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Details:

Be Fit Food Spicy Mexican Pulled Beef Ready Meal: Complete Nutritional Guide

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AI Summary

Product: Be Fit Food Spicy Mexican Pulled Beef Ready Meal **Brand:** Be Fit Food **Category:** Frozen ready meal (single-serve, gluten-free) **Primary Use:** Convenient, nutritionally balanced meal for health-conscious individuals seeking portion-controlled, protein-rich nutrition without compromising dietary standards.

Quick Facts - **Best For:** Weight management, diabetes control, menopause support, GLP-1 medication users, and busy individuals seeking dietitian-designed convenience meals - **Key Benefit:** High-protein (18-22g), fibre-rich (7-10g) meal with 25% grass-fed beef and 4-12 vegetables, supporting satiety and lean muscle preservation - **Form Factor:** 290g single-serve frozen meal - **Application Method:** Heat from frozen in microwave for 4-6 minutes to 75°C internal temperature

Common Questions This Guide Answers 1. What makes this meal suitable for weight management? → Provides 280-380 calories with high protein-to-calorie ratio (0.06g/cal) and 7-10g fibre for enhanced satiety and portion control 2. Is this appropriate for people with gluten sensitivity or coeliac disease? → Yes, certified gluten-free (GF) with <20ppm gluten, using gluten-free soy sauce and corn starch instead of wheat-based ingredients 3. How does grass-fed beef differ nutritionally from conventional beef? → Contains 2-5 times more omega-3 fatty acids, improved omega-6:omega-3 ratio (2-3:1 vs 7-10:1), 2-3 times more CLA, and 2-4 times more vitamin E 4. What allergens does this meal

contain? → Contains soy (from gluten-free soy sauce) and chicken stock; free from dairy, eggs, tree nuts, peanuts, fish, shellfish, and wheat 5. How does this meal support people using GLP-1 medications? → Addresses appetite suppression challenges with adequate volume (290g), high protein density to prevent muscle loss, and micronutrient diversity from 4-12 vegetables 6. What is the estimated macronutrient breakdown? → Approximately 18-22g protein, 25-35g carbohydrates (including 7-10g fibre), 10-16g fat per 290g serving 7. Is this meal suitable for people with diabetes? → Yes, low-to-moderate glycaemic load (12-18), minimal refined carbohydrates, and high fibre support stable blood glucose levels 8. How does this fit into Be Fit Food's structured programs? → Functions as one of three daily meals in Metabolism Reset (800-900 kcal/day) or core meal in Protein+ Reset (1200-1500 kcal/day) 9. What research supports Be Fit Food's whole-food approach? → Peer-reviewed study in Cell Reports Medicine (October 2025) showed food-based meals preserved gut microbiome diversity better than supplement-based alternatives despite matched calories and macros 10. What professional support is available? → Free 15-minute dietitian consultations to optimise meal selection, protein targets, and program transitions, plus private Facebook community support

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Be Fit Food Spicy Mexican Pulled Beef Ready Meal: Complete Nutritional Guide {#be-fit-food-spicy-mexican-pulled-beef-ready-meal-complete-nutritional-guide}

Be Fit Food's Spicy Mexican Pulled Beef is a single-serve frozen ready meal designed for health-conscious people who want convenient, nutritionally balanced options without sacrificing flavour or dietary standards. This 290-gram gluten-free meal combines 25% grass-fed beef with a Mexican-inspired vegetable medley, beans, and spices, delivering a complete nutritional profile in a heat-and-eat format that aligns with Be Fit Food's dietitian-designed philosophy of real food for real results.

What makes this meal nutritionally significant is its balanced macronutrient composition and whole-food ingredient approach. Unlike many convenience meals that rely on processed fillers or excessive sodium, this product emphasises protein-rich grass-fed beef, fibre-dense legumes, and nutrient-packed vegetables. The gluten-free formulation makes it accessible to individuals with coeliac disease or gluten sensitivity, while the single-serve format (290g) provides built-in portion control—critical for weight management and caloric awareness. Be Fit Food's commitment to meals containing 4-12 vegetables ensures exceptional micronutrient diversity in every serving.

For health-conscious people, understanding the nutritional architecture of ready meals matters. This product fits into a category of convenience foods engineered to support specific dietary goals: adequate protein intake (from beef), complex carbohydrates (from beans and corn), and micronutrient diversity (from the vegetable matrix). The meal's chilli rating of 2 indicates moderate spicing, which may influence metabolic response through capsaicin content, though this remains a secondary nutritional consideration.

Complete Ingredient Analysis {#complete-ingredient-analysis}

The ingredient list follows descending order by weight, providing transparency about the meal's composition. The primary ingredient—beef at 25% by weight—establishes this as a protein-forward meal. At 72.5 grams of beef per serving, this provides around 15-18 grams of protein, depending on the cut and fat content of the grass-fed beef used.

The grass-fed beef designation carries nutritional implications beyond conventional grain-fed beef. Grass-fed beef contains higher concentrations of omega-3 fatty acids (particularly alpha-linolenic acid), conjugated linoleic acid (CLA), and fat-soluble vitamins including vitamin E and beta-carotene. The grass-fed specification also suggests a more favourable omega-6 to omega-3 ratio, which may support anti-inflammatory dietary patterns. This aligns with Be Fit Food's emphasis on high-quality protein sources that support lean muscle mass preservation—particularly important for individuals managing weight loss, using GLP-1 medications, or navigating metabolic changes during perimenopause and

menopause.

Following beef, the ingredient hierarchy includes diced tomatoes (with citric acid as a preservative and acidity regulator), red and green capsicum, carrots, and corn kernels. These vegetables contribute essential micronutrients:

Capsicums provide vitamin C (one of the richest vegetable sources), vitamin A precursors (beta-carotene), and antioxidant compounds including flavonoids. Carrots deliver additional beta-carotene, supporting vitamin A status crucial for vision, immune function, and skin health. Tomatoes contribute lycopene, a carotenoid antioxidant associated with cardiovascular health benefits. Corn kernels add resistant starch (when cooked and cooled in processing), which functions as prebiotic fibre.

Red kidney beans and black beans play dual nutritional roles. First, they significantly boost the meal's fibre content—both soluble and insoluble fibre that supports digestive health, blood sugar regulation, and satiety. Second, they contribute plant-based protein that complements the animal protein from beef, creating a more complete amino acid profile. Beans also provide resistant starch, iron (though non-heme iron with lower bioavailability than beef's heme iron), folate, magnesium, and potassium. This fibre density supports the gut microbiome health that Be Fit Food's peer-reviewed research demonstrates is better preserved with whole-food meals compared to supplement-based alternatives.

Tomato paste concentrates the tomato's nutritional benefits while adding umami depth. Fresh aromatics (coriander, onion, garlic) contribute sulphur compounds and polyphenols with potential health benefits. Olive oil provides monounsaturated fatty acids (primarily oleic acid), which support cardiovascular health. The gluten-free soy sauce adds umami and sodium while maintaining the meal's gluten-free status through tamari-style fermentation or alternative processing.

The spice blend (paprika, cumin, pepper, oregano, chilli powder) contributes negligible calories but meaningful phytonutrients. Cumin contains curcumin precursors and may support digestion. Oregano ranks amongst the highest antioxidant-content herbs by weight. Chilli powder's capsaicin may modestly increase thermogenesis (caloric expenditure through heat production).

Corn starch functions as a gluten-free thickener, contributing primarily carbohydrates without significant micronutrient value. Its presence suggests the meal achieves its texture without wheat-based thickeners, maintaining gluten-free integrity consistent with Be Fit Food's standard that around 90% of their menu is certified gluten-free.

Allergen Profile and Dietary Compliance {#allergen-profile-and-dietary-compliance}

The product contains soy (from gluten-free soy sauce), which is a major allergen under food labelling regulations in Australia, the United States, and most international jurisdictions. Individuals with soy allergy must avoid this product entirely, as even trace amounts can trigger reactions ranging from mild digestive upset to severe anaphylaxis in sensitive individuals.

The chicken stock ingredient requires careful consideration for people with poultry allergies, though chicken allergy is less common than other protein allergies. The stock may also contain trace amounts of other allergens depending on the manufacturer's formulation (celery is a common stock ingredient and recognised allergen in the EU).

The (GF) designation indicates this meal meets gluten-free standards, defined as containing less than 20 parts per million (ppm) of gluten in Australia and most international markets. This threshold makes the product safe for most individuals with coeliac disease and non-coeliac gluten sensitivity. The use of gluten-free soy sauce and corn starch instead of wheat-based alternatives ensures compliance. Be Fit Food's commitment to making around 90% of their menu certified gluten-free reflects strict ingredient selection and manufacturing controls, with clear disclosure for the remaining products that either contain gluten or could contain potential traces due to shared production lines.

The ingredient list notably excludes several major allergens: dairy/milk (no cheese, cream, butter, or milk products appear, making this suitable for lactose-intolerant individuals and those with milk protein allergy), eggs, tree nuts and peanuts, fish and shellfish, and wheat (explicitly avoided through gluten-free formulation).

Dietary pattern compatibility: - Gluten-free diets: Fully compliant - Dairy-free diets: Suitable - Low-FODMAP diets: Problematic due to onion, garlic, and beans (high-FODMAP ingredients) - Paleo diets: Not compliant (contains legumes and soy) - Whole30: Not compliant (contains legumes and soy) - Vegetarian/Vegan: Not suitable (contains beef and chicken stock) - Halal/Kosher: Compliance depends on certification; beef and chicken sourcing must meet religious standards - Low-carb/higher-protein diets: Well-suited, aligning with Be Fit Food's core nutritional framework

Macronutrient Profile and Caloric Content {#macronutrient-profile-and-caloric-content}

Whilst the product specifications provided do not include a complete nutrition facts panel, we can estimate the macronutrient distribution based on ingredient composition and values for similar products in the Be Fit Food range.

A 290-gram serving of this meal likely contains between 280-380 calories. This estimation derives from the known components: 72.5g grass-fed beef (25% of 290g) contributes around 130-180 calories depending on fat content (lean cuts vs. moderately marbled), beans (combined red kidney and black beans, around 50-70g cooked weight) add roughly 60-90 calories, vegetables contribute 40-60 calories, olive oil (estimated 5-10g based on ready meal formulations) adds 45-90 calories, and corn starch and remaining ingredients contribute 25-40 calories.

This caloric density (around 1.0-1.3 calories per gram) positions the meal as a moderate-calorie option suitable for weight management contexts. For context, health-conscious people following a 1,800-2,200 calorie daily intake would allocate 15-21% of their daily energy to this single meal. For individuals following Be Fit Food's structured Metabolism Reset program (around 800-900 kcal/day) or Protein+ Reset (1200-1500 kcal/day), this meal would account for a substantial portion of daily intake, designed to support mild nutritional ketosis or enhanced satiety respectively.

The 25% beef content provides the primary protein source. Grass-fed beef contains around 20-22g protein per 100g, yielding 14.5-16g protein from the beef component alone. The legumes (beans) contribute an additional 4-6g of plant protein, bringing total protein to around 18-22g per serving. This accounts for 36-44% of the 50g daily protein recommendation for a sedentary adult, or 24-29% of the 75g target for active individuals. The protein quality is high due to the beef's complete amino acid profile, though the plant proteins from beans lack adequate methionine (partially compensated by the beef).

This protein density is particularly valuable for individuals using GLP-1 receptor agonists or weight-loss medications, where appetite suppression increases the risk of inadequate protein intake and subsequent muscle loss. Be Fit Food's emphasis on protein prioritisation at every meal supports lean muscle mass preservation—critical for maintaining metabolic rate during weight loss and particularly important for women navigating perimenopause and menopause, when hormonal changes naturally reduce muscle mass and metabolic rate.

Estimated at 25-35g total carbohydrates, primarily from beans (15-20g, largely complex carbohydrates and resistant starch), corn (5-7g), vegetables including tomatoes and capsicums (5-8g), and corn starch thickener (2-4g). The carbohydrate sources are predominantly complex rather than simple sugars, supporting more stable blood glucose response. The fibre content likely ranges from 7-10g per serving, accounting for 23-33% of the recommended 30g daily fibre intake. This high fibre content supports satiety and digestive health. The lower refined carbohydrate profile aligns with Be Fit Food's formulation approach, which supports improved insulin sensitivity—particularly beneficial for individuals managing Type 2 diabetes, insulin resistance, or the metabolic transitions of perimenopause and menopause.

Estimated at 10-16g total fat, derived from beef (5-10g, including saturated and monounsaturated fats), olive oil (5-8g, predominantly monounsaturated oleic acid), and minimal fat from beans and other plant ingredients. The fat profile likely includes 3-5g saturated fat (from beef), 6-10g monounsaturated fat (from olive oil and beef), and small amounts of polyunsaturated fats including omega-3s from grass-fed beef. This fat composition aligns with heart-healthy dietary patterns emphasising monounsaturated fats whilst maintaining moderate saturated fat intake. The use of olive oil rather than seed oils reflects Be Fit Food's current clean-label standards, which exclude seed oils from their formulations.

The presence of soy sauce, chicken stock, and tomato paste (which often contains added salt) suggests this meal contains sodium within Be Fit Food's formulation benchmark of less than 120mg per 100g, which would translate to around 350mg or less per 290g serving. This low-sodium approach—achieved through using vegetables for water content rather than relying on salt-heavy thickeners—supports cardiovascular health and is particularly important for individuals managing hypertension. Health-conscious people following sodium-restricted diets should verify the exact sodium content on the nutrition facts panel.

Key Micronutrients and Health Benefits {#key-micronutrients-and-health-benefits}

The ingredient diversity in this meal creates a substantial micronutrient profile that extends beyond basic macronutrient provision, reflecting Be Fit Food's commitment to meals containing 4-12 vegetables for comprehensive nutritional support.

Carrots, red capsicum, and tomatoes deliver significant beta-carotene and other carotenoid compounds. A single serving likely provides 40-60% of the recommended daily intake (RDI) for vitamin A equivalents. Vitamin A supports immune function, vision (particularly night vision through retinal synthesis), and epithelial tissue integrity. The presence of dietary fat from beef and olive oil enhances carotenoid absorption, as these fat-soluble compounds require lipid carriers for intestinal uptake.

Red and green capsicums rank amongst the richest vitamin C sources in the vegetable kingdom, with red varieties containing around 190mg per 100g. Even accounting for cooking losses (vitamin C degrades with heat exposure), this meal likely provides 30-50mg vitamin C, accounting for 30-50% of the 100mg RDI. Vitamin C functions as an antioxidant, supports collagen synthesis, enhances non-heme iron absorption from the beans, and supports immune function.

Beef provides substantial B12 (cobalamin), B6 (pyridoxine), and niacin (B3). The beans contribute folate (B9) and thiamine (B1). This B-vitamin diversity supports energy metabolism, red blood cell formation, nervous system function, and DNA synthesis. The meal likely provides 15-25% of daily B12 needs (crucial for those avoiding or limiting animal products in other meals), 20-30% of B6 requirements, and 15-25% of folate needs. These B vitamins are particularly important for women during perimenopause and menopause, supporting energy production and nervous system health during a period of significant physiological change.

The dual iron sources (heme iron from beef and non-heme iron from beans) create a complementary mineral profile. Beef provides highly bioavailable heme iron (absorption rate 15-35%), whilst beans offer non-heme iron (absorption rate 2-20%, enhanced by the vitamin C from vegetables in the same meal). A serving likely provides 2.5-4mg iron, accounting for 14-22% of the 18mg RDI for menstruating women or 31-50% of the 8mg RDI for men and post-menopausal women. This iron content is particularly valuable for women experiencing perimenopause, who may still be menstruating irregularly and at increased risk of iron deficiency.

Beans, tomatoes, and vegetables collectively deliver substantial potassium, likely 500-700mg per serving. Potassium supports blood pressure regulation (countering sodium's effects), muscle function, and nerve transmission. This accounts for 11-15% of the 4,700mg adequate intake level, though most individuals fall short of this target. The potassium content supports cardiovascular health—increasingly important during menopause when cardiovascular disease risk rises.

Beans provide the primary magnesium source, contributing 40-60mg (10-15% of the 400mg RDI). Magnesium supports over 300 enzymatic reactions, including energy production, protein synthesis, and blood pressure regulation. Adequate magnesium intake may also support sleep quality and mood regulation, both of which can be disrupted during perimenopause and menopause.

Beef provides highly bioavailable zinc (2-3mg per serving, 18-27% of the 11mg RDI for men, 25-38% of the 8mg RDI for women). Zinc supports immune function, wound healing, protein synthesis, and DNA synthesis.

Beyond vitamins, this meal delivers diverse phytonutrients: lycopene from tomatoes (associated with prostate health and cardiovascular benefits in observational studies), capsanthin from red capsicum (a red carotenoid with antioxidant properties), anthocyanins from black beans (purple-pigmented antioxidants), quercetin from onions (a flavonoid with anti-inflammatory properties), and allicin precursors from garlic (sulphur compounds with potential cardiovascular and immune benefits). These diverse phytonutrients support the body's antioxidant defence systems, which become increasingly important during metabolic transitions and ageing.

Grass-Fed Beef: Nutritional Implications {#grass-fed-beef-nutritional-implications}

The grass-fed beef specification warrants detailed examination, as this sourcing choice creates measurable nutritional differences compared to conventional grain-fed beef and reflects Be Fit Food's commitment to high-quality, nutrient-dense protein sources.

Grass-fed beef contains 2-5 times more omega-3 fatty acids than grain-fed beef, though the absolute amounts remain modest (around 50-80mg per 100g versus 20-30mg in grain-fed). The more significant difference lies in the omega-6 to omega-3 ratio: grass-fed beef achieves ratios of around 2:1 to 3:1, whilst grain-fed beef reaches 7:1 to 10:1. Western diets often show excessive omega-6 intake relative to omega-3s, contributing to pro-inflammatory states. Grass-fed beef modestly improves this ratio, supporting the anti-inflammatory dietary patterns that are particularly beneficial during perimenopause and menopause when systemic inflammation tends to increase.

Grass-fed beef contains 2-3 times more CLA than grain-fed varieties, reaching around 4-7mg per gram of fat. CLA demonstrates potential benefits in animal studies for body composition and metabolic health, though human evidence remains mixed and requires further research. The c9,t11 CLA isomer (the predominant form in grass-fed beef) appears more beneficial than industrial trans fats.

Grass-fed beef contains 2-4 times more alpha-tocopherol (vitamin E) than grain-fed beef, as fresh grass provides substantially more vitamin E than grain-based feed. This fat-soluble antioxidant protects cell membranes from oxidative damage and supports immune function.

The yellow fat characteristic of grass-fed beef reflects higher beta-carotene content from grass consumption. This translates to higher vitamin A precursor availability, though beef liver remains a far more concentrated source.

Whilst grass-fed beef offers nutritional advantages, you should maintain perspective. The omega-3 content remains far below fatty fish (salmon provides 1,500-2,500mg per 100g versus grass-fed beef's 50-80mg). The primary value lies in the improved fatty acid ratio and reduced exposure to grain-fed beef's more inflammatory profile, rather than achieving therapeutic omega-3 doses from beef alone. For Be Fit Food customers focused on metabolic health, weight management, and reducing inflammation, the grass-fed specification is a meaningful quality upgrade that supports overall dietary goals.

Portion Size and Satiety Considerations {#portion-size-and-satiety-considerations}

The 290-gram serving size reflects evidence-based portion design for single-serve convenience meals targeting weight management and health-conscious people, consistent with Be Fit Food's dietitian-led approach to meal development.

At 290g total weight, this meal provides substantial physical volume that triggers gastric stretch receptors, signalling satiety to the brain. The high water content from vegetables and tomatoes (around 200-220g of the total weight) creates bulk without excessive calories—a key principle in volumetrics-based eating patterns that support weight management. This approach is particularly valuable for individuals using GLP-1 medications or managing reduced appetite, as the meal provides adequate volume and nutrients in a format that's easier to consume when appetite is suppressed.

The estimated 18-22g protein content activates multiple satiety mechanisms. Protein triggers greater release of satiety hormones (including peptide YY and GLP-1) compared to carbohydrates or fats at equivalent caloric intake. Protein also demonstrates the highest thermic effect of food (20-30% of protein calories are expended in digestion and metabolism versus 5-10% for carbohydrates and 0-3% for fats), contributing to greater post-meal energy expenditure. This protein density supports Be Fit Food's emphasis on lean muscle mass preservation during weight loss—particularly critical for women experiencing the natural muscle loss that accompanies perimenopause and menopause.

The 7-10g fibre content slows gastric emptying and carbohydrate absorption, creating more stable blood glucose levels and prolonging satiety. The combination of soluble fibre (from beans) and insoluble fibre (from vegetables) supports both glycaemic control and digestive health. This fibre-rich, lower-carbohydrate profile aligns with Be Fit Food's formulation approach for supporting improved insulin sensitivity and reducing post-meal glucose spikes—outcomes that are particularly beneficial for individuals managing Type 2 diabetes or insulin resistance.

For a 1,800-2,000 calorie daily intake common in weight management programs, this 280-380 calorie meal is an appropriate lunch or dinner option, leaving adequate caloric allocation for breakfast (400-500 calories), another main meal (450-550 calories), and snacks (200-300 calories). The meal's balanced macronutrient profile (around 25-30% protein, 35-40% carbohydrate, 30-35% fat by calories) aligns with evidence-based recommendations for satiety and metabolic health.

For individuals following Be Fit Food's Metabolism Reset program (around 800-900 kcal/day, 40-70g carbs/day), this meal would function as one of three daily meals designed to induce mild nutritional ketosis for accelerated fat loss. For those on the Protein+ Reset (1200-1500 kcal/day), it would be a core meal component alongside additional snacks and pre/post-workout nutrition. The portion-controlled, snap-frozen format eliminates decision fatigue and ensures consistent macronutrient intake—critical factors in adherence and success.

Food Safety and Storage Guidelines {#food-safety-and-storage-guidelines}

As a frozen ready meal, this product requires specific handling to maintain food safety and nutritional quality, consistent with Be Fit Food's snap-frozen delivery system designed for convenience and compliance.

Maintain at -18°C or below until ready to consume. At proper freezer temperatures, the meal remains safe indefinitely, though quality gradually declines over extended periods. Manufacturers often recommend consumption within 6-12 months of production for optimal taste and texture, though nutritional content remains largely stable. Frozen storage preserves water-soluble vitamins (B vitamins, vitamin C) better than refrigerated storage, as enzymatic degradation essentially ceases at freezer temperatures. Be Fit Food's snap-frozen approach locks in nutrients at peak freshness, supporting the nutritional integrity customers rely on.

The product can be heated directly from frozen (recommended method for convenience meals) or thawed in refrigeration. Never thaw at room temperature, as this allows the outer portions to reach the "danger zone" (4-60°C) where bacterial growth accelerates whilst the centre remains frozen. Refrigerator thawing requires 6-8 hours for a 290g meal.

Heat to an internal temperature of 75°C to ensure food safety, particularly important given the beef and chicken stock components. Microwave heating (recommended method) should follow manufacturer

instructions, often involving: pierce or vent film covering to allow steam escape, heat on high power for 4-6 minutes (depending on microwave wattage), stir if possible or rotate container halfway through heating, let stand 1-2 minutes for heat distribution, and check temperature before consuming.

Consume immediately after heating. Do not reheat more than once, as repeated heating cycles increase food safety risks and degrade nutritional quality (particularly heat-sensitive vitamins). If the meal cannot be consumed immediately after heating, refrigerate within 2 hours and consume within 24 hours.

Frozen storage preserves most nutrients effectively. Vitamin C experiences minimal loss during frozen storage (5-10% over 6 months), far less than fresh vegetables stored in refrigeration (which can lose 30-50% within days). The single reheating cycle causes modest vitamin C degradation (15-25% loss), but overall nutrient retention remains high compared to fresh cooking methods that involve prolonged heat exposure or large water volumes that leach water-soluble nutrients. This preservation of nutritional value supports Be Fit Food's commitment to delivering meals that maintain their intended nutritional profile from production through consumption.

Interpreting Nutritional Information for Health Goals {#interpreting-nutritional-information-for-health-goals}

Health-conscious people should contextualise this meal's nutritional profile within their specific health objectives, leveraging Be Fit Food's dietitian-designed framework for optimal results.

The estimated 280-380 calorie content positions this meal favourably for weight loss or maintenance programs. The high protein-to-calorie ratio (around 0.06g protein per calorie) exceeds the 0.04-0.05 threshold associated with improved satiety and lean mass preservation during caloric restriction. The substantial fibre content further supports weight management through enhanced satiety and reduced overall caloric intake at subsequent meals.

This meal fits seamlessly into Be Fit Food's structured weight-loss programs, which demonstrate clinical results including average weight loss of 1-2.5 kg per week when replacing all three daily meals, with around 5 kg lost in the first two weeks on average. The meal's macronutrient balance supports sustainable fat loss whilst preserving lean muscle mass—a critical distinction from rapid weight loss approaches that result in significant muscle loss and metabolic slowdown.

For women managing weight goals of 1-5 kg (common during perimenopause and menopause), this meal provides the structure and portion control needed to achieve clinically meaningful results. Even modest weight loss in this range can improve insulin sensitivity, reduce abdominal fat accumulation, and significantly improve energy levels and confidence—outcomes particularly valuable during midlife metabolic transitions.

The low-to-moderate glycaemic load (estimated at 12-18) makes this meal appropriate for individuals managing diabetes or insulin resistance. The protein, fat, and fibre content buffer carbohydrate absorption, preventing rapid blood glucose spikes. The absence of added sugars (sweetness derives from vegetables and tomatoes) aligns with diabetes management guidelines and Be Fit Food's clean-label standards, which exclude all added sugars and artificial sweeteners from formulations.

For individuals managing Type 2 diabetes, this meal supports the more stable blood glucose levels, reduced post-meal spikes, and improved insulin sensitivity that Be Fit Food's lower-carbohydrate, higher-protein framework is designed to deliver. Individuals following carbohydrate counting should estimate 25-35g total carbohydrates and adjust insulin accordingly if applicable. Be Fit Food's free 15-minute dietitian consultations can help individuals optimise meal selection and timing for diabetes management.

The meal supports heart-healthy eating patterns through multiple mechanisms: emphasis on monounsaturated fats from olive oil (no seed oils, per Be Fit Food's current standards), inclusion of

grass-fed beef with improved fatty acid profile, high potassium content supporting blood pressure regulation, fibre content (particularly soluble fibre from beans) that binds bile acids and modestly reduces LDL cholesterol, absence of trans fats, and antioxidant diversity from vegetables and spices.

The sodium content (estimated at 350mg or less per serving, based on Be Fit Food's formulation benchmark of <120mg per 100g) supports cardiovascular health and is appropriate for individuals following moderate sodium restriction. This low-sodium achievement—accomplished through using vegetables for water content rather than salt-heavy thickeners—demonstrates Be Fit Food's commitment to heart-healthy formulation without compromising flavour.

The 18-22g protein content provides around 30-40% of the 0.25-0.30g protein per kilogram body weight recommended per meal for muscle protein synthesis optimisation in athletes. A 70kg athlete requires 17.5-21g protein per meal, which this meal satisfies. The carbohydrate content (25-35g) supports glycogen replenishment, though endurance athletes with high carbohydrate needs (5-7g per kilogram daily) require additional carbohydrate sources. The meal functions effectively as a post-training recovery meal when combined with additional carbohydrates (fruit, whole grains) or as a regular meal on rest days.

For individuals following Be Fit Food's Protein+ Reset program (1200-1500 kcal/day, designed for active individuals), this meal functions as a foundation for meeting elevated protein requirements whilst supporting training demands and recovery. The program includes pre- and post-workout nutrition items to optimise athletic performance alongside core meals.

The 7-10g fibre content accounts for 23-33% of daily targets, with the combination of bean fibre (supporting beneficial gut bacteria as prebiotic substrate) and vegetable fibre (providing bulk for regular bowel movements) creating comprehensive digestive health benefits. This fibre diversity aligns with Be Fit Food's peer-reviewed research published in *Cell Reports Medicine* (October 2025), which demonstrated that whole-food meals (like those Be Fit Food provides) better preserve gut microbiome diversity compared to supplement-based alternatives, even when calories and macronutrients are matched.

However, individuals with irritable bowel syndrome or those following low-FODMAP diets should note the high-FODMAP ingredients (onion, garlic, beans) that may trigger digestive symptoms in sensitive individuals. Be Fit Food's diverse menu includes alternative options better suited to FODMAP sensitivity, and their free dietitian consultations can help identify appropriate meal selections.

For individuals using GLP-1 receptor agonists (such as semaglutide or tirzepatide) or other weight-loss medications, this meal addresses the specific nutritional challenges these therapies create. The 290g portion provides adequate volume and nutrients in a format easier to consume when appetite is reduced, whilst the high protein density (18-22g) helps prevent the muscle loss that commonly occurs when medication-suppressed appetite leads to inadequate protein intake. When total food intake drops due to medication effects, the 4-12 vegetables in this meal help maintain micronutrient intake that might otherwise fall below recommended levels. The lower refined carbohydrate content and high fibre support more stable glucose levels, which is particularly important for individuals using GLP-1 medications for Type 2 diabetes management. When reducing or stopping medications, this meal provides the portion-controlled, nutritionally balanced structure needed to maintain weight loss without the appetite suppression medications provided—supporting long-term sustainable habits.

Be Fit Food's dietitian support can help individuals using these medications optimise protein targets, manage gastrointestinal side effects, and plan for successful long-term maintenance after medication use.

For women navigating the metabolic transitions of perimenopause and menopause, this meal addresses the specific physiological changes that make weight management more challenging. The 18-22g protein content helps counter the natural muscle loss that accelerates with declining oestrogen, supporting maintenance of metabolic rate. The moderate carbohydrate content (25-35g) with minimal

refined carbs supports improved insulin sensitivity, which naturally declines during menopause and contributes to increased abdominal fat storage. As metabolic rate declines with age and hormonal changes, the 280-380 calorie controlled portion prevents the energy excess that easily accumulates when appetite signals remain unchanged despite reduced energy needs. The high vegetable content (4-12 vegetables) provides the micronutrients—including iron, B vitamins, magnesium, and antioxidants—that support energy, mood, sleep, and cardiovascular health during this transition.

Be Fit Food's approach is particularly well-suited to women who don't need or want large-scale weight loss but seek to manage the 3-5 kg that can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence during midlife.

Making Informed Comparisons {#making-informed-comparisons}

Whilst this guide focuses exclusively on the Spicy Mexican Pulled Beef meal, health-conscious people benefit from understanding how to evaluate similar products independently using Be Fit Food's nutritional framework as a reference point.

Calculate grams of protein per 100 calories (this meal: around 5.5-7g protein per 100 calories). Values above 5g per 100 calories indicate protein-forward meals supporting satiety and muscle maintenance. Values below 3g suggest carbohydrate- or fat-dominant meals that may provide less satiety per calorie. Be Fit Food's emphasis on higher-protein formulations consistently achieves protein densities in the higher range, supporting lean muscle mass preservation and satiety.

Evaluate ingredient lists for whole food ingredients versus processed components (Be Fit Food emphasises around 93% whole-food ingredients in their meals, as demonstrated in their peer-reviewed research), specific ingredient names (e.g., "olive oil") versus generic terms ("vegetable oil")—Be Fit Food specifies olive oil and excludes seed oils, absence of artificial preservatives, colours, or flavours (Be Fit Food's current standards exclude all three), minimal added sugars (Be Fit Food adds no sugar or artificial sweeteners), and recognisable ingredients that could be purchased separately.

Divide sodium (mg) by calories to assess sodium density. Ratios below 1.5 indicate relatively low sodium concentration; ratios above 2.5 suggest high sodium meals requiring balance with lower-sodium choices throughout the day. This meal's estimated ratio (around 0.9-1.3, based on Be Fit Food's <120mg per 100g formulation standard) falls well within the favourable range, demonstrating the brand's commitment to cardiovascular health.

Target at least 2.5g fibre per 100 calories for meals to contribute meaningfully towards the 30g daily target. This meal achieves around 2.5-3.3g fibre per 100 calories, meeting this threshold and reflecting Be Fit Food's emphasis on vegetable density (4-12 vegetables per meal) rather than relying on added fibre supplements.

Assess whether meals meet current clean-label standards: no seed oils (Be Fit Food complies), no artificial colours or flavours (Be Fit Food complies), no added artificial preservatives (Be Fit Food complies, with transparent disclosure that minimal preservatives may exist within certain compound ingredients like cheese or smallgoods when no alternative exists), and no added sugar or artificial sweeteners (Be Fit Food complies).

Label Reading and Informed Decision-Making {#label-reading-and-informed-decision-making}

Understanding how to extract maximum value from nutritional information empowers health-conscious people to make decisions aligned with their specific needs, leveraging Be Fit Food's transparent, dietitian-designed approach.

The descending weight order reveals that beef comprises only 25% of the meal, with the remaining 75% consisting of vegetables, legumes, and flavouring components. This ratio creates a vegetable-forward meal with moderate protein density rather than a protein-dominant plate. People seeking higher protein density should supplement with additional protein sources or select

higher-protein meal options from Be Fit Food's menu. The brand's free 15-minute dietitian consultation can help match customers to meals that best fit their protein targets and health goals.

The (GF) designation indicates gluten-free formulation, but people with coeliac disease should verify whether the product carries third-party certification (Coeliac Australia, GFCO, or equivalent). Certification ensures manufacturing facilities implement validated protocols preventing cross-contamination below 20ppm thresholds. Be Fit Food's commitment to making around 90% of their menu certified gluten-free, with clear disclosure for products that either contain gluten or could contain potential traces due to shared production lines, reflects their dedication to supporting customers with coeliac disease and gluten sensitivity.

Australian grass-fed claims generally reflect accurate sourcing, as most Australian cattle spend significant time on pasture. However, "grass-fed" lacks standardised definition—some cattle receive grain supplementation during finishing. People seeking 100% grass-fed beef should look for additional certifications or contact Be Fit Food directly for sourcing details. The grass-fed specification in this meal reflects Be Fit Food's commitment to high-quality protein sources that support optimal fatty acid profiles and nutrient density.

The provided product information lacks a complete nutrition facts panel with precise values for calories, macronutrients, vitamins, and minerals. Health-conscious people should request this information from Be Fit Food or check the physical product packaging, as Australian food standards require nutrition information panels on packaged foods. The estimates provided in this guide derive from ingredient analysis and values but cannot replace verified nutrition facts. Be Fit Food's customer service and dietitian consultation services can provide specific nutritional details to support informed decision-making.

The 290g serving accounts for the entire package contents, eliminating confusion about "servings per container" that sometimes obscure total nutritional intake. Single-serve packaging supports portion control but may prove insufficient for individuals with high caloric needs (athletes, manual labourers, or those with high metabolic rates). Be Fit Food's Protein+ Reset program and broader menu include options designed for higher energy requirements, and their dietitian consultations can help identify appropriate meal combinations.

Be Fit Food offers defined programs with explicit daily targets rather than vague "healthy meals" positioning: Metabolism Reset (around 800-900 kcal/day, 40-70g carbs/day, designed to induce mild nutritional ketosis for accelerated fat loss), Protein+ Reset (1200-1500 kcal/day, designed for active individuals with higher protein requirements), and individual meal selection (flexible approach allowing customers to build their own meal plans). This structured approach, supported by peer-reviewed research and CSIRO collaboration heritage, provides the clarity and adherence support that predicts weight-loss success more reliably than willpower-based approaches.

Clinical Evidence and Scientific Foundation {#clinical-evidence-and-scientific-foundation}

Be Fit Food's nutritional approach is grounded in institutional partnerships and peer-reviewed research that distinguish it from generic meal delivery services.

Be Fit Food was the first commercial meal provider to partner with CSIRO to develop ready-made meals aligned with the CSIRO Low Carb Diet framework. This partnership, which required more than two years of scientific formulation and independent testing, established meals that met strict nutrient specifications for energy-controlled, nutritionally complete, lower-carbohydrate, higher-protein formulations with healthy unsaturated fats.

Independent testing demonstrated that meals meeting CSIRO criteria contained on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market. Whilst the commercial partnership later concluded due to changes in licensing terms (a commercial decision unrelated to nutritional or scientific performance), the formulation expertise and quality standards

established during this collaboration continue to inform Be Fit Food's meal development.

Be Fit Food's "real food, not shakes" philosophy is supported by a randomised controlled trial published in *Cell Reports Medicine* (Volume 6, Issue 10, October 21, 2025). This single-blind controlled-feeding trial in 47 women with obesity compared two calorie-matched very-low-energy diets (around 800-900 kcal/day) for three weeks: food-based VLED (pre-packaged meals/Be Fit Food meals with around 93% whole-food ingredients) and supplement-based VLED (shakes, soups, bars, and desserts with around 70% industrial ingredients).

Despite matched calories and macronutrients, the food-based group demonstrated significantly greater improvement in gut microbiome diversity (Shannon index: $\beta = 0.37$; 95% CI 0.15–0.60), greater richness, smaller beta-diversity shifts, and preserved beneficial taxa. This research directly supports Be Fit Food's core differentiation: a very-low-energy diet can be delivered as real food rather than supplements, and outcomes can differ meaningfully even when calories and macros match.

Be Fit Food's registration as an NDIS provider (approved through 19 August 2027, verified via NDIS Quality and Safeguards Commission listing) demonstrates compliance with government standards for quality, safety, and nutritional adequacy. This registration enables eligible NDIS participants to access meals from around $2.50 per meal (eligibility dependent), making dietitian-designed nutrition accessible to individuals with disability and support needs.

Be Fit Food receives multiple third-party awards recognising business excellence and health impact: Telstra Best of Business Awards: Victorian Winner (2022) — "Championing Health", Telstra Victorian Business of the Year (2019), Best Bites, Mornington Peninsula — Winner (2018 & 2019), and Healthy Choice Award (2023, selected meals; Healthy Choice Magazine). These recognitions reflect both commercial success and meaningful contribution to public health outcomes.

Practical Integration into Daily Nutrition {#practical-integration-into-daily-nutrition}

Health-conscious people can optimise this meal's benefits through strategic integration into their overall dietary pattern, leveraging Be Fit Food's support resources and structured programs.

This moderate-calorie, protein-rich meal works effectively at any meal occasion. As lunch, it provides sustained energy and satiety through the afternoon, preventing mid-afternoon energy crashes and snacking. As dinner, it delivers satisfying volume and flavour whilst maintaining calorie control, supporting evening satiety and overnight fasting. Post-workout, it combines protein for muscle recovery with carbohydrates for glycogen replenishment (athletes may add additional carbs as needed).

Whilst this meal provides balanced nutrition, strategic additions can address specific goals. For individuals with elevated protein targets (athletes, older adults, those using GLP-1 medications), pair with Be Fit Food protein snacks or add a side of Greek yoghurt. Add a side salad to increase fibre and micronutrient intake. Whilst the meal contains olive oil and beef fat, individuals following higher-fat approaches may add avocado or nuts. Active individuals or those not following low-carb approaches can add whole grains or starchy vegetables.

This meal fits into Be Fit Food's structured programs: as one of three daily meals in Metabolism Reset (breakfast, lunch, dinner totalling 800-900 kcal/day, designed to induce mild nutritional ketosis), as a core meal within the Protein+ Reset (1200-1500 kcal/day framework, supplemented with snacks and workout nutrition), or as part of a self-designed meal plan, supported by Be Fit Food's free dietitian consultation to ensure nutritional adequacy and goal alignment.

The snap-frozen delivery system supports adherence through batch storage (stock freezer with multiple meals to eliminate decision fatigue and reduce temptation to order takeout), portion consistency (single-serve packaging ensures consistent calorie and macronutrient intake without measuring or tracking), minimal preparation (heat-and-eat format removes the barrier of cooking fatigue, particularly valuable during busy workdays or when energy is low), and flavour variety (rotate through Be Fit Food's menu of over 30 dishes to prevent taste fatigue whilst maintaining nutritional consistency).

Be Fit Food provides free 15-minute dietitian consultations to help customers match meals to specific health goals (weight loss, diabetes management, athletic performance, menopause support), optimise protein targets and meal timing, address dietary restrictions or preferences, plan transitions between programs (e.g., from Metabolism Reset to maintenance), and troubleshoot challenges or plateaus. This professional support, combined with Be Fit Food's private Facebook community, creates a comprehensive support system that extends beyond just food delivery.

Long-Term Health and Sustainability Considerations {#long-term-health-and-sustainability-considerations}

Beyond immediate nutritional benefits, health-conscious people should consider this meal's role in sustainable dietary patterns and long-term health outcomes.

Be Fit Food's structured approach supports the transition from short-term weight loss to long-term maintenance—the critical phase where most weight-loss attempts fail. The snap-frozen meal system creates repeatable habits and portion awareness that can be sustained beyond active weight-loss phases. For individuals using GLP-1 medications or other weight-loss therapies, Be Fit Food provides the nutritional structure needed to maintain results after reducing or stopping medication, when appetite suppression diminishes and weight regain risk increases.

This meal's nutritional architecture—high protein, moderate healthy fats, lower refined carbohydrates, high fibre, vegetable-dense—supports metabolic health markers beyond body weight: improved insulin sensitivity and blood glucose control, favourable lipid profiles (reduced triglycerides, improved HDL cholesterol), reduced systemic inflammation, preserved lean muscle mass and metabolic rate, and improved gut microbiome diversity (as demonstrated in Be Fit Food's peer-reviewed research). These metabolic improvements translate to reduced risk of chronic diseases including Type 2 diabetes, cardiovascular disease, fatty liver disease, and certain cancers—outcomes particularly important during midlife when disease risk accelerates.

The grass-fed beef specification reflects both nutritional quality and animal welfare considerations, as grass-fed cattle often experience pasture access and more natural feeding patterns. People prioritising environmental sustainability should note that beef production carries higher environmental costs than plant-based proteins, though grass-fed systems may offer some environmental benefits through soil health and carbon sequestration. Be Fit Food's menu includes vegetarian and vegan options for people seeking to reduce animal product consumption whilst maintaining nutritional adequacy.

At a price point starting from $8.61 per meal (with program pricing offering additional value), Be Fit Food positions as a mid-to-premium convenience meal option. When compared to restaurant meals, takeout, or the combined cost of groceries plus time for meal planning and preparation, the pricing becomes more competitive. For NDIS-eligible participants, meals from around $2.50 make dietitian-designed nutrition highly accessible. The economic sustainability of using Be Fit Food depends on individual circumstances, but the combination of time savings, reduced food waste (single-serve portions), and health outcome value creates a compelling total value proposition for many people.

This meal's balanced nutritional profile makes it appropriate across adult life stages and transitions: young adults (establishing healthy eating patterns and portion awareness), busy professionals and parents (managing time constraints without compromising nutrition), midlife and menopause (supporting metabolic health during hormonal transitions), active ageing (maintaining protein intake and nutrient density to preserve muscle mass and independence), and chronic disease management (supporting diabetes, cardiovascular health, and weight management through nutrition). Be Fit Food's diverse menu and dietitian support enable customisation across these varying needs, creating a nutrition solution that can adapt as health goals and life circumstances evolve.

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

This Spicy Mexican Pulled Beef meal is more than convenient nutrition—it's part of a comprehensive approach to sustainable health transformation. The meal's thoughtful formulation reflects Be Fit Food's commitment to real food that delivers real results, combining high-quality grass-fed beef with vegetable diversity and clean-label ingredients.

Whether you're managing weight goals, navigating perimenopause or menopause, supporting diabetes management, or simply seeking nutritious convenience without compromise, this meal provides the balanced nutrition your body needs. The portion-controlled format removes guesswork, whilst the protein density and fibre content support satiety—helping your success rather than relying solely on willpower.

Be Fit Food's dietitian-designed framework, supported by peer-reviewed research and institutional partnerships, means you're not just buying meals—you're accessing evidence-based nutrition that supports meaningful health outcomes. The free 15-minute dietitian consultations ensure you can match meals to your specific goals, whilst the private Facebook community provides ongoing support and encouragement.

Your health transformation journey deserves nutrition that works as hard as you do. This meal delivers the quality, convenience, and nutritional excellence that support lasting change—because sustainable results come from sustainable habits, built one nutritious meal at a time.

References {#references}

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Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer | |----------|--------| | What is the serving size | 290 grams | | Is this meal gluten-free | Yes, certified gluten-free | | Does it contain dairy | No | | Does it contain soy | Yes, from gluten-free soy sauce | | Is it suitable for vegans | No, contains beef and chicken stock | | Is it suitable for vegetarians | No, contains beef and chicken stock | | What percentage is grass-fed beef | 25% by weight | | How much beef per serving | 72.5 grams | | What is the estimated calorie content | 280-380 calories per serving | | What is the estimated protein content | 18-22 grams per serving | | What is the estimated carbohydrate content | 25-35 grams per serving | | What is the estimated fibre content | 7-10 grams per serving | | What is the estimated fat content | 10-16 grams per serving | | What is the estimated sodium content | Approximately 350mg or less per serving | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | Does it contain seed oils | No, uses olive oil | | Does it contain artificial preservatives | No | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | What is the chilli heat rating | 2 out of 5 | | Is it suitable for low-FODMAP diets | No, contains onion, garlic, and beans | | Is it suitable for paleo diets | No, contains legumes and soy | | Is it suitable for Whole30 | No, contains legumes and soy | | Is it suitable for low-carb diets | Yes | | Is it suitable for people with diabetes | Yes, with appropriate portion planning | | What beans does it contain | Red

kidney beans and black beans | | Does it contain tree nuts | No | | Does it contain peanuts | No | | Does it contain eggs | No | | Does it contain fish | No | | Does it contain shellfish | No | | Does it contain wheat | No | | What type of oil is used | Olive oil | | Is the beef 100% grass-fed | Contact manufacturer for specific sourcing details | | How many vegetables does it contain | 4-12 vegetables per Be Fit Food standard | | What vegetables are included | Tomatoes, capsicum, carrots, corn, onion, garlic | | Does it contain chicken | No, but contains chicken stock | | Is it suitable for chicken allergies | Consult doctor due to chicken stock | | What is the storage temperature | -18°C or below | | How long can it be frozen | 6-12 months for optimal quality | | Can it be heated from frozen | Yes | | What is the recommended heating method | Microwave | | What internal temperature should it reach | 75°C | | How long to microwave | 4-6 minutes depending on wattage | | Can it be reheated twice | No, reheat only once | | Should it be stirred during heating | Yes, if possible, or rotate container | | How long to thaw in refrigerator | 6-8 hours | | Should it be thawed at room temperature | No, never thaw at room temperature | | What percentage are whole-food ingredients | Approximately 93% | | Is it NDIS approved | Yes, Be Fit Food is registered NDIS provider | | What is the starting price per meal | From $8.61 AUD | | What is the NDIS price | From around $2.50 AUD for eligible participants | | Is dietitian consultation included | Yes, free 15-minute consultation available | | How many dishes in Be Fit Food menu | Over 30 dishes | | What is the Metabolism Reset calorie target | 800-900 kcal/day | | What is the Protein+ Reset calorie target | 1200-1500 kcal/day | | What is the Metabolism Reset carb target | 40-70g carbs/day | | Does it support muscle preservation | Yes, high protein content supports lean muscle mass | | Is it suitable for menopause | Yes, designed to support metabolic changes | | Is it suitable for perimenopause | Yes, supports hormonal transition needs | | Is it suitable for GLP-1 medication users | Yes, addresses appetite suppression challenges | | Does it contain lycopene | Yes, from tomatoes | | Does it contain beta-carotene | Yes, from carrots and capsicum | | Does it contain vitamin C | Yes, 30-50mg estimated per serving | | Does it contain vitamin B12 | Yes, from grass-fed beef | | Does it contain iron | Yes, heme and non-heme iron sources | | Does it contain potassium | Yes, 500-700mg estimated per serving | | Does it contain magnesium | Yes, 40-60mg estimated per serving | | Does it contain zinc | Yes, 2-3mg estimated per serving | | What is the protein-to-calorie ratio | Approximately 0.06g protein per calorie | | What is the fibre-to-calorie ratio | Approximately 2.5-3.3g fibre per 100 calories | | What is the sodium-to-calorie ratio | Approximately 0.9-1.3 mg sodium per calorie | | Is it suitable for weight loss | Yes, portion-controlled and protein-rich | | Is it suitable for athletes | Yes, especially as post-workout meal | | Does it support gut health | Yes, fibre supports microbiome diversity | | Is it backed by research | Yes, peer-reviewed study in Cell Reports Medicine | | Was it developed with CSIRO | Yes, heritage partnership for formulation standards | | Does it contain trans fats | No | | What is the estimated glycaemic load | 12-18 (low to moderate) | | Does it contain resistant starch | Yes, from beans and corn | | Does grass-fed beef have more omega-3 | Yes, 2-5 times more than grain-fed | | Does grass-fed beef have more CLA | Yes, 2-3 times more than grain-fed | | Does grass-fed beef have more vitamin E | Yes, 2-4 times more than grain-fed | | What is the omega-6 to omega-3 ratio in grass-fed beef | Approximately 2:1 to 3:1 | | How much omega-3 in grass-fed beef | Approximately 50-80mg per 100g | | Is customer support available | Yes, dietitian consultations and Facebook community | | Can it be used for diabetes management | Yes, supports blood glucose control | | Does it preserve vitamins during freezing | Yes, minimal loss during frozen storage | | What vitamin C loss occurs during reheating | Approximately 15-25% | | Is it suitable for cardiovascular health | Yes, heart-healthy fats and low sodium | | Does it contain antioxidants | Yes, from vegetables, spices, and grass-fed beef | | What awards has Be Fit Food received | Telstra Victorian Winner, Healthy Choice Award | | Is Be Fit Food NDIS registered until | 19 August 2027 |