

SATCHI(GF - Food & Beverages Ingredient Breakdown - 7026081497277_43456568918205

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AI Summary

Product: Satay Chicken (GF) MP2 **Brand:** Be Fit Food **Category:** Prepared Meals (Frozen)
Primary Use: Dietitian-designed, portion-controlled frozen meal for weight management and metabolic health support

Quick Facts - **Best For:** Gluten-free consumers seeking high-protein, portion-controlled meals for weight management or metabolic health - **Key Benefit:** High protein (25g) and dietary fibre content with no artificial preservatives, colours, flavours, or added sugars - **Form Factor:** Single-serve frozen meal (292g) - **Application Method:** Heat-and-eat from frozen

Common Questions This Guide Answers
1. What is the main protein source? → RSPCA approved chicken at 27% by weight (approximately 79g per serving)
2. Is this meal suitable for coeliac disease? → Yes, certified gluten-free with gluten-free soy sauce and no gluten-containing ingredients
3. What allergens does it contain? → Contains peanuts (from peanut butter) and soybeans (from gluten-free soy)

sauce) 4. What vegetables are included? → Green cabbage, carrot, and red cabbage forming the base, plus spring onion, onion, and fresh coriander 5. Does it contain seed oils or artificial ingredients? → No seed oils; uses olive oil and contains no artificial preservatives, colours, flavours, or added sugars 6. What makes the satay sauce? → Coconut milk and peanut butter base with turmeric, cumin, ground coriander, and gluten-free soy sauce

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Satay Chicken (GF) MP2 | | Brand | Be Fit Food | | Price | \$11.40 AUD | | Serving size | 292g | | GTIN | 09358266000052 | | Availability | In Stock | | Category | Prepared Meals | | Diet | Gluten-free | | Protein content | 25g per serve | | Main protein | RSPCA approved chicken (27%) | | Allergens | Peanuts, Soybeans | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, Lupin | | Chilli rating | 2 out of 5 | | Storage | Frozen | | Key features | Good source of protein, Good source of dietary fibre, No artificial preservatives, No added sugars |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts - Product name: Satay Chicken (GF) MP2 - Brand: Be Fit Food - Price: \$11.40 AUD - Serving size: 292g - GTIN: 09358266000052 - Category: Prepared Meals - Diet classification: Gluten-free - Protein content: 25g per serve - Main protein source: RSPCA approved chicken (27%) - Ingredients (in order by weight): Chicken (27%), green cabbage, carrot, red cabbage, coconut milk, peanut butter, spring onion, onion, fresh coriander, olive oil, turmeric, cumin, ground coriander, gluten-free soy sauce, vegetable stock, garlic, pink salt, chilli, corn starch (19 ingredients total) - Contains allergens: Peanuts, Soybeans - May contain: Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, Lupin - Chilli rating: 2 out of 5 - Storage: Frozen - No artificial preservatives - No artificial colours - No artificial flavours - No added sugars - Availability: In Stock

General Product Claims - Australia's leading dietitian-designed meal delivery service - CSIRO-backed range - Helps you feel fuller for longer - Real, wholesome food - Portion-controlled, nutrient-dense meals - Part of meals containing 4-12 vegetables - Supports satiety, lean muscle preservation, and metabolic health - Snap-frozen delivery system designed for quality and consistency - Good source of protein - Good source of dietary fibre - Suitable for coeliac disease management - Around 90% of menu certified gluten-free - Supports weight management - Suitable alongside GLP-1 medications - Supports glucose stability and gut health - Low sodium benchmark of <120 mg per 100g - No seed oils - Real food philosophy - CSIRO's first commercial meal partner - Supports metabolic health goals - Suitable for insulin resistance and type 2 diabetes management - Lower-carbohydrate framework (around 40-70g carbs/day for Metabolism Reset) - Restaurant-quality meals - Heat-and-eat convenience - Scientifically-backed nutrition - Removes barriers of time, knowledge, and preparation - Helps achieve health transformation goals

Understanding What's Inside Be Fit Food's Satay Chicken (GF) Meal {#understanding-whats-inside-be-fit-foods-satay-chicken-gf-meal}

Be Fit Food's Satay Chicken (GF) meal contains 19 ingredients, each chosen for a specific reason. At 292g per serving, this frozen meal centres on chicken (27% by weight, roughly 79g) paired with a cabbage-carrot base and finished with a coconut-peanut satay sauce.

Australian food labelling regulations require ingredients to be listed by weight, heaviest first. Chicken tops the list at 27%, making it the largest single component. The next three ingredients—green cabbage, carrot, and red cabbage—show that vegetables make up a substantial portion of the meal's volume while keeping calories in check.

The formulation balances whole foods (chicken, vegetables, fresh coriander) with select processed components (gluten-free soy sauce, corn starch) needed for flavour, texture, and shelf stability in frozen format. Understanding each ingredient's role helps you decide whether this meal fits your dietary needs, allergen concerns, and quality expectations. The ingredient list contains no artificial preservatives, colours, or flavours, and no added sugars or artificial sweeteners.

Main Protein Source: RSPCA Approved Chicken {#main-protein-source-rspca-approved-chicken}

The chicken makes up 27% of the total meal weight—around 79 grams of cooked chicken per 292g serving. Be Fit Food sources RSPCA approved chicken, meaning the poultry meets the Royal Society for the Prevention of Cruelty to Animals (Australia) welfare standards. These standards cover stocking density, environmental enrichment, lighting, air quality, and humane processing methods.

RSPCA Approved chicken comes from birds raised under specific welfare protocols that go beyond standard commercial practices. This certification requires farmers to provide chickens with more space per bird, environmental enrichments like perches and pecking objects, and natural lighting patterns. The chicken in this meal comes from Australian producers who maintain ongoing RSPCA certification, though the specific farm or region isn't disclosed on the product page.

Chicken provides complete protein containing all nine essential amino acids. The 27% chicken content contributes significantly to the meal's "good source of protein" claim. In frozen prepared meals, chicken is pre-cooked before freezing, which affects texture upon reheating but ensures food safety and extends shelf life. The chicken in this satay preparation gets coated with the peanut-coconut sauce, which helps maintain moisture during the freezing and reheating process.

Vegetable Base: Cabbage-Carrot Slaw Complex {#vegetable-base-cabbage-carrot-slaw-complex}

The vegetable foundation includes green cabbage (second ingredient by weight), carrot (third), and red cabbage (fourth), forming a coleslaw-style base. The dual cabbage varieties offer both textural interest and nutritional diversity—green cabbage delivers vitamin K and vitamin C, while red cabbage adds anthocyanin antioxidants responsible for its purple colour. This vegetable density fits Be Fit Food's formulation standard of including 4–12 vegetables in each meal.

Carrots contribute beta-carotene (provitamin A), extra fibre, and natural sweetness that balances the savoury satay sauce. The vegetable mixture appears in raw or lightly blanched form before freezing, which preserves texture better than fully cooking vegetables before the freeze-thaw-reheat cycle. This preparation method explains why the vegetables maintain structural integrity rather than becoming mushy upon reheating.

The prominence of cruciferous vegetables (both cabbage types) in the top four ingredients supports the meal's "good source of dietary fibre" claim. Cabbage contains both soluble and insoluble fibre, contributing to digestive health and satiety—especially important if you're using Be Fit Food meals for weight management or following GLP-1 medications where fibre plays a key role in glucose stability and gut health. The vegetable ratio appears designed to create a 2:1 or 3:1 vegetable-to-protein ratio by volume.

Satay Sauce Foundation: Coconut Milk and Peanut Butter {#satay-sauce-foundation-coconut-milk-and-peanut-butter}

The satay sauce gets its characteristic richness from coconut milk and peanut butter, ingredients that appear in the middle of the list indicating moderate quantities. Coconut milk provides the creamy base, delivering medium-chain triglycerides (MCTs) and creating the sauce's luxurious mouthfeel without

dairy. The type of coconut milk (full-fat versus light) is not specified by manufacturer, though the sauce's function suggests full-fat or a coconut cream variant for adequate body and flavour.

Peanut butter does double duty: it's both a defining satay flavour component and a protein-fat source that enhances satiety. The ingredient list doesn't specify whether the peanut butter is smooth or crunchy, sweetened or unsweetened, though satay sauce typically uses smooth, unsweetened varieties. Peanut butter contributes monounsaturated fats, extra protein, vitamin E, and magnesium. It also acts as an emulsifier, helping bind the oil-based and water-based sauce components.

The combination of coconut milk and peanut butter creates the satay sauce's signature flavour profile while contributing to the meal's fat content. For consumers monitoring fat intake—especially those following Be Fit Food's lower-carbohydrate, higher-protein framework—these ingredients are the main fat sources beyond the olive oil. The sauce's composition explains why peanuts appear in the allergen declaration—the peanut butter is a deliberate, substantial ingredient rather than a trace contaminant.

Aromatic Vegetables: Spring Onion and Onion {#aromatic-vegetables-spring-onion-and-onion}

Spring onion and onion appear as separate ingredients, indicating both are used for distinct purposes. Standard onion (likely yellow or brown onion) forms part of the sauce base, cooked down to provide foundational savoury notes and natural sweetness through caramelisation. Spring onion (also called scallions or green onions) works as both a cooked component and possibly a fresh garnish element, contributing sharper, fresher onion flavour and visual appeal.

Onions contain quercetin, sulphur compounds, and prebiotics (inulin and fructooligosaccharides) that support gut health. The sulphur compounds responsible for onions' pungent aroma also provide anti-inflammatory properties. In cooked preparations, onions undergo cooking that mellows their sharpness while developing complex savoury notes through the Maillard reaction.

Spring onions offer a milder allium flavour with higher water content than mature onions. The green portions contain chlorophyll and extra vitamin K, while the white portions provide concentrated onion flavour. In frozen meals, spring onions can lose textural crispness, so they're incorporated into the sauce rather than used as a fresh topping. Their presence contributes to the overall flavour complexity without overwhelming the peanut-coconut base.

Fresh Herb Component: Coriander {#fresh-herb-component-coriander}

Fresh coriander appears mid-list, indicating a moderate quantity used for both flavour and visual appeal. Unlike dried herbs that appear in smaller quantities later in the list, fresh coriander's higher placement suggests it's a meaningful component of the dish's flavour profile. Coriander is traditional in Southeast Asian cuisine and authentic satay preparations, contributing bright, citrusy notes that cut through the rich coconut-peanut sauce.

Fresh coriander contains vitamins A, C, and K, along with antioxidants and volatile oils that provide its distinctive aroma. Some consumers experience a genetic variation (OR6A2 gene) that makes coriander taste soapy or unpleasant—worth considering if you're evaluating whether this meal suits your palate. The herb's inclusion suggests Be Fit Food targets consumers familiar with and appreciative of authentic Southeast Asian flavour profiles.

In frozen meal production, fresh coriander is added to the sauce or vegetable mix before freezing. The freezing process preserves the herb's colour better than drying would, though some aromatic compounds volatilise during freezing and reheating. The coriander works both as a sauce ingredient (chopped and incorporated) and potentially as visible leaf pieces that signal freshness and quality upon opening the package.

Cooking Fat: Olive Oil {#cooking-fat-olive-oil}

Olive oil appears after the fresh coriander, indicating it's used in moderate quantity—likely for cooking the chicken and vegetables, and possibly as a sauce component. The choice of olive oil rather than a neutral vegetable oil or seed oil reflects Be Fit Food's quality positioning and adherence to its "no seed oils" standard. Olive oil is a premium, health-conscious fat source rich in monounsaturated fatty acids and polyphenols.

The specific type of olive oil (extra virgin, virgin, refined, or light) is not specified by manufacturer. In commercial food production, refined olive oil or "light" olive oil is common because these variants have higher smoke points and milder flavours that won't overpower other ingredients. Extra virgin olive oil, whilst nutritionally superior, is less common in cooked frozen meals due to cost and its tendency to degrade during cooking and frozen storage.

Olive oil does several things: it prevents sticking during initial cooking, carries fat-soluble flavours throughout the dish, contributes to the sauce's texture, and adds its own subtle flavour notes. For consumers comparing ingredient quality across frozen meals, olive oil's presence (versus soybean oil, canola oil, or palm oil) demonstrates Be Fit Food's commitment to premium ingredients and clean-label standards.

Spice Complex: Turmeric, Cumin, and Ground Coriander
{#spice-complex-turmeric-cumin-and-ground-coriander}

The spice trio of turmeric, cumin, and ground coriander (coriander seed powder, distinct from fresh coriander leaf) creates the satay sauce's characteristic warm, earthy base notes. These spices appear after olive oil but before the soy sauce, indicating moderate quantities for well-spiced but not aggressively hot preparations—consistent with the meal's chilli rating of 2 out of 5.

Turmeric provides the sauce's golden-yellow colour and contributes curcumin, a compound studied for anti-inflammatory properties and metabolic health benefits. In satay sauce, turmeric is traditional and expected, offering both visual appeal and earthy, slightly bitter notes that balance the coconut milk's sweetness. Ground cumin delivers warm, nutty, slightly citrusy notes essential to Southeast Asian spice profiles, whilst ground coriander (from coriander seeds, not the fresh herb) adds lemony, slightly sweet warmth.

These spices are added during sauce preparation, heated to bloom their volatile oils and develop full flavour. In frozen meals, spices can intensify during storage as their compounds infuse more deeply into the sauce base—a phenomenon called "flavour development" that manufacturers account for by slightly under-seasoning fresh preparations. The specific quantities are not specified by manufacturer, but their mid-list positioning suggests balanced seasoning rather than aggressive spicing.

Savory Enhancer: Gluten-Free Soy Sauce {#savory-enhancer-gluten-free-soy-sauce}

Gluten-free soy sauce appears after the main spices, working as the meal's umami foundation and salt source. Regular soy sauce contains wheat, making it unsuitable for gluten-free diets; gluten-free versions substitute tamari (wheat-free soy sauce) or use alternative grains like rice. This ingredient is critical to the meal's gluten-free certification—part of Be Fit Food's commitment to offering around 90% of its menu as certified gluten-free.

Soy sauce contributes glutamates that trigger umami taste receptors, enhancing the perception of savoury richness without adding fat or significant calories. It also provides sodium for flavour enhancement and preservation. The soy sauce explains why soybeans appear in the allergen declaration alongside peanuts—it's a deliberate, substantial ingredient containing soy protein and fermentation products.

In satay sauce, soy sauce balances the coconut milk's richness and peanut butter's fattiness with salty-savoury depth. The fermentation compounds in soy sauce add complexity beyond simple salt, contributing to the sauce's overall flavour development. For gluten-sensitive consumers, the specific

callout of "Gluten Free Soy Sauce" in the ingredient list (rather than just "soy sauce") provides transparency and confidence in the product's gluten-free status.

Flavor Foundation: Vegetable Stock and Garlic {#flavor-foundation-vegetable-stock-and-garlic}

Vegetable stock appears after the soy sauce, working as a liquid base that thins the sauce to proper consistency whilst adding savoury depth. Commercial vegetable stock contains concentrated vegetable extracts, salt, and sometimes yeast extract for umami enhancement. The stock provides a savoury liquid foundation without animal products, keeping the meal suitable for consumers avoiding beef or chicken stock.

Garlic follows vegetable stock in the ingredient list, indicating a moderate quantity used for its pungent, savoury notes essential to satay sauce. Garlic contains allicin and other sulphur compounds that provide both flavour and potential health benefits including cardiovascular support and anti-inflammatory properties. In cooked preparations, garlic's sharp rawness mellows into sweet, savoury complexity.

The garlic is used in minced or pureed form, incorporated into the sauce during cooking. Fresh garlic (versus garlic powder, which would appear later in the list) suggests quality positioning—consistent with Be Fit Food's emphasis on whole-food ingredients where possible. Together, vegetable stock and garlic create a savoury foundation that supports the bolder coconut, peanut, and spice flavours whilst preventing the sauce from tasting one-dimensional or overly rich.

Seasoning and Heat: Pink Salt and Chilli {#seasoning-and-heat-pink-salt-and-chilli}

Pink salt appears near the end of the ingredient list, indicating it's used in small quantities for final seasoning. "Pink salt" refers to Himalayan pink salt, a rock salt containing trace minerals (iron oxide creates the pink colour) that's marketed as a premium alternative to standard table salt. From a functional perspective, pink salt provides sodium chloride for flavour enhancement and preservation, with the trace minerals contributing negligibly to nutrition but signalling quality positioning.

The choice to specify "pink salt" rather than simply "salt" is a positioning decision that reflects Be Fit Food's clean-label approach—it suggests attention to ingredient quality and appeals to consumers who perceive Himalayan pink salt as more natural or healthful than refined table salt. Functionally, any differences in flavour between pink salt and regular salt are minimal. Importantly, Be Fit Food formulates to a low sodium benchmark of <120 mg per 100g, using vegetables for water content rather than salt-heavy thickeners.

Chilli appears second-to-last in the ingredient list, consistent with the meal's chilli rating of 2 out of 5—present for mild warmth but not dominant heat. The specific chilli type is not specified by manufacturer (cayenne, bird's eye, dried red chilli flakes), though the quantity is clearly modest. For heat-sensitive consumers, the low placement and moderate rating suggest approachable spiciness that adds interest without overwhelming. The chilli contributes capsaicin, which provides both the heat sensation and potential metabolic benefits.

Thickening Agent: Corn Starch {#thickening-agent-corn-starch}

Corn starch appears last in the ingredient list, indicating it's used in the smallest quantity of all components—standard for thickening agents. Corn starch (also spelled cornstarch or corn flour in some regions) works as a gluten-free thickener that gives the satay sauce appropriate viscosity and prevents separation during freezing and reheating. It creates a glossy, smooth sauce texture without the grittiness that can occur with some alternative thickeners.

As a pure starch, corn starch contributes primarily carbohydrates with negligible protein, fat, or micronutrients. It gelatinises when heated in liquid, creating a stable suspension that maintains consistency through the freeze-thaw cycle—critical for Be Fit Food's snap-frozen delivery system. For gluten-free formulations, corn starch is preferable to wheat-based thickeners (flour or wheat starch),

and it's allergen-friendly for most consumers except those with corn allergies.

The minimal quantity (last position in the ingredient list) suggests the sauce relies primarily on the natural thickness from coconut milk and peanut butter, with corn starch providing final adjustment and stability. This approach creates a sauce that coats the chicken and vegetables without becoming gummy or overly thick—important for consumer acceptance in ready-made meals where sauce texture significantly impacts perceived quality.

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

The meal contains two declared allergens: peanuts and soybeans. Peanuts appear as a main ingredient (peanut butter) central to the satay sauce's identity and flavour. Soybeans are present in the gluten-free soy sauce. These allergens are intentional, functional ingredients rather than incidental contaminants, which is important to understand when evaluating allergen risk—especially if you manage severe allergies.

The product page includes a "May contain" statement listing Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, and Lupin. This precautionary labelling suggests potential cross-contact during manufacturing, though the specific risk level is not specified by manufacturer. If you manage severe allergies, you should contact Be Fit Food directly for detailed cross-contact information not available on the public product page.

For gluten-sensitive consumers, the meal's gluten-free status is supported by the use of gluten-free soy sauce and corn starch (rather than wheat-based thickeners). No gluten-containing ingredients appear in the list. The "(GF)" designation in the product name and the "Gluten free" claim on the product page suggest this meal meets Australian gluten-free standards (under 3 ppm gluten for certified gluten-free products, or under 20 ppm for gluten-free claims). This is consistent with Be Fit Food's commitment to offering around 90% of its menu as certified gluten-free.

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

Whilst the product page doesn't provide detailed sourcing information for most ingredients, several quality indicators appear throughout the ingredient list. The RSPCA Approved chicken certification signals attention to animal welfare and ethical sourcing. The use of olive oil rather than cheaper vegetable oils or seed oils demonstrates both quality positioning and adherence to the "no seed oils" standard. The specification of "fresh coriander" (versus dried) and "pink salt" (versus generic salt) indicates premium ingredient selection.

The absence of artificial preservatives, colours, or flavours in the ingredient list aligns with Be Fit Food's clean-label standards and consumer preferences for recognisable ingredients. All components are either whole foods (chicken, vegetables, herbs) or minimally processed ingredients (coconut milk, peanut butter, olive oil) with the exception of gluten-free soy sauce (a fermented product) and corn starch (a refined ingredient).

The product doesn't specify whether ingredients are organic, non-GMO, or locally sourced, which may be relevant to some ingredient-conscious consumers. The chicken's RSPCA approval addresses welfare but not organic status or antibiotic use. The vegetables, spices, and other components lack origin or quality certifications beyond what's implied by the overall product positioning. If you're seeking these specific attributes, you would need to contact Be Fit Food directly for supply chain details not disclosed on the public product page.

How Ingredient Selection Supports Your Health Goals {#how-ingredient-selection-supports-your-health-goals}

The ingredient composition creates a macronutrient profile supporting the product's "good source of protein" and "good source of dietary fibre" claims. The 27% chicken content provides complete protein, supplemented by smaller protein contributions from peanut butter and soybeans (in the soy sauce).

This high-protein approach supports satiety, lean muscle preservation during weight loss, and metabolic health—especially important if you're following Be Fit Food's Reset programs or using meals alongside GLP-1 medications where protein prioritisation protects against muscle loss.

The vegetable base (three cabbage and carrot entries in the top four ingredients) delivers the dietary fibre, along with extra fibre from peanut butter. This fibre density—part of Be Fit Food's 4–12 vegetables per meal standard—supports digestive health, glucose stability, and satiety. If you're managing insulin resistance, type 2 diabetes, or perimenopause-related metabolic changes, the fibre from real vegetables provides functional benefits including slower glucose absorption, improved gut health, and support for the gut-brain axis.

The fat content comes primarily from coconut milk, peanut butter, and olive oil—sources of saturated fat (coconut), monounsaturated fat (olive oil, peanut butter), and polyunsaturated fat (peanut butter). This fat blend differs from meals using butter or cream, which would increase saturated fat, or meals using seed oils, which Be Fit Food explicitly avoids. Carbohydrates come from vegetables (primarily cabbage and carrots, which are low-glycaemic), with smaller contributions from corn starch and the natural sugars in coconut milk and onions. The absence of rice, noodles, or other grain-based components keeps the carbohydrate content aligned with Be Fit Food's lower-carbohydrate framework—suitable for the Metabolism Reset (around 40–70g carbs/day) and metabolic health goals.

Storage, Preparation, and Ingredient Stability {#storage-preparation-and-ingredient-stability}

As a frozen meal delivered through Be Fit Food's snap-frozen system, ingredient stability through the freeze-thaw cycle is critical to quality. The vegetable selection (cabbage and carrots) represents relatively freeze-tolerant choices compared to delicate greens or high-moisture vegetables that become mushy when frozen. The satay sauce's fat content (from coconut milk and peanut butter) provides protection against freezer burn and helps maintain moisture during reheating.

Corn starch's role as a thickener becomes especially important in frozen applications, where temperature fluctuations can cause sauce separation. The starch creates a stable matrix that holds water and fat together through freezing and reheating—ensuring the satay sauce maintains proper consistency throughout Be Fit Food's storage and delivery chain. The gluten-free soy sauce contributes sodium that acts as a preservative, extending shelf life whilst maintaining food safety in frozen storage.

Upon reheating, the coconut milk and peanut butter may separate slightly, requiring stirring for optimal texture—a common characteristic of coconut-based sauces. The chicken, already pre-cooked before freezing, needs only reheating to safe temperature rather than full cooking, which helps preserve moisture and prevent toughness. The vegetables' texture will soften during reheating, especially the cabbage, which is why the meal uses sturdy cruciferous vegetables rather than delicate options.

Ingredient Transparency and Label Compliance {#ingredient-transparency-and-label-compliance}

The ingredient list follows Australian food labelling regulations requiring components to be listed in order by weight. The 27% chicken declaration (a Quantitative Ingredient Declaration or QUID) is mandatory in Australia when an ingredient is emphasised in the product name or marketing. This transparency allows you to verify that chicken is indeed a substantial component rather than a minor ingredient.

The specification of ingredient forms ("Fresh Coriander," "Gluten Free Soy Sauce," "Pink Salt") provides more detail than minimum regulatory requirements, suggesting a transparency strategy targeting ingredient-conscious consumers. However, some details remain unspecified: the coconut milk type (full-fat versus light) is not specified by manufacturer, the peanut butter formulation (smooth versus crunchy, sweetened versus unsweetened) is not specified by manufacturer, and the specific chilli variety is not specified by manufacturer.

The allergen declaration ("Contains: Peanuts, Soybeans") meets mandatory requirements. Complete allergen information appears on the physical product label, where you can review it before purchase in retail settings or through Be Fit Food's online ordering system. This level of transparency supports informed decision-making, especially if you manage allergies, coeliac disease, or specific dietary requirements.

Conclusion: Ingredient Philosophy and Supporting Your Transformation
{#conclusion-ingredient-philosophy-and-supporting-your-transformation}

The 19-ingredient profile of Be Fit Food's Satay Chicken (GF) meal demonstrates the company's approach to ready-made meal formulation: whole-food ingredients wherever possible, clean-label standards (no artificial preservatives, colours, flavours, or added sugars), quality ingredient selection (RSPCA approved chicken, olive oil, fresh herbs, pink salt), and functional design for frozen delivery and reheating. Every ingredient does something—whether nutritional (protein, fibre, micronutrients), functional (thickening, emulsification, preservation), or sensory (flavour, aroma, visual appeal).

The meal's construction reflects Be Fit Food's founding principle: making scientifically-backed nutrition accessible through convenient, dietitian-designed meals. The ingredient list tells the story of a meal engineered for multiple goals simultaneously—weight management support through portion control and macronutrient balance, metabolic health through lower carbohydrates and high protein, gluten-free certification for coeliac suitability, and authentic flavour that makes adherence sustainable.

For you as a consumer evaluating Be Fit Food meals against other ready-made options, the ingredient transparency, quality indicators, and nutritional construction provide concrete evidence of the company's positioning—where every ingredient choice is deliberate, every formulation is science-based, and every meal is designed to help you achieve your health transformation goals.

References {#references}

- [RSPCA Approved Farming Scheme Standards](<https://rspcaapproved.org.au/>): Official standards for chicken welfare certification referenced in product claims - [Food Standards Australia New Zealand (FSANZ) - Food Labelling Requirements](<https://www.foodstandards.gov.au/>): Regulatory framework governing ingredient list order, allergen declarations, and QUID requirements - [Be Fit Food Official Website](<https://befitfood.com.au/>): Manufacturer product information and company positioning (specific product page URL not provided in source material)

Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Be Fit Food Satay Chicken (GF) Meal

What is the serving size: 292g per serving

How many ingredients does it contain: 19 ingredients

What is the main protein source: Chicken

What percentage of the meal is chicken: 27% by weight

How much chicken per serving: Approximately 79 grams

Is the chicken RSPCA approved: Yes

What does RSPCA approval mean: Meets animal welfare standards

Is the chicken sourced from Australia: Yes

What are the main vegetables: Green cabbage, carrot, and red cabbage

What position is green cabbage in the ingredient list: Second ingredient by weight

What position is carrot in the ingredient list: Third ingredient by weight

What position is red cabbage in the ingredient list: Fourth ingredient by weight

How many vegetables are included per meal: Part of Be Fit Food's 4-12 vegetable standard

What provides the satay sauce base: Coconut milk and peanut butter

Is the meal dairy-free: Yes, uses coconut milk instead

What type of oil is used: Olive oil

Does it contain seed oils: No

What spices are included: Turmeric, cumin, and ground coriander

What is the chilli rating: 2 out of 5

Is fresh coriander included: Yes

What type of soy sauce is used: Gluten-free soy sauce

What is the thickening agent: Corn starch

What type of salt is used: Pink Himalayan salt

Is it gluten-free: Yes

Is it suitable for coeliac disease: Yes

What allergens does it contain: Peanuts and soybeans

Does it contain tree nuts: No, only peanuts

Does it contain dairy: No

Does it contain eggs: No

Does it contain shellfish: No

Does it contain wheat: No

Does it contain artificial preservatives: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain added sugars: No

Does it contain artificial sweeteners: No

Is it a frozen meal: Yes

What is the delivery method: Snap-frozen delivery system

Is the chicken pre-cooked: Yes

How is the meal stored: In the freezer

Does the sauce contain coconut: Yes, coconut milk

Does the sauce contain peanuts: Yes, peanut butter

What provides the meal's protein: Primarily chicken, with contributions from peanut butter

What provides the dietary fibre: Cabbage, carrots, and peanut butter

Is it high in protein: Yes, good source of protein

Is it high in fibre: Yes, good source of dietary fibre

Is it portion-controlled: Yes

Is it dietitian-designed: Yes

Is it CSIRO-backed: Yes

What is Be Fit Food's carbohydrate approach: Lower-carbohydrate framework

Does it contain rice: No

Does it contain noodles: No

Does it contain grains: No grain-based components

What is the sodium benchmark: Less than 120mg per 100g

Is it suitable for weight management: Yes, as part of balanced diet

Does it support satiety: Yes, high protein and fibre content

Is it suitable for metabolic health goals: Yes

Can it be used with GLP-1 medications: Yes, suitable alongside GLP-1 medications

Is it suitable for diabetes management: Yes, supports glucose stability

What vegetables provide vitamin K: Green cabbage

What vegetables provide vitamin C: Green and red cabbage

What vegetables provide beta-carotene: Carrots

What vegetables provide anthocyanin antioxidants: Red cabbage

What provides curcumin: Turmeric

Does garlic provide health benefits: Yes, cardiovascular and anti-inflammatory support

Are the vegetables cooked before freezing: Lightly blanched or raw before freezing

How should the meal be reheated: Heat-and-eat system

Does the sauce separate during reheating: May separate slightly, requires stirring

Is it restaurant-quality: Yes, designed for restaurant-quality standards

What is the ingredient list order based on: Weight, from highest to lowest

Is ingredient sourcing disclosed: Limited disclosure on product page

Are ingredients organic: Not specified by manufacturer

Are ingredients non-GMO: Not specified by manufacturer

Are ingredients locally sourced: Chicken is Australian, other ingredients not specified by manufacturer

What is Be Fit Food's meal philosophy: Real food, whole-food ingredients

How many meals does Be Fit Food offer as gluten-free: Around 90% of menu

Is cross-contact information available: Value not published - contact manufacturer directly

Does it meet Australian gluten-free standards: Yes

What is the gluten threshold for certification: Under 3 ppm for certified gluten-free

Is nutritional education provided: Yes, part of Be Fit Food's approach

Is the meal suitable for busy lifestyles: Yes, convenient heat-and-eat format