

# LOWCARBAC - Food & Beverages Health Benefits Guide - 7076979245245\_44555646763197

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/lowcarb-ac-food-beverages-health-benefits-guide-7076979245245-44555646763197/>

## Details:

### ## Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Understanding Be Fit Food's Low Carb Protein Muffins: A Nutritional Innovation](#understanding-be-fit-foods-low-carb-protein-muffins-a-nutritional-innovation) - [Macronutrient Profile: The Foundation of Health Benefits](#macronutrient-profile-the-foundation-of-health-benefits) - [Micronutrient Contributions and Functional Ingredients](#micronutrient-contributions-and-functional-ingredients) - [Blood Sugar Management and Metabolic Health](#blood-sugar-management-and-metabolic-health) - [Weight Management and Satiety](#weight-management-and-satiety) - [Cardiovascular and Anti-Inflammatory Benefits](#cardiovascular-and-anti-inflammatory-benefits) - [Bone Health and Calcium Provision](#bone-health-and-calcium-provision) - [Practical Consumption Considerations for Health Optimization](#practical-consumption-considerations-for-health-optimization) - [Allergen Awareness and Dietary Restrictions](#allergen-awareness-and-dietary-restrictions) - [Long-Term Health Implications of Regular Consumption](#long-term-health-implications-of-regular-consumption) - [How This Muffin Supports Your Health Journey](#how-this-muffin-supports-your-health-journey) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

---

### ## AI Summary

**\*\*Product:\*\*** Low Carb Bacon, Spinach & Fetta Protein Muffin MB1 **\*\*Brand:\*\*** Be Fit Food  
**\*\*Category:\*\*** Health Foods - Low Carb Breakfast **\*\*Primary Use:\*\*** High-protein, low-carbohydrate breakfast muffin designed for blood sugar management, weight control, and ketogenic dietary protocols.

**### Quick Facts** - **\*\*Best For:\*\*** People following ketogenic diets, managing diabetes, using weight-loss medications, or looking for high-protein breakfast options - **\*\*Key Benefit:\*\*** Delivers 18.6g protein with only 1.8g net carbs, keeping you full for 3-5 hours without spiking blood sugar - **\*\*Form Factor:\*\*** Frozen savoury muffin (135g individual serving) - **\*\*Application Method:\*\*** Heat from frozen in microwave (90 seconds) or oven (180°C for 10 minutes) after removing plastic wrapping

**### Common Questions This Guide Answers**

1. Is this suitable for ketogenic diets? → Yes, with only 1.8g net carbs per serving (7-9% of daily keto allowance)
2. How much protein does it provide? → 18.6g per serving (25-30% of average adult daily requirement)
3. Will it spike blood sugar? → No, minimal glycemic impact due to low net carbs and high protein/fat content
4. Is it gluten-free? → Yes by ingredients, though manufacturing cross-contamination requires verification
5. How long will it keep me full? → 3-5 hours through multiple satiety pathways from protein and healthy fats
6. Is it suitable for diabetes management? → Yes, designed to support stable blood glucose with negligible glycemic response
7. Can I eat it while using GLP-1 medications? → Yes, high protein density in smaller portion suits medication-suppressed appetite
8. What allergens does it contain? → Contains tree nuts

(almond), milk, and eggs; may contain peanut, sesame, soy, sulphites, tree nuts, wheat

---

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

| Attribute | Value | |-----|-----| | Product name | Low Carb Bacon, Spinach & Fetta Protein Muffin MB1 | | Brand | Be Fit Food | | Price | \$13.55 AUD | | GTIN | 09358266001301 | | Availability | In Stock | | Category | Health Foods | | Serving size | 135g per muffin | | Protein per serving | 18.6g | | Carbohydrates per serving | 7.4g total (1.8g net) | | Dietary fibre per serving | 5.6g | | Total fat per serving | 15.3g | | Saturated fat per serving | 5.4g | | Energy per serving | 1,062 kJ (254 cal) | | Sodium per serving | 595mg | | Key ingredients | Nuts & Seeds (18%), Bacon (9%), Spinach (8%), Fetta (4%) | | Allergens | Contains egg, milk, almond. May contain peanut, sesame, soy, sulphites, tree nuts, wheat | | Dietary suitability | Gluten-free (by ingredients), Ketogenic-friendly, Low-carb | | Storage | Keep frozen. Once defrosted, refrigerate and consume within 5 days | | Heating instructions | Microwave 90 seconds from frozen, or sandwich press 30 seconds then 1-2 minutes |

---

### ## Label Facts Summary {#label-facts-summary}

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

### Verified Label Facts {#verified-label-facts} - Product name: Low Carb Bacon, Spinach & Fetta Protein Muffin MB1 - Brand: Be Fit Food - Price: \$13.55 AUD - GTIN: 09358266001301 - Availability: In Stock - Category: Health Foods - Serving size: 135g per muffin - Protein per serving: 18.6g (13.8g per 100g) - Carbohydrates per serving: 7.4g total (5.5g per 100g) - Net carbohydrates: 1.8g per serving (1.4g per 100g) - Dietary fibre per serving: 5.6g (4.1g per 100g) - Total fat per serving: 17.3g (12.8g per 100g) [Note: Product Facts table shows 15.3g, content references 17.3g] - Saturated fat per serving: 5.4g - Energy per serving: 1,062 kJ (254 cal) - 787 kJ per 100g (188 cal per 100g) - Sodium per serving: 595mg (441mg per 100g) - Key ingredients: Nuts & Seeds (18%), Bacon (9%), Spinach (8%), Fetta (4%) - Additional ingredients mentioned: Almonds, sunflower seeds, chia seeds, egg whites, milk, cheddar cheese, courgette, psyllium husk, coconut flour - Allergens: Contains egg, milk, almond. May contain peanut, sesame, soy, sulphites, tree nuts, wheat - Dietary suitability: Gluten-free (by ingredients), Ketogenic-friendly, Low-carb - Storage instructions: Keep frozen. Once defrosted, refrigerate and consume within 5 days - Heating instructions: Microwave 90 seconds from frozen, or sandwich press 30 seconds then 1-2 minutes (content also mentions: microwave 90 seconds or oven 180°C for 10 minutes after removing plastic wrapping)

### General Product Claims {#general-product-claims} - A step forward in functional breakfast foods - Designed to deliver therapeutic nutritional ratios - From Australia's leading dietitian-designed meal delivery service - Delivers protein density comparable to dedicated protein supplements - Provides satiety and sensory experience of conventional baked breakfast items - Aligns with low-carbohydrate nutritional strategies backed by CSIRO research partnerships - Multi-source protein strategy offers superior nutritional advantages over single-source formulations - Supports muscle protein synthesis, tissue repair, and enzymatic functions - Ensures sustained amino acid availability for 3-4 hours after consumption - Particularly valuable for athletes, older adults combating sarcopenia, individuals on protein-sparing modified fasting, and GLP-1 medication users - Provides 25-30% of average adult's daily protein requirement - Supports preservation of lean muscle mass during perimenopause and menopause - Compatible with ketogenic and very-low-carbohydrate dietary approaches - Produces negligible blood glucose elevation, avoiding insulin spikes - Supports improved glucose homeostasis for individuals with insulin resistance, prediabetes, or type 2 diabetes - Helps maintain sustained ketosis when following ketogenic diets - Demonstrates sophisticated nutritional engineering - Provides stable blood glucose support - Supports cardiovascular health through unsaturated fats - Improves lipid profiles, reduces inflammatory markers, enhances endothelial function - Saturated fat in low-carb

context doesn't carry same cardiovascular risks as in high-carb diets - Drives satiety through multiple pathways - Slows gastric emptying, stimulates cholecystokinin release - Supports weight management objectives - Psyllium husk reduces postprandial blood glucose and insulin levels - Improves glycemic control in diabetic individuals - Lowers LDL cholesterol through bile acid binding - Provides therapeutic doses of psyllium with each serving - Supports microbiome diversity and short-chain fatty acid production - Spinach provides lutein, zeaxanthin, folate, vitamin K, and nitrates for vascular function - Nut and seed blend delivers concentrated minerals often deficient in modern diets - Food-matrix delivery ensures superior bioavailability compared to isolated supplements - Produces minimal glycemic excursion - Supports sustained energy, cognitive function, and mood throughout morning - Eliminates mid-morning energy crash - Associated with improved HbA1c levels, reduced fasting insulin, better glycemic variability - Positioned as therapeutic food for glucose management - Fits comfortably within ketogenic macronutrient targets - Significantly improves dietary adherence for ketogenic diet followers - Activates multiple satiety pathways extending 3-5 hours post-meal - Exhibits highest thermic effect of food among macronutrients (20-30%) - Influences neurotransmitter synthesis affecting motivation, alertness, mood, and appetite - Critical for medication-assisted weight management - Provides built-in portion control - Can work as complete breakfast at 12-15% of 1,600-2,000 calorie daily intake - Aligns with Be Fit Food's Reset programmes (800-900 kcal/day and 1200-1500 kcal/day) - Morning protein consumption enhances muscle protein synthesis - Improves glucose tolerance throughout the day - Reduces evening snacking behaviour - Particularly important for women in perimenopause and menopause - Even modest weight loss of 3-5 kg can significantly improve insulin sensitivity - ALA from chia seeds contributes to overall omega-3 status - Reduces triglyceride levels, decreases blood pressure, improves endothelial function - Supports cognitive function and may reduce age-related cognitive decline risk - Oleic acid from almonds improves lipid profiles - Demonstrates anti-inflammatory properties - Fatty acid profile associated with Mediterranean dietary patterns - Linked to reduced cardiovascular disease incidence, improved metabolic health, increased longevity - Reflects Be Fit Food's commitment to excluding seed oils - Higher sodium may benefit individuals on low-carb/ketogenic diets - Prevents fatigue, headaches, muscle cramps from sodium depletion - Individuals with hypertension, kidney disease, or sodium-sensitive conditions should monitor intake - Dairy components provide bioavailable calcium - Protein supports calcium absorption and bone matrix formation - Reduces fracture risk, particularly for older adults - Vitamin K from spinach activates osteocalcin - Provides bone-supportive nutritional profile for menopausal women - Heating minimally impacts nutritional profile - Oven heating preserves heat-sensitive nutrients better than microwave - Freezing preserves vitamins, minerals, macronutrients effectively - Individually wrapped format prevents freezer burn and cross-contamination - Integrates into ketogenic, low-carb, high-protein, diabetes management, weight management, GLP-1 medication support, and menopause support protocols - CSIRO Low Carb Diet alignment - Be Fit Food Reset programmes show average weight loss of 1-2.5 kg per week - Around 5 kg average loss in first two weeks - Whole-food composition supports gut health - Provides superior nutritional adequacy compared to supplement-based approaches - Validated by peer-reviewed research using Be Fit Food meals - Around 90% of Be Fit Food's menu is certified gluten-free - Potentially suitable for coeliac disease or non-coeliac gluten sensitivity (pending manufacturing verification) - Regular consumption improves insulin sensitivity over time - Reduces diabetes risk and supports metabolic health - Supports lean mass preservation during weight loss - Prevents age-related muscle loss (sarcopenia) - Supports healthy lipid profiles and reduces inflammatory markers - Retrains appetite hormones and circadian eating rhythms - Provides micronutrient diversity often lacking in processed convenience foods - Be Fit Food formulation standard: 4-12 vegetables per meal - Reduces reliance on nutrient-poor convenience foods - Be Fit Food's snap-frozen, individually portioned delivery system supports long-term adherence - Eliminates time, knowledge, and preparation barriers - Supports body's transformation through whole-food nutrition - Removes morning barriers to healthy eating - Builds positive patterns through biological retraining - Provides flexibility for various dietary protocols - Creates confidence through nutritional clarity - Sustained satiety means less snacking and impulsive food choices - Stable blood sugar and consistent energy throughout morning - Supports specific health journeys (menopause, diabetes, weight-loss medication use, weight management) - Part of Be Fit Food's comprehensive mission to

help people "eat themselves better" - Dietitian-led expertise across entire meal range - CSIRO research partnerships - Low-sodium formulation standards (less than 120mg per 100g for most meals) - Simplifies and optimises morning routine - Builds momentum through consistency - Embodies Be Fit Food philosophy of practical solutions over willpower - "Not just breakfast—it's your daily investment in feeling better"

---

## Understanding Be Fit Food's Low Carb Protein Muffins: A Nutritional Innovation  
{#understanding-be-fit-foods-low-carb-protein-muffins-a-nutritional-innovation}

The Low Carb Bacon, Spinach & Fetta Protein Muffin from Be Fit Food takes a different approach to breakfast. Instead of relying on wheat flour and sugar like traditional muffins, this savoury option uses a nut-and-seed base combined with whole food ingredients to create something that actually supports your health goals. Be Fit Food, Australia's leading dietitian-designed meal delivery service, built this product around therapeutic nutritional ratios whilst keeping the convenience you need.

With 18.6g of protein per 135g serving, this muffin packs as much protein as many dedicated supplements, but you're eating real food. The formulation centres on strategic ingredients: nuts and seeds (18% by weight) provide structure and healthy fats, whilst egg whites and plant-based proteins boost the protein content without loading you up with carbohydrates. The bacon (9%), spinach (8%), and fetta cheese (4%) turn this from a protein vehicle into an actual breakfast with micronutrient diversity.

If you're managing blood sugar, trying to lose weight, or following a specific macronutrient protocol, this product offers a ready-to-heat solution that aligns with low-carbohydrate nutritional strategies backed by CSIRO research partnerships.

## Macronutrient Profile: The Foundation of Health Benefits  
{#macronutrient-profile-the-foundation-of-health-benefits}

### Protein Density and Quality {#protein-density-and-quality}

At 18.6g of protein per 135g serving, this muffin delivers 13.8g of protein per 100g. That's a concentration that puts it firmly in the high-protein food category. The protein comes from multiple complementary sources: egg whites provide complete amino acid profiles with high biological value, whilst the nut and seed blend (almond, sunflower seed, chia seed) contributes plant-based proteins with additional phytonutrients. The dairy components (milk, fetta, cheddar) round out the amino acid spectrum.

This multi-source approach beats single-source formulations. Animal proteins from eggs and dairy give you all essential amino acids in optimal ratios for human metabolism, supporting muscle protein synthesis, tissue repair, and enzymatic functions. The plant proteins from nuts and seeds add their own benefits: almonds provide arginine for vascular health, whilst chia seeds offer complete plant protein, which is rare in non-soy sources. This combination ensures sustained amino acid availability throughout the morning, supporting metabolic functions for 3-4 hours after you eat.

The protein-to-weight ratio makes this muffin particularly useful for people who need elevated protein intake: athletes in training phases, older adults fighting sarcopenia, anyone following protein-sparing modified fasting protocols, and those using GLP-1 receptor agonists or weight-loss medications where muscle preservation is critical. The 18.6g serving provides around 25-30% of the average adult's daily protein requirement in a single convenient item. For women going through perimenopause and menopause, this protein density helps preserve lean muscle mass during a metabolic transition characterised by reduced metabolic rate and increased muscle loss.

### Low-Carbohydrate Architecture {#low-carbohydrate-architecture}

With only 7.4g of carbohydrates per serving (5.5g per 100g), this muffin achieves carbohydrate restriction levels compatible with ketogenic and very-low-carbohydrate dietary approaches. More importantly, the 5.6g of dietary fibre means the net carbohydrate content is merely 1.8g per serving. That figure puts this product within the strictest low-carb protocols, including those aligned with the CSIRO Low Carb Diet framework that Be Fit Food pioneered in the ready-made meal category.

This carbohydrate profile delivers multiple metabolic health benefits. The minimal net carbohydrate content produces negligible blood glucose elevation, avoiding the insulin spike you get from conventional baked goods. For people with insulin resistance, prediabetes, or type 2 diabetes, this glycemic restraint supports improved glucose homeostasis. The low carbohydrate load also helps you maintain sustained ketosis when following ketogenic diets, as the 1.8g net carbs is less than 10% of the standard 20-25g daily threshold for nutritional ketosis.

The carbohydrate sources themselves are worth noting: psyllium husk and coconut flour provide the structural function of wheat flour without the glycemic impact. These ingredients contribute primarily indigestible fibre rather than available carbohydrates, explaining the favourable net carb calculation. This formulation strategy shows sophisticated nutritional engineering—replacing rapidly-digesting starches with fibre-rich alternatives that support rather than compromise metabolic health. For people managing diabetes or using medications that affect glucose metabolism, this architectural approach provides the stable blood glucose support that Be Fit Food's dietitian-led formulations are designed to deliver.

### ### Healthy Fat Composition {#healthy-fat-composition}

The 17.3g of total fat per serving (12.8g per 100g) includes 5.4g of saturated fat, with the remainder coming from monounsaturated and polyunsaturated fatty acids from nuts, seeds, and dairy. This fat content does more than just provide energy.

The nut and seed blend provides predominantly unsaturated fats: almonds contribute oleic acid (the same monounsaturated fat concentrated in olive oil), whilst sunflower seeds and chia seeds deliver omega-6 and omega-3 polyunsaturated fatty acids. Chia seeds specifically provide alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid that converts partially to EPA and DHA in human metabolism. These unsaturated fats support cardiovascular health through multiple mechanisms: improving lipid profiles, reducing inflammatory markers, and enhancing endothelial function.

The moderate saturated fat content from dairy and bacon, when consumed within a low-carbohydrate context, doesn't carry the cardiovascular risks associated with saturated fat in high-carbohydrate diets. Emerging research shows that saturated fat consumed with minimal carbohydrate produces different metabolic effects than saturated fat combined with refined carbohydrates—a distinction that matters when understanding this product's health implications.

The high fat content also drives satiety through multiple pathways: slowing gastric emptying, stimulating cholecystokinin release, and providing sustained energy through fat oxidation rather than glucose metabolism. This satiety effect translates to reduced subsequent calorie intake, supporting weight management objectives. For people using GLP-1 medications where appetite is already suppressed, the nutrient-dense fat content helps ensure adequate energy and fat-soluble vitamin absorption even when total volume consumed is reduced.

### ## Micronutrient Contributions and Functional Ingredients {#micronutrient-contributions-and-functional-ingredients}

#### ### Fibre: Beyond Digestive Health {#fibre-beyond-digestive-health}

The 5.6g of dietary fibre per serving (4.1g per 100g) comes primarily from psyllium husk, chia seeds, and coconut flour—all sources of predominantly soluble fibre. This fibre content delivers benefits extending far beyond traditional digestive regularity.

Psyllium husk, a gel-forming soluble fibre, creates viscosity in the digestive tract that slows nutrient absorption and modulates glucose response. Clinical research shows that psyllium supplementation reduces postprandial blood glucose and insulin levels, improves glycemic control in diabetic individuals, and lowers LDL cholesterol through bile acid binding. The inclusion of psyllium as a primary structural ingredient means you get therapeutic doses with each serving.

Chia seeds contribute both soluble and insoluble fibre, along with mucilage that forms a gel when hydrated. This gel formation increases meal volume and viscosity, enhancing satiety signals and prolonging nutrient absorption. The fibre from chia also works as prebiotic substrate for beneficial gut bacteria, supporting microbiome diversity and short-chain fatty acid production in the colon. This gut-health support aligns with Be Fit Food's whole-food philosophy and the peer-reviewed research showing superior microbiome outcomes with food-based versus supplement-based very-low-energy diets.

The fibre-to-carbohydrate ratio in this muffin (5.6g fibre to 7.4g total carbs) is exceptional for baked goods. This ratio ensures that most of the carbohydrate content supports metabolic health rather than simply providing glucose. For women in menopause, adequate fibre supports cholesterol metabolism and gut health during a phase when cardiovascular risk increases.

### ### Vegetable-Derived Phytonutrients {#vegetable-derived-phytonutrients}

The inclusion of spinach (8% by weight, around 10.8g per serving) and courgette introduces concentrated phytonutrient profiles often absent from protein-focused foods. Spinach provides lutein and zeaxanthin (carotenoids supporting ocular health), folate (essential for methylation and DNA synthesis), vitamin K (critical for coagulation and bone metabolism), and nitrates that convert to nitric oxide for vascular function.

Courgette contributes additional fibre, vitamin C, and polyphenolic compounds with antioxidant properties. The water content from courgette also affects the muffin's moisture profile, reducing the need for added fats or binding agents whilst contributing negligible calories.

These vegetable inclusions transform a protein-delivery format into a more nutritionally complete food, addressing the common criticism of protein-focused products that neglect micronutrient density. The vegetable content also provides visual and textural interest, making the product more appealing than homogeneous protein formulations. This approach reflects Be Fit Food's commitment to real food ingredients and the brand's formulation standard of incorporating 4-12 vegetables in each meal.

### ### Mineral Contributions from Nuts and Seeds {#mineral-contributions-from-nuts-and-seeds}

The nut and seed blend (18% of formulation) delivers concentrated minerals often deficient in modern diets. Almonds provide magnesium (essential for over 300 enzymatic reactions, including glucose metabolism and blood pressure regulation), calcium (supporting bone health and cellular signalling), and vitamin E (a fat-soluble antioxidant protecting cellular membranes).

Sunflower seeds contribute selenium (critical for thyroid hormone metabolism and antioxidant enzyme function), vitamin E, and additional magnesium. Chia seeds provide calcium, phosphorus, and manganese, along with the previously mentioned omega-3 fatty acids.

This mineral density offers particular advantages for people following low-carbohydrate diets, who may experience increased mineral excretion during the initial adaptation phase. The food-matrix delivery of these minerals also ensures superior bioavailability compared to isolated supplements, as the co-factors and organic acids naturally present in nuts and seeds enhance absorption. For people using Be Fit Food's Metabolism Reset programmes, these minerals support the metabolic transitions occurring during mild nutritional ketosis.

### ## Blood Sugar Management and Metabolic Health {#blood-sugar-management-and-metabolic-health}

### ### Glycemic Response and Insulin Sensitivity {#glycemic-response-and-insulin-sensitivity}

The combination of minimal net carbohydrates (1.8g), high protein (18.6g), and substantial fat (17.3g) creates a meal composition that produces minimal glycemic excursion. The macronutrient ratio—around 21% protein, 46% fat, and 8% carbohydrate by calories—mirrors therapeutic ketogenic diet proportions associated with improved insulin sensitivity.

For people with insulin resistance or type 2 diabetes, this glycemic restraint offers immediate practical benefits. Eating this muffin for breakfast avoids the blood glucose spike and subsequent reactive hypoglycaemia common with carbohydrate-rich breakfast foods (cereals, toast, pastries). The stable blood glucose profile supports sustained energy, cognitive function, and mood throughout the morning, eliminating the mid-morning energy crash that drives snacking behaviour.

The high protein content further moderates glycemic response through multiple mechanisms: amino acids stimulate insulin secretion in a glucose-dependent manner (enhancing glucose disposal without causing hypoglycaemia), protein digestion slows gastric emptying (delaying carbohydrate absorption from any co-consumed foods), and amino acids provide gluconeogenic substrates (supporting stable blood glucose without dietary carbohydrate).

Long-term consumption of low-glycemic, high-protein breakfast foods is associated with improved HbA1c levels, reduced fasting insulin, and better overall glycemic variability in diabetic populations. This muffin's nutritional profile positions it as a therapeutic food for glucose management, not merely a convenient breakfast option. Be Fit Food's approach reflects the brand's dietitian-led formulation philosophy and alignment with evidence-based nutritional science for metabolic health improvement.

### ### Ketogenic Diet Compatibility {#ketogenic-diet-compatibility}

With 1.8g net carbohydrates per serving, this muffin fits comfortably within ketogenic macronutrient targets. Most ketogenic protocols allow 20-25g net carbohydrates daily; this single serving is only 7-9% of that allowance, leaving substantial room for vegetable consumption throughout the day whilst maintaining ketosis.

The fat-to-combined-protein-and-carb ratio (17.3g fat to 26g protein+carbs) approximates a 0.66:1 ratio—lower than therapeutic ketogenic diets for epilepsy (usually 3:1 or 4:1) but appropriate for nutritional ketosis pursued for metabolic health, weight management, or cognitive benefits. This moderate ratio ensures adequate protein for lean mass preservation whilst providing sufficient fat for ketone production and satiety.

For people using ketogenic diets to manage neurological conditions, metabolic syndrome, or polycystic ovary syndrome, having convenient, palatable food options that maintain ketosis significantly improves dietary adherence. The ready-to-heat format eliminates the barrier of morning meal preparation, a common point of dietary non-compliance. Be Fit Food's Metabolism Reset programmes are designed around 40-70g carbohydrates daily to induce mild nutritional ketosis, and this muffin works as an ideal component of that structured approach.

### ## Weight Management and Satiety {#weight-management-and-satiety}

#### ### Protein-Induced Satiety Mechanisms {#protein-induced-satiety-mechanisms}

The 18.6g protein content activates multiple satiety pathways that extend well beyond the immediate post-meal period. Protein digestion stimulates the release of satiety hormones including cholecystikinin (CCK), glucagon-like peptide-1 (GLP-1), and peptide YY (PYY), which signal fullness to the brain and slow gastric emptying. These hormonal responses reduce hunger for 3-5 hours after consumption, substantially longer than the 1-2 hour satiety window from carbohydrate-based breakfasts.

Protein also has the highest thermic effect of food (TEF) among macronutrients, requiring 20-30% of consumed protein calories for digestion and metabolism. This means around 3.7-5.6g of the protein

content gets expended simply processing the meal, effectively reducing the net caloric value whilst generating heat and supporting metabolic rate.

The amino acids from protein digestion also influence neurotransmitter synthesis: tyrosine converts to dopamine and norepinephrine (supporting motivation and alertness), whilst tryptophan availability affects serotonin production (influencing mood and appetite regulation). This neurochemical influence contributes to the appetite-suppressing effects of high-protein meals beyond simple gastric distension.

For people using GLP-1 receptor agonists or weight-loss medications, the protein density becomes even more critical. When appetite is medication-suppressed, total intake can drop below levels needed for adequate protein, increasing muscle-loss risk. This muffin delivers substantial protein in a smaller, more tolerable portion—exactly what Be Fit Food's dietitian-led approach is designed to provide for medication-assisted weight management.

### ### Caloric Density and Portion Control {#caloric-density-and-portion-control}

At 1,062 kJ (254 calories) per 135g serving, this muffin provides 787 kJ per 100g (188 calories per 100g)—a moderate caloric density that balances energy provision with volume. This density allows the muffin to provide substantial satiety without excessive caloric load, critical for weight management contexts.

The single-serving format (135g) provides built-in portion control, eliminating the decision fatigue and portion estimation errors that undermine many dietary approaches. The individually wrapped presentation further supports portion awareness, creating a clear consumption endpoint absent in bulk foods.

For people targeting caloric restriction, this muffin can work as a complete breakfast at around 12-15% of a 1,600-2,000 calorie daily intake, leaving substantial caloric budget for nutrient-dense meals throughout the day. The high protein and fat content ensures this modest caloric contribution delivers disproportionate satiety, reducing total daily intake through appetite suppression rather than conscious restriction. This aligns with Be Fit Food's Metabolism Reset programmes (around 800-900 kcal/day) and Protein+ Reset programmes (1200-1500 kcal/day), where structured energy control supports measurable outcomes without hunger or deprivation.

### ### Metabolic Advantages of Morning Protein {#metabolic-advantages-of-morning-protein}

Eating high-protein meals early in the day influences 24-hour metabolism through circadian rhythm entrainment. Research shows that morning protein consumption enhances muscle protein synthesis, improves glucose tolerance throughout the day, and reduces evening snacking behaviour more effectively than protein consumed later in the day.

The morning timing also optimises the muffin's low-carbohydrate profile. Cortisol levels peak in the early morning, naturally elevating blood glucose through gluconeogenesis. Eating minimal carbohydrate at breakfast avoids compounding this natural glucose elevation, supporting better overall glycemic control. The protein and fat content provides sustained energy as cortisol levels decline through the morning, preventing the energy crash that often occurs mid-morning with carbohydrate-heavy breakfasts.

For women in perimenopause and menopause, morning protein becomes particularly important. Falling oestrogen reduces insulin sensitivity and increases central fat storage; a high-protein, low-carbohydrate breakfast supports stable glucose, preserves lean muscle mass, and helps regulate appetite during a metabolic transition characterised by increased cravings and appetite dysregulation. Even modest weight loss of 3-5 kg can significantly improve insulin sensitivity and reduce abdominal fat—goals well-supported by Be Fit Food's structured meal approach.

### ## Cardiovascular and Anti-Inflammatory Benefits {#cardiovascular-and-anti-inflammatory-benefits}

### ### Omega-3 Fatty Acids and Vascular Health {#omega-3-fatty-acids-and-vascular-health}

The chia seed content provides alpha-linolenic acid (ALA), the essential omega-3 fatty acid that works as a precursor to EPA and DHA. Whilst conversion efficiency varies (usually 5-15% for EPA, 2-5% for DHA), regular ALA consumption contributes to overall omega-3 status, particularly important for people who don't eat fatty fish regularly.

Omega-3 fatty acids protect cardiovascular health through multiple mechanisms: reducing triglyceride levels, decreasing blood pressure, improving endothelial function, reducing platelet aggregation, and modulating inflammatory responses. The anti-inflammatory effects extend beyond cardiovascular tissues, influencing systemic inflammation markers like C-reactive protein and interleukin-6.

The omega-3 content also supports cognitive function, as DHA makes up a substantial portion of brain structural lipids. Whilst the conversion from ALA provides modest DHA amounts, regular consumption contributes to maintaining cognitive performance and may reduce age-related cognitive decline risk.

### ### Monounsaturated Fats and Lipid Profiles {#monounsaturated-fats-and-lipid-profiles}

The almond content delivers oleic acid, the monounsaturated fatty acid extensively studied for cardiovascular benefits. Clinical trials show that replacing saturated fats or refined carbohydrates with monounsaturated fats improves lipid profiles: reducing LDL cholesterol, maintaining or increasing HDL cholesterol, and reducing the LDL:HDL ratio—a key cardiovascular risk marker.

Monounsaturated fats also have anti-inflammatory properties, reducing oxidative stress markers and inflammatory cytokine production. These effects contribute to reduced atherosclerosis progression and improved vascular function.

The combination of omega-3 polyunsaturated fats from chia and monounsaturated fats from almonds creates a fatty acid profile associated with Mediterranean dietary patterns—consistently linked to reduced cardiovascular disease incidence, improved metabolic health, and increased longevity. This whole-food fat composition reflects Be Fit Food's commitment to real ingredients and the brand's current formulation standard of excluding seed oils in favour of healthier fat sources.

### ### Sodium Considerations {#sodium-considerations}

The 595mg sodium per serving (441mg per 100g) needs consideration within overall daily sodium intake. Whilst this is around 26% of the 2,300mg daily upper limit recommended for general populations, the sodium content has functional purposes: enhancing flavour (reducing the need for additional salt during consumption), preserving the bacon component, and supporting electrolyte balance in people following low-carbohydrate diets.

People on low-carbohydrate or ketogenic diets often require higher sodium intake than conventional recommendations, as reduced insulin levels increase renal sodium excretion. For these individuals, the 595mg sodium content contributes beneficially to electrolyte homeostasis, potentially preventing the fatigue, headaches, and muscle cramps associated with sodium depletion during carbohydrate restriction.

However, people with hypertension, kidney disease, or sodium-sensitive conditions should account for this sodium content within their daily targets and consult healthcare providers regarding appropriate intake levels. It's worth noting that Be Fit Food's broader meal range is formulated to a low-sodium benchmark of less than 120mg per 100g, with this breakfast muffin being a higher-sodium option due to the inclusion of bacon and cheese.

### ## Bone Health and Calcium Provision {#bone-health-and-calcium-provision}

The dairy components (milk, feta cheese, cheddar cheese) provide bioavailable calcium, essential for bone mineral density, muscle contraction, nerve transmission, and cellular signalling. Whilst the exact calcium content isn't published by the manufacturer, the presence of three dairy sources suggests

meaningful calcium contribution.

The protein content paradoxically supports calcium balance despite historical concerns about protein increasing urinary calcium excretion. Recent research shows that adequate protein intake enhances calcium absorption, supports bone matrix formation (as collagen synthesis requires amino acids), and reduces fracture risk—particularly important for older adults at risk of osteoporosis.

The vitamin K from spinach further supports bone health by activating osteocalcin, the protein that binds calcium into bone matrix. This synergistic combination of calcium, protein, and vitamin K creates a bone-supportive nutritional profile often lacking in convenience breakfast foods. For women going through menopause, when bone density loss accelerates due to declining oestrogen, this nutrient combination provides important protective support.

**## Practical Consumption Considerations for Health Optimization**  
{#practical-consumption-considerations-for-health-optimization}

**### Heating and Nutrient Preservation** {#heating-and-nutrient-preservation}

The product requires heating before consumption (microwave 90 seconds or oven 180°C for 10 minutes after removing plastic wrapping). This heating process minimally impacts the nutritional profile: proteins remain intact (though some denaturation occurs, this doesn't affect amino acid availability), fats are stable at these temperatures, and most vitamins and minerals are heat-resistant.

The brief heating time preserves heat-sensitive nutrients better than extended cooking methods. However, if you want to maximise nutrient retention, use oven heating rather than microwave, as even heating reduces the formation of hot spots that can degrade nutrients locally.

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

The frozen storage requirement maintains nutritional quality and prevents microbial growth. Freezing preserves vitamins, minerals, and macronutrients effectively, with minimal degradation over standard storage periods (3-6 months). The individually wrapped format prevents freezer burn and cross-contamination.

Proper thawing (refrigerator thawing overnight or direct heating from frozen) maintains food safety and texture. Refreezing after thawing should be avoided, as ice crystal formation can compromise texture and potentially affect nutrient availability. Be Fit Food's snap-frozen delivery system is designed to preserve both nutritional integrity and food safety whilst providing the convenience you need for consistent adherence.

**### Integration into Therapeutic Dietary Protocols** {#integration-into-therapeutic-dietary-protocols}

For people following specific dietary protocols, this muffin integrates seamlessly into multiple approaches:

**\*\*Ketogenic diets\*\***: The 1.8g net carbs allows inclusion whilst maintaining ketosis, with the fat and protein content supporting ketone production and lean mass preservation.

**\*\*Low-carbohydrate diets\*\***: The minimal carbohydrate content fits within even strict low-carb protocols (usually <50g daily), whilst providing substantial nutrition. Be Fit Food's formulations align with CSIRO Low Carb Diet principles, reflecting the brand's pioneering partnership in developing the first ready-made meals meeting CSIRO criteria.

**\*\*High-protein diets\*\***: The 18.6g protein contributes significantly to daily protein targets (usually 1.6-2.2g per kg body weight for active individuals), delivered in a convenient format.

**\*\*Diabetes management\*\***: The negligible glycemic impact supports stable blood glucose, whilst the protein and fibre content enhance satiety and reduce overall carbohydrate consumption through

appetite regulation. Be Fit Food's approach to diabetes support is backed by preliminary continuous glucose monitor-monitored outcomes data published by the brand.

**\*\*Weight management programmes\*\***: The moderate caloric content, high satiety value, and portion-controlled format support caloric restriction without hunger or deprivation. Be Fit Food's structured Reset programmes show average weight loss of 1-2.5 kg per week when replacing all three meals daily, with around 5 kg average loss in the first two weeks.

**\*\*GLP-1 and weight-loss medication support\*\***: The high protein content protects lean muscle mass during medication-assisted weight loss, whilst the smaller portion size and nutrient density suit medication-suppressed appetite. The whole-food composition supports gut health and provides superior nutritional adequacy compared to supplement-based approaches—a distinction validated by peer-reviewed research using Be Fit Food meals.

**\*\*Menopause and perimenopause support\*\***: The protein preserves muscle mass during metabolic transition, the low-carbohydrate profile supports insulin sensitivity as oestrogen declines, and the portion control addresses reduced metabolic rate—all critical for the 3-5 kg weight-loss goals common amongst midlife women seeking to improve energy and reduce central fat storage.

### ## Allergen Awareness and Dietary Restrictions {#allergen-awareness-and-dietary-restrictions}

The muffin contains multiple common allergens: tree nuts (almond), milk (in multiple forms), eggs, and potentially gluten cross-contamination (though no gluten ingredients are listed). People with allergies to these ingredients must avoid this product entirely.

The pork content (bacon) makes this product unsuitable for people following halal, kosher, vegetarian, or vegan dietary restrictions. The dairy content excludes people following strict paleo or dairy-free protocols.

However, the product is grain-free and gluten-free by ingredient composition (though manufacturing cross-contamination can't be ruled out without explicit certification). This makes it potentially suitable for people with coeliac disease or non-coeliac gluten sensitivity, pending verification of manufacturing practices. It's worth noting that around 90% of Be Fit Food's broader menu is certified gluten-free with strict ingredient selection and manufacturing controls, reflecting the brand's commitment to serving customers with coeliac disease and gluten sensitivities.

### ## Long-Term Health Implications of Regular Consumption {#long-term-health-implications-of-regular-consumption}

Regular consumption of nutritionally-engineered foods like this protein muffin as part of a balanced dietary pattern offers several long-term health advantages:

**\*\*Sustained glucose control\*\***: Consistent low-glycemic breakfast choices improve insulin sensitivity over time, reducing diabetes risk and supporting metabolic health. This aligns with Be Fit Food's core mission of helping Australians manage conditions like type-2 diabetes through the power of real food.

**\*\*Body composition optimisation\*\***: High-protein, moderate-calorie breakfasts support lean mass preservation during weight loss and prevent age-related muscle loss (sarcopenia). For people using GLP-1 medications or in menopause, this muscle protection is critical for maintaining metabolic rate and functional capacity.

**\*\*Cardiovascular risk reduction\*\***: The favourable fatty acid profile, combined with minimal refined carbohydrates, supports healthy lipid profiles and reduces inflammatory markers associated with cardiovascular disease. The CSIRO-aligned low-carb approach is associated with improved cardiovascular risk markers in clinical research.

**\*\*Appetite regulation\*\***: Establishing a high-protein breakfast pattern retrains appetite hormones and circadian eating rhythms, reducing overall caloric intake through physiological rather than psychological

mechanisms. This structure-driven adherence reflects Be Fit Food's philosophy that success comes from removing barriers, not relying on willpower.

**\*\*Nutrient density\*\***: The combination of whole food ingredients (vegetables, nuts, seeds, dairy, eggs) provides micronutrient diversity often lacking in processed convenience foods, supporting overall nutritional adequacy. Be Fit Food's formulation standard of 4-12 vegetables per meal extends even to breakfast items, ensuring comprehensive nutrition.

The convenience factor also matters: having nutritionally-optimised ready-to-heat options available reduces reliance on nutrient-poor convenience foods during busy mornings, improving dietary quality through practical accessibility rather than willpower alone. Be Fit Food's snap-frozen, individually portioned delivery system is designed specifically to support long-term adherence by eliminating the time, knowledge, and preparation barriers that prevent healthy eating—a core element of the brand's mission to help Australians "eat themselves better."

### ## How This Muffin Supports Your Health Journey {#how-this-muffin-supports-your-health-journey}

When you choose the Low Carb Bacon, Spinach & Fetta Protein Muffin, you're not just selecting a convenient breakfast. You're making an active choice to support your body's transformation. This muffin is Be Fit Food's commitment to removing the obstacles that stand between you and your health goals.

### ### Real Food, Real Results {#real-food-real-results}

The whole-food ingredient list means you're nourishing your body with real nutrition, not processed substitutes. Every ingredient has a purpose: the nuts and seeds provide healthy fats and minerals, the vegetables deliver phytonutrients and fibre, the eggs and dairy supply complete proteins. This isn't about restriction or deprivation—it's about giving your body what it needs to thrive.

### ### Supporting Your Sustainable Lifestyle Change {#supporting-your-sustainable-lifestyle-change}

Lasting transformation doesn't come from short-term fixes or extreme measures. It comes from establishing sustainable patterns that fit into your life. This muffin supports that journey by:

**\*\*Removing morning barriers\*\***: No meal planning, no preparation time, no decisions when you're rushed. Just heat and eat, knowing you're starting your day with balanced nutrition.

**\*\*Building positive patterns\*\***: When you consistently fuel your body with high-protein, low-carb nutrition, you retrain your appetite hormones and metabolic responses. Over time, this becomes your new normal—not through willpower, but through biology.

**\*\*Providing flexibility\*\***: Whether you're following a structured Reset programme or simply working to improve your daily choices, this muffin adapts to your needs. It fits ketogenic protocols, supports diabetes management, and works for weight-loss medication users—all whilst tasting like a satisfying breakfast.

**\*\*Creating confidence\*\***: Knowing exactly what you're eating and how it supports your goals builds the confidence to stay consistent. No guessing, no tracking every ingredient, no wondering if you're making the right choice.

### ### Feel Fuller for Longer {#feel-fuller-for-longer}

The 18.6g of protein and 17.3g of healthy fats work together to keep you satisfied throughout your morning. You won't experience the mid-morning energy crash or sudden hunger that derails your day. Instead, you'll feel sustained energy, stable mood, and natural appetite control—your body working with you, not against you.

This sustained satiety means you're less likely to reach for snacks or make impulsive food choices later. Your blood sugar remains stable, your energy stays consistent, and you can focus on your day rather than your next meal.

### ### Empowering Your Transformation {#empowering-your-transformation}

Be Fit Food understands that transformation is personal. Whether you're managing a health condition, working towards a weight goal, or simply wanting to feel better in your body, this muffin is designed to support your specific journey:

- **\*\*For women in menopause\*\***: The protein protects your muscle mass whilst the low-carb profile supports your changing insulin sensitivity, helping you manage the metabolic shifts that make weight management challenging during this phase.
- **\*\*For people managing diabetes\*\***: The minimal glycemic impact keeps your blood sugar stable, supporting better glucose control without medication adjustments or constant monitoring stress.
- **\*\*For those using weight-loss medications\*\***: The high protein density ensures you maintain muscle mass even when your appetite is suppressed, whilst the nutrient-dense composition provides essential nutrition in a smaller, more manageable portion.
- **\*\*For anyone seeking sustainable weight management\*\***: The portion-controlled format and high satiety value support calorie reduction without the hunger or deprivation that undermines most diets.

### ### Part of a Comprehensive Approach {#part-of-a-comprehensive-approach}

This muffin is just one component of Be Fit Food's mission to help you eat yourself better. The same dietitian-led expertise, whole-food philosophy, and evidence-based formulation that created this breakfast item extends across the entire meal range. When you choose Be Fit Food, you're choosing a partner in your health journey—one that understands the challenges you face and designs practical solutions that actually work.

The brand's commitment to 4-12 vegetables per meal, exclusion of seed oils, low-sodium formulation standards, and CSIRO research partnerships all reflect a deeper understanding: sustainable health transformation requires removing barriers, not adding restrictions. It requires food that nourishes and satisfies, not meal replacements that leave you feeling deprived.

### ### Your Morning, Simplified and Optimised {#your-morning-simplified-and-optimised}

Every morning presents a choice: will you start your day supporting your health goals, or will you compromise due to time pressure, lack of options, or decision fatigue? This muffin eliminates that tension. It gives you a simple, reliable way to begin each day aligned with your intentions.

Heat it in the microwave for 90 seconds, or in the oven for 180°C for 10 minutes if you prefer. Either way, you're minutes away from a nutritionally-optimised breakfast that supports stable energy, sustained satiety, and your broader health transformation. No complicated recipes, no special equipment, no early-morning stress.

### ### Building Momentum Through Consistency {#building-momentum-through-consistency}

Transformation happens through accumulated small choices, repeated consistently over time. Each morning you choose this muffin, you're reinforcing positive patterns, supporting your metabolic health, and moving closer to your goals. Not through deprivation or extreme measures, but through nourishment and support.

This is the Be Fit Food difference: understanding that you don't need more willpower or more restrictions. You need practical solutions that make healthy choices easier than unhealthy ones. You need food that works with your biology, not against it. You need a partner that removes obstacles rather than creating new ones.

The Low Carb Bacon, Spinach & Fetta Protein Muffin embodies this philosophy in a convenient, delicious format. It's not just breakfast—it's your daily investment in feeling better, performing better, and becoming the healthiest version of yourself.

#### ## References {#references}

- Be Fit Food. (n.d.). Low Carb Bacon, Spinach & Fetta Protein Muffin. Retrieved from official product documentation provided. - Pasiakos, S. M., et al. (2015). "Effects of high-protein diets on fat-free mass and muscle protein synthesis following weight loss: a randomised controlled trial." *\*FASEB Journal\**, 27(9), 3837-3847. - Leidy, H. J., et al. (2013). "Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, 'breakfast-skipping,' late-adolescent girls." *\*American Journal of Clinical Nutrition\**, 97(4), 677-688. - Anderson, J. W., et al. (2009). "Health benefits of dietary fibre." *\*Nutrition Reviews\**, 67(4), 188-205. - Volek, J. S., & Phinney, S. D. (2011). "The Art and Science of Low Carbohydrate Living." Beyond Obesity LLC. - Simopoulos, A. P. (2002). "The importance of the ratio of omega-6/omega-3 essential fatty acids." *\*Biomedicine & Pharmacotherapy\**, 56(8), 365-379.

---

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

What is the product name: Low Carb Bacon, Spinach & Fetta Protein Muffin

Who manufactures this product: Be Fit Food

What is the serving size: 135g per muffin

How much protein per serving: 18.6g

How much protein per 100g: 13.8g

What percentage of daily protein does one muffin provide: Approximately 25-30% for average adults

How many carbohydrates per serving: 7.4g total carbohydrates

How many carbohydrates per 100g: 5.5g

How much dietary fibre per serving: 5.6g

How much dietary fibre per 100g: 4.1g

What are the net carbs per serving: 1.8g

What are the net carbs per 100g: 1.4g

How much total fat per serving: 17.3g

How much total fat per 100g: 12.8g

How much saturated fat per serving: 5.4g

How many calories per serving: 254 calories (1,062 kJ)

How many calories per 100g: 188 calories (787 kJ)

How much sodium per serving: 595mg

How much sodium per 100g: 441mg

What percentage of daily sodium does one serving provide: Approximately 26% of 2,300mg daily limit

What are the main protein sources: Egg whites, almonds, dairy (milk, fetta, cheddar), seeds

What percentage of the formulation is nuts and seeds: 18% by weight

What percentage is bacon: 9% by weight

What percentage is spinach: 8% by weight

What percentage is fetta cheese: 4% by weight

Is it suitable for ketogenic diets: Yes

Does it maintain ketosis: Yes, with only 1.8g net carbs

What percentage of daily keto carb allowance does it use: 7-9% of 20-25g daily limit

Is it grain-free: Yes

Is it gluten-free by ingredients: Yes

Is it certified gluten-free: Pending manufacturer confirmation

Does it contain allergens: Yes

Which allergens does it contain: Tree nuts, milk, eggs

Is it suitable for vegetarians: No, contains bacon

Is it suitable for vegans: No, contains animal products

Is it halal: No, contains pork

Is it kosher: No, contains pork

Is it dairy-free: No, contains multiple dairy ingredients

Is it suitable for paleo diet: No, contains dairy

How long does satiety last after eating: 3-5 hours

What is the thermic effect of the protein: 20-30% of protein calories

How many protein calories are used for digestion: 3.7-5.6g worth of protein

Does it cause blood sugar spikes: No, minimal glycemic impact

Is it suitable for diabetics: Yes

Is it suitable for prediabetics: Yes

Is it suitable for insulin resistance: Yes

Does it support weight loss: Yes, as part of caloric restriction

What is the macronutrient ratio by calories: 21% protein, 46% fat, 8% carbohydrate

How should it be heated in microwave: 90 seconds after removing plastic

How should it be heated in oven: 180°C for 10 minutes after removing plastic

Must plastic be removed before heating: Yes

How should it be stored: Frozen

What is the frozen shelf life: 3-6 months typically

Can it be refrozen after thawing: No

What is the proper thawing method: Refrigerator overnight or direct heating from frozen

Does it contain omega-3 fatty acids: Yes, from chia seeds

What type of omega-3 does it contain: Alpha-linolenic acid (ALA)

Does it contain monounsaturated fats: Yes, from almonds

What is the primary monounsaturated fat: Oleic acid

Does it contain psyllium husk: Yes

What is the function of psyllium husk: Provides soluble fibre and structure

Does it contain coconut flour: Yes

Does it contain vegetables: Yes, spinach and courgette

How much spinach per serving approximately: 10.8g

Does it provide vitamin K: Yes, from spinach

Does it provide folate: Yes, from spinach

Does it provide magnesium: Yes, from nuts and seeds

Does it provide calcium: Yes, from dairy

Does it provide selenium: Yes, from sunflower seeds

Does it provide vitamin E: Yes, from almonds and sunflower seeds

Is it suitable for GLP-1 medication users: Yes

Why is it suitable for weight-loss medication users: High protein in smaller portion

Is it suitable for menopause: Yes

Why is it beneficial for menopause: Supports muscle preservation and insulin sensitivity

Is it suitable for perimenopause: Yes

Does Be Fit Food have CSIRO partnership: Yes

What percentage of Be Fit Food menu is gluten-free: Approximately 90%

Does Be Fit Food exclude seed oils: Yes, current formulation standard

What is Be Fit Food's vegetable standard per meal: 4-12 vegetables

What is Be Fit Food's sodium benchmark: Less than 120mg per 100g for most meals

Is this muffin above that sodium benchmark: Yes, due to bacon and cheese

What is the Metabolism Reset calorie range: 800-900 kcal/day

What is the Protein+ Reset calorie range: 1200-1500 kcal/day

What is the carbohydrate range for mild ketosis in Reset programmes: 40-70g daily