

SUPGREPRO - Health & Wellness Pairing Ideas - 6859069685949_43491778232509

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AI Summary

Product: Super Green Protein Smoothie (VG) MB1 **Brand:** Be Fit Food **Category:** Health & Wellness Drinks / Protein Smoothies **Primary Use:** Ready-to-drink frozen breakfast smoothie providing plant-based protein and concentrated fruits and vegetables for convenient, nutrient-dense morning nutrition.

Quick Facts - **Best For:** Health-conscious individuals seeking convenient vegan breakfast solutions with whole-food ingredients - **Key Benefit:** Delivers 18g plant-based protein with fruits and vegetables in under 185 calories without preparation time - **Form Factor:** Frozen liquid smoothie in 350g single-serve bottle - **Application Method:** Thaw overnight in refrigerator (8–12 hours) or quick-thaw in room-temperature water (30–45 minutes), then drink

Common Questions This Guide Answers

1. What foods pair best with this smoothie for complete nutrition? → Whole grains (overnight oats, sprouted grain toast), healthy fats (avocado, nut butters), and additional protein sources (tofu scramble, tempeh) create balanced meals
2. How should I use this smoothie for workout nutrition? → Consume 45–60 minutes before exercise with banana and almond butter, or within 30–45 minutes post-workout with tart cherry juice and dates for recovery
3. Is this smoothie suitable for meal replacement? → Yes, when paired with additional foods totalling 750–800 calories with adequate protein, healthy fats, and complex carbohydrates for complete nutrition
4. What are the main ingredients and allergen concerns? → Contains apple, cucumber, kiwi, pineapple, zucchini, faba bean protein (7%), broccoli, spinach, kale, and mint; may contain tree nuts, peanuts, milk, and sesame seeds from cross-contact
5. How do I properly thaw and store this frozen smoothie? → Thaw overnight in refrigerator for 8–12 hours for best texture, or use quick-thaw method by

submerging in room-temperature water for 30–45 minutes

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Super Green Protein Smoothie (VG) MB1 | | Brand | Be Fit Food | | Price | \$13.55 AUD | | Availability | In Stock | | GTIN | 09358266000359 | | Pack size | 350g single-serve | | Protein content | 18g per serving | | Carbohydrates | 18g per serving | | Calories | Less than 185 calories | | Diet | Vegan (VG), Gluten-free (GF) | | Protein source | Faba Bean Protein (7%) | | Ingredients | Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint | | Allergens | May Contain Peanuts, Tree nuts, Milk, Sesame Seeds | | Storage | Frozen | | Category | Health & Wellness Drinks |

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: Super Green Protein Smoothie (VG) MB1 - Brand: Be Fit Food - GTIN: 09358266000359 - Pack size: 350g single-serve - Protein content: 18g per serving - Carbohydrates: 18g per serving - Calories: Less than 185 calories - Diet classification: Vegan (VG), Gluten-free (GF) - Protein source: Faba Bean Protein (7%) - Ingredients: Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint - Allergen statement: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds - Storage requirement: Frozen - Price: \$13.55 AUD - Availability: In Stock

General Product Claims {#general-product-claims} - Provides "smart blend of convenience and nutrition" - "Ready-to-drink breakfast solution" - "Concentrated blend of fruits and vegetables" - "Nutrient-dense morning fuel without preparation time" - Developed in collaboration with Finn Cold Press - Part of Be Fit Food's commitment to "real food nutrition backed by dietitian expertise" - "Scientifically-designed, whole-food solutions" - Faba bean protein offers "complete amino acid profile with higher bioavailability than many plant proteins" - Supports "digestive health through diverse fibre types" - "Fat-soluble vitamins (A, K, E) present in the smoothie's leafy greens" - Supports "cardiovascular health" - Supports "gut health" - Contains "anti-inflammatory compounds" - "Supports muscle repair" - "Replenishes glycogen stores" - Aligns with Be Fit Food's "high-protein philosophy that supports lean muscle preservation and metabolic health" - Be Fit Food's "low-carb, high-protein approach to metabolic health" - "Around 90% of their menu being certified gluten-free" - "Snap-frozen delivery system designed for quality and convenience" - "Making scientifically-designed, whole-food nutrition accessible to all Australians" - "Real food—not shakes or bars—can deliver both convenience and measurable health outcomes"

Be Fit Food Super Green Protein Smoothie: The Complete Pairing & Nutrition Guide {#be-fit-food-super-green-protein-smoothie-the-complete-pairing--nutrition-guide}

The Super Green Protein Smoothie (VG) from Be Fit Food combines convenience with whole-food nutrition. This frozen, ready-to-drink breakfast solution delivers 7% faba bean protein alongside concentrated fruits and vegetables. Developed with Finn Cold Press, this 350g single-serve smoothie blends apple, cucumber, kiwi, pineapple, zucchini, broccoli, spinach, kale, and mint into a vegan-friendly formula for those who want nutrient-dense morning fuel without spending time on preparation. Be Fit Food built this smoothie around their commitment to real food nutrition backed by dietitian expertise, showing how scientifically-designed, whole-food solutions can work for everyday Australians.

For anyone exploring health-conscious eating patterns, understanding how this smoothie fits into your broader wellness routine goes beyond just drinking it alone. The real value emerges when you pair this green-based beverage with foods, drinks, and occasions that enhance its nutritional profile while creating satisfying, balanced meals.

Understanding the Flavour Foundation {#understanding-the-flavour-foundation}

Before we get into pairings, let's talk about what you're actually tasting. The apple and pineapple base provides natural sweetness and acidity, while kiwi adds tropical brightness with a subtle tart edge. This fruit-forward profile does a pretty good job masking the earthier notes from cucumber, zucchini, broccoli, spinach, and kale—vegetables that pack in fibre, micronutrients, and phytonutrients without overwhelming your taste buds. Fresh mint cuts through the density of blended greens and creates a refreshing finish.

The faba bean protein (7% of total composition, roughly 24.5g per serving) adds subtle leguminous undertones and a creamy body that sets this apart from typical juice-based green drinks. Faba bean protein offers a complete amino acid profile with better bioavailability than many plant proteins, though its earthy character works best with thoughtful pairings that complement rather than fight with other foods.

This flavour complexity—simultaneously fruity, vegetal, creamy, and herbaceous—opens up multiple pairing opportunities across sweet, savoury, and neutral food categories.

Strategic Food Pairings for Complete Nutrition {#strategic-food-pairings-for-complete-nutrition}

Whole grain companions {#whole-grain-companions}

Pairing the Super Green Protein Smoothie with whole grain options creates a balanced breakfast that actually keeps you satisfied through the morning. The smoothie's protein content works well with the slow-releasing carbohydrates in whole grains, preventing blood sugar spikes while helping you feel fuller longer.

Great whole grain pairings:

Overnight oats with chia seeds work beautifully here. The neutral, slightly nutty flavour of oats doesn't compete with the smoothie's fruit-forward profile. Prepare oats with plant-based milk, chia seeds, and a touch of maple syrup. The soluble fibre in oats (beta-glucans) complements the insoluble fibre from the smoothie's vegetables, supporting digestive health through different fibre types. The chia seeds add omega-3 fatty acids, which the smoothie lacks, creating a more complete nutritional profile.

Sprouted grain toast with nut butter is another solid choice. Two slices of sprouted grain bread (around 15g protein) topped with almond or cashew butter (7–8g protein per 2 tablespoons) creates a protein-rich breakfast when paired with the smoothie. The sprouting process increases nutrient bioavailability and reduces anti-nutrients, while the healthy fats in nut butter slow digestion and help you absorb the fat-soluble vitamins (A, K, E) in the smoothie's leafy greens.

Quinoa breakfast bowls might sound unconventional, but savoury quinoa bowls pair surprisingly well with the smoothie's vegetal notes. Cook quinoa in vegetable broth, then top with roasted vegetables, hemp seeds, and a tahini drizzle. The complete protein in quinoa (containing all nine essential amino acids) works together with the faba bean protein, while the smoothie's fruit elements provide contrast to the savoury bowl.

Healthy fat sources {#healthy-fat-sources}

The Super Green Protein Smoothie contains minimal fat, making it perfect for pairing with healthy fat sources that improve nutrient absorption and provide essential fatty acids. Fat-soluble vitamins in the smoothie's leafy greens (particularly vitamins K and E) need dietary fat for optimal absorption.

Avocado toast is a natural fit. Half an avocado (115 calories, 10g healthy fats) spread on whole grain toast creates textural contrast with the smoothie's liquid consistency. Avocado's creamy, mild flavour doesn't compete with the smoothie's complexity, while its monounsaturated fats support cardiovascular health and help you absorb carotenoids from the spinach and kale.

A small handful (28g) of mixed nuts and seeds—almonds, walnuts, pumpkin seeds, sunflower seeds—provides omega-3 fatty acids, vitamin E, and minerals like magnesium and zinc. The crunchy texture offers sensory contrast to the smoothie's smooth consistency, while the mild, nutty flavours complement rather than overwhelm the fruit-vegetable blend.

Coconut yoghurt bowls add another dimension. Unsweetened coconut yoghurt (full-fat) topped with berries, ground flaxseed, and a drizzle of tahini creates a probiotic-rich accompaniment. The medium-chain triglycerides in coconut provide quick energy, while the probiotics in fermented yoghurt support gut health—particularly valuable given the high fibre content in the smoothie that feeds beneficial gut bacteria.

Protein boosters for active lifestyles {#protein-boosters-for-active-lifestyles}

For athletes or highly active individuals, the smoothie's protein content may need supplementation to meet elevated needs (1.4–2.0g protein per kg body weight for active individuals). This aligns with Be Fit Food's high-protein philosophy that supports lean muscle preservation and metabolic health.

A savoury tofu scramble with turmeric, nutritional yeast, and vegetables provides 15–20g additional protein while offering a warm, satisfying contrast to the cold smoothie. The isoflavones in tofu support hormonal balance, while nutritional yeast adds B-vitamins (including B12 if fortified) often lacking in plant-based diets.

Homemade energy balls combining dates, oats, hemp protein powder, almond butter, and cacao nibs offer portable, concentrated nutrition. Two medium balls (around 10g protein) complement the smoothie while providing sustained energy from complex carbohydrates and healthy fats.

Marinated and baked tempeh provides fermented soy protein with a savoury, umami-rich profile that contrasts beautifully with the smoothie's sweetness. The fermentation process increases digestibility and creates probiotics, while the protein content (15–20g per 100g) significantly boosts the meal's amino acid profile.

Complementary Beverage Pairings {#complementary-beverage-pairings}

Herbal tea combinations {#herbal-tea-combinations}

Pairing the smoothie with specific herbal teas creates layered wellness benefits while offering temperature and flavour contrast.

A warm cup of fresh ginger and turmeric tea (with black pepper to activate curcumin) consumed 15–20 minutes before the smoothie primes digestion and provides anti-inflammatory compounds. The warming spices complement the smoothie's mint while supporting nutrient absorption.

For those finding the smoothie's density challenging first thing in the morning, sipping warm peppermint tea beforehand soothes the digestive tract and brings out the smoothie's mint notes. Peppermint's carminative properties reduce bloating and support comfortable digestion of the high-fibre beverage.

Caffeine-free rooibos with warming spices (cinnamon, cardamom, cloves) offers antioxidant support without the jitters of caffeinated beverages. The sweet, slightly nutty profile works well with the smoothie's fruit elements while providing additional polyphenols for cellular health.

Strategic water enhancement {#strategic-water-enhancement}

While the smoothie provides hydration through its high water-content vegetables (cucumber, zucchini), additional fluid intake optimises digestion and nutrient transport.

Starting the morning with warm lemon water (before the smoothie) stimulates digestive enzymes and provides vitamin C that improves iron absorption from the spinach and kale. The citric acid also supports liver function and gentle detoxification.

For post-workout consumption, pairing the smoothie with coconut water replaces electrolytes lost through sweat while providing additional potassium. The natural sweetness complements the smoothie's fruit base without added sugars.

Plain sparkling mineral water infused with cucumber slices and fresh mint echoes the smoothie's flavour profile while providing minerals (magnesium, calcium) and making hydration more appealing for those who struggle with plain water.

Flavour Enhancement Through Strategic Additions {#flavour-enhancement-through-strategic-additions}

While the Super Green Protein Smoothie arrives as a complete formulation reflecting Be Fit Food's whole-food philosophy, you can explore thoughtful additions that enhance specific flavour dimensions or nutritional targets.

Superfood boosters {#superfood-boosters}

Spirulina or chlorella powder (1 teaspoon): These blue-green algae intensify the green profile while adding concentrated protein, B-vitamins, and iron. The slightly seaweed-like flavour integrates seamlessly with the existing vegetable base.

Maca powder (1–2 teaspoons): This adaptogenic root adds subtle butterscotch notes that complement the fruit sweetness while supporting energy and hormonal balance. Particularly valuable for those using the smoothie as pre-workout fuel.

Ground flaxseed (1 tablespoon): Stirring in freshly ground flaxseed increases omega-3 content and adds lignans (phytoestrogens with potential cancer-protective properties). The mild, nutty flavour doesn't disrupt the existing profile.

Aromatic enhancers {#aromatic-enhancers}

Fresh ginger (thumbnail-sized piece, grated): Adding fresh ginger intensifies the warming, digestive-supportive properties while providing a spicy kick that balances the sweetness. Particularly effective for those who find the smoothie too sweet or prefer more complex flavour profiles.

Cacao nibs or powder (1 tablespoon): Unsweetened cacao adds antioxidant flavonoids and creates a "chocolate-mint" dimension that transforms the smoothie into a more indulgent experience without compromising nutritional integrity—consistent with Be Fit Food's no-added-sugar standard.

Vanilla extract or powder (1/4 teaspoon): A small amount of pure vanilla extract rounds out the flavour profile and increases perceived sweetness without added sugars, making the smoothie more dessert-like for those transitioning from less healthy breakfast options.

Occasion-Based Pairing Strategies {#occasion-based-pairing-strategies}

Pre-workout fuel {#pre-workout-fuel}

Consuming the smoothie 45–60 minutes before exercise provides readily available carbohydrates from fruit alongside sustained protein release from faba beans. Pair with:

- One medium banana: Adds quick-digesting carbohydrates and potassium for muscle function
- One tablespoon almond butter: Provides sustained energy from healthy fats without digestive heaviness
- Pinch of Himalayan salt: Replaces sodium that will be lost through sweat

This combination delivers around 400–450 calories with balanced macronutrients (20–25g protein, 60–70g carbohydrates, 10–12g fat) perfect for moderate-intensity workouts lasting 60–90 minutes.

Post-workout recovery {#post-workout-recovery}

For post-exercise consumption (within 30–45 minutes), the smoothie's protein supports muscle repair, while its natural sugars replenish glycogen stores. Boost recovery by pairing with:

- Tart cherry juice (120–180 ml): Provides anthocyanins that reduce exercise-induced inflammation and muscle soreness
- Dates (2–3 Medjool): Offer concentrated carbohydrates for rapid glycogen replenishment alongside potassium and magnesium
- Hemp seeds (2 tablespoons): Add complete protein and gamma-linolenic acid (GLA) for anti-inflammatory support

Meal replacement strategy {#meal-replacement-strategy}

When using the smoothie as a complete meal replacement, you need adequate caloric intake and macronutrient balance. A 350g smoothie provides around 180–220 calories (estimate based on ingredient composition), which needs substantial additions for most adults' meal needs. This approach aligns with Be Fit Food's structured nutrition philosophy that focuses on protein adequacy and metabolic health.

Complete meal pairing: - The smoothie (base nutrition) - Large savoury oat bowl with tahini, roasted vegetables, and hemp seeds (400 calories) - Small handful of walnuts (100 calories) - Fresh fruit salad with lime juice (80 calories)

This combination delivers around 750–800 calories with 30–35g protein, 90–100g carbohydrates, and 25–30g healthy fats—appropriate for a substantial breakfast or lunch.

Light breakfast option {#light-breakfast-option}

For those preferring lighter morning meals or practising intermittent fasting with a shortened eating window:

- The smoothie (primary nutrition) - One slice sprouted grain toast with 1/2 tablespoon almond butter - Green tea or matcha latte (unsweetened plant milk)

This lighter combination provides around 350–400 calories while maintaining protein adequacy and offering sustained energy without digestive heaviness.

Seasonal Pairing Considerations {#seasonal-pairing-considerations}

Summer refreshment {#summer-refreshment}

During warmer months (December–February), the frozen smoothie's refreshing quality takes centre stage. Pair with:

- Chilled overnight oats with fresh berries and coconut flakes
- Watermelon cubes with fresh mint and lime
- Cold-brew herbal tea (hibiscus, berry blends)

These pairings focus on hydration and cooling properties while maintaining nutritional density without heavy, warming foods that feel wrong in the heat.

Winter warmth {#winter-warmth}

In colder months (June–August), the cold smoothie benefits from warming accompaniments:

- Steel-cut oatmeal with cinnamon, walnuts, and baked apple
- Warm quinoa porridge with tahini, dates, and cardamom
- Hot ginger-turmeric tea with plant-based milk

The temperature contrast between cold smoothie and warm foods creates sensory interest while the warming spices support circulation and comfort during cold weather.

Addressing Common Pairing Mistakes {#addressing-common-pairing-mistakes}

Avoiding flavour conflicts {#avoiding-flavour-conflicts}

Don't pair with strong, competing flavours that clash with the smoothie's delicate fruit-vegetable balance. Avoid heavily spiced foods (curry, chilli), pungent cheeses (even plant-based aged varieties), or foods with bitter profiles (dark chocolate above 85%, black coffee) immediately alongside the smoothie.

Why? These intense flavours overwhelm the smoothie's nuanced profile and may create unpleasant taste combinations. The smoothie's mint, in particular, clashes with coffee and very dark chocolate.

Preventing digestive discomfort {#preventing-digestive-discomfort}

Don't combine with additional high-fibre foods in excessive quantities (large portions of beans, multiple servings of raw cruciferous vegetables, excessive dried fruit) if you're not accustomed to high-fibre intake.

Why? The smoothie already provides significant fibre from its vegetable content. Dramatically increasing fibre intake without adequate hydration and gradual adaptation can cause bloating, gas, and digestive discomfort. Build fibre tolerance gradually over 2–3 weeks.

Managing blood sugar response {#managing-blood-sugar-response}

Don't pair exclusively with additional high-sugar fruits or sweetened foods without protein and fat to moderate glucose response.

Why? While the smoothie contains natural fruit sugars, pairing it only with additional fruit (fruit salad, dried fruit, fruit juice) creates a high-glycaemic meal that may cause energy crashes. Always include protein, healthy fats, or complex carbohydrates to stabilise blood sugar—a principle central to Be Fit Food's low-carb, high-protein approach to metabolic health.

Dietary Restriction Adaptations {#dietary-restriction-adaptations}

Gluten-free pairings {#gluten-free-pairings}

The smoothie itself contains no gluten-containing ingredients, making it naturally suitable for coeliac disease and gluten sensitivity. Pair with certified gluten-free whole grains (quinoa, buckwheat, certified GF oats) and naturally gluten-free foods (fruits, vegetables, nuts, seeds). This reflects Be Fit Food's commitment to around 90% of their menu being certified gluten-free with strict ingredient selection and manufacturing controls.

Nut-free considerations {#nut-free-considerations}

The smoothie's allergen statement includes "may contain tree nuts" because of manufacturing cross-contact. For those with severe nut allergies requiring complete avoidance, this product may not be suitable. For those with mild sensitivities who can tolerate cross-contact risk, pair with nut-free alternatives:

- Sunflower seed butter instead of nut butters - Tahini (sesame seed paste) for healthy fats - Pumpkin seeds and hemp seeds instead of almonds and walnuts

Low-FODMAP modifications {#low-fodmap-modifications}

For individuals with irritable bowel syndrome following low-FODMAP protocols, the smoothie contains several high-FODMAP ingredients (apple, pineapple). If tolerated in small amounts, pair with low-FODMAP options:

- Firm tofu scramble - Gluten-free sourdough toast (fermentation reduces FODMAPs) - Strawberries, blueberries, or oranges (low-FODMAP fruits) - Macadamia nuts or pecans (low-FODMAP nuts)

Storage and Preparation Timing for Optimal Pairing {#storage-and-preparation-timing-for-optimal-pairing}

The Super Green Protein Smoothie arrives frozen and needs thawing before consumption. Strategic timing ensures optimal texture and temperature for various pairing scenarios, consistent with Be Fit Food's snap-frozen delivery system designed for quality and convenience.

Overnight refrigerator thaw: Remove from freezer 8–12 hours before consumption (evening before for morning use). This method provides the smoothest texture and most integrated flavour profile. Perfect when pairing with room-temperature or warm foods (oatmeal, toast, scrambles).

Quick-thaw method: Submerge sealed bottle in room-temperature water for 30–45 minutes, changing water halfway through. Provides faster thawing while maintaining quality. Suitable when pairing with cold accompaniments (overnight oats, chia pudding).

Partial thaw for thickness: Thaw only 60–70% for a thicker, spoonable consistency. Pair with crunchy toppings (granola, nuts, seeds) that you can eat with a spoon, transforming the smoothie into a smoothie bowl experience.

Expert Tips for Pairing Success {#expert-tips-for-pairing-success}

Taste progression matters. Consume lighter, more delicate flavours first, progressing to stronger tastes. If pairing with savoury tofu scramble, drink a portion of the smoothie first to cleanse the palate, eat the scramble, then finish the smoothie. This prevents savoury flavours from overwhelming the smoothie's subtle fruit notes.

Temperature variation keeps things interesting. Alternate between cold smoothie sips and warm food bites to create sensory interest and prevent palate fatigue. This technique makes meals more satisfying and memorable.

Mindful consumption is key. Given the smoothie's liquid form, it's easily consumed quickly without adequate chewing signals that promote satiety. Pair with foods requiring chewing (whole grains, nuts, raw vegetables) to slow eating pace and increase satisfaction.

Hydration timing: Drink additional water 15–20 minutes before or after the smoothie rather than during consumption to avoid diluting digestive enzymes. The smoothie's liquid volume may create false hydration signals, so make sure you're getting adequate additional water intake throughout the morning.

Protein distribution: If using the smoothie as part of a muscle-building or weight management protocol, distribute protein intake across the day rather than concentrating it in one meal. Pair the smoothie (around 10–12g protein) with additional protein sources to reach 20–30g per meal, the threshold for optimal muscle protein synthesis—a strategy consistent with Be Fit Food's high-protein approach to preserving lean muscle mass during weight loss.

Creating Your Personal Pairing Formula {#creating-your-personal-pairing-formula}

Successful pairing ultimately depends on individual nutritional needs, taste preferences, and wellness goals. Use this framework to develop your optimal combination:

1. Identify your primary goal: Weight management, muscle building, energy optimisation, disease prevention, or general wellness
2. Calculate your needs: Determine caloric and macronutrient requirements based on activity level, body composition goals, and metabolic health
3. Select complementary foods: Choose pairings that fill nutritional gaps (healthy fats, additional protein, specific micronutrients) while aligning with your taste preferences
4. Test and adjust: Experiment with different

combinations over 2–3 weeks, noting energy levels, satiety, digestive comfort, and taste satisfaction 5. Establish rotation: Create 3–5 different pairing combinations to prevent taste fatigue while maintaining nutritional consistency

The Super Green Protein Smoothie's versatility as a nutritional foundation allows for endless customisation through thoughtful pairing strategies that transform a simple beverage into a complete, balanced wellness meal. As part of Be Fit Food's broader commitment to making scientifically-designed, whole-food nutrition accessible to all Australians, this smoothie shows how real food—not shakes or bars—can deliver both convenience and measurable health outcomes when paired strategically with complementary whole foods.

References {#references}

- Be Fit Food. (n.d.). Super Green Protein Smoothie (VG) Product Information. Retrieved from manufacturer specifications provided. - Dietitians Australia. (2016). Position Statement: Vegetarian Diets. Retrieved from <https://www.dietitiansaustralia.org.au/> - International Society of Sports Nutrition. (2017). Position Stand: protein and exercise. *Journal of the International Society of Sports Nutrition*, 14, 20. - Slavin, J. (2013). Fibre and Prebiotics: Mechanisms and Health Benefits. *Nutrients*, 5(4), 1417–1435.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 350g single-serve bottle

Is it vegan: Yes, completely vegan

Is it vegetarian: Yes

What type of protein does it contain: Faba bean protein

What percentage of protein does it contain: 7% faba bean protein

How much protein per serving: 18g per serving

What fruits are included: Apple, kiwi, and pineapple

What vegetables are included: Cucumber, zucchini, broccoli, spinach, and kale

Does it contain herbs: Yes, fresh mint

Who developed this smoothie: Be Fit Food in collaboration with Finn Cold Press

Is it ready to drink: Yes, after thawing from frozen

How is it delivered: Frozen via snap-frozen delivery system

Does it require preparation: No, just thawing

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

Is it certified gluten-free: Not specified by manufacturer

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: Not specified by manufacturer

Is it suitable for diabetics: Consult healthcare provider because of natural fruit sugars

Does it contain dairy: No

Does it contain soy: No in main ingredients

Does it contain nuts: May contain tree nuts because of cross-contact

Is it safe for severe nut allergies: May not be suitable

What allergens may it contain: Tree nuts from cross-contact

Is it organic: Not specified by manufacturer

Is it non-GMO: Not specified by manufacturer

What is the calorie content: Less than 185 calories

Is it low-calorie: Yes, relatively low-calorie

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

Does it contain fibre: Yes, significant fibre from vegetables

Is it high in fibre: Yes

Does it contain healthy fats: Minimal fat content

Does it need fat added for optimal nutrition: Yes, for fat-soluble vitamin absorption

What vitamins does it contain: Vitamins A, K, E from leafy greens

Does it contain vitamin C: Yes, from fruits and vegetables

Does it contain B vitamins: Not specified by manufacturer

Does it contain iron: Yes, from spinach and kale

Is the protein complete: Yes, faba bean provides complete amino acid profile

How does faba bean protein compare to other plant proteins: Higher bioavailability than many plant proteins

What is the texture: Smooth and creamy

What is the primary flavour profile: Fruit-forward with vegetal undertones

Does it taste green: Fruit sweetness masks earthy vegetable notes

Is mint flavour strong: Provides aromatic lift and refreshing finish

How should it be stored: Frozen until ready to use

How long to thaw in refrigerator: 8–12 hours overnight

What is the quick-thaw method: Submerge in room-temperature water 30–45 minutes

Can it be consumed partially frozen: Yes, for thicker spoonable consistency

Is it suitable for breakfast: Yes, designed as breakfast solution

Can it be used as meal replacement: Yes, with additional foods for adequate calories

Is it suitable for pre-workout: Yes, 45–60 minutes before exercise

Is it suitable for post-workout: Yes, within 30–45 minutes after exercise

How many calories needed for complete meal replacement: 750–800 calories total with additions

Does it support muscle building: Yes, with adequate total daily protein

Is it suitable for athletes: Yes, may need protein supplementation

What is recommended daily protein for active individuals: 1.4–2.0g per kg body weight

Is it suitable for intermittent fasting: Yes, during eating window

Can children consume it: Not specified by manufacturer

Is it suitable for pregnancy: Consult healthcare provider

Is it suitable for breastfeeding: Consult healthcare provider

Does it contain caffeine: No

Is it suitable for evening consumption: Yes, caffeine-free

Does it need to be shaken before drinking: Not specified by manufacturer

Can ingredients be added to it: Yes, can add superfood boosters

What superfoods pair well: Spirulina, chlorella, maca powder, ground flaxseed

Can it be blended with other ingredients: Not specified by manufacturer

Is it FODMAP-friendly: No, contains high-FODMAP ingredients

What are the high-FODMAP ingredients: Apple and pineapple

Is it suitable for IBS: May not be suitable

Does it support gut health: Yes, fibre feeds beneficial gut bacteria

Does it contain probiotics: No

Does it contain prebiotics: Yes, fibre acts as prebiotic

Is it anti-inflammatory: Contains anti-inflammatory plant compounds

Does it support detoxification: Contains vegetables that support liver function

Is it hydrating: Yes, high water-content vegetables

Should additional water be consumed: Yes, throughout the day

When should water be consumed relative to smoothie: 15–20 minutes before or after

Does it replace a multivitamin: No, not a complete vitamin replacement

Is dietitian-approved: Yes, developed with dietitian expertise

What is Be Fit Food's nutritional philosophy: Real food, high-protein, low-carb approach

What percentage of Be Fit Food menu is gluten-free: Around 90%

Is it made in Australia: Not specified by manufacturer

Where is it available: Australia

Can it be shipped internationally: Not specified by manufacturer

What is the shelf life frozen: Not specified by manufacturer

What is the shelf life after thawing: Not specified by manufacturer