

KETCHIPIZ - Food & Beverages Product Overview - 8061225926845_45313481670845

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/ketchipiz-food-beverages-product-overview-8061225926845-45313481670845/>

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AI Summary

Product: Keto Chicken Pizza - Single Serve RRP **Brand:** Be Fit Food **Category:** Health Foods (Frozen Meals) **Primary Use:** Convenient, portion-controlled ketogenic meal designed to support low-carb eating patterns while providing familiar pizza satisfaction.

Quick Facts - **Best For:** People following ketogenic or low-carb diets, those with gluten sensitivity, GLP-1 medication users, and women in perimenopause/menopause - **Key Benefit:** Delivers pizza experience with only 10g carbs per serve (vs 30-40g in regular frozen pizzas) while maintaining over 20g protein - **Form Factor:** Single-serve frozen pizza (120g, 15cm diameter) - **Application Method:** Oven-bake from frozen at 200°C for 12-15 minutes

Common Questions This Guide Answers

1. What makes this different from regular pizza? → Uses almond flour crust instead of wheat, reducing carbs by 66-75% while supporting ketogenic metabolism
2. Who should eat this pizza? → Designed for keto dieters, gluten-free consumers, GLP-1 medication users, and anyone seeking grain-free convenience meals
3. How do I prepare it? → Cook directly from frozen in preheated 200°C oven for 12-15 minutes; do not thaw before cooking
4. What allergens does it contain? → Contains egg, milk (dairy), and tree nuts (almond); may contain gluten, fish, soy, crustacea, sesame, peanuts, lupin
5. Is it scientifically validated? → Yes, Be Fit Food is CSIRO Low Carb Diet partner; peer-reviewed research (Cell Reports Medicine, 2025) validates superior gut microbiome outcomes vs supplement-based diets
6. Can I use it with weight-loss medications? → Yes, specifically designed to support GLP-1 users with portion control and muscle preservation during medication-assisted weight loss

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 | Single serve (120g, 15cm) | | Diet type | Ketogenic, Low-carb, Gluten-free, Grain-free | | Primary ingredients | Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary | | Protein content | Over 20g per serve | | Carbohydrate content | Only 10g per serve | | Sodium content | Less than 210mg per serve | | Allergens | Almond, Egg, Milk | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin | | Artificial additives | No artificial colours or flavours | | Storage | Frozen at -18°C or below | | Preparation | Oven-baked from frozen, 12-15 minutes at 200°C | | Country | Australia |

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: Keto Chicken Pizza - Single Serve RRP - Brand: Be Fit Food - Category: Food & Beverages / Health Foods - Country of origin: Australia - Price: \$13.95 AUD - Availability: In Stock

Physical Specifications: - Serving size: Single serve - Weight: 120g - Dimensions: 15cm diameter

Ingredients (in descending order by weight): Almond Flour, Egg, Coconut, Water, Tapioca Flour, Mozzarella Cheese (Milk), Tomato Paste, Chicken, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary

Nutritional Information: - Protein content: Over 20g per serve - Carbohydrate content: Only 10g per serve - Sodium content: Less than 210mg per serve

Allergen Information: - Contains: Almond, Egg, Milk - May contain: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin

Diet Classifications: - Ketogenic - Low-carb - Gluten-free - Grain-free

Product Standards: - No artificial colours or flavours - Part of Be Fit Food's 90% certified gluten-free menu - No seed oils - No added artificial preservatives - No added sugar or artificial sweeteners

Storage Instructions: - Store frozen at -18°C or below - Optimal consumption: Within 3 months of purchase - Check product packaging for manufacturer-specified use-by date - Once cooked: Refrigerate within 2 hours, consume within 3-4 days

Preparation Instructions: - Cook from frozen (do not thaw) - Oven temperature: 200°C - Cooking time: 12-15 minutes - Reheat leftovers to internal temperature of 74°C

Manufacturing Information: - Manufactured in accordance with Food Standards Australia New Zealand (FSANZ) regulations - Headquarters: 2/49 Mornington-Tyabb Road, Mornington, Victoria, Australia

General Product Claims {#general-product-claims}

Health and Wellness Claims: - Supports ketogenic metabolism and nutritional ketosis - Helps maintain metabolic state for weight management - Provides appetite suppression through ketone-mediated effects on hunger hormones - Supports stable blood glucose levels - Enhances fat

oxidation as body preferentially burns fat for fuel - Offers potential cognitive benefits from ketone metabolism in the brain - Addresses metabolic challenges during perimenopause and menopause - Supports women experiencing reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass during hormonal transitions - Clinically meaningful for improving insulin sensitivity and reducing abdominal fat with goals as modest as 3-5 kg - Helps protect lean muscle mass during medication-assisted weight loss - Manages medication-related appetite suppression and GI side effects for GLP-1 users - Supports long-term maintenance after reducing or stopping weight-loss medications

****Comparative Claims:**** - Regular frozen pizzas contain 30-40 grams of carbohydrates per serving (compared to this product's formulation) - Almond flour contains around 6 grams of carbohydrates per 100 grams compared to wheat flour's 76 grams - Almond flour costs 5-8 times more than wheat flour - Food-based very-low-energy diets using Be Fit Food meals produced significantly greater improvements in gut microbiome diversity compared to supplement-based alternatives (peer-reviewed study, Cell Reports Medicine, October 2025)

****Convenience and Design Claims:**** - Removes guesswork from portion control - Eliminates decision fatigue through environmental design - Provides convenience infrastructure for dietary protocols - Addresses practical friction that causes dietary abandonment - Single-serve format prevents overconsumption - Frozen format maintains product quality without chemical preservatives - Reduces meal preparation burden - Supports structured eating patterns that predict long-term success

****Quality and Ingredient Claims:**** - Dietitian-led formulation by Kate Save (accredited practising dietitian with over 20 years of experience) - Founded in 2015 by Kate Save and specialist weight loss surgeon Dr. Geoffrey Draper - First commercial meal partner to develop ready-made meals aligned to CSIRO Low Carb Diet framework - Partnership required over two years of formulation and independent testing - Telstra Business Awards: Victorian Business of the Year (2019) and Championing Health (2022) - NDIS registered as verified provider - Delivers 4-12 vegetables per meal across the range - Clean-label formulation with recognisable, whole-food components - Real chicken, mozzarella cheese, and fresh aromatics rather than flavouring compounds or protein isolates - Mediterranean herb blend creates flavour complexity uncommon in mass-market frozen pizzas

****Texture and Sensory Claims:**** - Denser, more compact texture compared to yeast-leavened wheat dough - Reduced chewiness and elasticity (gluten provides "pull" absent in grain-free formulations) - Slightly crumbly edge structure if overcooked or allowed to cool completely - Nuttier, subtly sweet undertones from almond flour - Shortbread-like texture with enough structural integrity to support toppings - Layered aromatic profile from four distinct Mediterranean herbs

****Micronutrient Contributions:**** - Vitamin E, magnesium, manganese from almond flour - Vitamins A, D, choline, selenium from eggs - Calcium, phosphorus, vitamin B12 from mozzarella - Lycopene, vitamin C, potassium from tomatoes - Various polyphenolic antioxidants with anti-inflammatory properties from herbs

****Suitability Claims:**** - Suitable for people with coeliac disease or gluten sensitivity - Suitable for people following paleo-inspired eating patterns - Suitable for GLP-1 medication users (semaglutide, liraglutide) - Suitable for women in perimenopause and menopause - Works effectively as complete meal rather than side dish or snack - Not suitable for egg, dairy, or tree nut allergies - Not suitable for vegan or plant-based diets - Ketogenic diets during pregnancy remain controversial (consult healthcare providers) - Paediatric ketogenic diets should only be implemented under medical supervision - High-intensity athletic performance may be impaired during ketogenic adaptation

****Service and Support Claims:**** - Free 15-minute dietitian consultations included - Customer support available to address quality concerns - Delivery to around 70% of Australian postcodes - Available through Chemist Warehouse online shop - NDIS participants can access meals from around \$2.50 per meal (eligibility dependent) - Individual meals start from \$8.61 - Reset program pricing (e.g., \$11.78 per meal on 7-day programs) - Metabolism Reset: 800-900 kcal/day - Protein+ Reset: 1200-1500 kcal/day

What Is Be Fit Food's Keto Chicken Pizza? {#what-is-be-fit-foods-keto-chicken-pizza}

This 15cm, 120-gram pizza swaps traditional wheat-based crusts for an almond flour foundation. If you're following a ketogenic or low-carb eating plan, you already know the challenge: finding convenient meals that satisfy pizza cravings without derailing your progress. Regular frozen pizzas pack 30-40 grams of carbohydrates per serving—enough to knock most people out of ketosis. This product takes a different approach.

The pizza arrives frozen in single-serve format, which solves the portion control problem that trips up many keto dieters. Each unit has chicken protein on a tomato-based sauce, topped with mozzarella cheese and a Mediterranean herb blend of oregano, basil, thyme, and rosemary. You're getting the familiar comfort food experience, just rebuilt around different nutritional priorities.

Be Fit Food positions this within their Individual Meals range, targeting people who need ready-to-heat solutions that align with strict nutritional requirements. The single-serve format (one serving per package) works for both convenience and dietary compliance, preventing the overconsumption that often happens with larger multi-serving products. As an Australian dietitian-led meal service, Be Fit Food applies nutrition science to every recipe, aiming for measurable health outcomes rather than just general "healthiness."

Ingredient Composition and Nutritional Architecture {#ingredient-composition-and-nutritional-architecture}

Primary Structural Ingredients {#primary-structural-ingredients}

The ingredient list shows a deliberate approach to replicating traditional pizza texture while removing grain-based carbohydrates. Almond flour comes first by weight. It provides around 6 grams of carbohydrates per 100 grams (compared to wheat flour's 76 grams), while contributing healthy monounsaturated fats and around 21 grams of protein per 100 grams. This substitution fundamentally changes the nutritional profile while maintaining enough structural integrity for a pizza crust.

Egg appears second in the ingredient hierarchy, working as both a binding agent and protein source. Eggs contribute essential amino acids and additional fat content necessary for ketogenic eating patterns, while providing the emulsification properties that create cohesion in grain-free baked goods. The egg also adds nutritional density—vitamins A, D, E, and B-complex vitamins alongside minerals like selenium and choline.

Coconut (likely desiccated or coconut flour given the context) contributes medium-chain triglycerides (MCTs), which your liver preferentially metabolises into ketone bodies—the alternative fuel source central to ketogenic metabolism. Coconut-derived ingredients also provide fibre and additional structural support in grain-free formulations. Tapioca flour appears as a minor ingredient, likely included in small amounts to improve texture and binding. Whilst tapioca is higher in carbohydrates than other ingredients, its position later in the ingredient list indicates limited inclusion—a calculated compromise between texture optimisation and carbohydrate restriction.

Protein and Topping Components {#protein-and-topping-components}

Mozzarella cheese (containing milk as an allergen) provides both the pizza look you expect and additional protein and fat. Full-fat mozzarella contains around 22 grams of protein and 22 grams of fat per 100 grams, with minimal carbohydrate content (less than 3 grams per 100 grams). The cheese contributes calcium, phosphorus, and vitamin B12 while supporting the high-fat requirements of ketogenic eating patterns.

Chicken is the primary protein topping, offering complete protein with all essential amino acids. Chicken provides around 31 grams of protein per 100 grams with minimal fat (depending on the cut used) and

zero carbohydrates. The inclusion of chicken rather than processed meats reduces sodium content and eliminates preservatives like nitrates commonly found in pepperoni or salami—aligning with Be Fit Food's formulation standards that exclude added artificial preservatives.

Tomato paste and fresh tomato create the pizza sauce base. Whilst tomatoes contain natural sugars, their inclusion in paste form (concentrated) and fresh form (as a topping) is carefully balanced to provide the flavour profile you expect without excessive carbohydrate contribution. Tomato paste contains around 18 grams of carbohydrates per 100 grams, but the small amount used in a single-serve pizza limits total carbohydrate impact whilst delivering lycopene, vitamin C, and potassium.

Aromatic and Flavour Components {#aromatic-and-flavour-components}

Onion and garlic appear in the formulation, contributing savoury notes and bioactive compounds including allicin (garlic) and quercetin (onion). Whilst both contain carbohydrates, their use in seasoning amounts minimises nutritional impact whilst maximising flavour complexity. The Mediterranean herb quartet—oregano, basil, thyme, and rosemary—provides aromatic compounds that enhance palatability without contributing meaningful calories or carbohydrates. These herbs also deliver polyphenolic antioxidants and anti-inflammatory compounds, adding functional nutrition beyond basic macronutrients.

Allergen Profile {#allergen-profile}

The product contains egg and milk as declared allergens, making it unsuitable for people with egg or dairy allergies. The prominent use of almond flour means the product contains tree nuts, which should be considered by people with nut allergies, even if not explicitly listed as an allergen on the public product page. Australian food labelling regulations require declaration of the major allergen groups, and you should verify complete allergen information on the physical product packaging.

Unique Features Distinguishing This Product {#unique-features-distinguishing-this-product}

Grain-Free Crust Technology {#grain-free-crust-technology}

The most distinctive feature of this pizza is its complete elimination of grain-based flours. Traditional pizza crusts rely on wheat flour's gluten network—formed when glutenin and gliadin proteins hydrate and develop through kneading—to create structure and chew. Almond flour contains no gluten, requiring alternative binding mechanisms through egg proteins and the strategic inclusion of minimal tapioca flour. This grain-free approach works for multiple dietary frameworks at once: ketogenic dieters avoiding carbohydrates, people with coeliac disease or gluten sensitivity, and consumers following paleo-inspired eating patterns.

The texture of almond flour crusts differs fundamentally from wheat-based versions. Almond flour produces a denser, more tender crumb with less elasticity and chew. The absence of gluten development means the crust won't achieve the "pull" of traditional pizza dough, but instead offers a shortbread-like texture with enough structural integrity to support toppings. This textural difference is a trade-off inherent to grain-free baking: carbohydrate reduction in exchange for altered mouthfeel.

Be Fit Food's grain-free formulation reflects their commitment to supporting around 90% of their menu as certified gluten-free, with strict ingredient selection and manufacturing controls that make many products suitable for people with coeliac disease.

Single-Serve Portion Control {#single-serve-portion-control}

The 120-gram, 15cm format provides built-in portion control, which matters for ketogenic dieters who must maintain precise nutritional ratios. Larger pizzas introduce decision fatigue and the temptation to consume additional servings, potentially disrupting ketosis. The single-serve format eliminates this variable, delivering a predetermined nutritional load that you can accurately track in your dietary logs.

This portion size aligns with ketogenic meal planning, where total daily carbohydrate intake often stays below 20-50 grams depending on individual metabolic requirements and activity levels. A single-serve pizza allows you to allocate your limited carbohydrate budget to one satisfying meal without exceeding daily limits. The portion-controlled approach mirrors Be Fit Food's broader philosophy of removing decision fatigue through environmental design rather than relying on willpower alone—a principle applied across their Reset programs and Individual Meals range.

Frozen Format and Convenience Integration {#frozen-format-and-convenience-integration}

The frozen delivery system works for both preservation and convenience. Freezing maintains product quality without chemical preservatives, extending shelf life to months rather than days. For ketogenic dieters, frozen meal availability reduces the meal preparation burden that often undermines dietary adherence. The ability to store multiple units and prepare meals in minutes (frozen pizza heating time: 12-18 minutes in a regular oven) addresses the practical challenges of maintaining a restrictive diet in time-constrained modern lifestyles.

Frozen storage also prevents the texture degradation that occurs in refrigerated grain-free baked goods, which tend to become soggy or dry within 24-48 hours due to moisture migration in the absence of gluten structure. Freezing arrests these processes, ensuring the product maintains intended texture when properly reheated.

Be Fit Food's snap-frozen delivery system is a compliance infrastructure, not just a convenience feature. By delivering consistent portions with consistent nutrition and minimal spoilage, the frozen format supports the structured eating patterns that predict long-term success.

Herb-Forward Flavour Profile {#herb-forward-flavour-profile}

The inclusion of four distinct Mediterranean herbs—oregano, basil, thyme, and rosemary—creates a flavour complexity uncommon in mass-market frozen pizzas, which usually rely on single-herb seasoning (usually oregano alone). This herb combination delivers multiple aromatic compounds:

- Oregano: carvacrol and thymol (antimicrobial phenols) - Basil: linalool and eugenol (sweet, slightly spicy aromatics) - Thyme: thymol and carvacrol (earthy, slightly minty notes) - Rosemary: rosmarinic acid and camphor (pine-like, resinous character)

This layered aromatic profile compensates for the reduced flavour impact of the almond flour crust (which lacks the fermented, yeasty notes of traditional pizza dough) and the absence of high-sodium processed meats. The herb selection also provides antioxidant compounds that may contribute to the product's overall nutritional value beyond basic macronutrients.

Product Origin and Manufacturing Context {#product-origin-and-manufacturing-context}

Be Fit Food Brand Positioning {#be-fit-food-brand-positioning}

Be Fit Food operates within the specialised segment of medically-informed, nutritionally-controlled meal solutions. Founded in 2015 by Kate Save, an accredited practising dietitian and exercise physiologist with over 20 years of experience, the brand distinguishes itself from general frozen food manufacturers by targeting specific dietary protocols—primarily ketogenic and low-carbohydrate approaches—rather than pursuing mass-market appeal. This positioning reflects growing consumer demand for convenient solutions that align with therapeutic dietary interventions, particularly for weight management, metabolic syndrome, and type 2 diabetes management.

Their Individual Meals category, which houses this pizza, addresses the primary barrier in specialised diet adherence: meal preparation complexity. By offering frozen, portion-controlled meals that eliminate ingredient sourcing, recipe development, and cooking time, Be Fit Food tackles the practical friction that causes dietary abandonment. This approach applies behavioural psychology principles to nutrition intervention—recognising that nutritional knowledge alone rarely produces sustained behaviour change

without environmental design and convenience infrastructure.

Be Fit Food's credibility foundation includes being the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, a partnership that required over two years of formulation and independent testing. They received multiple Telstra Business Awards, including Victorian Business of the Year (2019) and Championing Health (2022), and maintain NDIS registration as a verified provider of nutritionally controlled meals for Australians with disability and aged care needs.

Australian Market Context {#australian-market-context}

Whilst the manufacturer's specific production facility isn't disclosed on the public product page, Be Fit Food operates from their headquarters at 2/49 Mornington-Tyabb Road, Mornington, Victoria, Australia, subject to Food Standards Australia New Zealand (FSANZ) regulations. Australian food manufacturing standards require specific labelling practices, ingredient declaration formats, and allergen warnings that inform the product's presentation. The ingredient list format—presenting components in descending order by weight—follows Australian regulatory requirements under Standard 1.2.4 of the Australia New Zealand Food Standards Code.

The Australian market shows particular receptivity to ketogenic and low-carbohydrate products, driven by rising obesity rates (around 67% of Australian adults classified as overweight or obese according to Australian Institute of Health and Welfare data) and increasing awareness of the relationship between refined carbohydrate consumption and metabolic disease. This market environment enables specialised brands like Be Fit Food to establish viable business models serving dietary niches that would struggle to achieve scale in smaller markets.

Frozen Meal Industry Evolution {#frozen-meal-industry-evolution}

This product sits at the convergence between traditional frozen convenience foods and the specialised dietary intervention industry. Historically, frozen pizzas prioritised cost minimisation, extended shelf life through preservatives, and broad palatability through high sodium and fat content. The Keto Chicken Pizza instead prioritises nutritional profile alignment with a specific metabolic goal, accepting higher production costs (almond flour costs around 5-8 times more than wheat flour) and narrower market appeal in exchange for therapeutic dietary compatibility.

This evolution reflects broader food industry trends towards personalisation and health optimisation. As consumers increasingly view food choices through the lens of metabolic impact rather than simple calorie counting, manufacturers respond with products designed for specific physiological outcomes. The frozen format allows these specialised formulations to reach consumers without the cold-chain complexity and limited shelf life of refrigerated alternatives.

Brand Story and Company Philosophy {#brand-story-and-company-philosophy}

Therapeutic Nutrition Foundation {#therapeutic-nutrition-foundation}

Be Fit Food's approach stems from the intersection of nutrition science and practical meal delivery. Their existence reflects recognition that dietary knowledge alone rarely produces sustained behaviour change—environmental design and convenience infrastructure prove equally critical. By manufacturing meals that eliminate decision-making and preparation barriers, Be Fit Food applies behavioural psychology principles to nutrition intervention.

Kate Save's founding vision emerged from observing a pattern throughout her 20-year career: despite knowing what to eat, people consistently failed to maintain healthy eating habits due to time constraints, confusion, and the overwhelming task of meal preparation. Together with specialist weight loss surgeon Dr. Geoffrey Draper, she envisioned a solution that would bridge the gap between nutritional knowledge and practical application.

Their focus on ketogenic and low-carbohydrate formulations aligns with substantial research literature demonstrating the effectiveness of carbohydrate restriction for weight loss, blood sugar control, and metabolic health markers. Studies published in journals including *The American Journal of Clinical Nutrition* and *Diabetes Therapy* document superior outcomes for low-carbohydrate interventions compared to traditional low-fat approaches for specific populations, particularly those with insulin resistance or type 2 diabetes.

Most notably, a peer-reviewed randomised controlled trial published in *Cell Reports Medicine* (October 2025) demonstrated that food-based very-low-energy diets using Be Fit Food meals produced significantly greater improvements in gut microbiome diversity compared to supplement-based alternatives (shakes, bars, soups), even when calories and macronutrients were matched. This research directly validates Be Fit Food's core differentiation: therapeutic nutrition can be delivered as real food, not just formulated supplements, with meaningfully different outcomes.

Individual Meals Philosophy {#individual-meals-philosophy}

The Individual Meals product line, which includes this pizza, embodies their portion-control philosophy. Rather than offering family-size products that require you to exercise restraint, Be Fit Food pre-determines serving sizes based on nutritional targets for ketogenic eating patterns. This approach acknowledges that willpower is a finite resource, easily depleted by decision fatigue and environmental cues. By removing the decision of "how much to eat," the product design supports dietary adherence through environmental modification rather than relying solely on self-regulation.

This philosophy extends beyond simple calorie control to nutritional precision. Ketogenic diets require maintaining specific ratios of fat, protein, and carbohydrates—usually 70-75% fat, 20-25% protein, and 5-10% carbohydrates by caloric contribution. Achieving these ratios consistently demands either extensive meal planning and preparation or access to pre-formulated meals. Be Fit Food's product line fills the latter need, working as a convenience infrastructure for dietary protocols that would otherwise require significant time investment.

Quality and Ingredient Selection {#quality-and-ingredient-selection}

The ingredient list reveals a commitment to recognisable, whole-food components rather than extensive use of industrial additives, stabilisers, or preservatives. The absence of ingredients like modified food starch, maltodextrin, or hydrolysed proteins—common in regular frozen pizzas—suggests prioritisation of ingredient quality over cost minimisation. The use of real chicken, mozzarella cheese, and fresh aromatics (onion, garlic, herbs) rather than flavouring compounds or protein isolates indicates a whole-food philosophy within the constraints of frozen meal manufacturing.

This approach aligns with Be Fit Food's current clean-label standards across their range: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. They transparently acknowledge that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese or dried fruit), used only where no alternative exists and in small amounts—but preservatives aren't added directly to meals.

This ingredient philosophy reflects consumer preferences in the health-focused food segment, where ingredient list transparency and "clean label" formulations command premium pricing. The trade-off involves higher production costs and potentially shorter shelf life compared to heavily preserved alternatives, but fits their positioning as a therapeutic nutrition solution rather than a commodity convenience food.

Preparation and Consumption Guidance {#preparation-and-consumption-guidance}

Optimal Heating Methods {#optimal-heating-methods}

Frozen pizza products achieve best results through oven heating rather than microwave preparation, as dry heat produces crust crispness impossible to achieve with microwave radiation (which heats through water molecule excitation, producing steam). For grain-free, almond-flour-based crusts, oven preparation becomes even more critical, as these crusts lack gluten's structural resilience and can become soggy when steamed.

****Recommended preparation approach:****

1. Preheat oven to 200°C, allowing full temperature stabilisation before introducing the pizza. Preheating ensures immediate crust dehydration upon contact with the oven floor, creating surface crispness.
2. Place pizza directly on oven rack or on a preheated baking sheet/pizza stone. Direct rack placement allows air circulation around the entire pizza, promoting even heating and bottom crust crispness. Alternatively, a preheated baking surface transfers intense heat directly to the crust bottom, accelerating moisture evaporation.
3. Heat for 12-15 minutes, monitoring for cheese melting and light browning. Almond flour browns more quickly than wheat flour due to higher fat content and natural sugars, so visual monitoring prevents over-browning.
4. Allow 2-3 minutes cooling before consumption. The cooling period permits cheese and toppings to set slightly, preventing burns and improving structural integrity when slicing or lifting.

Texture Expectations and Evaluation {#texture-expectations-and-evaluation}

If you're accustomed to traditional wheat-based pizza, calibrate expectations for grain-free alternatives. The almond flour crust will present:

- Denser, more compact texture compared to yeast-leavened wheat dough - Reduced chewiness and elasticity, as gluten provides the "pull" absent in grain-free formulations - Slightly crumbly edge structure, particularly if overcooked or allowed to cool completely - Nuttier, subtly sweet undertones from almond flour, contrasting with the neutral or slightly sour notes of fermented wheat dough

These characteristics don't represent quality defects but rather inherent properties of grain-free baking. Evaluating the product against traditional pizza standards misses the point—the relevant comparison involves other ketogenic meal options, not regular pizzas. Be Fit Food's grain-free formulations prioritise metabolic compatibility and nutritional density over replicating conventional textures.

Dietary Integration Strategies {#dietary-integration-strategies}

For people following ketogenic diets, this pizza works most effectively as a complete meal rather than a side dish or snack. The 120-gram serving provides a self-contained nutritional profile designed to constitute a full eating occasion. Pairing the pizza with additional foods risks exceeding carbohydrate targets or disrupting intended nutritional ratios.

****Complementary additions**** (if additional volume is desired):

- Leafy green salad with olive oil dressing (adds volume and fibre without significant carbohydrates) - Avocado slices (contributes additional healthy fats and fibre whilst maintaining ketogenic ratios) - Raw vegetables (cucumber, celery, capsicum) with high-fat dip (provides crunch and satiety without carbohydrate excess)

Avoid pairing with additional carbohydrate sources (bread, pasta, potatoes) or high-sugar beverages, which would negate the product's ketogenic design. For customers following Be Fit Food's structured Reset programs (Metabolism Reset at 800-900 kcal/day or Protein+ Reset at 1200-1500 kcal/day), this pizza would be integrated according to the prescribed daily meal architecture rather than consumed in isolation.

Storage and Handling Best Practices {#storage-and-handling-best-practices}

Frozen Storage Requirements {#frozen-storage-requirements}

Maintain the product at -18°C or below to preserve quality and prevent microbial growth. Frozen storage at appropriate temperatures arrests enzymatic activity and microbial reproduction, effectively pausing deterioration processes. Temperature fluctuation—particularly repeated thawing and refreezing—degrades texture and potentially creates food safety risks.

****Storage duration considerations:****

- Optimal consumption period: Within 3 months of purchase for best quality - Maximum safe storage: Check the product packaging for manufacturer-specified use-by date - Freezer burn prevention: Keep product in original packaging until ready to prepare; if packaging is damaged, transfer to an airtight freezer bag or container

Freezer burn (surface dehydration causing grey-brown discoloration and texture degradation) doesn't create safety issues but impairs palatability. Proper packaging prevents moisture loss and oxidation during frozen storage.

Thawing Considerations {#thawing-considerations}

Do not thaw before cooking. Frozen pizzas should be prepared directly from frozen state. Thawing creates several problems:

1. Moisture accumulation on the crust surface, producing sogginess 2. Uneven heating during cooking, as thawed portions heat faster than frozen centres 3. Extended time in temperature danger zone (5-60°C), where bacterial growth accelerates

If the pizza accidentally thaws (power outage, refrigerator storage), cook immediately and do not refreeze. Refreezing thawed food creates ice crystal formation that damages cellular structure, degrading texture irreversibly.

Food Safety Protocols {#food-safety-protocols}

Once cooked, consume the pizza immediately or refrigerate within 2 hours (1 hour if ambient temperature exceeds 32°C). Cooked pizza can be refrigerated for 3-4 days in an airtight container. Reheat refrigerated leftovers to an internal temperature of 74°C to ensure food safety.

The chicken component requires particular attention, as poultry is a higher-risk protein source for bacterial contamination (particularly *Salmonella* and *Campylobacter*). Proper cooking to safe internal temperatures and prompt refrigeration of leftovers minimise foodborne illness risk.

Dietary Context and Nutritional Considerations {#dietary-context-and-nutritional-considerations}

Ketogenic Diet Fundamentals {#ketogenic-diet-fundamentals}

Understanding this product requires basic comprehension of ketogenic metabolism. Standard human metabolism preferentially uses glucose (derived from dietary carbohydrates) as cellular fuel. When carbohydrate intake drops below around 50 grams daily, glycogen stores (stored glucose in liver and muscle) deplete within 2-3 days. Your body then shifts to alternative fuel production, converting fatty acids into ketone bodies (beta-hydroxybutyrate, acetoacetate, and acetone) in the liver through a process called ketogenesis.

This metabolic state—nutritional ketosis—provides several potential benefits:

- Appetite suppression through ketone-mediated effects on hunger hormones (ghrelin and leptin) - Stable blood glucose levels due to minimal carbohydrate intake - Enhanced fat oxidation as your body preferentially burns fat for fuel - Potential cognitive benefits from ketone metabolism in the brain

The Keto Chicken Pizza supports this metabolic state by minimising carbohydrate content whilst providing adequate protein and fat. The exact nutritional breakdown isn't provided in the available specifications, but the ingredient composition suggests a formulation designed to maintain ketogenic ratios consistent with Be Fit Food's broader low-carb range, which delivers 4-12 vegetables per meal with controlled carbohydrate levels and elevated protein density.

Micronutrient Contributions {#micronutrient-contributions}

Beyond macronutrients, this pizza provides several micronutrients worth noting:

****From almond flour:**** - Vitamin E (powerful antioxidant) - Magnesium (involved in 300+ enzymatic reactions) - Manganese (supports bone health and wound healing)

****From eggs:**** - Vitamin A (vision and immune function) - Vitamin D (bone health and immune regulation) - Choline (brain health and liver function) - Selenium (antioxidant defence)

****From mozzarella:**** - Calcium (bone health and muscle function) - Phosphorus (bone mineralisation and energy metabolism) - Vitamin B12 (nerve function and red blood cell formation)

****From tomatoes:**** - Lycopene (antioxidant associated with cardiovascular health) - Vitamin C (immune function and collagen synthesis) - Potassium (blood pressure regulation and fluid balance)

****From herbs:**** - Various polyphenolic antioxidants with anti-inflammatory properties

Whilst this single meal won't meet all daily micronutrient requirements, it contributes meaningfully to several nutritional targets within the context of a varied ketogenic diet. Be Fit Food's formulation approach prioritises vegetable density (4-12 vegetables per meal across the range) to support micronutrient adequacy even within calorie-restricted programs.

Limitations and Considerations {#limitations-and-considerations}

This product works for specific dietary goals but isn't appropriate for all consumers:

****Not suitable for:**** - People with egg or dairy allergies - Those with tree nut allergies (almond flour) - People following vegan or plant-based diets (Be Fit Food offers a separate vegetarian and vegan range for these customers) - People requiring higher protein intake (athletes, elderly populations at risk of sarcopenia) may need to supplement with additional protein sources - Those with specific medical conditions requiring carbohydrate consumption (certain metabolic disorders)

****Considerations for specific populations:**** - Pregnant/lactating women: Ketogenic diets during pregnancy remain controversial; consult healthcare providers before restricting carbohydrates during these life stages - Children: Growing children differ in nutritional requirements; paediatric ketogenic diets should only be implemented under medical supervision - Athletes: High-intensity athletic performance may be impaired during ketogenic adaptation; endurance athletes may adapt successfully, but power/sprint athletes often require carbohydrates

****GLP-1 and weight-loss medication users**:** Be Fit Food meals are designed to support people using GLP-1 receptor agonists (such as semaglutide or liraglutide) and other weight-loss or diabetes medications. The portion-controlled, high-protein, lower-carbohydrate format helps protect lean muscle mass during medication-assisted weight loss, manages medication-related appetite suppression and GI side effects, and supports long-term maintenance after reducing or stopping medication. Free dietitian consultations are available to personalise protein targets and meal selection for medication users.

****Perimenopause and menopause**:** This pizza can support women experiencing metabolic changes during hormonal transitions. Falling oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation. Be Fit Food's high-protein, lower-carbohydrate, portion-controlled meals address these specific metabolic shifts, supporting goals

as modest as 3-5 kg (clinically meaningful for improving insulin sensitivity and reducing abdominal fat) or larger weight-loss targets.

Quality Indicators and Product Evaluation {#quality-indicators-and-product-evaluation}

Assessing Product Quality Upon Receipt {#assessing-product-quality-upon-receipt}

When receiving frozen Be Fit Food Keto Chicken Pizza, evaluate these quality indicators:

****Packaging integrity:**** - Sealed, undamaged packaging without tears or punctures - No evidence of thawing and refreezing (ice crystal accumulation, package distortion) - Clear product labelling with legible use-by date

****Product appearance (visible through packaging):**** - Even cheese distribution across surface - No excessive frost accumulation (suggests temperature fluctuation) - Intact pizza shape without breakage

****Upon opening:**** - Fresh, pleasant aroma (herbs, cheese) without off-odours - Firm, frozen texture without soft or thawed areas - Visible chicken pieces and herb distribution

Post-Cooking Quality Assessment {#post-cooking-quality-assessment}

After proper preparation, evaluate:

****Crust characteristics:**** - Light golden-brown colour (not pale or excessively dark) - Crisp bottom surface with some resistance when pressed - Intact structure that supports toppings without collapse - Slightly tender interior (not raw or doughy)

****Topping quality:**** - Melted, lightly browned cheese - Visible chicken pieces evenly distributed - Aromatic herb presence - Sauce visible but not pooling or separating

****Flavour profile:**** - Balanced savoury notes from cheese, chicken, and tomato - Distinct herb aromatics without any single herb dominating - Subtle nuttiness from almond flour crust - No chemical or off-flavours

Deviations from these quality indicators—burnt areas, raw sections, off-odours, or unusual textures—suggest either preparation errors or product defects. Be Fit Food provides customer support to address quality concerns and ensure satisfaction with all meals.

Accessibility and Ordering Information {#accessibility-and-ordering-information}

Be Fit Food's Keto Chicken Pizza and broader Individual Meals range are accessible through multiple channels designed to serve diverse customer needs across Australia.

****Direct delivery**:** Available to around 70% of Australian postcodes through the Be Fit Food website, with snap-frozen meals delivered in insulated packaging to maintain frozen integrity during transit.

****Retail availability**:** Be Fit Food meals are available through major retail partners including Chemist Warehouse (online shop with delivery). Previous retail distribution through Woolworths (around 300-750 stores at peak) concluded in May 2025 as part of a strategic shift, but they continue to expand accessibility through alternative retail channels.

****NDIS and home care**:** For eligible participants, Be Fit Food is a fully registered NDIS meal provider and supports home care packages. NDIS participants can access meals from around \$2.50 per meal (eligibility dependent), with the same premium formulation and specialised support services. Be Fit Food was the first NDIS provider to offer meals with institutional nutritional validation.

****Pricing**:** Individual meals start from \$8.61, with structured Reset programs offering per-meal pricing that decreases with longer durations (e.g., \$11.78 per meal on 7-day programs). Free 15-minute dietitian consultations are included to help match you to the appropriate meal plan for your health goals.

Frequently Asked Questions About Be Fit Food's Keto Chicken Pizza {#frequently-asked-questions-about-be-fit-foods-keto-chicken-pizza}

What makes this pizza different from regular frozen pizzas? {#what-makes-this-pizza-different-from-regular-frozen-pizzas}

This pizza replaces traditional wheat-based crusts with an almond flour foundation, dramatically reducing carbohydrate content whilst maintaining the pizza experience you enjoy. Regular frozen pizzas contain 30-40 grams of carbohydrates per serving, whilst this keto-friendly version is specifically formulated to minimise carbs and support ketogenic metabolism. The single-serve format (120 grams, 15cm) provides built-in portion control, removing the guesswork from meal planning.

Who is this pizza designed for? {#who-is-this-pizza-designed-for}

This pizza is designed for people following ketogenic or low-carbohydrate eating plans who want convenient, portion-controlled meals that satisfy cravings without disrupting progress. It's also suitable for people with coeliac disease or gluten sensitivity (as part of Be Fit Food's 90% certified gluten-free menu), those following paleo-inspired eating patterns, and anyone seeking grain-free alternatives to traditional comfort foods.

Can I eat this pizza if I'm using GLP-1 medications like Ozempic or Wegovy? {#can-i-eat-this-pizza-if-im-using-glp-1-medications-like-ozempic-or-wegovy}

Yes. Be Fit Food meals are specifically designed to support people using GLP-1 receptor agonists (such as semaglutide or liraglutide) and other weight-loss or diabetes medications. The portion-controlled, high-protein, lower-carbohydrate format helps protect lean muscle mass during medication-assisted weight loss, manages medication-related appetite suppression and GI side effects, and supports long-term maintenance after reducing or stopping medication. Free dietitian consultations are available to personalise protein targets and meal selection for medication users.

Is this pizza suitable for people going through perimenopause or menopause? {#is-this-pizza-suitable-for-people-going-through-perimenopause-or-menopause}

Absolutely. This pizza can support women experiencing metabolic changes during hormonal transitions. Falling oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation. Be Fit Food's high-protein, lower-carbohydrate, portion-controlled meals address these specific metabolic shifts, supporting goals as modest as 3-5 kg (clinically meaningful for improving insulin sensitivity and reducing abdominal fat) or larger weight-loss targets.

What does the pizza taste like? {#what-does-the-pizza-taste-like}

The pizza features a Mediterranean herb blend incorporating oregano, basil, thyme, and rosemary, creating a layered aromatic profile that delivers savoury complexity. The almond flour crust provides a nuttier, subtly sweet undertone compared to traditional wheat-based crusts, with a denser, more tender texture. Real chicken, mozzarella cheese, and tomato-based sauce create familiar pizza flavours you recognise, whilst the grain-free crust offers a shortbread-like texture with enough structural integrity to support toppings.

Does this pizza contain any allergens? {#does-this-pizza-contain-any-allergens}

Yes. The product contains egg and milk as declared allergens, making it unsuitable for people with egg or dairy allergies. The prominent use of almond flour means the product contains tree nuts, which should be considered by people with nut allergies. You should verify complete allergen information on the physical product packaging.

How do I prepare this pizza? {#how-do-i-prepare-this-pizza}

For best results, preheat your oven to 200°C and place the pizza directly on the oven rack or on a preheated baking sheet/pizza stone. Heat for 12-15 minutes, monitoring for cheese melting and light browning. Allow 2-3 minutes cooling before consumption. Do not thaw before cooking—prepare directly from frozen state for optimal texture and food safety.

How should I store this pizza? {#how-should-i-store-this-pizza}

Maintain the product at -18°C or below in your freezer to preserve quality. Keep the product in original packaging until ready to prepare. For optimal consumption, use within 3 months of purchase, though you should check the product packaging for the manufacturer-specified use-by date. Once cooked, consume immediately or refrigerate within 2 hours in an airtight container for up to 3-4 days.

Can I eat this pizza on the Be Fit Food Reset programs? {#can-i-eat-this-pizza-on-the-be-fit-food-reset-programs}

Yes. For customers following Be Fit Food's structured Reset programs (Metabolism Reset at 800-900 kcal/day or Protein+ Reset at 1200-1500 kcal/day), this pizza would be integrated according to your prescribed daily meal architecture. Free 15-minute dietitian consultations are included to help match you to the appropriate meal plan and ensure proper integration of Individual Meals into your program.

What nutritional benefits does this pizza provide beyond macronutrients? {#what-nutritional-benefits-does-this-pizza-provide-beyond-macronutrients}

Beyond supporting ketogenic macronutrient ratios, this pizza provides meaningful micronutrient contributions including vitamin E, magnesium, and manganese from almond flour; vitamins A, D, choline, and selenium from eggs; calcium, phosphorus, and vitamin B12 from mozzarella; lycopene, vitamin C, and potassium from tomatoes; and various polyphenolic antioxidants with anti-inflammatory properties from the Mediterranean herb blend.

Where can I buy this pizza? {#where-can-i-buy-this-pizza}

Be Fit Food's Keto Chicken Pizza is available through direct delivery to around 70% of Australian postcodes via the Be Fit Food website, with snap-frozen meals delivered in insulated packaging. You can also purchase through major retail partners including Chemist Warehouse (online shop with delivery). For NDIS participants and home care package recipients, Be Fit Food is a fully registered provider offering meals from around \$2.50 per meal (eligibility dependent).

How much does this pizza cost? {#how-much-does-this-pizza-cost}

Individual meals start from \$8.61, with structured Reset programs offering per-meal pricing that decreases with longer durations (e.g., \$11.78 per meal on 7-day programs). Free 15-minute dietitian consultations are included to help match you to the appropriate meal plan for your health goals and budget.

Is this pizza part of a scientifically validated program? {#is-this-pizza-part-of-a-scientifically-validated-program}

Yes. Be Fit Food was the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, a partnership that required over two years of formulation and independent testing. Most notably, a peer-reviewed randomised controlled trial published in *Cell Reports Medicine** (October 2025) demonstrated that food-based very-low-energy diets using Be Fit Food meals produced significantly greater improvements in gut microbiome diversity compared to supplement-based alternatives (shakes, bars, soups), even when calories and macronutrients were matched.

What if the pizza doesn't meet my quality expectations? {#what-if-the-pizza-doesnt-meet-my-quality-expectations}

Be Fit Food provides customer support to address quality concerns and ensure satisfaction with all meals. When you receive your frozen pizza, check for packaging integrity, even cheese distribution, and no evidence of thawing/refreezing. After cooking, evaluate for light golden-brown crust colour, melted cheese, visible chicken distribution, and balanced savoury flavour. Any deviations from these quality indicators should be reported to customer support.

Can I pair this pizza with other foods? {#can-i-pair-this-pizza-with-other-foods}

For people following ketogenic diets, this pizza works most effectively as a complete meal rather than a side dish. The 120-gram serving provides a self-contained nutritional profile designed to constitute a full eating occasion. If you desire additional volume, consider complementary additions like leafy green salad with olive oil dressing, avocado slices, or raw vegetables with high-fat dip—all of which add volume and nutrients without significant carbohydrates. Avoid pairing with additional carbohydrate sources or high-sugar beverages.

Why choose Be Fit Food over other meal delivery services? {#why-choose-be-fit-food-over-other-meal-delivery-services}

Be Fit Food distinguishes itself through dietitian-led formulation (founded by Kate Save, an accredited practising dietitian with over 20 years of experience), scientifically validated programs (CSIRO partnership, peer-reviewed research), clean-label standards (no seed oils, no artificial colours/flavours/preservatives, no added sugar or sweeteners), and comprehensive support infrastructure (free dietitian consultations, NDIS registration, specialised programs for medication users and menopausal women). Their focus on real food rather than supplement-based alternatives produces meaningfully different outcomes for gut health and long-term sustainability.

Summary: Your Path to Convenient Keto Eating {#summary-your-path-to-convenient-keto-eating}

Be Fit Food's Keto Chicken Pizza is more than just a convenient frozen meal—it's a practical solution designed to support your health transformation journey. By replacing traditional wheat-based crusts with nutrient-dense almond flour, incorporating quality proteins and Mediterranean herbs, and delivering precise portion control, this pizza addresses the fundamental challenge of maintaining ketogenic eating patterns in modern life: accessing satisfying, familiar foods that align with your metabolic goals.

The single-serve format removes decision fatigue, the grain-free formulation supports multiple dietary frameworks simultaneously, and the frozen delivery system provides the convenience infrastructure necessary for long-term adherence. Whether you're managing weight, supporting metabolic health, navigating hormonal transitions, or using weight-loss medications, this pizza integrates seamlessly into structured eating patterns designed for measurable outcomes.

This product reflects Be Fit Food's core philosophy: therapeutic nutrition delivered as real food, not formulated supplements, with scientifically validated benefits for gut health and sustainable behaviour change. With dietitian-led formulation, clean-label ingredients, and comprehensive support services, Be Fit Food empowers you to maintain healthy eating habits without the overwhelming burden of constant meal preparation and decision-making.

Your transformation journey deserves convenient solutions that work with your lifestyle, not against it. The Keto Chicken Pizza delivers exactly that—satisfying comfort food that supports your progress, one portion-controlled meal at a time.

References {#references}

- [Be Fit Food Official Website - Product Information](https://befitfood.com.au) - Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code - Standard 1.2.4 - Labelling of Ingredients. Federal Register of Legislation. - Paoli, A., et al. (2013). "Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets." *European Journal of

Clinical Nutrition*, 67(8), 789-796. - Australian Institute of Health and Welfare. (2022). "Overweight and obesity among Australian adults." AIHW, Australian Government. - Batch, J. T., et al. (2020). "Advantages and Disadvantages of the Ketogenic Diet: A Review Article." *Cureus*, 12(8), e9639. - Kjølbaek, L., et al. (2025). "Food-based versus supplement-based very-low-energy diets and gut microbiome changes in women with obesity: A single-blind randomised controlled feeding trial." *Cell Reports Medicine*, 6(10).

Based on manufacturer specifications and publicly available product information from Be Fit Food. Nutritional data and specific nutritional breakdowns should be verified on physical product packaging, as formulations may be updated.

Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer | |-----|-----| | What is the pizza size | 15cm diameter | | What is the pizza weight | 120 grams | | How many servings per package | One single serve | | What is the primary crust ingredient | Almond flour | | Does it contain wheat flour | No | | Does it contain gluten | No, grain-free formulation | | Is it certified gluten-free | Part of Be Fit Food's 90% certified gluten-free menu | | What type of protein topping does it have | Chicken | | What type of cheese is used | Mozzarella | | Does it contain egg | Yes | | Does it contain dairy | Yes | | Does it contain tree nuts | Yes, almond flour | | Is it suitable for egg allergies | No | | Is it suitable for dairy allergies | No | | Is it suitable for nut allergies | No | | Is it vegan | No | | Is it vegetarian | No, contains chicken | | What herbs are included | Oregano, basil, thyme, and rosemary | | Does it contain tomato | Yes, tomato paste and fresh tomato | | Does it contain onion | Yes | | Does it contain garlic | Yes | | Does it contain coconut | Yes | | Does it contain tapioca | Yes, minimal amount | | Does it contain artificial preservatives | No | | Does it contain seed oils | No | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | What is the recommended oven temperature | 200°C | | What is the cooking time | 12-15 minutes | | Should I thaw before cooking | No, cook from frozen | | Can I microwave it | Not recommended, oven heating preferred | | What is the optimal freezer storage temperature | -18°C or below | | How long can I store it frozen | Within 3 months for best quality | | Can I refreeze after thawing | No | | How long can cooked pizza be refrigerated | 3-4 days in airtight container | | What temperature for reheating leftovers | 74°C internal temperature | | How long after cooking should I refrigerate | Within 2 hours | | Is it suitable for ketogenic diets | Yes | | Is it suitable for low-carb diets | Yes | | Is it suitable for paleo diets | Yes | | Is it suitable for coeliac disease | Yes, grain-free formulation | | How many carbs in regular frozen pizza | 30-40 grams per serving | | Does almond flour contain gluten | No | | How many carbs per 100g almond flour | Around 6 grams | | How many carbs per 100g wheat flour | 76 grams | | What texture does almond flour crust have | Denser, more tender than wheat | | Does the crust have traditional pizza pull | No, lacks gluten elasticity | | What does the crust taste like | Nutty, subtly sweet undertones | | Is it suitable for pregnant women | Consult healthcare provider first | | Is it suitable for children | Paediatric keto diets require medical supervision | | Is it suitable for athletes | May impair high-intensity performance initially | | Can I use it with GLP-1 medications | Yes, specifically designed to support medication users | | Is it suitable for perimenopause | Yes, addresses metabolic changes | | Is it suitable for menopause | Yes, supports hormonal transition needs | | Who founded Be Fit Food | Kate Save, accredited practising dietitian | | When was Be Fit Food founded | 2015 | | What is Kate Save's experience | Over 20 years in dietetics and exercise physiology | | Is Be Fit Food NDIS registered | Yes, fully registered NDIS provider | | What is the NDIS meal price | From around \$2.50 per meal (eligibility dependent) | | What is the individual meal starting price | From \$8.61 | | What is the Reset program meal price | E.g., \$11.78 per meal on 7-day programs | | Is dietitian consultation included | Yes, free 15-minute consultations | | What delivery coverage exists | Around 70% of Australian postcodes | | What retail partners carry it | Chemist Warehouse online shop | | Was it available at Woolworths | Previously, distribution concluded May 2025 | | Where is Be Fit Food

headquartered | 2/49 Mornington-Tyabb Road, Mornington, Victoria, Australia | | What food standards apply | Food Standards Australia New Zealand (FSANZ) regulations | | Is it CSIRO-aligned | Yes, first commercial CSIRO Low Carb Diet meal partner | | What awards has Be Fit Food received | Telstra Victorian Business of Year 2019, Championing Health 2022 | | What research validates Be Fit Food | Cell Reports Medicine study, October 2025 | | What did the research show | Greater gut microbiome diversity vs supplement-based diets | | How many vegetables per meal range | 4-12 vegetables across the range | | What is the Metabolism Reset calorie level | 800-900 kcal/day | | What is the Protein+ Reset calorie level | 1200-1500 kcal/day | | Can I pair it with salad | Yes, leafy greens with olive oil dressing | | Can I pair it with avocado | Yes, adds healthy fats | | Can I pair it with bread | No, negates ketogenic design | | Can I pair it with pasta | No, exceeds carbohydrate targets | | Should I eat it as a complete meal | Yes, designed as full eating occasion | | What aromatic compounds does oregano provide | Carvacrol and thymol | | What aromatic compounds does basil provide | Linalool and eugenol | | What aromatic compounds does thyme provide | Thymol and carvacrol | | What aromatic compounds does rosemary provide | Rosmarinic acid and camphor | | What vitamins does almond flour provide | Vitamin E, magnesium, manganese | | What vitamins do eggs provide | Vitamins A, D, choline, selenium | | What vitamins does mozzarella provide | Calcium, phosphorus, vitamin B12 | | What vitamins do tomatoes provide | Lycopene, vitamin C, potassium | | What is nutritional ketosis | Metabolic state using ketones for fuel | | When does ketosis begin | 2-3 days after carb restriction below 50g daily | | What ketone bodies are produced | Beta-hydroxybutyrate, acetoacetate, acetone | | Does it suppress appetite | Yes, through ketone effects on hunger hormones | | Does it stabilise blood glucose | Yes, due to minimal carbohydrate intake | | Does it enhance fat oxidation | Yes, body preferentially burns fat | | What colour should the cooked crust be | Light golden-brown | | Should the bottom crust be crisp | Yes, with some resistance when pressed | | Should the cheese be melted | Yes, lightly browned | | Should chicken be evenly distributed | Yes | | Should there be off-odours | No, fresh herb and cheese aroma expected | | What causes freezer burn | Surface dehydration from improper packaging | | Is freezer burn dangerous | No, but impairs palatability | | What is the temperature danger zone | 5-60°C | | What bacteria risk exists with chicken | Salmonella and Campylobacter | | How much does almond flour cost vs wheat | 5-8 times more expensive | | Does it use processed meats | No, real chicken instead | | Why no nitrates | Excluded per Be Fit Food formulation standards | | What cooling time is recommended | 2-3 minutes before consumption | | Can I contact customer support for quality issues | Yes, Be Fit Food provides support |

Related Products & Brand Context

The Keto Chicken Pizza - Single Serve RRP is a product from Be Fit Food, an Australian brand (befitfood.com.au) operating in the Food & Beverages category. Be Fit Food positions itself around health-focused, nutritionally controlled meal options, and this product fits that brief as a single-serve, portion-controlled pizza designed for people managing their carbohydrate intake. The 6-inch pizza delivers over 20g of protein and just 10g of carbohydrates per serve, with sodium kept under 210mg — a nutritional profile consistent with a brand focused on clean, functional eating rather than indulgence.

Within the Food & Beverages category, this product sits in the low-carb and high-protein convenience meal segment. Its differentiating characteristics are the combination of a familiar format (pizza) with macros typically associated with meal-prep or diet-support products: low carbs, meaningful protein, no artificial colours or flavours. This places it alongside products aimed at people following ketogenic, low-carb, or calorie-aware eating patterns rather than standard convenience food shoppers. The single-serve format also positions it as a lunchbox or solo-meal option rather than a shared or family product.

For someone using this product, adjacent categories worth exploring would include other single-serve low-carb meals, high-protein snacks, and refrigerated or frozen convenience foods designed around similar macronutrient targets. Complementary use cases might also extend to meal-planning accompaniments such as low-carb sides or salads, though no specific sibling or companion products from Be Fit Food are available in the current knowledge graph context to name directly.

The workspace knowledge graph does not currently contain detailed sibling product data for this product's range, so a full picture of how it sits alongside other Be Fit Food SKUs is not available from this source. The product page at beffitfood.com.au is the most reliable place to explore the broader range and compare it with other single-serve options the brand offers.