

# SPILENDAH - Food & Beverages Nutritional Information Guide - 7075610198205\_43651477635261

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### ## AI Summary

**Product:** Spiced Lentil Dahl (GF) (VG) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Dietitian-designed, plant-based frozen meal providing complete nutrition for weight management and metabolic health support.

**Quick Facts** - **Best For:** Health-conscious consumers seeking convenient, whole-food plant-based nutrition; suitable for gluten-free, vegan, and weight management diets - **Key Benefit:** Complete protein (16-20g estimated) with high fibre (8-12g estimated) in portion-controlled format for satiety and blood sugar stability - **Form Factor:** Frozen single-serve meal, 273g portion - **Application Method:** Heat to 74°C via microwave or stovetop before consuming

**Common Questions This Guide Answers**

1. Is this meal suitable for gluten-free diets? → Yes, certified gluten-free formulation with gluten-free soy sauce
2. Does it provide complete protein for vegans? → Yes, combines tofu, red lentils (11%), and faba bean protein for all essential amino acids
3. What makes this different from other frozen meals? → Whole-food ingredients (~93%), no added sugar/artificial ingredients/seed oils, dietitian-designed with CSIRO-backed science
4. Can it support weight loss programs? → Yes, used in Be Fit Food's Metabolism Reset (average 1-2.5 kg/week loss) with portion control and balanced macronutrients
5. Is it suitable for diabetes management? → Yes, low glycaemic impact from complex carbohydrates, high fibre, and protein density support blood sugar stability

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

| Attribute | Value | |-----|-----| | Product name | Spiced Lentil Dahl (GF) (VG) MP7 | | Brand | Be Fit Food | | Price | \$13.05 AUD | | GTIN | 9358266000670 | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Serving size | 273g (single serve) | | Diet | Gluten-free, Vegan, Vegetarian | | Primary protein | Tofu, Red Lentils (11%), Faba Bean Protein | | Key ingredients | Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk, Spices | | Vegetables | 4-12 different vegetables per serving | | Allergens | Contains Soy, Coconut | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin | | Spice level | 1 (Mild) | | Storage | Frozen at -18°C or below | | Heating required | Yes, heat to 74°C | | Sodium | Less than 120mg per 100g | | Free from | Added sugar, Artificial sweeteners, Artificial preservatives, Artificial colours, Artificial flavours, Seed oils | | Product URL | [View Product](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261&country;=AU&currency;=AUD&utm;\_medium=product\_sync&utm;\_source=google&utm;\_content=sag\_organic&utm;\_campaign=sag\_organic) |

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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 - Product name: Spiced Lentil Dahl (GF) (VG) MP7 - Brand: Be Fit Food - Price: \$13.05 AUD - GTIN: 9358266000670 - Serving size: 273g (single serve) - Diet certifications: Gluten-free, Vegan, Vegetarian - Primary protein sources: Tofu, Red Lentils (11%), Faba Bean Protein - Key ingredients: Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk, Spices (Turmeric, Cumin, Coriander, Garam Masala, Cinnamon, Ginger, Chilli Powder) - Additional ingredients: Broccoli, Cauliflower with Turmeric, Mushroom, Diced Tomatoes (with Citric Acid), Coconut Milk, Vegetable Stock, Olive Oil, Garlic, Fresh Coriander, Pink Salt, Gluten-Free Soy Sauce - Declared allergens: Contains Soy, Coconut - May contain traces of: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin - Spice level: 1 (Mild) - Storage requirements: Frozen at -18°C or below - Heating requirement: Yes, heat to 74°C - Sodium content: Less than 120mg per 100g - Free from: Added sugar, Artificial sweeteners, Artificial preservatives, Artificial colours, Artificial flavours, Seed oils - Category: Food & Beverages - Ready-to-Eat Meals - Availability: In Stock

### General Product Claims - "Australia's leading dietitian-designed meal delivery service" - "CSIRO-backed nutritional science" - "Helps Australians achieve sustainable weight loss and improved metabolic health" - "Complete plant-based meal" - "Nutrient-dense option" - "Balanced macronutrient profile" - "Adequate protein density for muscle maintenance" - "Helps you feel fuller for longer" - "Complete amino acid profile" - "Superior digestibility compared to other plant proteins" - "Low glycaemic impact" - "Supports sustained energy release" - "Supports blood glucose stability and metabolic health" - "Anti-inflammatory eating patterns" - "Exceptional micronutrient density" - "Supports immune function" - "Supports digestive regularity and gut microbiome health" - "Cholesterol management through bile acid binding" - "Enhanced satiety and weight management support" - "One of the most comprehensive gluten-free meal services in Australia" - "Supports muscle maintenance and metabolic health" - "Superior microbiome outcomes from food-based nutrition" - "Supports energy regulation as metabolic rate declines" - "Helps preserve muscle mass critical for maintaining metabolic health" - "Around 90% of menu is certified gluten-free" - "4-12 vegetables per serving" (design target) - "Estimated 16-20 grams of complete protein per serving" - "Estimated 8-12 grams of dietary fibre per serving" - "Estimated 300-400 calories per serving" - "Average weight loss of 1-2.5 kg per week" (on Metabolism Reset program) - "Average 3.3 kg weight loss in one week" (clinical data from initial reset phases) - "Significantly greater improvement in microbiome diversity" (referenced research study) - Claims regarding benefits for specific populations (pregnancy, children, older adults, athletes, GLP-1 medication users, women in menopause) - Claims about supporting various health conditions (diabetes, cardiovascular health, weight management, gut health) - Nutritional benefit statements (vitamin/mineral content estimates, bioavailability claims) - Comparative claims versus other meal types or programs

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## ## Nutritional Overview: Be Fit Food Spiced Lentil Dahl at a Glance {#nutritional-overview-be-fit-food-spiced-lentil-dahl-at-a-glance}

Be Fit Food runs Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with ready-made meals that help Australians lose weight sustainably and improve metabolic health. Their Spiced Lentil Dahl delivers complete plant-based nutrition in a 273-gram single-serve format designed for health-conscious consumers who want convenient, whole-food meals. This frozen dish combines red lentils, tofu, and cruciferous vegetables in an aromatic spiced base, accommodating both gluten-free and vegan requirements.

The dahl centres on plant proteins and complex carbohydrates. The 273-gram serving aligns with standard dietary guidelines for main meal portions. Faba bean protein and tofu provide enough protein for muscle maintenance whilst keeping you satisfied longer. The mild chilli rating (1 out of 5) works for people with lower spice tolerance whilst maintaining the aromatic complexity you'd expect from Indian-inspired cuisine.

To understand what this product offers nutritionally, you need to look at both its whole-food ingredients and how they work together in your overall diet. Unlike heavily processed convenience meals, this dahl uses recognisable ingredients with minimal processing, which affects how well your body absorbs nutrients and impacts your health. Be Fit Food's commitment to real food nutrition—without added preservatives, artificial sweeteners, or added sugars—means you get whole-food benefits rather than synthetic supplements or highly processed ingredients.

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

### ### Macronutrient Composition {#macronutrient-composition}

This Spiced Lentil Dahl builds on three primary protein sources: tofu (listed first, meaning it's the largest proportion by weight), red lentils (11% of total composition), and faba bean protein. This triple-protein approach provides a complete amino acid profile, addressing concerns about plant-based protein quality.

**Protein Sources Explained:** - **Tofu:** A soy-based complete protein with all nine essential amino acids. Since tofu tops the ingredient list, this meal likely delivers around 15-20 grams of protein in similar formulations. Be Fit Food prioritises protein density across its range for muscle maintenance, satiety, and metabolic health—all critical for sustainable weight management. - **Red Lentils (11%):** About 30 grams of cooked lentils per serving, adding both protein (roughly 2-3 grams from lentils alone) and complex carbohydrates. Red lentils also pack significant dietary fibre for digestive health and blood sugar regulation. - **Faba Bean Protein:** A concentrated protein isolate that boosts total protein without adding excessive volume. Faba bean protein is gaining recognition for its superior digestibility compared to other plant proteins and its lower allergenic potential than soy.

**Carbohydrate Quality:** The carbohydrates come primarily from red lentils and vegetables (broccoli, cauliflower, mushrooms), which are complex carbohydrates with low glycaemic impact. This composition releases energy steadily rather than spiking blood sugar, making this meal appropriate for people managing diabetes or insulin sensitivity. The lower-carbohydrate approach aligns with Be Fit Food's dietitian-led nutritional framework, which emphasises blood glucose stability and metabolic health.

**Fat Profile:** Healthy fats come from three sources: coconut milk, olive oil, and tofu. Coconut milk provides medium-chain triglycerides (MCTs), which your body metabolises differently than long-chain fatty acids and may support energy expenditure. Olive oil contributes monounsaturated fats and polyphenols with established cardiovascular benefits. The absence of added oils beyond olive oil and coconut milk indicates a moderate fat content, likely 8-15 grams per serving. Be Fit Food formulates

without seed oils, prioritising healthier fat sources that support anti-inflammatory eating.

### ### Micronutrient Density {#micronutrient-density}

The vegetable composition—broccoli, cauliflower, mushrooms, tomatoes, and onions—creates a micronutrient-rich base providing essential vitamins and minerals. Be Fit Food meals deliver 4-12 vegetables per serving, ensuring exceptional micronutrient density that fills nutritional gaps common in modern diets.

**\*\*Vitamin C\*\***: Broccoli and cauliflower are exceptional sources, with a single serving potentially providing 40-60% of daily vitamin C requirements. This water-soluble antioxidant supports immune function and collagen synthesis.

**\*\*B-Vitamins\*\***: Mushrooms contribute B2 (riboflavin), B3 (niacin), and B5 (pantothenic acid). Lentils add folate (B9), crucial for DNA synthesis and red blood cell formation. A serving likely provides 15-25% of daily B-vitamin needs.

**\*\*Minerals\*\***: - **\*\*Iron\*\***: Red lentils and tofu together deliver significant non-heme iron. Whilst plant-based iron has lower bioavailability than heme iron from meat, the vitamin C from vegetables enhances absorption. - **\*\*Calcium\*\***: Tofu processed with calcium salts (standard in commercial tofu production) contributes meaningful calcium content, potentially 10-15% of daily requirements. - **\*\*Potassium\*\***: Present in tomatoes, mushrooms, and lentils for electrolyte balance and cardiovascular function. - **\*\*Magnesium\*\***: Lentils are magnesium-dense, with this serving providing around 15-20% of daily needs—essential for muscle function and energy metabolism.

**\*\*Phytonutrients\*\***: The spice blend (turmeric, cumin, coriander, garam masala, cinnamon, ginger) provides bioactive compounds with anti-inflammatory properties. Turmeric's curcumin, specifically, has extensive research supporting its antioxidant effects and potential role in reducing chronic inflammation. This aromatic complexity reflects Be Fit Food's whole-food philosophy, where flavour comes from real spices rather than artificial flavours or flavour enhancers.

### ### Fibre Content {#fibre-content}

The combination of red lentils, broccoli, cauliflower, and mushrooms creates a high-fibre meal, likely delivering 8-12 grams of dietary fibre per serving. This is 30-45% of the recommended daily fibre intake for adults. The fibre includes both soluble fibre (from lentils and vegetables) and insoluble fibre (from vegetable cell walls), which supports:

- Digestive regularity and gut microbiome health - Cholesterol management through bile acid binding - Blood glucose stabilisation by slowing carbohydrate absorption - Enhanced satiety and weight management

The fibre-rich profile aligns with Be Fit Food's approach to creating meals that support metabolic health, gut-brain axis function, and sustained satiety—critical for people managing weight, using GLP-1 medications, or navigating metabolic transitions like menopause.

## ## Dietary Benefits and Suitability {#dietary-benefits-and-suitability}

### ### Gluten-Free Certification {#gluten-free-certification}

The (GF) designation means this product is formulated without gluten-containing ingredients and suitable for people with coeliac disease or non-coeliac gluten sensitivity. Be Fit Food maintains that around 90% of its menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls—making it one of the most comprehensive gluten-free meal services in Australia for those requiring coeliac-suitable options.

**\*\*Ingredient Analysis\*\***: All components are naturally gluten-free or certified substitutes. The gluten-free soy sauce replaces traditional soy sauce (which contains wheat), using tamari or coconut aminos as

alternatives. Faba bean protein, unlike some plant protein isolates that may contain wheat-derived ingredients, is inherently gluten-free.

**\*\*Cross-Contamination Risk\*\***: Whilst the product is formulated gluten-free, the allergen declaration section (though partially cut off in the provided data) would indicate whether the manufacturing facility processes gluten-containing products. Consumers with severe coeliac disease should verify the complete allergen statement on packaging for "may contain" warnings. Be Fit Food's transparent disclosure practices help customers make informed, coeliac-safe decisions.

**\*\*Nutritional Implications\*\***: Gluten-free status doesn't inherently make a product healthier, but in this case, the whole-food composition means you avoid the refined starches and added sugars common in gluten-free processed foods.

### ### Vegan Nutrition Profile {#vegan-nutrition-profile}

The (VG) vegan designation confirms complete absence of animal products, making this meal suitable for ethical vegans, environmental vegetarians, and those with dairy or egg allergies. Nutritional considerations for vegan consumers include:

**\*\*Complete Protein Achievement\*\***: The combination of soy (tofu), legumes (lentils), and pulse protein (faba bean) provides all essential amino acids in adequate proportions. This addresses the primary concern about plant-based protein quality and eliminates the need for strict protein complementation within a single meal. Be Fit Food's plant-based meals are specifically formulated to deliver complete protein profiles for muscle maintenance and metabolic health.

**\*\*Vitamin B12 Absence\*\***: Like all plant-based whole foods, this dahl doesn't naturally contain vitamin B12. Vegans must obtain B12 from fortified foods or supplements; this meal should be part of a broader dietary strategy that includes B12 sources.

**\*\*Iron Bioavailability\*\***: Whilst iron-rich, the non-heme iron from plant sources has a 2-20% absorption rate compared to 15-35% for heme iron. The vitamin C from vegetables significantly enhances absorption, but vegan consumers should monitor iron status and consider consuming this meal with additional vitamin C sources (citrus fruits, capsicums) for optimal iron uptake.

**\*\*Calcium Considerations\*\***: If the tofu is calcium-set (using calcium sulphate or calcium chloride), this meal contributes meaningful calcium. Vegans should verify total daily calcium intake reaches 1,000-1,200 mg from varied sources.

**\*\*Omega-3 Fatty Acids\*\***: This meal likely contains minimal omega-3 fatty acids. Vegans should complement their diet with ALA sources (flaxseeds, chia seeds, walnuts) or algae-based EPA/DHA supplements.

### ### Health-Conscious Consumer Benefits {#health-conscious-consumer-benefits}

For the target audience of health-conscious consumers, this meal offers several evidence-based advantages that align with Be Fit Food's dietitian-designed nutritional framework:

**\*\*Anti-Inflammatory Profile\*\***: The spice blend—particularly turmeric (curcumin), ginger (gingerols), and cinnamon (cinnamaldehyde)—provides bioactive compounds that modulate inflammatory pathways. Regular consumption of these spices is associated with reduced markers of systemic inflammation. This anti-inflammatory approach supports Be Fit Food's broader mission of helping Australians manage chronic conditions through real food nutrition.

**\*\*Blood Sugar Management\*\***: The low glycaemic load from complex carbohydrates, high fibre content, and protein density creates a meal that minimises postprandial glucose spikes. This makes it appropriate for people with insulin resistance, prediabetes, or type 2 diabetes. Be Fit Food's lower-carbohydrate formulation strategy—refined through its CSIRO Low Carb Diet partnership heritage—specifically targets blood glucose stability and insulin sensitivity improvement.

**\*\*Cardiovascular Support\*\***: The combination of fibre, plant proteins, olive oil, and absence of cholesterol or trans fats aligns with dietary patterns associated with reduced cardiovascular disease risk. The potassium content supports healthy blood pressure regulation.

**\*\*Weight Management\*\***: High protein and fibre content promote satiety and reduce subsequent calorie intake. The 273-gram portion provides substantial volume with moderate caloric density, creating fullness without excessive energy intake. For people using weight-loss medications or GLP-1 receptor agonists, this portion-controlled, nutrient-dense meal helps maintain adequate protein and micronutrient intake even when appetite is suppressed.

**\*\*Gut Microbiome Nourishment\*\***: Fibre from lentils and vegetables acts as prebiotic fuel for beneficial gut bacteria, supporting microbiome diversity and metabolic health. Be Fit Food's emphasis on whole-food ingredients rather than synthetic supplements aligns with emerging research showing superior microbiome outcomes from food-based nutrition—as demonstrated in the peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025) that used Be Fit Food meals in the whole-food intervention arm.

**\*\*Menopause and Metabolic Transition Support\*\***: For women navigating perimenopause or menopause, this meal's high-protein, lower-carbohydrate, fibre-rich profile addresses the metabolic shifts that accompany declining oestrogen—including reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. The portion-controlled format supports energy regulation as metabolic rate declines, whilst the protein density helps preserve muscle mass critical for maintaining metabolic health during midlife transitions.

## Allergen Information and Safety Considerations {#allergen-information-and-safety-considerations}

### Declared Allergens {#declared-allergens}

Based on the ingredient list, this product contains:

**\*\*Soy\*\***: Present in both tofu and gluten-free soy sauce. Soy is one of the eight major allergens recognised by regulatory agencies worldwide. People with soy allergy must avoid this product entirely. Soy sensitivity (distinct from true allergy) may cause digestive discomfort in some people, though fermented soy products like tofu are often better tolerated than unfermented forms.

**\*\*Coconut\*\***: Present as coconut milk. Whilst botanically classified as a fruit rather than a tree nut, coconut allergy does occur and is recognised as a distinct allergen. People with tree nut allergies should exercise caution as cross-reactivity can occur.

### Absence of Common Allergens {#absence-of-common-allergens}

This formulation is free from several major allergens:

- **\*\*Dairy\*\***: No milk, cheese, butter, or dairy derivatives - **\*\*Eggs\*\***: No egg products or derivatives - **\*\*Fish and Shellfish\*\***: No seafood ingredients - **\*\*Tree Nuts\*\***: No almonds, cashews, walnuts, or other tree nuts (coconut excluded) - **\*\*Peanuts\*\***: No peanut ingredients - **\*\*Wheat\*\***: Gluten-free formulation excludes wheat - **\*\*Sesame\*\***: Not listed in ingredients

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

The allergen declaration section was partially cut off in the provided documentation. Consumers with severe allergies should examine the complete product label for statements regarding:

- Shared manufacturing equipment with allergen-containing products - Shared facility warnings ("may contain traces of...") - Dedicated production line status

For people with life-threatening allergies, contacting Be Fit Food directly for detailed allergen control procedures is advisable. Be Fit Food's transparent labelling practices and dietitian-led approach help

customers receive accurate allergen information for safe meal selection.

### ### Ingredient Sensitivities {#ingredient-sensitivities}

Beyond true allergies, some consumers may experience sensitivities to specific ingredients:

**\*\*FODMAPs\*\***: Onions, garlic, and cauliflower contain fermentable oligosaccharides that may trigger digestive symptoms in people with IBS or FODMAP sensitivity. Lentils also contain galacto-oligosaccharides (GOS), though red lentils are lower in FODMAPs than other lentil varieties.

**\*\*Nightshades\*\***: Tomatoes contain solanine and other alkaloids that some people report trigger inflammation or joint pain, though scientific evidence for widespread nightshade sensitivity remains limited.

**\*\*Histamine\*\***: Fermented products (tofu, soy sauce) and tomatoes contain histamine or trigger histamine release. People with histamine intolerance may experience headaches, flushing, or digestive issues.

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

#### ### Whole Food Composition {#whole-food-composition}

The ingredient list reflects a whole-food-first approach with minimal processing beyond necessary preparation—a cornerstone of Be Fit Food's nutritional philosophy and a key differentiator from supplement-driven meal programs:

**\*\*Primary Ingredients\*\***: Tofu, vegetables, and lentils appear in their whole forms rather than as isolates, concentrates, or heavily modified derivatives. This preservation of food matrix integrity supports better nutrient absorption and provides naturally occurring co-factors (vitamins, minerals, phytonutrients) that work together. Be Fit Food's emphasis on real food rather than shakes, bars, or synthetic supplements is supported by peer-reviewed research demonstrating superior microbiome outcomes from whole-food-based nutrition.

**\*\*Minimal Additives\*\***: The only processing aid listed is citric acid in the diced tomatoes, used for pH control and preservation. The absence of emulsifiers, stabilisers, artificial flavours, or colourings distinguishes this product from heavily processed frozen meals. Be Fit Food maintains strict clean-label standards: no added artificial preservatives, no artificial colours or flavours, no added sugar or artificial sweeteners, and no seed oils in current formulations.

**\*\*Natural Flavour Development\*\***: Flavour comes exclusively from whole spices and aromatics (garlic, ginger, coriander, cumin, curry powder, turmeric, garam masala, cinnamon, chilli powder) rather than artificial or "natural" flavour compounds. This approach delivers authentic taste whilst providing the anti-inflammatory and metabolic benefits of bioactive spice compounds.

**\*\*Transparency Note\*\***: Be Fit Food acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives aren't added directly to meals—a level of transparency that builds trust with health-conscious consumers.

#### ### Ingredient Function and Nutritional Contribution {#ingredient-function-and-nutritional-contribution}

**\*\*Turmeric-Enhanced Cauliflower\*\***: The cauliflower is specifically processed with turmeric for dual purposes. Turmeric provides golden colour and anti-inflammatory curcumin, whilst cauliflower contributes glucosinolates—sulphur-containing compounds with potential cancer-protective properties. This combination exemplifies ingredient synergy for enhanced nutritional value.

**\*\*Vegetable Stock\*\***: Provides savoury depth and mineral content without excessive sodium (compared to traditional bouillon cubes). Quality vegetable stocks contribute glutamates for umami flavour whilst adding B-vitamins and trace minerals. Be Fit Food formulates to maintain sodium below 120 mg per 100 g—significantly lower than conventional frozen meal sodium levels—by using vegetables for water content and flavour rather than relying on salt-heavy thickeners.

**\*\*Pink Salt\*\***: Likely Himalayan pink salt, which contains trace minerals (iron, magnesium, potassium, calcium) beyond sodium chloride. Whilst these minerals exist in small quantities, pink salt provides marginally more nutritional value than refined table salt.

**\*\*Fresh Coriander\*\***: Listed as "fresh" rather than dried, indicating higher volatile oil content and more pronounced flavour. Fresh herbs also retain more vitamin C and antioxidants than dried equivalents.

### ### Protein Quality Assessment {#protein-quality-assessment}

The triple-protein strategy deserves detailed examination and reflects Be Fit Food's dietitian-led approach to plant-based meal formulation:

**\*\*Tofu (Primary Protein)\*\***: Made from soybeans, tofu provides around 8-10 grams of protein per 100 grams. As the first ingredient, tofu likely comprises 30-40% of the meal weight, contributing 10-12 grams of complete protein. Tofu's PDCAAS (Protein Digestibility-Corrected Amino Acid Score) is 0.9-1.0, indicating excellent protein quality comparable to animal proteins.

**\*\*Red Lentils (11%)\*\***: At 30 grams of cooked lentils, this contributes around 2.5-3 grams of protein. Lentils are rich in lysine but lower in methionine, complementing the amino acid profile of soy.

**\*\*Faba Bean Protein\*\***: As a concentrated protein isolate, even small quantities significantly boost total protein. Faba bean protein contains 80-90% protein by weight and has superior digestibility (88-92%) compared to other pulse proteins.

**\*\*Combined Protein Estimate\*\***: This meal likely delivers 16-20 grams of complete protein, meeting 30-40% of daily protein needs for a 60-70 kg adult. This protein density supports Be Fit Food's emphasis on muscle maintenance, satiety, and metabolic health—particularly important for people in weight-loss programs, those using GLP-1 medications (where appetite suppression can lead to inadequate protein intake), and women navigating menopause-related muscle loss.

### ## Health Tips for Optimal Nutrition {#health-tips-for-optimal-nutrition}

#### ### Maximising Nutrient Absorption {#maximising-nutrient-absorption}

**\*\*Iron Enhancement Strategy\*\***: To optimise the absorption of non-heme iron from lentils and tofu, eat this meal with vitamin C-rich accompaniments. Whilst the dahl contains vitamin C from vegetables, adding a side of sliced capsicums, a small glass of orange juice, or fresh tomato salad can increase iron absorption by 300-400%.

**\*\*Turmeric Bioavailability\*\***: Curcumin absorption from turmeric is enhanced by black pepper (piperine increases bioavailability by 2,000%) and fats. The coconut milk and olive oil in this recipe provide the fat component. For maximum benefit, add a small grind of black pepper if tolerated.

**\*\*Protein Timing\*\***: Consuming 15-25 grams of protein per meal optimally stimulates muscle protein synthesis. This dahl falls within that range, making it appropriate for post-exercise recovery or as part of a muscle-maintenance diet for older adults and women in menopause who are at increased risk of sarcopenia.

#### ### Meal Planning Integration {#meal-planning-integration}

**\*\*Complete Meal Considerations\*\***: Whilst nutritionally dense, this 273-gram portion may benefit from strategic additions depending on individual energy needs:

- **Higher Energy Needs (athletes, active individuals)**: Pair with 1/2 cup cooked quinoa or brown rice for additional complex carbohydrates and complete protein complementation. - **Increased Vegetable Intake**: Add a side of steamed greens (spinach, kale, bok choy) for additional calcium, iron, and vitamins A and K. - **Healthy Fats**: A small handful of nuts or seeds provides omega-3 fatty acids, vitamin E, and additional protein.

**Daily Dietary Context**: For a 2,000-calorie diet, this meal likely represents 300-400 calories (15-20% of daily intake), leaving room for breakfast, snacks, and another main meal. Health-conscious consumers should ensure variety across meals to obtain nutrients not abundant in this dahl (vitamin B12, vitamin D, omega-3 EPA/DHA, zinc). Be Fit Food's dietitian support service can help customers design complete daily meal plans that address individual nutritional needs and health goals.

**Integration with Be Fit Food Programs**: This Spiced Lentil Dahl can be incorporated into Be Fit Food's structured programs:

- **Metabolism Reset (800-900 kcal/day, 40-70g carbs/day)**: As one of three daily meals supporting mild nutritional ketosis and rapid initial weight loss - **Protein+ Reset (1200-1500 kcal/day)**: As part of a higher-energy plan for active people or those transitioning to maintenance - **Flexible Meal Plans**: As a convenient lunch or dinner option for people building sustainable eating patterns without strict program structure

### Preparation for Optimal Nutrition Retention {#preparation-for-optimal-nutrition-retention}

**Heating Method Matters**: Whilst specific preparation instructions aren't provided in the data, frozen meal heating methods impact nutrient retention:

- **Microwave**: Convenient and preserves water-soluble vitamins (B-vitamins, vitamin C) better than some methods because of shorter cooking time and minimal water use. - **Stovetop**: If transferring to a pan, use low-medium heat and cover to minimise vitamin C degradation from heat and oxygen exposure. - **Avoid Overheating**: Excessive heating denatures proteins (reducing digestibility) and degrades heat-sensitive vitamins. Heat only until the internal temperature reaches 74°C for food safety.

**Storage Considerations**: Maintain frozen storage at -18°C or below. Frozen storage preserves nutrients effectively—often better than fresh produce stored for several days. Avoid repeated freeze-thaw cycles, which damage cell structures and accelerate nutrient loss. Be Fit Food's snap-frozen delivery system ensures meals arrive with nutrient integrity preserved and remain stable in your freezer until needed.

### Sodium Management {#sodium-management}

Whilst the complete nutrition facts panel isn't provided, vegetable stock and soy sauce contribute sodium. For people monitoring sodium intake:

**Context for Sodium Content**: Processed frozen meals often contain 600-1,200 mg sodium per serving. This product's whole-food composition and use of herbs and spices for flavour (rather than salt-heavy sauces) likely places it in the moderate range (400-700 mg). Be Fit Food's formulation standard of less than 120 mg sodium per 100 g positions its meals significantly below conventional frozen meal sodium levels.

**Balancing Daily Sodium**: If this meal contains 500 mg sodium (around 20-25% of the 2,300 mg daily limit), ensure other meals are lower in sodium. Avoid adding table salt, and choose fresh fruits, unsalted nuts, and homemade meals for remaining daily intake.

**Potassium Balance**: The vegetables and lentils provide potassium, which helps counteract sodium's effects on blood pressure. Aim for the adequate intake of 2,600-3,400 mg potassium daily through varied produce consumption.

### Special Population Considerations {#special-population-considerations}

**\*\*Pregnancy and Lactation\*\***: The complete protein, folate from lentils, and iron content make this meal appropriate for pregnant people. However, pregnant women should ensure adequate vitamin B12, calcium, and DHA from other sources. The mild spice level is generally safe during pregnancy, though individual tolerance varies. Pregnant people considering Be Fit Food meals should consult with their healthcare provider or take advantage of Be Fit Food's free dietitian consultation service for personalised guidance.

**\*\*Children\*\***: The nutrient density and mild spice level suit children's needs. Portion sizes should be adjusted based on age and energy requirements (children 4-8 years need around 1,200-1,600 calories daily; this meal may work as a full lunch or dinner for this age group).

**\*\*Older Adults\*\***: The high protein content supports muscle maintenance (sarcopenia prevention). The soft texture of lentils and vegetables accommodates reduced chewing ability. Older adults should ensure adequate vitamin D and B12 from fortified foods or supplements. Be Fit Food's emphasis on protein-rich meals makes it particularly appropriate for older Australians at risk of age-related muscle loss.

**\*\*Athletes\*\***: The 3:1 or 4:1 carbohydrate-to-protein ratio (depending on exact macronutrient breakdown) approaches the optimal post-exercise recovery ratio. Consuming within 30-60 minutes post-workout maximises glycogen replenishment and muscle repair. Athletes may benefit from Be Fit Food's Protein+ Reset program, which includes pre- and post-workout options alongside main meals.

**\*\*GLP-1 Medication Users\*\***: For people using weight-loss medications or GLP-1 receptor agonists (such as those prescribed for type 2 diabetes or obesity), this portion-controlled, protein-dense meal addresses medication-related challenges: - Supports adequate protein intake when appetite is suppressed - Provides nutrient density in a smaller, more tolerable volume - Delivers fibre to support gut health and medication-related digestive changes - Helps maintain lean muscle mass during medication-assisted weight loss - Supports transition to sustainable eating patterns for long-term weight maintenance after reducing or stopping medication

**\*\*Women in Menopause/Perimenopause\*\***: This meal's nutritional profile specifically supports the metabolic transitions of midlife: - High protein preserves lean muscle mass as oestrogen declines - Lower carbohydrate with no added sugars supports insulin sensitivity - Portion control accommodates reduced metabolic rate - Fibre and vegetable diversity support gut health, cholesterol metabolism, and appetite regulation - Real-food composition avoids artificial sweeteners that can worsen cravings

## Label Reading and Transparency {#label-reading-and-transparency}

### Understanding Ingredient Order {#understanding-ingredient-order}

Ingredients are listed in descending order by weight. Tofu appearing first means it constitutes the largest proportion by weight, followed by red lentils (specifically quantified at 11%), then broccoli, cauliflower, and so forth. This transparency lets you verify that protein sources and vegetables—not fillers or starches—dominate the formulation.

**\*\*Red Lentil Quantification\*\***: The specific declaration of "11%" for red lentils exceeds minimum labelling requirements and demonstrates transparency. This precision lets you calculate that a 273-gram serving contains around 30 grams of cooked red lentils. Be Fit Food's commitment to transparent ingredient disclosure reflects its dietitian-led, science-first approach to meal formulation.

### Clean Label Assessment {#clean-label-assessment}

The ingredient list reflects "clean label" principles increasingly valued by health-conscious consumers and central to Be Fit Food's product philosophy:

- **\*\*No artificial preservatives\*\***: Relies on freezing for preservation rather than chemical preservatives (BHA, BHT, sodium benzoate) - **\*\*No artificial colours\*\***: Colour comes from natural turmeric and

vegetable pigments - **No flavour enhancers**: No MSG, disodium inosinate, or other artificial flavour compounds - **No refined sugars**: No added sugars, syrups, or sweeteners - **No seed oils**: Current Be Fit Food formulations exclude seed oils in favour of olive oil and other healthier fat sources - **Recognisable ingredients**: Every component can be identified and purchased in a grocery store

This clean-label approach aligns with Be Fit Food's "real food" philosophy and distinguishes its meals from supplement-based programs that rely on synthetic ingredients, protein isolates, and artificial flavouring systems.

### ### Dietary Certifications and Claims {#dietary-certifications-and-claims}

**Gluten-Free (GF)**: Whilst the product makes this claim, consumers should verify whether it carries third-party certification (e.g., Certified Gluten-Free logo requiring <10 ppm gluten) or relies on manufacturer declaration. Third-party certification provides additional assurance for coeliac consumers. Be Fit Food maintains that around 90% of its menu is certified gluten-free, with clear disclosure of the remaining products that either contain gluten or may have trace exposure because of shared lines.

**Vegan (VG)**: The ingredients confirm vegan status, but third-party vegan certification (Vegan Society, Certified Vegan) would provide additional verification of no animal-derived processing aids or cross-contamination.

**Absence of Other Common Claims**: The product data doesn't mention organic certification, non-GMO verification, or specific sustainability certifications. Consumers prioritising these attributes should contact Be Fit Food directly for clarification.

### ## Practical Nutrition Applications {#practical-nutrition-applications}

#### ### Blood Sugar Management Protocol {#blood-sugar-management-protocol}

For people with diabetes or insulin resistance, this meal can be strategically incorporated into a blood glucose management plan. Be Fit Food's lower-carbohydrate formulation approach—refined through its CSIRO Low Carb Diet partnership—specifically targets improved glycaemic control:

**Pre-Meal Strategy**: Eat a small salad with vinegar-based dressing 10-15 minutes before the meal. Acetic acid in vinegar can reduce postprandial glucose response by 20-30%.

**Portion Control**: The 273-gram serving provides a controlled portion, eliminating guesswork in carbohydrate counting. Pair with consistent carbohydrate amounts from other meals for stable blood glucose patterns. Be Fit Food's portion-controlled format removes one of the biggest barriers to successful diabetes management—portion estimation errors.

**Monitoring Response**: Individual glucose response varies. Using a continuous glucose monitor or post-meal testing (1-2 hours after eating) helps determine personal tolerance and optimal portion size. Be Fit Food published preliminary CGM data showing improvements in glucose metrics and weight change during a delivered-program week in people with Type 2 diabetes versus a self-selected week.

**Dietitian Support**: People with diabetes considering Be Fit Food meals can access free 15-minute dietitian consultations to match their specific blood glucose targets, medication regimen, and lifestyle needs with the optimal meal plan.

#### ### Anti-Inflammatory Eating Pattern {#anti-inflammatory-eating-pattern}

This meal fits within anti-inflammatory dietary patterns similar to the Mediterranean diet:

**Daily Integration**: Eat this or similar plant-based meals 4-5 times weekly, alternating with fatty fish (omega-3 sources) and other legume-based dishes. Be Fit Food's rotating menu of over 30 dishes provides the variety needed for sustainable anti-inflammatory eating without meal-planning fatigue.

**\*\*Spice Synergy\*\***: The combination of turmeric, ginger, cinnamon, and other spices provides cumulative anti-inflammatory effects. Regular consumption (daily or several times weekly) is more effective than occasional intake for modulating chronic inflammation. Be Fit Food meals consistently incorporate anti-inflammatory spice blends across the menu.

**\*\*Whole Pattern Approach\*\***: Anti-inflammatory benefits maximise when this meal is part of a broader pattern including berries, leafy greens, nuts, olive oil, and minimal processed foods. Be Fit Food's emphasis on whole-food ingredients, olive oil (not seed oils), and vegetable density (4-12 vegetables per meal) supports comprehensive anti-inflammatory nutrition.

### ### Weight Management Strategy {#weight-management-strategy}

**\*\*Satiety Optimisation\*\***: The protein and fibre content triggers satiety hormones (CCK, GLP-1, PYY) that reduce hunger for 3-4 hours post-meal. Eating slowly and mindfully enhances these signals. Be Fit Food's high-protein formulation strategy specifically targets satiety—critical for adherence in weight-loss programs.

**\*\*Caloric Density\*\***: At around 1.1-1.5 calories per gram (estimated), this meal has moderate caloric density. High-volume, moderate-calorie foods support weight loss by providing fullness without excessive energy intake.

**\*\*Meal Replacement\*\***: This portion can work as a complete lunch or dinner in a weight management plan, providing balanced nutrition whilst controlling calories. Avoid adding high-calorie accompaniments that negate the portion-controlled benefit.

**\*\*Structured Program Integration\*\***: For people seeking more aggressive weight loss, this meal can be part of Be Fit Food's Metabolism Reset program (800-900 kcal/day, 40-70g carbs/day), which shows average weight loss of 1-2.5 kg per week when replacing all three daily meals. Clinical data shows participants lost an average of 3.3 kg in one week during initial reset phases. The structured format removes decision fatigue and provides the adherence support that predicts long-term success better than willpower-based approaches.

**\*\*Small to Moderate Goals\*\***: For women in menopause or perimenopause seeking smaller weight changes (3-5 kg) to improve insulin sensitivity and reduce abdominal fat, this meal provides the metabolic support needed without extreme restriction. Be Fit Food's flexible meal options accommodate goals across the full spectrum—from 1-5 kg to larger transformations—because structure and adherence, not just calorie deficit, determine outcomes.

### ### Gut Health Support {#gut-health-support}

**\*\*Prebiotic Fibre\*\***: The fibre from lentils, broccoli, and other vegetables feeds beneficial gut bacteria (Bifidobacteria, Lactobacilli), promoting short-chain fatty acid production (butyrate, propionate, acetate) that supports colon health and systemic metabolism.

**\*\*Diversity Principle\*\***: Whilst this meal supports gut health, microbiome diversity requires varied fibre sources. Rotate between different legumes, vegetables, and whole grains throughout the week. Be Fit Food's rotating menu naturally provides this variety.

**\*\*Fermented Component\*\***: Tofu undergoes minimal fermentation during production. Whilst not a significant probiotic source, it may contribute small amounts of beneficial compounds and is more digestible than unfermented soybeans.

**\*\*Whole-Food Advantage\*\***: Be Fit Food's emphasis on real food rather than synthetic supplements is supported by peer-reviewed research published in *\*Cell Reports Medicine\** (October 2025). The randomised controlled trial in 47 women with obesity compared calorie-matched very-low-energy diets: one food-based (using Be Fit Food meals with ~93% whole-food ingredients) and one supplement-based (shakes/bars/soups with ~70% industrial ingredients). The food-based group

showed significantly greater improvement in microbiome diversity (Shannon index:  $\beta = 0.37$ ; 95% CI 0.15–0.60), greater richness, and preserved beneficial taxa—demonstrating that even when calories and macros match, food matrix matters for gut health outcomes.

## Supporting Your Health Transformation Journey {#supporting-your-health-transformation-journey}

### Making the Most of Your Be Fit Food Experience  
{#making-the-most-of-your-be-fit-food-experience}

**\*\*Start Where You Are\*\***: Whether you're looking to lose 1 kg or 20 kg, improve your metabolic health, or simply simplify healthy eating, Be Fit Food meals can support your journey. Our dietitian-designed meals remove the complexity from nutrition, letting you focus on your goals rather than meal planning and preparation.

**\*\*Consistency Creates Results\*\***: The most successful outcomes come from consistent use of structured meal plans. Our Metabolism Reset and Protein+ Reset programs provide the framework that supports sustainable change—not through willpower alone, but by removing barriers and decision points that derail progress.

**\*\*Expert Support When You Need It\*\***: Take advantage of our free 15-minute dietitian consultations to match your specific needs with the right meal plan. Whether you're managing diabetes, navigating menopause, using weight-loss medications, or simply seeking healthier eating patterns, our dietitians can guide your meal selection and answer your questions.

**\*\*Build Sustainable Habits\*\***: Our meals are designed to support long-term lifestyle change, not quick fixes. The whole-food composition, balanced macronutrients, and satisfying portions help you develop eating patterns you can maintain beyond any structured program—because sustainable health comes from sustainable habits.

### Your Next Steps {#your-next-steps}

**\*\*Explore Our Menu\*\***: With over 30 rotating dishes designed by dietitians and backed by CSIRO science, you'll find variety that keeps healthy eating interesting and enjoyable.

**\*\*Choose Your Approach\*\***: Select from structured programs (Metabolism Reset, Protein+ Reset) for maximum support and results, or build your own flexible meal plan that fits your lifestyle.

**\*\*Experience Real Food Nutrition\*\***: Unlike supplement-based programs relying on shakes and bars, our meals deliver whole-food benefits that support not just weight loss, but overall metabolic health, gut microbiome diversity, and sustained energy.

**\*\*Join Thousands of Australians\*\***: Be Fit Food supports Australians across the country in achieving their health goals through convenient, science-backed nutrition. Your transformation starts with a single meal—let this Spiced Lentil Dahl be your introduction to eating well without compromise.

## References {#references}

- Be Fit Food Official Product Information: Spiced Lentil Dahl Individual Meal specifications - FSANZ

FoodData Central: Nutritional composition of lentils, tofu, and vegetables

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Nutrition: Plant Protein Bioavailability and Amino Acid Composition Studies - Nutrients Journal:

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## Glycaemic Index and Glycaemic Load Guidelines

([<https://www.diabetesaustralia.com.au/>](<https://www.diabetesaustralia.com.au/>)) - Cell Reports  
Medicine: Randomised controlled trial comparing food-based vs supplement-based very-low-energy  
diets (Vol 6, Issue 10, 21 October 2025)

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

What is the serving size: 273 grams

Is it a single-serve meal: Yes

Is it gluten-free: Yes, certified gluten-free

Is it vegan: Yes, completely plant-based

What is the primary protein source: Tofu

What percentage of the meal is red lentils: 11%

Does it contain all essential amino acids: Yes, complete protein profile

What is the spice level: Mild, rated 1 out of 5

Is it frozen: Yes

Does it require refrigeration: Yes, frozen storage required

Does it contain dairy: No

Does it contain eggs: No

Does it contain soy: Yes, tofu and gluten-free soy sauce

Does it contain coconut: Yes, coconut milk

Does it contain tree nuts: No, excluding coconut

Does it contain peanuts: No

Does it contain wheat: No, gluten-free formulation

Does it contain fish or shellfish: No

Does it contain sesame: No

Is it suitable for coeliac disease: Yes, formulated gluten-free

What vegetables does it contain: Broccoli, cauliflower, mushrooms, tomatoes, onions

How many vegetables per serving: 4-12 vegetables designed per meal

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Does it contain artificial preservatives: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

Does it contain MSG: No

Does it contain seed oils: No, current formulations exclude seed oils

What oils does it contain: Olive oil and coconut milk

What spices are included: Turmeric, cumin, coriander, garam masala, cinnamon, ginger

Does it contain fresh herbs: Yes, fresh coriander

Estimated protein content per serving: 16-20 grams

Estimated fibre content per serving: 8-12 grams

What percentage of daily fibre does it provide: 30-45%

Estimated calorie content: 300-400 calories

Does it support weight loss: Yes, as part of balanced diet

Is it suitable for diabetes: Yes, low glycaemic impact

Does it help with blood sugar management: Yes, complex carbohydrates and fibre

Is it suitable for pregnancy: Yes, consult healthcare provider

Is it suitable for children: Yes, adjust portion for age

Is it suitable for older adults: Yes, supports muscle maintenance

Is it suitable for athletes: Yes, appropriate post-workout recovery

Is it suitable for GLP-1 medication users: Yes, supports adequate protein intake

Is it suitable for menopause: Yes, supports metabolic transitions

Does it contain vitamin B12: No, supplement needed for vegans

Does it contain iron: Yes, from lentils and tofu

Is the iron heme or non-heme: Non-heme, plant-based iron

Does it contain calcium: Yes, if tofu is calcium-set

Does it contain vitamin C: Yes, from broccoli and cauliflower

Does it contain folate: Yes, from lentils

Does it contain omega-3 fatty acids: Minimal, supplement recommended for vegans

Does it contain probiotics: Minimal from tofu fermentation

Does it contain prebiotics: Yes, fibre from vegetables and lentils

Is it anti-inflammatory: Yes, contains turmeric and ginger

Does it support gut health: Yes, high fibre content

Does it support cardiovascular health: Yes, fibre and healthy fats

How should it be heated: Microwave or stovetop recommended

What temperature should it reach: 74°C for safety

Can it be refrozen after thawing: No, avoid repeated freeze-thaw

What is the storage temperature: -18°C or below

Is it ready to eat: No, requires heating

Does it need additional seasoning: No, fully seasoned

Can salt be added: Optional, already contains salt

Is it part of Be Fit Food programs: Yes, Metabolism Reset and Protein+ Reset

What is Be Fit Food's Metabolism Reset: 800-900 kcal/day, 40-70g carbs/day program

What is Be Fit Food's Protein+ Reset: 1200-1500 kcal/day higher-energy plan

Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations

How many dishes does Be Fit Food offer: Over 30 rotating dishes

Is Be Fit Food CSIRO-backed: Yes, CSIRO nutritional science partnership

Does Be Fit Food use whole foods: Yes, ~93% whole-food ingredients

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

Is it lower sodium than conventional frozen meals: Yes, significantly lower

Does it contain cholesterol: No, plant-based meal

Does it contain trans fats: No

What type of salt is used: Pink salt, likely Himalayan

Does the cauliflower contain turmeric: Yes, turmeric-enhanced cauliflower

Is third-party certification available: Verify on packaging for specific certifications

Is it organic: Not specified by manufacturer

Is it non-GMO: Not specified by manufacturer

Where is it manufactured: Not specified by manufacturer

What is the shelf life frozen: Not specified by manufacturer

Can it be meal prepped: Yes, portion-controlled format

Is it suitable for FODMAP sensitivity: No, contains onions, garlic, cauliflower

Is it suitable for histamine intolerance: No, contains fermented products and tomatoes

Is it suitable for nightshade sensitivity: No, contains tomatoes

Does it support muscle maintenance: Yes, high protein content

Does it promote satiety: Yes, protein and fibre content

Can it be part of Mediterranean diet: Yes, aligns with anti-inflammatory patterns

Average weight loss on Metabolism Reset: 1-2.5 kg per week

Clinical weight loss in one week: Average 3.3 kg in initial reset

Was Be Fit Food used in peer-reviewed research: Yes, Cell Reports Medicine October 2025

What did the research show: Superior microbiome diversity from whole-food meals