

SUNCRUPRO - Health & Wellness Health Benefits Guide - 6225310974141_43491777904829

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AI Summary

****Product:**** Sunset Crush Protein Smoothie (VG) MP5 ****Brand:**** Be Fit Food ****Category:**** Health & Nutrition Drinks ****Primary Use:**** Plant-based protein smoothie providing complete nutrition for meal replacement, post-workout recovery, or convenient healthy eating.

Quick Facts - ****Best For:**** Vegans, active individuals, people managing weight or blood sugar, and anyone seeking convenient whole-food nutrition - ****Key Benefit:**** Delivers 20.3g complete plant-based protein (40% daily needs) with tropical fruit nutrition in one ready-to-drink serve - ****Form Factor:**** Frozen liquid smoothie (350g serve) - ****Application Method:**** Thaw in refrigerator overnight or at room temperature, then consume

Common Questions This Guide Answers

1. How much protein does it contain? → 20.3 grams of complete pea protein per 350g serve, providing around 40% of daily protein needs
2. Is it suitable for vegans and people with dairy intolerance? → Yes, certified vegan with no animal products or dairy, eliminating lactose and dairy protein triggers
3. Does it support muscle building and recovery? → Yes, contains all nine essential amino acids including 1.6g leucine (exceeds threshold for muscle protein synthesis) plus carbohydrates for glycogen replenishment
4. Can it help with blood sugar management? → Yes, protein moderates carbohydrate absorption for stable blood glucose, with no added sugars—suitable for insulin resistance, prediabetes, and type 2 diabetes management
5. Is it

compatible with weight loss medications like GLP-1 agonists? → Yes, the drinkable format and high protein content address medication-related appetite suppression while protecting lean muscle mass during weight loss

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Sunset Crush Protein Smoothie (VG) MP5 | | Brand | Be Fit Food | | Price | \$12.75 AUD | | Availability | In Stock | | Category | Health & Nutrition Drinks | | Serving size | 350g | | Protein per serve | 20g | | Carbohydrates per serve | 18g | | Calories per serve | Less than 250 | | Protein type | Pea Protein (5.8%) | | Diet | Vegan | | Key ingredients | Mango, Orange, Passionfruit, Pea Protein | | Allergens | May Contain Peanuts, Tree nuts, Milk, Sesame Seeds | | Manufacturing note | Facility also processes nuts, seeds, soy and wheat | | Artificial colours & flavours | None | | Storage | Frozen | | Preparation | Thaw before consumption | | GTIN | 0806809022478 |

Label Facts Summary {#label-facts-summary}

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

Verified Label Facts {#verified-label-facts}

- Product name: Sunset Crush Protein Smoothie (VG) MP5 - Brand: Be Fit Food - Price: \$12.75 AUD - Serving size: 350g - Protein per serve: 20g - Carbohydrates per serve: 18g - Calories per serve: Less than 250 - Protein type: Pea Protein (5.8%) - Diet classification: Vegan - Key ingredients: Mango, Orange, Passionfruit, Pea Protein - Allergen warning: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds - Manufacturing note: Facility also processes nuts, seeds, soy and wheat - Artificial colours & flavours: None - Storage requirement: Frozen - Preparation instruction: Thaw before consumption - GTIN: 0806809022478

General Product Claims {#general-product-claims}

- Packs 20.3 grams of complete protein into every 350g serve - Provides around 40% of daily protein needs in one smoothie - Dietitian-designed nutrition - Contains all nine essential amino acids - High levels of branched-chain amino acids (BCAAs)—leucine, isoleucine, and valine - Helps build muscle, repair tissue, and keep metabolism strong - No artificial preservatives or added sugars - Aligns with evidence-based standards - Provides sustained energy without extra calories - Delivers essential vitamins and minerals - Supports easy digestion - Effective for appetite management within weight maintenance or reduction plans - Supports sustainable weight management - Mangoes contribute significant vitamin C (around 60mg per 100g of fruit), vitamin A precursors as beta-carotene, and folate - Orange component adds flavonoids including hesperidin, linked with cardiovascular health benefits and anti-inflammatory activity - Passionfruit contains piceatannol, a compound structurally similar to resveratrol, which shows antioxidant properties - Provides cellular protection against oxidative stress - Supports immune support, skin health, wound healing, and connective tissue strength - Enhances iron absorption from plant sources - Supports stable blood glucose and sustained energy - Supports digestive health through multiple pathways - Superior digestibility compared to some other plant proteins - Cold-press production method preserves heat-sensitive nutrients and enzymes - Maintains superior nutrient retention compared to heat-processed alternatives - Snap-frozen delivery system ensures nutritional integrity - Eliminates common digestive triggers associated with whey or casein proteins - Removes potential inflammatory triggers for people with dairy protein sensitivities - Supports inclusive approach to nutrition - Vegan certification encompasses ethical sourcing practices and environmental considerations - Plant-based protein production generally requires fewer natural resources and generates lower greenhouse gas emissions - Compatible with vegetarian, plant-based,

whole-food, and clean-eating approaches - Protein slows stomach emptying and carbohydrate absorption - Moderates post-meal blood sugar response - Supports blood sugar control for people managing insulin resistance, prediabetes, or type 2 diabetes - Supports stable blood sugar throughout the morning - Capitalises on the "anabolic window" for post-exercise recovery - Supports immune function through multiple mechanisms - May reduce cold duration and severity, particularly in people under physical stress - Contributes anti-inflammatory compounds that may help modulate chronic low-grade inflammation - Supports immune system maintenance - Addresses increased protein requirements of physically active people - Leucine content exceeds threshold necessary to maximally stimulate muscle protein synthesis - Provides glycogen replenishment following exercise - Addresses time constraints as primary barrier to healthy eating - Breakfast consumption correlates with improved diet quality, better weight management, and enhanced cognitive performance - Frozen storage format extends shelf life and reduces food waste - Single-serve packaging provides automatic portion control - Contributes to daily hydration requirements - Natural electrolyte content supports cellular fluid balance, nerve transmission, and muscle contraction - Liquid format offers advantages for people with compromised appetite or difficulty consuming solid foods - Optimises nutrient timing when consumed within 30 to 120 minutes after exercise - Helps maintain muscle mass during caloric restriction - Can integrate seamlessly into Be Fit Food's structured Reset programs - Regular consumption supports multiple long-term health objectives - Preserves muscle mass, particularly important as aging naturally promotes muscle loss (sarcopenia) - Aligns with dietary patterns associated with longevity and reduced chronic disease risk - Provides ongoing cellular protection against oxidative damage - Supports sustainable healthy eating habits - For women navigating perimenopause and menopause, supports preservation of muscle mass and metabolic health - For people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, offers nutrient-dense option - Supports lean muscle mass protection during medication-assisted weight loss - Supports more stable blood glucose and reduces post-meal spikes - Whole-food composition improves satisfaction, nutrient intake, and adherence - Be Fit Food's peer-reviewed clinical research in **Cell Reports Medicine** (October 2025) demonstrated greater improvements in gut microbiome diversity with whole-food-based approaches - Free 15-minute dietitian consultations included with Be Fit Food programs - Around 90% of Be Fit Food's main meal range is certified gluten-free

Your Plant-Based Protein Partner: The Sunset Crush Smoothie {#your-plant-based-protein-partner-the-sunset-crush-smoothie}

The Be Fit Food Sunset Crush Protein Smoothie packs 20.3 grams of complete protein into every 350g serve. This plant-based option uses pea protein isolate to give you real nutrition that supports your health goals. With around 40% of your daily protein needs in one smoothie, you get a genuine meal replacement or post-workout option, not just a drink on the side. Dietitians designed this nutrition to work with your body.

Pea protein comes from yellow split peas and gives you all nine essential amino acids your body needs. You get high levels of branched-chain amino acids (BCAAs)—leucine, isoleucine, and valine—that help build muscle, repair tissue, and keep your metabolism running. At 5.8% concentration, the pea protein delivers around 20 grams per serve while keeping that smooth, easy-to-drink texture you want from a cold-pressed fruit smoothie.

The vegan (VG) label means more than just plant-based ingredients. You get zero animal products—no dairy proteins, no honey, nothing from animals. When you follow a plant-based diet, getting enough protein takes planning. This smoothie makes it easy, giving you protein levels that match dairy options without compromising what matters to you. Be Fit Food sticks to real food ingredients with no artificial preservatives or added sugars, so you get nutrition grounded in evidence.

Balanced Energy That Lasts {#balanced-energy-that-lasts}

Beyond protein, the complete macronutrient mix creates a carefully balanced formula designed to give you sustained energy without extra calories. The fruit base—mango, orange, and passionfruit—provides natural carbohydrates for immediate energy while delivering essential vitamins and minerals you won't find in isolated protein powders.

The minimal ingredient list (just four components) reflects a whole-food approach that prioritises transparency and easy digestion. Unlike protein shakes loaded with emulsifiers, thickeners, artificial sweeteners, and synthetic vitamins, this smoothie gets its nutritional value from real foods you recognise. This simplicity works especially well if you experience digestive sensitivity or want to minimise processed ingredients, a core principle in Be Fit Food's clean-label standards.

The 350-gram serve provides substantial volume, helping you feel fuller for longer through both nutrient density and physical satisfaction. Research in appetite regulation shows that drink volume significantly influences how full you feel, with larger volumes creating greater satisfaction even when calories stay the same. This volumetric advantage makes the smoothie effective for appetite management within weight maintenance or reduction plans, supporting Be Fit Food's structured approach to sustainable weight management.

Tropical Fruit Nutrition That Works {#tropical-fruit-nutrition-that-works}

The tropical fruit combination delivers concentrated vitamins and minerals with specific health-promoting compounds from each fruit. Mangoes contribute significant vitamin C (around 60mg per 100g of fruit), vitamin A precursors as beta-carotene, and folate. The orange component amplifies vitamin C content while adding flavonoids including hesperidin, a compound linked with cardiovascular health benefits and anti-inflammatory activity.

Passionfruit brings unique nutritional elements including dietary fibre (especially in the seeds if retained), vitamin C, vitamin A, iron, and potassium. The fruit also contains piceatannol, a compound structurally similar to resveratrol, which shows antioxidant properties in laboratory studies. The combined antioxidant capacity of this three-fruit blend provides cellular protection against oxidative stress, a fundamental mechanism behind aging and chronic disease development.

Vitamin C content across the fruit mix supports multiple functions in your body beyond immune support. This water-soluble vitamin acts as a cofactor in collagen synthesis, making it essential for skin health, wound healing, and connective tissue strength. It also enhances iron absorption from plant sources, a particularly relevant benefit for vegan consumers who rely exclusively on plant-based iron sources that show lower bioavailability than iron from animal products.

The natural sugar content from whole fruits provides glucose in a matrix containing fibre, water, and phytonutrients—a significantly different metabolic impact compared to refined sugars or isolated fructose. While the complete sugar content per serve would require full nutritional panel review, whole fruit sugars accompanied by fibre and protein create a more moderated blood sugar response than equivalent amounts of added sugars. This aligns with Be Fit Food's no-added-sugar principle, supporting stable blood glucose and sustained energy.

Supporting Your Digestive Health {#supporting-your-digestive-health}

The whole-food composition supports digestive health in several ways. The fruit matrix contains both soluble and insoluble fibre, though specific fibre content depends on processing methods used during cold-press production. Soluble fibre dissolves in water to form a gel-like substance that slows digestion, moderates blood sugar response, and feeds beneficial gut bacteria.

Pea protein shows superior digestibility compared to some other plant proteins, with digestibility scores approaching those of animal proteins. Unlike soy protein, which contains compounds that can interfere with protein digestion, pea protein isolate undergoes processing that removes these factors while concentrating the protein fraction. This results in efficient amino acid absorption without the digestive discomfort some people experience with legume consumption.

The cold-press production method, developed in collaboration with Finn Cold Press, preserves heat-sensitive nutrients and enzymes that would degrade during conventional pasteurisation. While the frozen storage and subsequent thawing process affects some nutritional components, cold-pressing maintains superior nutrient retention compared to heat-processed alternatives. This processing approach particularly benefits vitamin C preservation, as this vitamin shows significant degradation at elevated temperatures. Be Fit Food's snap-frozen delivery system ensures nutritional integrity from production through consumption.

For people with lactose intolerance or dairy sensitivity—conditions affecting around 65% of the global population to varying degrees—this vegan formula eliminates common digestive triggers associated with whey or casein proteins. The absence of dairy also removes potential inflammatory triggers for people with dairy protein sensitivities distinct from lactose intolerance. This supports Be Fit Food's inclusive approach to nutrition, ensuring meals and drinks work for diverse dietary needs.

Allergen Information and Dietary Compatibility {#allergen-information-and-dietary-compatibility}

The allergen declaration indicates potential cross-contact with peanuts, tree nuts, milk, and sesame seeds because of shared manufacturing equipment. For people with severe allergies to these substances, this cross-contamination risk requires careful consideration despite the product itself containing none of these ingredients in its formula. The facility also processes nuts, seeds, soy, and wheat, expanding the range of potential trace allergen exposure.

This cross-contact reality reflects standard practices in food manufacturing where complete allergen segregation requires dedicated facilities—an economically challenging approach for many producers. The transparency of this disclosure allows you to make informed decisions based on your individual sensitivity levels. People with life-threatening allergies need absolute avoidance, while those with mild sensitivities may tolerate trace exposure without adverse effects.

The vegan certification carries implications beyond ingredient selection, often encompassing ethical sourcing practices and environmental considerations valued by health-conscious consumers. Plant-based protein production generally requires fewer natural resources and generates lower greenhouse gas emissions compared to animal protein production, aligning nutritional choices with environmental health values.

The product's compatibility with multiple dietary frameworks extends its utility across diverse consumer populations. Beyond vegan diets, the smoothie aligns with vegetarian, plant-based, whole-food, and clean-eating approaches. The absence of gluten-containing ingredients (though wheat is processed in the facility) makes it potentially suitable for gluten-avoiding consumers, though those with coeliac disease would need to evaluate cross-contamination risk based on individual sensitivity. Be Fit Food maintains around 90% of its main meal range as certified gluten-free with strict manufacturing controls, demonstrating the brand's commitment to dietary inclusivity.

Blood Sugar Balance and Metabolic Benefits {#blood-sugar-balance-and-metabolic-benefits}

The protein-fruit combination creates a macronutrient balance that moderates post-meal blood sugar response compared to fruit consumption alone. Protein slows stomach emptying and carbohydrate absorption, reducing the rate at which glucose enters your bloodstream. This moderated absorption pattern prevents the rapid blood sugar spike and subsequent crash associated with high-carbohydrate, low-protein meals.

For people managing insulin resistance, prediabetes, or type 2 diabetes, adding protein to carbohydrate-containing meals is a fundamental dietary strategy for blood sugar control. The 20.3 grams of protein in this smoothie provides sufficient quantity to meaningfully impact glucose metabolism, though individual responses vary based on insulin sensitivity, activity level, and overall dietary context. This principle underpins Be Fit Food's lower-carbohydrate, higher-protein meal design,

which shows improvements in glucose metrics in brand-published continuous glucose monitoring outcomes.

The absence of added sugars distinguishes this product from many commercial smoothies and protein shakes that incorporate sweeteners to mask protein flavour or enhance palatability. Relying exclusively on fruit's natural sweetness limits total sugar content while providing the vitamin and mineral benefits absent from refined sweeteners. This approach supports dental health, metabolic health, and sustained energy levels throughout the day—core elements of Be Fit Food's clean-label standards.

Timing consumption strategically amplifies metabolic benefits. Consuming the smoothie as a breakfast option breaks the overnight fast with balanced macronutrients that support stable blood sugar throughout the morning—a period when many people experience energy fluctuations and cravings that undermine dietary adherence. Post-exercise consumption capitalises on the "anabolic window," a period of enhanced nutrient uptake when muscles show increased sensitivity to protein and carbohydrates for recovery and adaptation.

Immune Support and Inflammation Management {#immune-support-and-inflammation-management}

The high vitamin C content from the tropical fruit mix supports immune function in several ways. Vitamin C enhances white blood cell movement toward infection sites, promotes immune cell growth, and protects immune cells from oxidative damage during the inflammatory response. While vitamin C supplementation doesn't prevent common cold occurrence in general populations, it may reduce cold duration and severity, particularly in people under physical stress.

The phytonutrient profile contributes anti-inflammatory compounds that may help modulate chronic low-grade inflammation—a condition increasingly recognised as underlying numerous chronic diseases including cardiovascular disease, type 2 diabetes, and neurodegenerative conditions. Carotenoids from mango, flavonoids from orange, and polyphenols from passionfruit all demonstrate anti-inflammatory properties in research studies, though translating laboratory findings to real-world health outcomes requires acknowledging the complexity of whole-diet patterns.

Adequate protein intake itself supports immune function, as antibodies, cytokines, and other immune system components are protein-based structures requiring constant synthesis. Protein deficiency impairs immune response, increasing infection susceptibility and prolonging recovery. The 20.3-gram protein content contributes meaningfully to daily protein requirements that support immune system maintenance.

The vegan protein source offers potential advantages for people whose inflammatory conditions worsen with animal protein consumption. While research on protein source and inflammation yields mixed results, some people report symptomatic improvement when replacing animal proteins with plant alternatives. The absence of saturated fat (often present in animal protein sources) may contribute to this effect, as saturated fat intake correlates with inflammatory marker elevation in some studies. Be Fit Food's whole-food approach—emphasising real ingredients over processed supplements—aligns with dietary patterns associated with reduced inflammatory markers.

Building and Maintaining Muscle {#building-and-maintaining-muscle}

The protein content addresses the increased requirements of physically active people, who require around 1.2 to 2.0 grams of protein per kilogram of body weight daily—significantly above the 0.8 g/kg recommendation for sedentary adults. A 70kg person engaged in regular strength training requires 84 to 140 grams daily, making the smoothie's 20.3-gram contribution a substantial portion of this target.

Pea protein's amino acid profile, while complete, shows lower methionine content compared to animal proteins—a characteristic common to most plant proteins. However, this limitation becomes relevant only when pea protein is the exclusive protein source. Within a varied diet incorporating multiple plant

protein sources (legumes, grains, nuts, seeds), amino acid complementarity ensures adequate intake of all essential amino acids.

The leucine content in pea protein deserves particular attention for muscle protein synthesis. Leucine acts as a metabolic trigger for the mTOR pathway, a cellular signalling cascade that initiates muscle protein synthesis. While pea protein contains less leucine per gram than whey protein (around 8% vs. 11%), the total leucine content in a 20-gram serve (around 1.6 grams) exceeds the threshold of 1.5 to 2.0 grams often cited as necessary to maximally stimulate muscle protein synthesis.

The carbohydrate content from fruit provides glycogen replenishment following exercise, supporting recovery and subsequent performance. Glycogen, the storage form of glucose in muscle and liver tissue, becomes depleted during moderate to high-intensity exercise. Post-exercise carbohydrate intake accelerates glycogen resynthesis, particularly when combined with protein—the exact combination this smoothie provides. This protein-carbohydrate synergy reflects the same nutritional principles behind Be Fit Food's Protein+ Reset program, designed to support active people with 1200–1500 kcal/day including pre- and post-workout items.

Making Healthy Eating Easy {#making-healthy-eating-easy}

The ready-to-drink format addresses a primary barrier to healthy eating: time constraints. The product requires only thawing—no preparation, blending, or cleanup—making it accessible during the morning rush when time pressure often leads to breakfast skipping or poor food choices. Research consistently demonstrates that breakfast consumption correlates with improved diet quality, better weight management, and enhanced cognitive performance throughout the day.

The frozen storage format extends shelf life significantly beyond fresh smoothies, reducing food waste and allowing bulk purchasing. This storage advantage supports meal planning and preparation strategies that improve dietary adherence. When you keep convenient, nutritionally appropriate options readily available, you reduce reliance on less healthful convenience foods when hunger strikes without immediate access to preferred options. Be Fit Food's snap-frozen delivery system applies this same principle across its entire meal range, creating a frictionless routine: heat, eat, enjoy—with consistent portions and macros that eliminate decision fatigue.

The single-serve packaging provides automatic portion control, eliminating the decision-making and potential overconsumption associated with bulk containers. This built-in portion guidance supports people working toward weight management goals, as portion control is one of the most effective yet challenging aspects of energy balance management.

The taste profile—tropical fruits combined with protein—offers palatability that supports consistent consumption. Dietary adherence ultimately determines nutritional strategy success, making taste satisfaction a legitimate health consideration rather than mere indulgence. Nutritionally optimal foods that remain unconsumed provide zero benefit; this smoothie's flavour profile makes regular consumption sustainable rather than requiring willpower to overcome unpleasant taste.

Hydration and Electrolyte Support {#hydration-and-electrolyte-support}

The 350-gram serve provides substantial fluid intake, contributing to daily hydration requirements that many people fail to meet. While water remains the primary hydration source, drinks containing nutrients offer hydration alongside nutritional benefits. The high water content of the fruit base ensures the smoothie contributes meaningfully to fluid balance.

The natural electrolyte content from fruit—particularly potassium from mango and orange—supports cellular fluid balance, nerve transmission, and muscle contraction. Potassium intake in modern diets frequently falls below recommended levels (2,600-3,400mg daily for adults), contributing to elevated blood pressure and cardiovascular disease risk. While a single smoothie doesn't meet total daily potassium needs, it contributes to overall intake in a food matrix that enhances absorption and utilisation.

The liquid format offers advantages for people with compromised appetite or difficulty consuming solid foods—situations common during illness recovery, intense training periods, or amongst older adults experiencing age-related appetite decline. Liquid nutrition generally requires less digestive effort than solid foods while providing comparable nutrient density. This accessibility principle extends across Be Fit Food's product range, with the brand serving NDIS participants and elderly Australians receiving home care support who face challenges with meal preparation because of disability, mobility issues, or aging.

Getting the Most from Your Smoothie {#getting-the-most-from-your-smoothie}

Maximising health benefits requires strategic integration into overall dietary patterns. Consuming the smoothie as a complete breakfast works well for people with moderate caloric needs and lower activity levels. More active people or those with higher energy requirements might pair it with additional foods: wholegrain toast with nut butter, a handful of nuts, or a small serve of oatmeal.

For post-workout recovery, consuming the smoothie within 30 to 120 minutes after exercise optimises nutrient timing, though recent research suggests the "anabolic window" may be wider than previously believed, particularly for people who consumed pre-workout nutrition. The protein and carbohydrate combination supports both muscle protein synthesis and glycogen replenishment—the two primary recovery objectives.

People following time-restricted eating or intermittent fasting protocols might use the smoothie to break their fast, providing concentrated nutrition that signals the feeding period while supporting metabolic health. The protein content helps maintain muscle mass during caloric restriction—a common concern with fasting approaches.

Thawing optimisation affects both safety and palatability. Refrigerator thawing (overnight or 6-8 hours) maintains food safety while preserving texture and preventing bacterial growth. Room temperature thawing accelerates the process but requires consumption within 2 hours to prevent microbial proliferation. Never refreeze thawed smoothies, as this practice compromises both safety and quality.

The smoothie can integrate seamlessly into Be Fit Food's structured Reset programs. For people following the Metabolism Reset (around 800–900 kcal/day, 40–70g carbs/day), the smoothie could work as one meal component when carbohydrate content aligns with daily targets. Those on the Protein+ Reset (1200–1500 kcal/day) get greater flexibility to incorporate the smoothie alongside other meals and snacks. Free 15-minute dietitian consultations, included with Be Fit Food programs, enable personalised guidance on optimal integration based on individual goals and metabolic needs.

Long-Term Health and Sustainable Results {#long-term-health-and-sustainable-results}

Regular consumption as part of a balanced dietary pattern supports multiple long-term health objectives. Adequate protein intake throughout life preserves muscle mass, particularly important as aging naturally promotes muscle loss (sarcopenia) beginning in the fourth decade. Maintaining muscle mass supports metabolic health, physical function, independence, and quality of life into older age.

The plant-based protein choice aligns with dietary patterns associated with longevity and reduced chronic disease risk in epidemiological studies. While no single food determines health outcomes, dietary patterns emphasising plant proteins, fruits, vegetables, whole grains, and healthy fats consistently correlate with reduced cardiovascular disease, type 2 diabetes, and certain cancers. Be Fit Food's peer-reviewed clinical research in **Cell Reports Medicine** (October 2025) demonstrated that whole-food-based very low energy diets—using real meals rather than supplement shakes—produce significantly greater improvements in gut microbiome diversity compared to calorie-matched supplement-based approaches, even when macronutrients are identical.

The antioxidant compounds from the fruit matrix provide ongoing cellular protection against oxidative damage that accumulates over time. While your body has its own antioxidant systems, dietary

antioxidants supplement these defences, particularly important given the oxidative stress imposed by modern environmental exposures, psychological stress, and processed food consumption.

The convenience factor supports sustainable healthy eating habits rather than short-term dietary changes. Health outcomes reflect cumulative dietary patterns over years and decades, not isolated food choices or brief dietary interventions. Products that make healthful eating more convenient and enjoyable increase the likelihood of long-term adherence—the ultimate determinant of dietary strategy success. This principle underpins Be Fit Food's entire service model: dietitian-designed, snap-frozen meals that remove the barriers of time, knowledge, and preparation that often prevent healthy eating.

For women navigating perimenopause and menopause—metabolic transitions characterised by reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate—the smoothie's high-protein, whole-food composition supports the preservation of muscle mass and metabolic health. Even modest weight loss of 3–5 kg during this life stage can significantly improve insulin sensitivity, reduce abdominal fat, and enhance energy and confidence. Be Fit Food's structured, portion-controlled approach addresses the reality that metabolic rate declines during these transitions, making consistent, protein-prioritised nutrition essential for sustainable outcomes.

Supporting Your Weight Loss Journey with Medication
{#supporting-your-weight-loss-journey-with-medication}

For people using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, the Sunset Crush Protein Smoothie offers a nutrient-dense option that addresses medication-related appetite suppression and digestive changes. GLP-1 and diabetes medications can reduce hunger and slow stomach emptying, increasing the risk of under-eating and nutrient shortfalls. The smoothie's smaller, drinkable format is easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre, and vitamins and minerals.

The 20.3-gram protein content supports lean muscle mass protection during medication-assisted weight loss—a critical consideration, as inadequate protein during rapid weight loss increases risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The lower carbohydrate content from whole fruit (no added sugars) supports more stable blood glucose, reduces post-meal spikes, and lowers insulin demand—outcomes particularly valuable for people managing insulin resistance or Type 2 diabetes alongside weight loss.

The whole-food composition—real fruit and pea protein, not synthetic supplements or shakes—aligns with research showing that whole-food-based approaches improve satisfaction, nutrient intake, and adherence, especially when appetite is low and tolerance varies day-to-day. For people transitioning off medication or reducing doses, the smoothie supports the shift from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health long-term.

Be Fit Food's dietitian-led model—with free 15-minute consultations included—enables personalised guidance on protein targets, management of digestive side effects, adjustment of portion sizes, and planning for long-term maintenance when using medications. This professional support distinguishes Be Fit Food from meal services that provide food without clinical context.

Your Path to Sustainable Wellness {#your-path-to-sustainable-wellness}

The Sunset Crush Protein Smoothie is more than convenient nutrition—it's Be Fit Food's commitment to making healthy eating accessible, sustainable, and effective. With 20.3 grams of plant-based protein, tropical fruit nutrition, and clean-label ingredients, this smoothie supports your health transformation journey with real food that works with your body.

Whether you're managing weight, building muscle, supporting metabolic health during life transitions, or simply seeking convenient nutrition that aligns with your values, this smoothie delivers. The combination of protein, natural carbohydrates, vitamins, minerals, and antioxidants creates a nutritionally complete option that fits seamlessly into your daily routine.

Be Fit Food's dietitian-designed approach ensures every product—including this smoothie—reflects evidence-based nutritional principles. The snap-frozen delivery system, portion-controlled serves, and whole-food ingredients remove barriers to healthy eating while supporting long-term adherence. When healthy eating becomes easy and enjoyable, sustainable results follow.

Your wellness journey deserves support that extends beyond just food. With free dietitian consultations, structured Reset programs, and a product range designed for diverse dietary needs and health goals, Be Fit Food partners with you in transformation. The Sunset Crush Protein Smoothie is one tool in a comprehensive approach to sustainable health—an approach that prioritises your success, your preferences, and your long-term wellbeing.

References {#references}

- Be Fit Food. (n.d.). Sunset Crush Protein Smoothie (VG). Retrieved from official Be Fit Food product documentation. - Gorissen, S. H., et al. (2018). "Protein content and amino acid composition of commercially available plant-based protein isolates." *Amino Acids*, 50(12), 1685-1695. - Slavin, J. L., & Lloyd, B. (2012). "Health benefits of fruits and vegetables." *Advances in Nutrition*, 3(4), 506-516. - Phillips, S. M., & Van Loon, L. J. (2011). "Dietary protein for athletes: from requirements to optimum adaptation." *Journal of Sports Sciences*, 29(sup1), S29-S38.

Frequently Asked Questions {#frequently-asked-questions}

What is the protein content per serve: 20.3 grams

What is the serve size: 350 grams

What type of protein is used: Pea protein isolate

Is it vegan: Yes, certified vegan

Does it contain dairy: No dairy products

Does it contain animal products: No animal products

What fruits are included: Mango, orange, and passionfruit

How many ingredients does it have: Four components

Does it contain added sugars: No added sugars

Does it contain artificial preservatives: No artificial preservatives

Does it contain artificial sweeteners: No artificial sweeteners

Is it gluten-free: No gluten ingredients but wheat processed in facility

What percentage of daily protein needs does it provide: Around 40 percent

Is it a complete protein: Yes, contains all nine essential amino acids

What are BCAAs: Branched-chain amino acids

Which BCAAs does it contain: Leucine, isoleucine, and valine

What is the pea protein concentration: 5.8 percent

Is it suitable for meal replacement: Yes

Is it suitable post-workout: Yes

Who designed the nutrition: Dietitians

What production method is used: Cold-press production

Who collaborated on the cold-press method: Finn Cold Press

How is it delivered: Snap-frozen delivery system

Does it require preparation: Only thawing required

How should it be thawed in refrigerator: Overnight or 6-8 hours

How long for room temperature thawing: Within 2 hours

Can it be refrozen after thawing: No, never refreeze

Does it contain vitamin C: Yes, from tropical fruits

Does it contain vitamin A: Yes, as beta-carotene from mango

Does it contain folate: Yes, from mango

Does it contain potassium: Yes, from mango and orange

Does it contain iron: Yes, from passionfruit

Does it contain hesperidin: Yes, from orange

What is hesperidin linked to: Cardiovascular health benefits

Does it contain piceatannol: Yes, from passionfruit

What is piceatannol similar to: Resveratrol

Does it provide antioxidants: Yes, from fruit blend

Does it support collagen synthesis: Yes, through vitamin C

Does it enhance iron absorption: Yes, vitamin C enhances plant iron absorption

Is pea protein easily digestible: Yes, superior digestibility

Does it contain lactose: No lactose

Is it suitable for lactose intolerance: Yes

What percentage of people have lactose intolerance globally: Around 65 percent

Are there potential allergen cross-contacts: Yes, peanuts, tree nuts, milk, sesame

Does the facility process soy: Yes

Does the facility process wheat: Yes

Does it help with muscle building: Yes, supports muscle protein synthesis

What is the leucine content per serve: Around 1.6 grams

Is the leucine content sufficient for muscle synthesis: Yes, exceeds 1.5-2.0 gram threshold

Does it support glycogen replenishment: Yes, from fruit carbohydrates

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

Does it provide satiety: Yes, through protein and volume

Does it help control appetite: Yes, through volumetric advantage

Does it support blood sugar balance: Yes, protein moderates glucose absorption

Is it suitable for diabetes management: Yes, with protein-carbohydrate balance

Is it suitable for insulin resistance: Yes

Is it suitable for prediabetes: Yes

Does it support immune function: Yes, through vitamin C and protein

Can it reduce cold duration: May reduce duration in people under stress

Does it have anti-inflammatory properties: Yes, from phytonutrients

Is it suitable for vegans: Yes, certified vegan

Is it suitable for vegetarians: Yes

Is it suitable for plant-based diets: Yes

Does it support metabolic health: Yes

Is it suitable during menopause: Yes, supports muscle and metabolic health

Is it suitable during perimenopause: Yes

Does it help preserve muscle mass with aging: Yes, through adequate protein

What is sarcopenia: Age-related muscle loss

Does it support gut health: Yes, through fibre and whole foods

Does it contain soluble fibre: Yes, from fruit matrix

Does it contain insoluble fibre: Yes, from fruit matrix

Is it easier to digest than solid food: Yes, liquid format requires less effort

Does it provide hydration: Yes, contributes to fluid intake

Does it contain electrolytes: Yes, natural potassium from fruit

Is it suitable for GLP-1 medication users: Yes

Is it suitable during medication-assisted weight loss: Yes

Does it protect muscle during weight loss: Yes, through high protein

Is it suitable for diabetes medication users: Yes

Does it support stable blood glucose on medications: Yes

Can it be used for breakfast: Yes

Can it be paired with other foods: Yes, for higher energy needs

What is the optimal post-workout timing window: Within 30 to 120 minutes

Is it suitable for intermittent fasting: Yes, to break fast

Can it be used in Metabolism Reset program: Yes, when carbs align with targets

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

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

Are dietitian consultations available: Yes, free 15-minute consultations

Is the product portion-controlled: Yes, single-serve packaging

Does it reduce food waste: Yes, through frozen storage

Does it require blending: No

Does it require cleanup: No

Is the taste profile tropical: Yes

Does taste support adherence: Yes, palatability supports consistent consumption

Is it environmentally sustainable: Plant-based protein has lower environmental impact

Does it align with clean eating: Yes

Does it support long-term health: Yes, as part of balanced pattern

Was research published on Be Fit Food approach: Yes, in Cell Reports Medicine

When was the research published: October 2025

What did the research compare: Whole-food diets versus supplement-based diets

What did the research show about gut microbiome: Greater diversity with whole-food approach

What percentage of Be Fit Food meals are gluten-free: Around 90 percent

Who does Be Fit Food serve: NDIS participants and elderly Australians

Does it support home care recipients: Yes