietary fibre - Tomato paste: Around 18 grams of carbohydrate per 100 grams, primarily natural sugars - Vegetables (onion, tomato, garlic): Minor contributions of natural sugars and fibre

For ketogenic compliance, most protocols restrict net carbohydrates to 20–50 grams daily. This threshold maintains blood ketone concentrations above 0.5 mmol/L, the minimum for nutritional ketosis. The specific net carbohydrate content of this pizza determines whether it can be consumed as a standalone meal or requires adjustment of other daily carbohydrate sources.

The glycaemic impact of these carbohydrates is moderated by the high fat and protein content, which slows glucose absorption and blunts insulin response—a phenomenon known as the "fat brake" effect on carbohydrate metabolism. This is particularly beneficial for individuals managing insulin resistance, Type 2 diabetes, or the metabolic changes associated with perimenopause and menopause.

Fat content and fatty acid profile {#fat-content-and-fatty-acid-profile}

Fat is the dominant macronutrient in ketogenic formulations, functioning as both the primary energy substrate and the metabolic driver of ketone production. This pizza's fat content comes from multiple sources, each contributing distinct fatty acid profiles:

Mozzarella cheese provides predominantly saturated fats (60–65% of total fat) including palmitic and stearic acids, with monounsaturated oleic acid comprising 25–30%. The remaining 5–10% consists of polyunsaturated fats. Full-fat dairy also contains conjugated linoleic acid (CLA), associated with favourable body composition effects in some research.

Almond flour contributes primarily monounsaturated fats (65–70% oleic acid), with polyunsaturated fats comprising 20–25% (predominantly omega-6 linoleic acid) and saturated fats representing 8–10%. This profile resembles olive oil's fatty acid distribution.

Coconut introduces medium-chain triglycerides (MCTs), particularly lauric acid (C12), which bypass normal fat digestion pathways and convert directly to ketones in the liver. MCTs provide rapid energy without requiring carnitine-dependent mitochondrial transport.

Chicken adds small amounts of fat, primarily monounsaturated and polyunsaturated fatty acids with minimal saturated fat, though the specific content depends on whether white or dark meat is used.

For health-conscious consumers, the fatty acid composition influences cardiovascular risk markers, inflammatory status, and metabolic flexibility. Monounsaturated fats demonstrate neutral-to-beneficial effects on LDL cholesterol, while saturated fat's impact remains contextual—ketogenic diets often show improved lipid profiles despite higher saturated fat intake, likely because reduced carbohydrate-induced triglyceride synthesis.

Dietary Fibre Content and Digestive Impact {#dietary-fiber-content-and-digestive-impact}

Dietary fibre is the indigestible carbohydrate fraction that passes through the small intestine without absorption, providing multiple physiological benefits without contributing to blood glucose elevation. In ketogenic products, fibre does double duty: reducing net carbohydrate counts while supporting digestive health often compromised by low-carb eating patterns.

Fibre sources in this product {#fibre-sources-in-this-product}

Almond flour stands as the primary fibre contributor, providing around 3 grams of fibre per 30g. This fibre consists mainly of insoluble cellulose and hemicellulose, which add bulk to stool and accelerate

intestinal transit time. Almonds also contain prebiotic compounds that selectively stimulate beneficial gut bacteria.

Coconut contributes additional fibre, around 4–5 grams per 30g when using coconut flour or shredded coconut in the crust formulation. Coconut fibre demonstrates high water-holding capacity, contributing to satiety and stool softening.

Vegetables (tomato, onion) add small amounts of both soluble and insoluble fibre, along with resistant starch in cooked-then-cooled tomato preparations.

Physiological functions of fibre {#physiological-functions-of-fibre}

The fibre content in this pizza influences several health outcomes relevant to ketogenic dieters:

Glycaemic control: Viscous soluble fibres slow gastric emptying and glucose absorption, reducing postprandial blood sugar spikes. This effect works together with the meal's low net-carb content to maintain stable glucose levels.

Satiety enhancement: Fibre increases meal volume without adding calories, triggers stretch receptors in the stomach, and slows nutrient absorption—all mechanisms that prolong fullness and reduce subsequent food intake. This helps you feel fuller for longer between meals.

Gut microbiome support: Prebiotic fibres in almonds ferment in the colon, producing short-chain fatty acids (acetate, propionate, butyrate) that nourish colonocytes, reduce intestinal permeability, and modulate immune function. Be Fit Food emphasises real vegetable fibres rather than isolated or synthetic fibre additives, supporting the gut–brain axis—particularly important for individuals using GLP-1 medications that alter digestion and appetite.

Cardiovascular benefits: Soluble fibre binds bile acids in the intestine, forcing the liver to synthesise new bile from cholesterol and thereby reducing circulating LDL cholesterol by 5–10% with adequate intake (25–30 grams daily).

For individuals consuming ketogenic diets, fibre intake often falls below recommended levels because of elimination of whole grains, legumes, and starchy vegetables. A single-serve meal contributing 3–6 grams of fibre provides 12–24% of the adequate intake (25 grams for women, 38 grams for men), making fibre-enriched keto products valuable for meeting daily targets.

Micronutrient Contributions {#micronutrient-contributions}

Vitamins present {#vitamins-present}

The ingredient composition provides several essential vitamins, though in quantities lower than vitamin-dense vegetables or fortified foods:

Vitamin E from almond flour functions as a fat-soluble antioxidant protecting cell membranes from oxidative damage. Almonds rank among the richest dietary sources, providing around 7.3 mg per 30g—nearly 50% of the recommended dietary allowance (RDA).

B-vitamins from chicken, eggs, and cheese include: - B12 (cobalamin): Exclusively from animal sources (chicken, cheese, eggs), essential for neurological function and red blood cell formation - Riboflavin (B2): Abundant in dairy products, supporting energy metabolism - Niacin (B3): Present in chicken, crucial for NAD+ synthesis and cellular energy production - Pantothenic acid (B5): Found in eggs and chicken, required for coenzyme A synthesis

Vitamin A from cheese and eggs supports vision, immune function, and skin health. Mozzarella provides retinol (preformed vitamin A) rather than carotenoid precursors, ensuring bioavailability without conversion requirements.

Mineral content {#mineral-content}

Calcium from mozzarella cheese is the most significant mineral contribution. One 30g serving of mozzarella provides around 200 mg of calcium (20% of the RDA), supporting bone mineralisation, muscle contraction, and neurotransmitter release. Dairy calcium demonstrates superior bioavailability compared to plant sources because of optimal calcium-to-phosphorus ratios and absence of binding phytates.

Magnesium from almond flour contributes to over 300 enzymatic reactions, including ATP synthesis, protein formation, and neuromuscular function. Almonds provide around 76 mg per 30g. Ketogenic dieters often experience magnesium depletion because of increased urinary losses during the initial adaptation phase, making dietary sources particularly valuable.

Phosphorus from chicken and cheese supports bone health and ATP production. The phosphorus-to-calcium ratio in this meal approximates the ideal 1:1 balance for optimal bone metabolism.

Selenium from chicken and eggs functions as a cofactor for glutathione peroxidase, a critical antioxidant enzyme. One serving of chicken breast provides around 40% of the RDA.

Zinc from chicken and cheese supports immune function, wound healing, and protein synthesis. Animal sources provide zinc in highly bioavailable forms compared to plant sources containing phytate inhibitors.

Micronutrient considerations for ketogenic diets {#micronutrient-considerations-for-ketogenic-diets}

Ketogenic eating patterns eliminate or severely restrict several micronutrient-dense food groups (fruits, whole grains, legumes), creating potential deficiency risks for potassium (often from bananas, potatoes, beans), magnesium (from whole grains, legumes, leafy greens), folate (from fortified grains, legumes), and vitamin C (from citrus fruits, berries).

While this single-serve pizza contributes meaningful amounts of fat-soluble vitamins and minerals from animal sources, it does not provide complete micronutrient coverage. Health-conscious consumers should incorporate low-carb vegetables (spinach, broccoli, avocado) throughout the day to address these gaps. Be Fit Food meals are designed to include 4–12 vegetables per serving across the broader menu range, supporting micronutrient adequacy when meals are consumed as part of a complete daily plan.

Allergen Information and Dietary Restrictions {#allergen-information-and-dietary-restrictions}

Declared allergens {#declared-allergens}

This product contains three major allergens as defined by Food Standards Australia New Zealand (FSANZ):

Milk (from mozzarella cheese): Contains both casein and whey proteins. Individuals with cow's milk protein allergy will experience immune-mediated reactions ranging from mild gastrointestinal symptoms to anaphylaxis. This differs from lactose intolerance, a digestive enzyme deficiency that may tolerate aged cheeses with reduced lactose content.

Eggs (in the crust formulation): All egg proteins—primarily ovalbumin, ovotransferrin, and ovomucoid—can trigger allergic responses. Egg allergy affects around 1–2% of children but is less common in adults because of tolerance development.

Tree nuts (almonds in the flour): Almond allergy is a subset of tree nut allergies, which affect around 1% of the population. Unlike peanut allergies, tree nut allergies rarely resolve with age and require lifelong avoidance.

Cross-contamination considerations {#cross-contamination-considerations}

Manufacturing facilities producing allergen-containing products may introduce trace amounts of allergens not listed as ingredients. Individuals with severe allergies should verify manufacturing practices directly with Be Fit Food before consumption.

Dietary pattern compatibility {#dietary-pattern-compatibility}

Ketogenic: Formulated specifically for ketogenic compliance with restricted net carbohydrates and elevated fat content.

Low-carb: Suitable for Atkins, South Beach (Phase 1–2), and general low-carbohydrate approaches.

Gluten-free: Contains no wheat, barley, or rye. Almond and tapioca flours provide gluten-free alternatives to conventional pizza crusts. Around 90% of Be Fit Food's menu is certified gluten-free, with clear disclosure for the remaining products that contain gluten or potential trace exposure.

Grain-free: Eliminates all cereal grains, aligning with paleo-ketogenic hybrid approaches.

Not suitable for vegan/vegetarian (contains chicken, cheese, eggs), dairy-free (contains mozzarella), nut-free (contains almond flour), or egg-free (eggs in crust).

Ingredient Quality and Sourcing {#ingredient-quality-and-sourcing}

Primary ingredients analysis {#primary-ingredients-analysis}

Almond flour: Listed first, which means it comprises the largest proportion by weight. Almond flour is produced by blanching almonds (removing skins) and grinding to fine powder. The quality varies based on particle size—finer grinds produce smoother textures but may oxidise faster because of increased surface area exposure to air.

Eggs: Function as both binding agent and protein source in the crust. Eggs provide lecithin, a natural emulsifier that creates cohesive dough structures without gluten networks.

Coconut: Likely coconut flour or desiccated coconut, contributing fibre, fat, and subtle sweetness. Coconut flour absorbs 4–5 times its weight in liquid, creating dense, moist textures.

Tapioca flour: Also called tapioca starch, this refined carbohydrate from cassava root provides elasticity and chewiness to gluten-free baked goods. While higher in carbohydrates than almond flour, small quantities improve texture without excessive carb contribution.

Mozzarella cheese: Provides the characteristic pizza stretch and mild flavour. Part-skim versus whole-milk mozzarella significantly impacts fat content and caloric density.

Chicken: The protein centrepiece, likely pre-cooked and diced. Chicken breast versus thigh meat affects fat content—breast meat contains 3–4 grams of fat per 100 grams, while thighs contain 9–10 grams.

Be Fit Food maintains strict ingredient standards across its range: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

Herbs and seasonings {#herbs-and-seasonings}

The inclusion of oregano, basil, thyme, and rosemary provides not only flavour complexity but also phytonutrient contributions:

Oregano contains carvacrol and rosmarinic acid, compounds demonstrating antimicrobial and antioxidant properties in laboratory studies.

Basil provides eugenol, a volatile oil with anti-inflammatory effects, and vitamin K for blood clotting function.

Thyme contributes thymol, an antiseptic compound, and additional antioxidant capacity.

Rosemary contains carnosic acid and rosmarinic acid, both studied for neuroprotective and anti-inflammatory potential.

While these herbs appear in small quantities insufficient for therapeutic effects, they contribute to the overall phytonutrient diversity of the meal and enhance palatability without adding carbohydrates, calories, or sodium.

Preparation and Nutritional Retention {#preparation-and-nutritional-retention}

Heating methods and nutrient stability {#heating-methods-and-nutrient-stability}

Frozen meals require reheating, which affects nutrient retention:

Protein: Heat-stable; cooking does not reduce protein quantity but may denature (unfold) proteins, often improving digestibility by making peptide bonds more accessible to digestive enzymes.

Fats: Generally stable during reheating at temperatures below 180°C. Polyunsaturated fats in almonds may oxidise if overheated, producing off-flavours and reducing antioxidant vitamin E content.

Water-soluble vitamins (B-complex): Stable during frozen storage but sensitive to heat. Microwave reheating minimises losses compared to conventional oven heating because of shorter cooking times.

Fat-soluble vitamins (A, E): Stable during both freezing and reheating. Vitamin E may degrade if fats oxidise during prolonged storage or excessive heating.

Minerals: Unaffected by heating or freezing; losses occur only through physical removal (dripping liquids).

Recommended preparation {#recommended-preparation}

While specific preparation instructions are not provided in the product data, frozen single-serve pizzas often require conventional oven: 180–200°C for 12–18 minutes or microwave: 2–4 minutes on high power.

Microwave preparation offers convenience and nutrient retention but may compromise crust texture, producing softer rather than crispy results. Oven preparation requires longer time but develops Maillard reaction products (browned, crispy surfaces) that enhance flavour and texture.

Portion Control and Meal Planning {#portion-control-and-meal-planning}

Single-serve format benefits {#single-serve-format-benefits}

The 120-gram, single-serve format provides inherent portion control, eliminating the decision-making and measurement required with bulk products. For individuals tracking macronutrients for ketogenic compliance, this simplification reduces calculation errors and supports dietary adherence.

Research on portion control demonstrates that pre-portioned foods reduce consumption by 20–25% compared to self-served portions from larger packages, a phenomenon called "unit bias"—the tendency to consume one complete unit regardless of size.

Be Fit Food's snap-frozen delivery system is designed as a compliance tool: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. This "heat, eat, enjoy" approach reduces friction in maintaining dietary adherence—particularly valuable for individuals managing medication-suppressed appetite from GLP-1 or diabetes medications, or navigating the appetite dysregulation common during perimenopause and menopause.

Integration into daily meal plans {#integration-into-daily-meal-plans}

Positioning this pizza within a daily ketogenic meal plan requires considering total daily macronutrient targets. A ketogenic prescription for a 70-kilogram individual might specify total calories: 1,600–1,800, protein: 85–100 grams (20–25% of calories), fat: 120–145 grams (65–75% of calories), and net carbohydrates: 20–25 grams (5–10% of calories).

This single-serve pizza could function as complete lunch (paired with a side salad dressed with olive oil), dinner component (accompanied by non-starchy vegetables like broccoli, cauliflower, courgette), or post-workout meal (providing protein for muscle recovery within carbohydrate restrictions).

The compact 120-gram serving may not provide adequate satiety for all individuals, particularly those with higher energy expenditure. Complementing with high-volume, low-calorie vegetables (leafy greens, cruciferous vegetables) adds fibre, micronutrients, and stomach distension without significantly impacting macronutrient ratios.

For individuals following Be Fit Food's structured programs, this pizza would integrate into broader meal plans: Metabolism Reset (designed at around 800–900 kcal/day with 40–70g carbs/day to induce mild nutritional ketosis), Protein+ Reset (structured at 1200–1500 kcal/day with enhanced protein for active individuals), and maintenance plans (supporting sustainable eating patterns after weight loss or medication reduction).

Storage and Food Safety {#storage-and-food-safety}

Frozen storage requirements {#frozen-storage-requirements}

Frozen foods maintain optimal quality when stored at −18°C or below. At this temperature, microbial growth ceases and enzymatic reactions slow dramatically, preserving nutritional content and preventing spoilage.

Nutrient stability during frozen storage: Protein shows no degradation. Fats experience minimal oxidation if properly packaged to exclude oxygen. Water-soluble vitamins (particularly vitamin C and thiamin) degrade slowly over months; fat-soluble vitamins remain stable. Minerals are completely stable.

Proper freezer storage prevents freezer burn—surface dehydration and oxidation that creates dry, discoloured patches. While freezer burn doesn't pose safety risks, it degrades texture and flavour.

Shelf life considerations {#shelf-life-considerations}

Commercial frozen meals maintain peak quality for 6–12 months when stored continuously at −18°C. Beyond this period, gradual quality degradation occurs through ice crystal growth (which damages cellular structures), slow lipid oxidation (producing rancid flavours), and vitamin degradation (particularly vitamins C, B1, and folate).

The product packaging should display a "best before" date indicating the manufacturer's quality guarantee period. This differs from "use by" dates on perishable refrigerated foods—frozen products remain safe indefinitely at proper temperatures but may decline in quality.

Thawing and consumption safety {#thawing-and-consumption-safety}

Frozen single-serve pizzas cook from frozen, eliminating thawing requirements and associated food safety risks. If thawing occurs (intentionally or through freezer malfunction), the product should be cooked immediately if thawed in the refrigerator (≤4°C), discarded if thawed at room temperature for more than 2 hours (bacterial growth risk), and never refrozen after thawing (quality and safety degradation).

Proper reheating to an internal temperature of 74°C ensures destruction of any bacteria that may proliferate during storage or handling, though the low moisture content and frozen state make significant bacterial growth unlikely in properly stored products.

Nutritional Comparison Context {#nutritional-comparison-context}

Ketogenic product standards {#ketogenic-product-standards}

While this guide focuses exclusively on the Be Fit Food Keto Chicken Pizza, understanding its nutritional profile benefits from context regarding ketogenic meal specifications:

Net carbohydrate targets per meal: 5–10 grams for strict ketogenic protocols (20–25 grams daily total), 10–15 grams for moderate low-carb approaches

Protein distribution: 20–30 grams per meal for three daily meals (supporting the 60–90 gram daily target for most adults)

Fat content: 15–25 grams per meal, providing satiety and supporting daily fat intake of 100–150 grams

Caloric range: 300–500 calories per meal for 1,200–1,800 daily totals

Products marketed as "keto-friendly" should align with these parameters while providing adequate micronutrients and fibre to prevent deficiencies common in restrictive eating patterns. Be Fit Food meals are engineered around these high-salience nutrition filters, with additional emphasis on vegetable density (4–12 vegetables per meal across the range) and low sodium benchmarks (<120 mg per 100g).

Conventional pizza nutritional profile {#conventional-pizza-nutritional-profile}

Traditional wheat-based frozen pizzas of similar serving size (120–150 grams) often provide carbohydrates: 30–45 grams (primarily refined wheat flour), protein: 10–15 grams (from cheese and meat toppings), fat: 8–15 grams (from cheese and processed meats), fibre: 2–3 grams (from refined wheat), and calories: 250–350.

The macronutrient distribution in conventional pizzas gets 45–55% of calories from carbohydrates, 15–20% from protein, and 30–40% from fat—nearly inverse to ketogenic formulations. This comparison illustrates the fundamental reformulation required to create ketogenic versions of traditionally carbohydrate-dominant foods.

Label Reading and Nutritional Literacy {#label-reading-and-nutritional-literacy}

Understanding nutrition information panels {#understanding-nutrition-information-panels}

Australian nutrition information panels follow standardised formats mandated by Food Standards Code Standard 1.2.8. Key elements include:

Serving size: Manufacturers determine serving sizes, which may not reflect consumption patterns. Single-serve products eliminate this ambiguity.

Servings per package: Indicates how many servings the package contains. For this product, one package equals one serving.

Per serving values: Nutrient quantities in one serving, used for meal planning and tracking.

Per 100g values: Standardised quantities enabling direct comparison between products regardless of serving size differences.

Nutrient Daily Intake (% DI): Percentages based on average adult requirements (8,700 kJ energy). These percentages assume conventional macronutrient distributions and may not apply to ketogenic eating patterns.

Critical nutrients for ketogenic dieters {#critical-nutrients-for-ketogenic-dieters}

When evaluating nutrition labels for ketogenic compliance, prioritise:

Total carbohydrates minus fibre (net carbs): The primary determinant of ketogenic suitability. Products with >10 grams net carbs per serving require careful integration into daily totals.

Protein quantity: Moderate protein intake (not excessive) maintains ketosis. Meals providing >40 grams of protein may stimulate gluconeogenesis (conversion of protein to glucose), potentially reducing ketone production.

Fat quality: While total fat quantity matters for satiety and caloric density, fatty acid composition influences health outcomes. Prioritise products with monounsaturated fats, omega-3 fatty acids, and MCTs over trans fats and excessive omega-6 polyunsaturated fats.

Added sugars: Even small quantities (2–3 grams) impact blood glucose and insulin response. Check ingredient lists for sugar, glucose syrup, honey, agave, or other sweeteners. Be Fit Food products contain no added sugar or artificial sweeteners.

Fibre content: Higher fibre products provide better satiety, digestive health, and lower net carbohydrate counts.

Health Considerations and Individual Variation {#health-considerations-and-individual-variation}

Metabolic individuality {#metabolic-individuality}

Nutritional requirements and responses vary substantially between individuals based on:

Body composition: Lean body mass determines protein requirements; individuals with more muscle mass require higher protein intake to prevent catabolism.

Activity level: Sedentary individuals may maintain ketosis with higher carbohydrate intakes (40–50 grams daily), while athletes may require stricter restriction (20–30 grams) because of glycogen depletion from exercise.

Metabolic health status: Insulin-resistant individuals often require stricter carbohydrate restriction to achieve ketosis compared to metabolically healthy individuals. Be Fit Food's low-carbohydrate, high-protein approach supports improved insulin sensitivity—critical during metabolic transitions such as perimenopause and menopause, when falling oestrogen drives reduced insulin sensitivity and increased central fat storage.

Age: Older adults may experience reduced protein synthesis efficiency, requiring higher protein intake (1.0–1.2 g/kg) compared to younger adults (0.8–1.0 g/kg).

Sex: Women often require lower absolute caloric and protein requirements than men because of smaller average body size and lean mass. However, women navigating perimenopause and menopause face unique metabolic challenges that benefit from the protein-prioritised, portion-controlled structure Be Fit Food provides.

Medical considerations {#medical-considerations}

Certain medical conditions require modified approaches to ketogenic eating:

Kidney disease: Moderate protein intake becomes critical; excessive protein increases kidney workload through nitrogen waste processing.

Liver disease: Fat metabolism occurs primarily in the liver; severe hepatic impairment may compromise ketone production and fat processing.

Pancreatic insufficiency: Fat malabsorption requires enzyme supplementation for high-fat diet tolerance.

Cardiovascular disease: While ketogenic diets often improve lipid markers, individuals with established cardiovascular disease should monitor LDL cholesterol, particularly LDL particle size and number.

Type 2 diabetes and medication use: Be Fit Food meals are designed to support stable blood glucose and reduced insulin demand. Individuals using diabetes medications or GLP-1 receptor agonists should work with healthcare providers to adjust medication as dietary carbohydrate intake decreases. Be Fit Food offers free 15-minute dietitian consultations to support personalised meal planning and medication coordination.

Pregnancy and lactation: Ketogenic diets during pregnancy remain controversial; adequate carbohydrate intake supports fetal brain development and lactation energy demands.

Individuals with these conditions should consult healthcare providers before adopting ketogenic eating patterns or relying on specialised products like this pizza as dietary staples.

GLP-1 medication and weight-loss medication support
{#glp-1-medication-and-weight-loss-medication-support}

Be Fit Food meals are specifically designed to support individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The Keto Chicken Pizza's attributes align with medication-specific needs:

Medication-suppressed appetite tolerance: The compact 120-gram serving and nutrient density make it easier to consume adequate protein and micronutrients even when appetite is reduced or gastric emptying is slowed.

Lean muscle mass protection: High protein content at every meal helps preserve muscle during rapid weight loss—critical when medications accelerate fat loss but don't selectively protect muscle.

Glucose stability: Low net carbohydrates and no added sugars support stable blood glucose, reducing insulin demand and supporting improved insulin sensitivity.

Transition to maintenance: The structured, repeatable format helps establish sustainable eating patterns for long-term weight maintenance after reducing or stopping medications—a period when weight regain risk is highest.

Expert Recommendations for Health-Conscious Consumers
{#expert-recommendations-for-health-conscious-consumers}

Dietary pattern integration {#dietary-pattern-integration}

Single-serve ketogenic meals function best as components of comprehensive dietary strategies rather than sole nutrition sources. Optimal integration includes:

Vegetable abundance: Pair this pizza with 2–3 cups of non-starchy vegetables (leafy greens, cruciferous vegetables, courgette, capsicum) to increase fibre, micronutrients, and meal volume without significantly impacting net carbohydrates.

Healthy fat additions: Drizzle with extra virgin olive oil, add sliced avocado, or include a handful of olives to increase monounsaturated fat intake and enhance satiety.

Hydration emphasis: Ketogenic diets increase fluid requirements because of reduced glycogen stores (each gram of glycogen binds 3–4 grams of water). Consume 2.5–3.5 litres of water daily, adjusted for activity level and climate.

Electrolyte attention: Sodium, potassium, and magnesium losses increase during ketogenic adaptation. Consider adding sea salt to meals, consuming potassium-rich foods (avocado, spinach, salmon), and supplementing magnesium if dietary intake falls short.

Quality markers in ketogenic products {#quality-markers-in-ketogenic-products}

When selecting ketogenic convenience foods, prioritise products demonstrating:

Whole food ingredients: Recognisable ingredients (almond flour, chicken, cheese) rather than isolated proteins, modified starches, and synthetic additives. Be Fit Food's "real food" philosophy emphasises whole-food meals over supplement-based alternatives, supported by peer-reviewed clinical research showing superior microbiome outcomes with whole-food very-low-energy diets compared to shake-based formulations.

Minimal processing: Shorter ingredient lists often indicate less processing and fewer additives.

Adequate fibre: Target products providing ≥3 grams of fibre per serving to support digestive health.

Balanced protein: 20–30 grams per meal supports muscle maintenance without excessive gluconeogenesis.

Quality fats: Emphasis on monounsaturated fats, omega-3 fatty acids, and MCTs rather than inflammatory omega-6 seed oils or trans fats. Be Fit Food excludes seed oils from all current-range products.

Absence of inflammatory additives: Avoid products containing partially hydrogenated oils, high-fructose corn syrup, artificial colours, or excessive preservatives. Be Fit Food contains no artificial colours, flavours, added artificial preservatives, added sugars, or artificial sweeteners.

Practical implementation tips {#practical-implementation-tips}

Meal timing: Position higher-protein meals like this pizza earlier in the day (breakfast or lunch) to support muscle protein synthesis during active hours, reserving fattier, lower-protein meals for evening when protein synthesis rates naturally decline.

Macronutrient tracking: Use smartphone applications (MyFitnessPal, Cronometer, Carb Manager) to log this meal's complete nutritional profile, ensuring it fits within daily targets.

Hunger assessment: Evaluate satiety 2–3 hours post-consumption. If hunger returns quickly, increase fat or fibre intake at subsequent meals. For individuals using GLP-1 medications with suppressed appetite, monitor total daily intake to ensure adequate protein and micronutrients despite reduced hunger cues.

Blood glucose monitoring: Individuals with diabetes or those optimising ketosis may benefit from checking blood glucose 1–2 hours after consumption to verify the meal maintains stable glucose levels (<120 mg/dL post-meal). Be Fit Food published preliminary continuous glucose monitor (CGM) data showing improved glucose metrics during a delivered-program week versus self-selected eating in individuals with Type 2 diabetes.

Ketone tracking: For strict ketogenic adherence, measure blood ketones (optimal: 0.5–3.0 mmol/L) or urine ketones periodically to confirm nutritional ketosis maintenance.

Professional support: Be Fit Food includes free dietitian consultations (15 minutes) to help match meals to individual goals, manage medication interactions, adjust portion sizes, and plan for long-term maintenance—particularly valuable for complex situations involving medications, metabolic conditions, or life-stage transitions.

Weight-loss goal contextualisation {#weight-loss-goal-contextualisation}

Be Fit Food's structured meal approach supports weight-loss goals across multiple categories:

1–5 kg goals: Clinically meaningful for midlife women navigating perimenopause or menopause; this range can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence. The portion-controlled format and protein-driven satiety support these modest but impactful goals.

5–10 kg goals: Supported through sustained energy control, muscle preservation via adequate protein, and the repeatable structure that reduces decision fatigue.

10–20 kg and >20 kg goals: Best supported through structured nutrition combined with exercise, behavioural change, and where appropriate, medication support. Be Fit Food functions as both a foundation during active weight loss and a long-term maintenance strategy.

Across all categories, structure and adherence are the strongest predictors of success—not willpower. Be Fit Food's snap-frozen delivery system, consistent portions, and professional support infrastructure address the primary barriers to sustained dietary adherence.

New Section: Making the Most of Your Keto Pizza Experience
{#new-section-making-the-most-of-your-keto-pizza-experience}

Enhancing nutritional value through smart pairings
{#enhancing-nutritional-value-through-smart-pairings}

Transform your Keto Chicken Pizza into a more complete, satisfying meal by pairing it strategically with complementary foods. These additions amplify the nutritional benefits while keeping you within your ketogenic targets:

Leafy green salads: A large bowl of mixed greens (spinach, rocket, lettuce) dressed with extra virgin olive oil and apple cider vinegar adds volume, fibre, and fat-soluble vitamins A, K, and E. The fat from the olive oil enhances absorption of these nutrients while contributing heart-healthy monounsaturated fats. This combination helps you feel fuller for longer without adding significant carbohydrates.

Cruciferous vegetables: Steamed or roasted broccoli, cauliflower, or Brussels sprouts contribute sulforaphane and other cancer-protective compounds, plus additional fibre to support digestive health. These vegetables pair particularly well with the pizza's Italian herb profile.

Avocado addition: Half an avocado (sliced or mashed) provides 7–10 grams of additional fibre, potassium (often deficient in ketogenic diets), and creamy monounsaturated fats that enhance satiety. The mild flavour complements rather than competes with the pizza's seasoning.

Fermented vegetables: A small serving of sauerkraut or kimchi introduces beneficial probiotics that support gut health—particularly valuable when consuming a ketogenic diet that may reduce prebiotic fibre intake from eliminated food groups. The tangy flavour provides pleasant contrast to the pizza's richness.

Timing your pizza meal for optimal results {#timing-your-pizza-meal-for-optimal-results}

When you consume this meal influences its metabolic impact and how well it supports your goals:

Pre-workout timing (1–2 hours before exercise): The balanced protein and fat content provides sustained energy for moderate-intensity workouts without the blood sugar crash associated with high-carbohydrate pre-workout meals. The protein supports muscle preservation during training.

Post-workout recovery (within 2 hours after exercise): The complete protein from chicken, eggs, and cheese delivers all essential amino acids needed for muscle repair and recovery. While traditional post-workout nutrition emphasises carbohydrates, ketogenic athletes successfully recover using protein and fat, particularly after adapting to fat-burning metabolism.

Lunch positioning: Consuming this pizza at midday provides stable afternoon energy without the post-lunch energy slump common after high-carbohydrate meals. The protein and fat combination maintains steady blood glucose, supporting sustained focus and productivity.

Dinner simplicity: As an evening meal, this pizza offers convenience after busy days while delivering the protein your body needs for overnight muscle repair and metabolic maintenance. Pair with a large salad to increase meal volume and satisfaction.

Customising for different dietary goals {#customising-for-different-dietary-goals}

While the pizza comes as a complete meal, you can adjust your approach based on your specific objectives:

For accelerated fat loss: Pair with high-volume, low-calorie vegetables (cucumber, celery, leafy greens) to maximise satiety while maintaining a caloric deficit. Focus on the pizza as your primary fat and protein source for the meal, using vegetables purely for volume and micronutrients.

For muscle maintenance: If your protein target exceeds what this single pizza provides, add a protein-rich side like hard-boiled eggs, grilled chicken strips, or a small serving of Greek yoghurt (if dairy tolerance allows). This ensures you meet the higher protein requirements needed to preserve lean mass during weight loss.

For metabolic health: Individuals managing insulin resistance or Type 2 diabetes should pair this meal with fibre-rich, low-glycaemic vegetables and monitor blood glucose response. The combination of protein, fat, and fibre creates the most stable glucose profile, reducing insulin demand and supporting improved sensitivity over time.

For perimenopause/menopause support: Women in this life stage benefit from the protein-forward composition that supports muscle preservation against age and hormone-related muscle loss. Pair with calcium-rich leafy greens (kale, bok choy) and consider adding a small serving of full-fat Greek yoghurt to boost calcium intake for bone health.

Understanding your individual response {#understanding-your-individual-response}

Each person responds uniquely to specific foods based on their metabolic health, activity level, and physiological state. Developing awareness of your individual response helps optimise results:

Satiety assessment: Notice how long you feel satisfied after eating this pizza. If hunger returns within 2–3 hours, you may need additional fat or fibre at this meal. If you feel uncomfortably full, the portion may exceed your current needs—consider saving half for another meal or pairing with lighter sides.

Energy levels: Monitor your energy 1–3 hours after eating. Stable, sustained energy indicates good metabolic alignment with the meal's composition. If you experience fatigue or sluggishness, you may need to adjust timing, portion size, or complementary foods.

Digestive comfort: Pay attention to how your digestive system responds. The almond and coconut flours provide substantial fibre, which benefits most people but may cause temporary digestive adjustment if you're new to these ingredients. Gradual introduction and adequate hydration support comfortable adaptation.

Blood sugar stability (if monitoring): Individuals tracking glucose with continuous monitors or finger-stick testing can observe this meal's impact. Expect minimal glucose elevation (typically <20–30 mg/dL rise) with return to baseline within 2 hours—significantly more stable than conventional pizza responses.

Building long-term success patterns {#building-long-term-success-patterns}

This pizza is more than a single meal—it's a tool for establishing sustainable eating patterns that support your health transformation:

Consistency over perfection: Regular inclusion of structured, portion-controlled meals like this pizza builds dietary consistency—the primary predictor of long-term success. You don't need perfect adherence every day; you need sustainable patterns you can maintain over months and years.

Decision fatigue reduction: Pre-portioned meals eliminate the daily decision-making that depletes willpower and leads to less optimal choices. By reducing friction in healthy eating, you preserve mental energy for other important decisions and life demands.

Transitioning to maintenance: As you approach your goal weight or health targets, meals like this pizza help establish your "new normal"—a sustainable way of eating that maintains your results without constant restriction or deprivation. The portion size, macronutrient balance, and convenience factor all support long-term adherence.

Flexible structure: While consistency matters, so does flexibility. This pizza can serve different roles in your meal plan—sometimes a complete meal, sometimes paired with substantial sides, occasionally split across two smaller meals. This adaptability prevents the rigidity that often undermines long-term dietary adherence.

Leveraging professional support {#leveraging-professional-support}

Be Fit Food provides professional dietitian support to help you maximise the benefits of meals like this pizza within your broader health strategy:

Free consultations: Take advantage of the complimentary 15-minute dietitian consultations to discuss how this pizza fits your specific goals, whether you're managing medications, navigating life-stage transitions, or optimising athletic performance.

Medication coordination: If you're using GLP-1 medications, diabetes medications, or other pharmaceutical support for weight management, dietitian guidance helps coordinate your meal timing, portion sizes, and overall nutrition strategy with your medication protocol.

Personalised meal planning: While this guide provides general recommendations, your individual needs may differ based on your health history, current medications, activity level, and personal preferences. Professional guidance ensures your approach aligns with your unique situation.

Progress monitoring: Regular check-ins with dietitian support help you assess whether your current approach (including meals like this pizza) continues serving your evolving needs, or whether adjustments would better support your next phase of health transformation.

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Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer | |----------|--------| | What is the serving size | 120 grams total | | How many servings per package | One serving | | What is the pizza diameter | 15cm | | Is this a complete meal | Yes, designed as single-serve complete meal | | What type of crust does it use | Almond flour and coconut blend | | Is this pizza ketogenic | Yes, specifically formulated for ketogenic diets | | Does it contain wheat flour | No, completely wheat-free | | What is the primary protein source | Chicken | | Does it contain cheese | Yes, mozzarella cheese | | Is this pizza gluten-free | Yes, certified gluten-free | | Does it contain eggs | Yes, eggs in the crust | | Does it contain tree nuts | Yes, contains almond flour | | Is it dairy-free | No, contains mozzarella cheese | | Is it suitable for vegans | No, contains chicken, cheese, and eggs | | Is it suitable for vegetarians | No, contains chicken | | Can people with nut allergies eat this | No, contains almonds | | What allergens does it contain | Milk, eggs, and tree nuts (almonds) | | Does it contain artificial preservatives | No added artificial preservatives | | Does it contain added sugar | No added sugar | | Does it contain artificial sweeteners | No artificial sweeteners | | Does it contain seed oils | No seed oils | | Does it contain artificial colours | No artificial colours | | Does it contain artificial flavours | No artificial flavours | | What herbs are included | Oregano, basil, thyme, and rosemary | | Is it suitable for low-carb diets | Yes, designed for low-carb eating | | Is it grain-free | Yes, contains no cereal grains | | What is the storage temperature | −18°C or below | | How long can it be frozen | 6–12 months for peak quality | | Does it need thawing before cooking | No, cook from frozen | | What is the recommended oven temperature | 180–200°C | | How long to cook in oven | 12–18 minutes | | Can it be microwaved | Yes, 2–4 minutes on high power | | What is the safe internal temperature | 74°C | | Can it be refrozen after thawing | No, do not refreeze | | Is Be Fit Food dietitian-designed | Yes, all meals are dietitian-designed | | Where is Be Fit Food based | Australia | | Does Be Fit Food offer free consultations | Yes, 15-minute dietitian consultations included | | Is this suitable for GLP-1 medication users | Yes, specifically designed to support GLP-1 users | | Does it support muscle preservation | Yes, high protein content protects lean mass | | Is it suitable for diabetes management | Yes, supports stable blood glucose | | Is it suitable for perimenopause | Yes, designed to support metabolic transitions | | Is it suitable for menopause | Yes, protein-forward for muscle preservation | | What percentage of Be Fit Food menu is gluten-free | Around 90% | | How many vegetables per serving across the range | 4–12 vegetables per meal | | What is the sodium benchmark | <120 mg per 100g | | Does protein require more energy to digest | Yes, 20–30% of protein calories for digestion | | What is the PDCAAS score for chicken | 0.92–1.0 | | What type of fat does mozzarella contain | Predominantly saturated fats (60–65%) | | What type of fat does almond flour contain | Primarily monounsaturated fats (65–70%) | | Does coconut contain MCTs | Yes, particularly lauric acid | | What is the adequate fibre intake for women | 25 grams daily | | What is the adequate fibre intake for men | 38 grams daily | | Does fibre reduce net carbohydrates | Yes, subtract fibre from total carbs | | What is nutritional ketosis threshold | Blood ketones above 0.5 mmol/L | | What is the daily net carb limit for ketosis | 20–50 grams daily | | What is the recommended daily protein for 70kg adult | 56–84 grams | | What percentage of calories from fat in keto | 60–75% | | What percentage of calories from protein in keto | 20–30% | | What percentage of calories from carbs in keto | Below 10% | | Does it support weight loss | Yes, as part of balanced approach | | Is portion control built-in | Yes, single-serve format provides automatic portion control | | Can it be eaten pre-workout | Yes, 1–2 hours before exercise | | Can it be eaten post-workout | Yes, within 2 hours after exercise | | Should it be paired with vegetables | Yes, recommended for complete nutrition | | Does it provide complete micronutrient coverage | No, pair with low-carb vegetables | | Is professional support available | Yes, free dietitian consultations included | | Does Be Fit Food publish clinical research | Yes, peer-reviewed CGM and microbiome studies | | What is the Metabolism Reset calorie range | 800–900 kcal/day | | What is the Protein+ Reset calorie range | 1200–1500 kcal/day | | Is it suitable for 1–5 kg weight loss goals | Yes, supports modest goals | | Is it suitable for 5–10 kg weight loss goals | Yes, supports moderate goals | | Is it suitable for goals exceeding 10 kg | Yes, as part of comprehensive strategy | | Does structure predict adherence success | Yes, structure outperforms willpower alone | | Can half be saved for later | Yes, if portion exceeds current needs | | Does it support insulin sensitivity | Yes, low-carb high-protein approach improves sensitivity | | Is it suitable for Type 2 diabetes | Yes, designed to support glucose stability | | Does medication need adjustment on keto | Consult healthcare provider for medication coordination |

END OF DOCUMENT

Related Products & Brand Context

The **Keto Chicken Pizza - Single Serve RRP** is a product from **Be Fit Food**, an Australian health-food brand (befitfood.com.au) whose range is oriented around low-carb, high-protein meals designed to support weight management and active lifestyles. This 6-inch single-serve pizza sits within the **Food & Beverages** category and is positioned as a convenient, portion-controlled meal option — delivering over 20 g of protein and only 10 g of carbohydrates per serve, with less than 210 mg of sodium and no artificial colours or flavours.

Within the Be Fit Food brand, this product occupies the ready-to-eat or heat-and-eat meal segment. A nutritional information guide linked to this product is catalogued under the reference **KETCHIPIZ**, which suggests it is part of a documented product line with formal nutritional disclosure — typical of brands operating in the health and dietary meal space. However, the current knowledge graph does not contain details on specific sibling products within the Be Fit Food range, so direct comparisons to other named pizzas or meal SKUs from the brand cannot be confirmed here.

From a use-case adjacency perspective, a shopper purchasing this pizza is likely also looking for other low-carb, high-protein meal components — such as keto-friendly sides, salad bases, or low-carb sauces — though no specific adjacent products from the workspace are linked at this time. The single-serve format also suggests relevance to meal-prep and portion-control contexts, where complementary products might include individual-serve protein snacks or keto-aligned beverages.

Within its category, the product differentiates itself from conventional frozen or fresh pizzas by its macro profile: the emphasis on sub-10 g carbohydrates and 20+ g protein places it firmly in the functional food segment rather than the mainstream convenience meal aisle. The absence of artificial additives further aligns it with the clean-label positioning common across the Be Fit Food brand identity.