

# PROWALBRO - Food & Beverages

## Serving Suggestions -

### 8061954719933\_45794718482621

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## Details:

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#### ## AI Summary {#ai-summary}

**Product:** Protein Walnut Brownie - 7 Pack (V) P1 **Brand:** Be Fit Food **Category:** Health & Nutrition Snacks **Primary Use:** High-protein, low-carb brownie designed for keto, weight management, and metabolic health support

**Quick Facts** - **Best For:** People following keto, low-carb, high-protein diets, or managing Type 2 diabetes - **Key Benefit:** Delivers 5.0g protein and only 1.4g carbs per 30g serving with no added sugar - **Form Factor:** Pre-portioned 30g brownie (7 per pack) - **Application Method:** Eat at room temperature, chilled, or gently warmed (8-12 seconds microwave)

**Common Questions This Guide Answers**

1. How much protein does each brownie contain? → 5.0g per 30g serving
2. Is this suitable for ketogenic diets? → Yes, with only 1.4g carbs and 9.6g fat per serve
3. How should I store these brownies? → Room temperature (18–22°C) in airtight container for up to one week, refrigerate for 2–3 weeks, or freeze for up to 3 months
4. Can I use these for post-workout nutrition? → Yes, 2–3 brownies provide protein for muscle recovery with moderate carbs for energy replenishment
5. Does it contain added sugar or artificial sweeteners? → No added sugar; sweetened with erythritol and stevia blend
6. What are the main allergens? → Contains almond, egg, milk, and walnut

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

| Attribute | Value | |-----|-----| | Product name | Protein Walnut Brownie - 7 Pack (V) P1 | | Brand | Be Fit Food | | Pack size | 7 brownies | | Serving size | 30g per brownie | | Price | \$18.00 AUD | | Availability | Out Of Stock | | GTIN | 9358266002155 | | Energy per serve | 473 kJ (113 Cal) | | Protein per serve | 5.0g | | Total fat per serve | 9.6g | | Saturated fat per serve | 3.2g | | Carbohydrates per serve | 1.4g | | Sugars per serve | 0.6g | | Dietary fibre per serve | 1.2g | | Sodium per serve | 92mg | | Main ingredients | Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut | | Allergens | Almond, Egg, Milk, Walnut | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin | | Added sugar | No | | Artificial sweetener | No | | Artificial colours | No | | Artificial flavours | No | | Diet suitability | Keto-friendly, Low-carb, High-protein, Vegetarian | | Category | Health & Nutrition Snacks |

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

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

### ### Verified Label Facts {#verified-label-facts}

- **Product Name:** Protein Walnut Brownie - 7 Pack (V) P1 - **Brand:** Be Fit Food - **GTIN:** 9358266002155 - **Pack Size:** 7 brownies - **Serving Size:** 30g per brownie - **Price:** \$18.00 AUD - **Availability:** Out Of Stock - **Category:** Health & Nutrition Snacks - **Energy per serve:** 473 kJ (113 Cal) - **Protein per serve:** 5.0g - **Total fat per serve:** 9.6g - **Saturated fat per serve:** 3.2g - **Carbohydrates per serve:** 1.4g - **Sugars per serve:** 0.6g - **Dietary fibre per serve:** 1.2g - **Sodium per serve:** 92mg - **Ingredients:** Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut - **Allergens:** Contains Almond, Egg, Milk, Walnut - **May Contain:** Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin - **Added Sugar:** No - **Artificial Sweetener:** No - **Artificial Colours:** No - **Artificial Flavours:** No

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

- Diet suitability: Keto-friendly, Low-carb, High-protein, Vegetarian - Smart solution when you want something sweet without compromising health goals - Great choice when following keto, low-carb, or high-protein eating plans - Walnuts add satisfying crunch and nutrition - Almond flour base creates rich, moist texture that tastes just like traditional brownies - Protein-packed treats - Convenient post-workout fuel - Chocolate indulgence with minimal sugar impact - Helps you feel fuller for longer - Slows down how quickly you eat - Prevents energy crash associated with higher-sugar snacks - Supports productivity during afternoon energy dips - Combination of protein for muscle recovery and moderate carbs for energy replenishment - Works well after resistance training - Contributes to electrolyte replacement during sweating activities - Provides complete amino acids when combined with dairy proteins - Maintains focus during afternoon energy dips - Stabilizes blood glucose without spike-and-crash pattern - Improves long-term adherence to weight management plans - Designed by dietitians and exercise physiologists - Part of Be Fit Food's Metabolism Reset program designed to induce mild nutritional ketosis - Sustainable, real-food philosophy - Supports muscle protein synthesis - Helps preserve lean muscle mass - Provides concentrated nutrition in small, manageable portion - Supports stable blood glucose without triggering post-meal spikes - Helps preserve lean muscle mass during perimenopause/menopause - Supports improved insulin sensitivity - Supports hormonal balance - Satisfies chocolate cravings without derailing progress - Creates minimal glucose impact - Slows digestion and glucose absorption - Supports blood sugar regulation - Supports gut health and satiety - Reflects Be Fit Food's commitment to metabolic health improvement through real-food solutions - Approach validated by clinical research and dietitian-led formulation process - Contains omega-3 fatty acids from walnuts - Contains flavonoids from cocoa - Protein helps moderate caffeine absorption

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## ## Overview {#overview}

Be Fit Food's Protein Walnut Brownie lets you enjoy something sweet while staying true to your health goals. Developed by dietitians and exercise physiologists as part of Be Fit Food's real-food philosophy, each 30g brownie delivers 5.0g of protein and just 1.4g of carbs, making it work beautifully whether you're following keto, watching carbs, or simply wanting to eat more protein. The walnuts add a satisfying crunch and omega-3 fatty acids, while the almond flour creates that rich, moist texture you expect from a proper brownie—all without added sugar, artificial sweeteners, artificial colours, or artificial flavours.

This guide shows you everything from quick snacks to elegant dessert presentations. Whether you're tracking macros, need something after the gym, or simply want chocolate that won't spike your blood sugar (0.6g per serve), you'll discover ways to make these brownies fit seamlessly into your life. Whether you're following Be Fit Food's Metabolism Reset program designed to induce mild nutritional ketosis or simply looking for convenient, protein-packed nutrition that supports your metabolic health goals, these brownies become your partner in positive transformation.

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## ## Best Ways to Serve Your Brownies {#best-ways-to-serve-your-brownies}

Temperature changes everything with these brownies. Here's what happens at each one, so you can choose what works best for you.

### ### Room Temperature {#room-temperature}

At room temperature (20–22°C), you get rich, fudgy brownies with crunchy walnut bits. The cocoa flavour comes through strong but balanced, with a subtle creaminess from the butter. This works beautifully for morning or afternoon snacks, especially with hot drinks.

Take your brownies out of the fridge 15–20 minutes before eating. The almond flour softens as it warms, and the 9.6g of fat per serve becomes more noticeable, helping you feel fuller for longer—a principle central to Be Fit Food's approach to satiety and sustainable weight management.

### ### Chilled {#chilled}

Refrigerated brownies (4–6°C) offer a firmer bite, almost like fudge or truffle chocolates. The chocolate flavour gets stronger, and the walnut pieces stand out more against the denser base. The 3.2g of saturated fat firms up when cold, creating a satisfying snap when you bite into it.

Chilled works beautifully on hot days or right after a workout when you want something cool. The firmer texture also slows you down, giving the 473 kJ (113 Cal) per serve time to register—supporting mindful eating and the fullness signals that prevent overconsumption.

### ### Gently Warmed {#gently-warmed}

Warming brownies to 30–35°C transforms them completely. Microwave individual brownies for 8–12 seconds (your microwave may vary) to get a warm centre without them falling apart. The gentle heat brings out cocoa aromas, softens the almond flour, and creates an almost molten quality in the middle.

This works beautifully when you're treating the brownie as dessert rather than a snack. The warmth makes the natural sweetener taste more prominent without adding sugar, so the 0.6g of natural sugars feels more satisfying. Avoid overheating them—too much heat toughens the egg proteins and separates the butter.

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## ## Pairing with Your Favourite Drinks {#pairing-with-your-favourite-drinks}

The 1.2g of fibre and rich cocoa content make these brownies work beautifully with many drinks, each bringing out different flavours and supporting your wellness journey.

### ### Coffee {#coffee}

The cocoa base pairs naturally with coffee's bold notes. Espresso-based drinks like Americanos, long blacks, or cold brew complement the brownie's chocolate intensity without overwhelming it. The coffee's acidity cuts through the 9.6g of fat per serve, cleansing your palate between bites.

When you're watching calories, black coffee adds almost nothing while the brownie's protein (5.0g per serve) helps moderate caffeine absorption and reduces jitters—the cocoa's flavonoids complement coffee's natural compounds. A small cappuccino or flat white creates a smooth experience, with milk proteins complementing the egg and almond proteins in the brownie.

### ### Tea {#tea}

Strong black teas—English Breakfast, Assam, or Ceylon—provide tannins that balance the brownie's richness. The 92mg of sodium per serve creates a subtle savoury note that tea's astringency enhances, making each bite taste more complex. Brew tea slightly stronger than usual (4–5 minutes) to match the brownie's intensity.

Herbal options like peppermint or chamomile cleanse your palate between bites, particularly when you're enjoying multiple servings or sharing the 7-pack across an afternoon. No caffeine in herbal teas means you can enjoy this pairing in the evening without disrupting sleep.

### ### Protein Shakes {#protein-shakes}

Blending one brownie (30g) into a protein shake creates a chocolate-walnut flavoured drink with enhanced nutrition. Combine with 200ml unsweetened almond milk, 20g protein powder, and ice for a 25–30g protein shake with controlled carbs. The tapioca flour and almond flour blend smoothly, while walnut pieces add texture when partially blended.

This works particularly well after resistance training, when both quick protein and moderate fats support recovery. The 473 kJ per brownie contributes meaningful energy without excessive carbs, aligning with Be Fit Food's high-protein, lower-carb philosophy and the company's focus on supporting muscle protein synthesis and preserving lean muscle mass.

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### ## Dessert Plating Ideas {#dessert-plating-ideas}

Transforming these snacks into plated desserts takes minimal extra ingredients while respecting the product's low-carb, high-protein formulation—an approach consistent with Be Fit Food's real-food philosophy and dietitian-led recipe development.

### ### Deconstructed Brownie Bowl {#deconstructed-brownie-bowl}

Crumble one brownie into rough chunks and layer in a small bowl with 100g full-fat Greek yogurt (approximately 10g additional protein). The yogurt's tanginess contrasts beautifully with the brownie's sweetness, while its creamy texture complements the brownie's dense texture. Top with 5–6 fresh raspberries for colour, acidity, and fibre without significant sugar.

This keeps your macros on track: approximately 15g protein, 15g fat, and 8–10g carbs total, making it suitable when you're tracking nutrients. The combination of dairy proteins (from yogurt and brownie's butter and egg) with plant proteins (almond flour) gives you complete amino acids—important for muscle maintenance and metabolic health.

### ### Warm Brownie with Cream {#warm-brownie-with-cream}

Warm one brownie as described earlier and serve alongside 30ml lightly whipped heavy cream (unsweetened or with 2–3 drops liquid stevia). The cream's neutral sweetness and high fat content (approximately 12g per 30ml) creates a luxurious texture while adding minimal carbs.

For visual appeal, dust the plate's rim with a pinch of cocoa powder and position the cream in a small ramekin rather than directly on the brownie, so you can control the cream-to-brownie ratio. This elevates the 113-calorie brownie into a restaurant-quality dessert suitable for entertaining while maintaining the low-carb, high-protein parameters central to Be Fit Food's nutritional approach.

### ### Brownie Parfait {#brownie-parfait}

Cube one brownie into 6–8 pieces and layer in a clear glass with 80g mascarpone cheese (loosened with 1 tablespoon water) and 10g chopped walnuts. The mascarpone's subtle sweetness and creamy consistency mirrors traditional tiramisu while maintaining low-carb parameters. The extra walnuts echo the brownie's walnut content, creating flavour harmony and adding additional omega-3 fatty acids.

This preparation adds approximately 8g protein and 20g fat with minimal carb increase. The visual layering in clear glassware makes portion size immediately clear, supporting mindful eating—a principle that improves long-term adherence to weight management plans, as emphasized in Be Fit Food's sustainable approach to metabolic health.

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### ## On-the-Go Snacking {#on-the-go-snacking}

The 7-pack format and 30g individual serving size make these brownies truly portable, and smart planning maximises freshness and satisfaction throughout your day.

### ### Workplace Desk Storage {#workplace-desk-storage}

Store the unopened 7-pack in a desk drawer away from direct heat sources. Individual brownies stay fresh for the workweek when kept at office temperatures (18–22°C). Pair one brownie with a handful of nuts (almonds or macadamias) and a piece of fruit for a balanced mid-afternoon snack that supports sustained energy.

The 5.0g protein per brownie helps maintain focus during afternoon slumps, while the 9.6g fat keeps you feeling satisfied until dinner. The 1.4g carb content prevents the energy crash you get with higher-sugar snacks, which matters when you need convenient nutrition that supports productivity—exactly the kind of metabolic stability Be Fit Food's formulations are designed to deliver.

### ### Gym Bag Essentials {#gym-bag-essentials}

Pack 2–3 individual brownies in a small container for post-workout fuel. The combination of protein for muscle recovery and moderate carbs (1.4g per serve) for energy replenishment works beautifully after resistance training—supporting the muscle protein synthesis and lean mass preservation that Be Fit Food's exercise physiologist co-founders prioritize.

Eat within 30–60 minutes after exercise alongside 300–400ml water to support nutrient delivery and rehydration. The compact 30g serving size means minimal digestive load during the immediate recovery window when blood flow prioritises muscle tissue over digestive organs.

### ### Travel-Friendly Nutrition {#travel-friendly-nutrition}

The shelf-stable nature and individually wrapped format (implied by 7-pack structure) make these brownies ideal for air travel, road trips, or hiking. Each 30g brownie provides meaningful nutrition (113 Cal, 5.0g protein) in minimal pack weight and volume.

For extended outdoor activities, pair one brownie with a small packet of nut butter (15g) for a 200+ calorie snack with balanced macros and sustained energy. The 92mg sodium per brownie contributes

to electrolyte replacement during sweating activities, though you may need additional salt for intense or prolonged exercise.

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## ## Creative Recipe Ideas {#creative-recipe-ideas}

While delicious on their own, these brownies can become ingredients in more complex recipes that maintain their nutritional advantages—an approach consistent with Be Fit Food's real-food philosophy and commitment to making nutritious eating both practical and enjoyable.

### ### Protein Brownie Crust {#protein-brownie-crust}

Pulse 3 brownies (90g total) in a food processor until you get fine crumbs. Press into a 15cm tart pan to create a no-bake crust for cheesecake or mousse fillings. The almond flour and egg content binds well without needing extra ingredients, while the cocoa and walnut create flavour complexity.

This application provides approximately 15g protein in the crust alone, making the complete dessert more nutritionally substantial. The tapioca flour contributes slight stickiness that helps the crust hold together when sliced—delivering the kind of concentrated nutrition in manageable portions that Be Fit Food designs into all its products.

### ### Brownie-Studded Protein Ice Cream {#brownie-studded-protein-ice-cream}

Chop 2 brownies into small chunks and fold into 500ml homemade protein ice cream base (made from frozen bananas, protein powder, and almond milk). The brownie pieces provide texture contrast and concentrated chocolate-walnut flavour pockets throughout the frozen dessert.

This preparation distributes the brownies' 226 kJ and 10g protein across multiple servings while creating a treat that feels indulgent despite controlled macros. The fat content (19.2g across 2 brownies) helps the ice cream maintain creamy texture without traditional heavy cream—demonstrating how Be Fit Food's products can integrate into creative preparations that maintain metabolic health goals.

### ### Breakfast Parfait Enhancement {#breakfast-parfait-enhancement}

Crumble half a brownie (15g) over morning yogurt or cottage cheese for a chocolate-flavoured breakfast that provides early-day protein. The portion control maintains reasonable morning carb intake (0.7g from half brownie) while satisfying sweet cravings that might otherwise lead to less nutritious choices.

The walnut pieces add omega-3 fatty acids to breakfast, while the cocoa provides flavonoids and a gentle caffeine boost (though significantly less than coffee). This transforms a snack product into a legitimate breakfast component, particularly valuable when you're following Be Fit Food's structured meal approaches and want high protein intake throughout the day—a cornerstone of the company's Metabolism Reset program and broader nutritional philosophy.

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## ## Portion Management and Mindful Enjoyment {#portion-management-and-mindful-enjoyment}

The pre-portioned 30g serving size makes macro tracking easy, and smart eating practices enhance satisfaction and nutritional outcomes—principles central to Be Fit Food's approach to sustainable weight management and metabolic health.

### ### Savoring Techniques {#savoring-techniques}

Break each brownie into 4–6 smaller pieces rather than eating in large bites. This extends eating time, allowing the 5.0g protein and 9.6g fat to trigger fullness signals before reaching for more food. Place

each piece fully in your mouth and let it soften slightly before chewing, which maximises flavour and cocoa aroma.

The walnut pieces require thorough chewing, naturally slowing down how quickly you eat. This breakdown also improves nutrient accessibility, particularly the fat-soluble vitamins present in walnuts and butter, and the omega-3 fatty acids that contribute to the brownie's nutritional profile.

### ### Strategic Timing for Maximum Satisfaction {#strategic-timing-for-maximum-satisfaction}

Eat brownies during natural energy dips (mid-morning around 10:30 AM or mid-afternoon around 3:30 PM) when blood sugar begins declining and cravings intensify. The combination of protein, fat, and minimal carbs stabilizes blood glucose without the spike-and-crash pattern of high-sugar snacks—exactly the kind of metabolic stability Be Fit Food's dietitian-led formulations are designed to support.

Avoid eating brownies immediately after large meals when you're already satisfied. The subtle sweetness and rich flavour deserve attention that's diminished when you're stuffed. Similarly, eating on an empty stomach may lead to rapid eating without full appreciation of flavour.

### ### The Two-Brownie Occasion {#the-two-brownie-occasion}

While one 30g brownie makes a single serve, sometimes two brownies (60g, 226 kJ, 10g protein) create the right portion size, particularly post-workout or as a meal replacement when combined with additional protein sources. Two brownies with 200g Greek yogurt provide approximately 30g protein and make a legitimate small meal that aligns with Be Fit Food's high-protein, lower-carb nutritional architecture.

When eating multiple brownies, vary the temperature or preparation: enjoy one chilled and one at room temperature, or pair one plain with one warmed. This variation maintains sensory interest and prevents palate fatigue that can lead to overeating.

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### ## Seasonal and Occasion-Based Serving Ideas {#seasonal-and-occasion-based-serving-ideas}

The chocolate-walnut flavour profile adapts beautifully to seasonal presentations and special occasions while maintaining the product's nutritional integrity—consistent with Be Fit Food's commitment to making healthy eating both practical and enjoyable across different life contexts.

#### ### Winter Comfort Presentations {#winter-comfort-presentations}

During colder months, serve gently warmed brownies alongside hot peppermint tea or sugar-free hot chocolate. The warmth brings out the cocoa's aromatic compounds while the 9.6g fat per serve provides satisfying richness that feels particularly right in cold weather.

Create a "winter dessert board" featuring 2–3 brownies, a selection of nuts (echoing the walnut content), a few squares of 85% dark chocolate, and fresh orange segments. The citrus acidity cuts through the richness while providing vitamin C, creating a balanced dessert experience suitable for holiday gatherings that respects metabolic health goals without feeling restrictive.

#### ### Summer Refreshment Options {#summer-refreshment-options}

Freeze individual brownies for 2–3 hours to create fudge-like frozen treats perfect for hot weather. The frozen texture becomes incredibly dense, and the chocolate flavour intensifies while tasting less sweet, which works beautifully when you prefer less pronounced sweetness. The 113 Cal per frozen brownie provides a satisfying cold treat with substantially more protein than traditional ice cream or frozen desserts.

Alternatively, crumble one brownie over a bowl of fresh berries (strawberries, blueberries, raspberries) for a summer parfait. The berries' natural acidity and water content balance the brownie's density, while their antioxidants complement the cocoa's flavonoid content—creating the kind of nutrient-dense, whole-food combination that reflects Be Fit Food's real-food philosophy.

### ### Celebration and Special Event Serving {#celebration-and-special-event-serving}

For birthdays or celebrations where traditional cake doesn't align with your dietary goals, create individual "brownie stacks" by layering two brownies with a thin spread of sugar-free chocolate ganache or cream cheese frosting between them. Top with a single fresh raspberry and a mint leaf for visual appeal.

This presentation acknowledges the celebratory context while maintaining nutritional parameters. The two-brownie stack provides 10g protein and 226 kJ, substantially more nutritious than equivalent-sized traditional cake while still feeling special and indulgent—demonstrating how Be Fit Food's approach supports long-term adherence by allowing treats that don't derail metabolic health goals.

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### ## Storage Practices for Optimal Quality {#storage-practices-for-optimal-quality}

Proper storage maintains the brownies' intended texture, flavour, and nutritional properties throughout the 7-pack consumption period, ensuring you get the best experience every time.

#### ### Short-Term Storage (1–7 Days) {#short-term-storage-1-7-days}

Store unopened or opened 7-packs in an airtight container at room temperature (18–22°C) away from direct sunlight and heat sources. The almond flour base and egg content remain stable for approximately one week under these conditions, though texture gradually firms as moisture redistributes.

When individual brownies feel slightly dry after several days, the gentle warming method (8–12 seconds microwave) restores moisture perception by softening the fats without actually adding moisture. Alternatively, store with a small piece of apple or bread in the container (not touching brownies) to maintain ambient humidity.

#### ### Extended Storage (7+ Days) {#extended-storage-7-days}

For storage beyond one week, refrigeration (4–6°C) preserves freshness and prevents any potential degradation of the egg and butter components. Wrap individual brownies in parchment paper before placing in an airtight container to prevent moisture condensation from affecting texture.

Refrigerated brownies remain optimal for 2–3 weeks. Remember to remove 15–20 minutes before serving when you prefer room temperature, or enjoy directly from refrigeration for the firmer, fudge-like texture.

#### ### Freezing for Long-Term Storage {#freezing-for-long-term-storage}

Individual brownies freeze successfully for up to 3 months when wrapped tightly in plastic wrap, then placed in freezer bags with air removed. This storage method works beautifully when purchasing multiple 7-packs or wanting to extend availability.

Thaw frozen brownies at room temperature for 30–40 minutes or overnight in the refrigerator. The almond flour base and fat content protect against freezer burn better than traditional wheat-flour baked goods, maintaining quality throughout frozen storage.

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### ## Dietary Context and Meal Planning Integration {#dietary-context-and-meal-planning-integration}

Understanding how these brownies fit within different dietary frameworks helps maximise their utility and satisfaction—an approach consistent with Be Fit Food's commitment to making evidence-based nutrition accessible and practical for diverse health goals.

### ### Ketogenic Diet Applications {#ketogenic-diet-applications}

With only 1.4g net carbs per serve (total carbs minus fibre:  $1.4\text{g} - 1.2\text{g} = 0.2\text{g}$  net carbs by some calculation methods, though net carbs are usually reported as 1.4g when fibre is already subtracted), these brownies fit comfortably within ketogenic macronutrient ratios. The 9.6g fat and 5.0g protein per serve align with keto's high-fat, moderate-protein, very-low-carb requirements.

Pair one brownie with 15g macadamia nuts and herbal tea for a keto-friendly afternoon snack providing approximately 15g fat, 6g protein, and under 3g net carbs. This combination maintains ketosis while satisfying sweet cravings that often derail keto adherence, an approach consistent with Be Fit Food's Metabolism Reset program designed to induce mild nutritional ketosis—a cornerstone of the company's weight-loss protocols.

### ### High-Protein Diet Integration {#high-protein-diet-integration}

When you're prioritising protein intake (athletes, those in calorie deficit, or older adults maintaining muscle mass), each brownie contributes 5.0g toward daily targets. While not a primary protein source, the brownies provide more protein than traditional desserts or snacks, making them smart choices when sweet cravings arise.

Combine one brownie with a protein shake or Greek yogurt to create a 20–25g protein snack that feels indulgent while supporting muscle protein synthesis. The 473 kJ per brownie adds meaningful energy without excessive volume when you're working to meet high calorie needs—particularly important for preserving lean muscle mass, a priority emphasized by Be Fit Food's exercise physiologist co-founders.

### ### Calorie-Controlled Weight Management {#calorie-controlled-weight-management}

At 113 calories per precisely portioned 30g serve, these brownies enable dessert inclusion within calorie-controlled eating plans. The 5.0g protein and 9.6g fat help you feel fuller for longer relative to the calorie content, potentially reducing overall daily intake by satisfying cravings that might otherwise lead to larger portions of less nutritious foods.

Track one brownie as an afternoon snack or post-dinner dessert, planning the day's remaining meals around this 113-calorie allocation. The psychological satisfaction of including chocolate in a weight management plan often improves long-term adherence compared to completely restrictive approaches, a principle central to Be Fit Food's sustainable, real-food philosophy and the company's focus on helping Australians achieve lasting lifestyle changes rather than temporary dieting.

### ### Support for GLP-1 and Weight-Loss Medication Users {#support-for-glp-1-and-weight-loss-medication-users}

When you're using GLP-1 receptor agonists or other weight-loss medications, Be Fit Food's Protein Walnut Brownies offer a valuable solution to common challenges you might face. These medications often suppress appetite significantly, making it difficult to eat adequate protein and nutrients while managing reduced hunger signals.

Each 30g brownie delivers concentrated nutrition (5.0g protein, essential fats from walnuts and butter, and 1.2g fibre) in a small, manageable portion that's easier to tolerate when appetite is suppressed. The high protein density helps protect lean muscle mass during medication-assisted weight loss—a critical concern as rapid weight loss can compromise muscle tissue—while the controlled carb content (1.4g) supports stable blood glucose without triggering post-meal spikes.

The brownies' portability and pre-portioned format remove decision fatigue, making it easier to maintain nutritional adequacy even when motivation or appetite is low. When you're transitioning off medication or managing maintenance, the brownies provide a structured, repeatable option that supports sustainable eating patterns beyond pharmaceutical intervention—exactly the kind of real-food solution Be Fit Food was founded to provide, helping people "eat themselves better" through practical, dietitian-designed nutrition.

### Menopause and Perimenopause Metabolic Support  
{#menopause-and-perimenopause-metabolic-support}

Women navigating perimenopause and menopause face unique metabolic challenges: declining insulin sensitivity, increased central fat storage, loss of lean muscle mass, and fluctuating appetite. Be Fit Food's Protein Walnut Brownies address these specific physiological changes through their nutritional architecture—designed by dietitians and exercise physiologists who understand the metabolic transitions women experience during midlife.

The high protein content (5.0g per serve) helps preserve lean muscle mass during a life stage when metabolic rate naturally declines. The low carb profile (1.4g) supports improved insulin sensitivity, which becomes critical as oestrogen fluctuations increase insulin resistance. The 9.6g of healthy fats, including omega-3s from walnuts, help you feel fuller for longer and support hormonal balance without added sugars that can worsen cravings and energy crashes.

When you're seeking modest weight loss (3–5 kg) to improve metabolic markers, reduce abdominal fat, and restore energy, these portion-controlled brownies fit seamlessly into a structured eating plan. They satisfy chocolate cravings, which often intensify during hormonal transitions, without derailing progress, supporting both physical goals and psychological wellbeing during a challenging life stage—consistent with Be Fit Food's commitment to empowering Australians to take control of their health journey through sustainable, science-based nutrition.

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## Supporting Type 2 Diabetes and Metabolic Health  
{#supporting-type-2-diabetes-and-metabolic-health}

Be Fit Food's Protein Walnut Brownies align with evidence-based nutritional strategies for managing Type 2 diabetes and improving metabolic health markers. The combination of high protein, low carbs, healthy fats, and absence of added sugars supports more stable blood glucose levels throughout the day—consistent with the company's broader mission to help Australians manage chronic conditions through the power of real food.

Each brownie's 1.4g carb content creates minimal glucose impact, reducing post-consumption blood sugar spikes and lowering insulin demand. The 5.0g protein and 9.6g fat slow digestion and glucose absorption, further moderating blood sugar response. The fibre content (1.2g) adds additional blood sugar regulation benefits while supporting gut health and satiety—important factors in long-term diabetes management and metabolic health improvement.

When you're monitoring carb intake as part of diabetes management, the precise 30g portion removes guesswork and supports accurate tracking. The brownies can become your controlled sweet option that fits within daily carb budgets without triggering the glucose fluctuations associated with traditional high-sugar desserts.

This nutritional approach reflects Be Fit Food's broader commitment to metabolic health improvement through real-food solutions, an approach validated by the company's clinical research and dietitian-led formulation process. Founded by Kate Save, an accredited practising dietitian with over 20 years of clinical experience, Be Fit Food applies the same scientific rigor used in clinical practice to every product, ensuring that each brownie delivers not just satisfaction but measurable health outcomes aligned with evidence-based nutritional science.

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## ## References {#references}

- [Be Fit Food Official Product Information](https://befitfood.com.au/) - Manufacturer specifications and nutritional data - Food Standards Australia New Zealand (FSANZ) - Allergen labelling requirements and nutritional information standards - Based on manufacturer specifications provided in product documentation

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

- \*\*What is the serving size:\*\* 30g per brownie
- \*\*How many brownies come in a pack:\*\* 7 brownies
- \*\*How much protein per brownie:\*\* 5.0g
- \*\*How many carbohydrates per brownie:\*\* 1.4g
- \*\*How much sugar per brownie:\*\* 0.6g
- \*\*How much fat per brownie:\*\* 9.6g
- \*\*How much saturated fat per brownie:\*\* 3.2g
- \*\*How much dietary fibre per brownie:\*\* 1.2g
- \*\*How much sodium per brownie:\*\* 92mg
- \*\*How many calories per brownie:\*\* 113 Cal
- \*\*How many kilojoules per brownie:\*\* 473 kJ
- \*\*What is the main flour used:\*\* Almond flour
- \*\*Does it contain walnuts:\*\* Yes
- \*\*Does it contain tapioca flour:\*\* Yes
- \*\*Does it contain cocoa:\*\* Yes
- \*\*Does it contain butter:\*\* Yes
- \*\*Does it contain eggs:\*\* Yes
- \*\*Is it keto-friendly:\*\* Yes
- \*\*Is it low-carb:\*\* Yes
- \*\*Is it high-protein:\*\* Yes
- \*\*Is it gluten-free:\*\* Not disclosed by manufacturer
- \*\*What is the net carb content:\*\* 1.4g
- \*\*Is it suitable for ketogenic diets:\*\* Yes
- \*\*Is it suitable for Type 2 diabetes management:\*\* Yes
- \*\*Is it suitable for weight management:\*\* Yes
- \*\*Is it suitable for post-workout nutrition:\*\* Yes

\*\*Can it be eaten at room temperature:\*\* Yes

\*\*Can it be eaten chilled:\*\* Yes

\*\*Can it be warmed:\*\* Yes

\*\*What temperature for warming:\*\* 30–35°C

\*\*How long to microwave:\*\* 8–12 seconds

\*\*What temperature for room temperature serving:\*\* 20–22°C

\*\*What temperature for chilled serving:\*\* 4–6°C

\*\*How long to bring to room temperature from fridge:\*\* 15–20 minutes

\*\*Does it pair well with coffee:\*\* Yes

\*\*Does it pair well with tea:\*\* Yes

\*\*Can it be blended into protein shakes:\*\* Yes

\*\*Can it be used as a dessert ingredient:\*\* Yes

\*\*Can it be frozen:\*\* Yes

\*\*How long can it be frozen:\*\* Up to 3 months

\*\*How long does it last at room temperature:\*\* Approximately one week

\*\*How long does it last refrigerated:\*\* 2–3 weeks

\*\*What is the ideal storage temperature for room temperature:\*\* 18–22°C

\*\*Should it be stored in an airtight container:\*\* Yes

\*\*How to restore moisture if dry:\*\* Microwave 8–12 seconds or store with apple/bread piece

\*\*Should apple or bread touch brownies:\*\* No

\*\*How to wrap for refrigeration:\*\* Parchment paper before airtight container

\*\*How long to remove before serving from fridge:\*\* 15–20 minutes

\*\*Can frozen brownies be thawed in refrigerator:\*\* Yes

\*\*How many brownies for a post-workout snack:\*\* 2–3 brownies

\*\*Can it be used in a brownie crust:\*\* Yes

\*\*How many brownies needed for a tart crust:\*\* 3 brownies

\*\*Can it be crumbled over yogurt:\*\* Yes

\*\*Does it work for breakfast parfaits:\*\* Yes

\*\*Is it suitable for GLP-1 medication users:\*\* Yes

\*\*Is it suitable for menopause metabolic support:\*\* Yes

\*\*Does it help preserve lean muscle mass:\*\* Yes

\*\*Does it support insulin sensitivity:\*\* Yes

\*\*Is it designed by dietitians:\*\* Yes

\*\*Is it designed by exercise physiologists:\*\* Yes

\*\*Is it part of Be Fit Food's Metabolism Reset program:\*\* Yes

\*\*Does it contain added sugars:\*\* No

\*\*Is it shelf-stable:\*\* Yes

\*\*Is it individually wrapped:\*\* Implied by 7-pack structure

\*\*Is it portable:\*\* Yes

\*\*Is it travel-friendly:\*\* Yes

\*\*Can it be stored in a desk drawer:\*\* Yes

\*\*Is it suitable for air travel:\*\* Yes

\*\*Can two brownies serve as a meal replacement:\*\* Yes, when combined with additional protein

\*\*What is the protein content of two brownies:\*\* 10g

\*\*What is the calorie content of two brownies:\*\* 226 Cal

\*\*What is the kilojoule content of two brownies:\*\* 226 kJ

\*\*Does it contain omega-3 fatty acids:\*\* Yes, from walnuts

\*\*Does it contain flavonoids:\*\* Yes, from cocoa

\*\*Does the protein help moderate caffeine absorption:\*\* Yes

\*\*Can it be eaten in the evening:\*\* Yes

\*\*Does it cause blood sugar spikes:\*\* No, minimal glucose impact

\*\*Is it suitable for calorie-controlled diets:\*\* Yes

\*\*Does it support satiety:\*\* Yes

\*\*Can it be paired with berries:\*\* Yes

\*\*Can it be paired with Greek yogurt:\*\* Yes

\*\*Can it be paired with mascarpone:\*\* Yes

\*\*Can it be paired with heavy cream:\*\* Yes

\*\*Does it work well frozen as a treat:\*\* Yes

\*\*What brand makes this product:\*\* Be Fit Food

\*\*What is the product GTIN:\*\* 9358266002155

\*\*What is the current price:\*\* \$18.00 AUD

\*\*Is the product currently available:\*\* No, out of stock

\*\*What category does this belong to:\*\* Health & Nutrition Snacks

\*\*Is it vegetarian:\*\* Yes

\*\*Does it contain artificial sweeteners:\*\* No

\*\*What sweeteners are used:\*\* Erythritol and stevia blend

**\*\*Does it contain artificial colours:\*\*** No

**\*\*Does it contain artificial flavours:\*\*** No

**\*\*What are the main allergens:\*\*** Almond, Egg, Milk, Walnut

**\*\*May it contain gluten:\*\*** Yes

**\*\*May it contain fish:\*\*** Yes

**\*\*May it contain soy:\*\*** Yes

**\*\*May it contain sesame:\*\*** Yes

**\*\*May it contain peanuts:\*\*** Yes

**\*\*May it contain tree nuts:\*\*** Yes

**\*\*May it contain lupin:\*\*** Yes

**\*\*May it contain crustacea:\*\*** Yes

**\*\*What is the texture at room temperature:\*\*** Rich and fudgy

**\*\*What is the texture when chilled:\*\*** Firm like fudge or truffle

**\*\*What is the texture when warmed:\*\*** Soft with molten centre

**\*\*Does warming enhance cocoa aroma:\*\*** Yes

**\*\*Should you avoid overheating:\*\*** Yes

**\*\*What happens if overheated:\*\*** Toughens egg proteins and separates butter

**\*\*What type of coffee pairs well:\*\*** Espresso, Americano, long black, cold brew

**\*\*Does coffee acidity complement the brownie:\*\*** Yes

**\*\*What black teas pair well:\*\*** English Breakfast, Assam, Ceylon

**\*\*How long to brew tea for pairing:\*\*** 4–5 minutes

**\*\*Do herbal teas work for evening consumption:\*\*** Yes, caffeine-free

**\*\*Can it be blended into shakes:\*\*** Yes

**\*\*What liquid works for protein shakes:\*\*** 200ml unsweetened almond milk

**\*\*How much protein powder to add:\*\*** 20g

**\*\*What is total protein in brownie shake:\*\*** 25–30g

**\*\*Is it suitable after resistance training:\*\*** Yes

**\*\*How much Greek yogurt for brownie bowl:\*\*** 100g

**\*\*How many raspberries to add:\*\*** 5–6

**\*\*What is total protein in brownie bowl:\*\*** Approximately 15g

**\*\*How much cream for serving:\*\*** 30ml lightly whipped heavy cream

**\*\*How much fat in 30ml cream:\*\*** Approximately 12g

**\*\*Can you dust with cocoa powder:\*\*** Yes

\*\*How many brownie pieces for parfait:\*\* 6–8 cubes

\*\*How much mascarpone for parfait:\*\* 80g

\*\*How much chopped walnuts to add:\*\* 10g

\*\*Where to store at workplace:\*\* Desk drawer away from heat

\*\*What nuts pair well as workplace snack:\*\* Almonds or macadamias

\*\*Does it prevent afternoon energy crashes:\*\* Yes

\*\*When to eat after exercise:\*\* Within 30–60 minutes

\*\*How much water after workout:\*\* 300–400ml

\*\*Is it suitable for hiking:\*\* Yes

\*\*What to pair with for outdoor activities:\*\* 15g nut butter packet

\*\*Does it contribute to electrolyte replacement:\*\* Yes, 92mg sodium

\*\*How many brownies for protein crust:\*\* 3 brownies

\*\*What is total weight for crust:\*\* 90g

\*\*What is protein in crust:\*\* Approximately 15g

\*\*How many brownies for ice cream:\*\* 2 brownies

\*\*What base for protein ice cream:\*\* Frozen bananas, protein powder, almond milk

\*\*Does fat help ice cream texture:\*\* Yes, 19.2g across 2 brownies

\*\*How much brownie for breakfast:\*\* Half a brownie (15g)

\*\*What is carb content of half brownie:\*\* 0.7g

\*\*Does cocoa provide caffeine boost:\*\* Yes, gentle boost

\*\*How many pieces to break brownie into:\*\* 4–6 smaller pieces

\*\*Why break into pieces:\*\* Extends eating time and triggers fullness signals

\*\*What time for mid-morning snack:\*\* Around 10:30 AM

\*\*What time for mid-afternoon snack:\*\* Around 3:30 PM

\*\*Should you eat immediately after large meals:\*\* No

\*\*Should you eat on empty stomach:\*\* Not recommended for full flavour appreciation

\*\*How many brownies for meal replacement:\*\* 2 brownies

\*\*What to combine with for meal:\*\* 200g Greek yogurt

\*\*What is total protein in meal:\*\* Approximately 30g

\*\*Should you vary temperature when eating multiple:\*\* Yes

\*\*What tea for winter serving:\*\* Hot peppermint or sugar-free hot chocolate

\*\*What to include on winter dessert board:\*\* Nuts, 85% dark chocolate, orange segments

\*\*How long to freeze for frozen treat:\*\* 2–3 hours

\*\*What is texture when frozen:\*\* Dense and fudge-like

\*\*What berries work for summer parfait:\*\* Strawberries, blueberries, raspberries

\*\*How many brownies for celebration stack:\*\* 2 brownies

\*\*What to spread between stacks:\*\* Sugar-free chocolate ganache or cream cheese frosting

\*\*What to top celebration stack with:\*\* Fresh raspberry and mint leaf

\*\*Where to store unopened pack:\*\* Airtight container at room temperature

\*\*What temperature range for room storage:\*\* 18–22°C

\*\*How to restore moisture if dry:\*\* Microwave 8–12 seconds or store with apple/bread piece

\*\*How many brownies to freeze:\*\* Individual brownies

\*\*How to wrap for freezing:\*\* Tightly in plastic wrap, then freezer bags

\*\*Should you remove air from freezer bags:\*\* Yes

\*\*How long to thaw at room temperature:\*\* 30–40 minutes

\*\*How to thaw overnight:\*\* In refrigerator

\*\*Does almond flour protect against freezer burn:\*\* Yes

\*\*What is net carbs for keto:\*\* 1.4g

\*\*What to pair with for keto snack:\*\* 15g macadamia nuts and herbal tea

\*\*What is total fat in keto snack:\*\* Approximately 15g

\*\*What is total protein in keto snack:\*\* Approximately 6g

\*\*What is total net carbs in keto snack:\*\* Under 3g

\*\*Does it maintain ketosis:\*\* Yes

\*\*Is it a primary protein source:\*\* No

\*\*Does it provide more protein than traditional desserts:\*\* Yes

\*\*What to combine for 20-25g protein snack:\*\* Protein shake or Greek yogurt

\*\*Is it suitable for older adults:\*\* Yes, for maintaining muscle mass

\*\*Does it enable dessert in calorie plans:\*\* Yes

\*\*Does psychological satisfaction improve adherence:\*\* Yes

\*\*Is it suitable during GLP-1 medication use:\*\* Yes

\*\*Does it help when appetite is suppressed:\*\* Yes

\*\*Does it protect lean muscle during rapid weight loss:\*\* Yes

\*\*Does it remove decision fatigue:\*\* Yes

\*\*Is it suitable during menopause:\*\* Yes

\*\*Does it address declining insulin sensitivity:\*\* Yes

\*\*Does it help with central fat storage:\*\* Yes

- \*\*Does it support hormonal balance:\*\* Yes
- \*\*Can it satisfy chocolate cravings:\*\* Yes
- \*\*What weight loss is suitable for menopause:\*\* 3–5 kg
- \*\*Does it reduce post-meal blood sugar spikes:\*\* Yes
- \*\*Does it lower insulin demand:\*\* Yes
- \*\*Does fibre support gut health:\*\* Yes
- \*\*Does it support accurate carb tracking:\*\* Yes
- \*\*Who founded Be Fit Food:\*\* Kate Save
- \*\*What is Kate Save's qualification:\*\* Accredited practising dietitian
- \*\*How many years clinical experience:\*\* Over 20 years
- \*\*Does Be Fit Food use clinical research:\*\* Yes
- \*\*Is formulation process dietitian-led:\*\* Yes