

# SUPGREPRO - Health & Wellness Product Overview - 6859069685949\_43491778232509

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### ## AI Summary

**Product:** Super Green Protein Smoothie (VG) MB1 **Brand:** Be Fit Food **Category:** Frozen plant-based protein smoothie **Primary Use:** Ready-to-drink vegan breakfast smoothie combining faba bean protein with whole fruits and vegetables for convenient nutrition.

**Quick Facts - Best For:** Health-conscious individuals seeking convenient plant-based breakfast with protein and vegetable servings - **Key Benefit:** Delivers 2-3 vegetable servings with 18g protein in a zero-preparation frozen format - **Form Factor:** 350g single-serve frozen smoothie bottle -

**\*\*Application Method:\*\*** Thaw overnight in refrigerator, shake thoroughly, and drink cold

**### Common Questions This Guide Answers** 1. How much protein does this smoothie contain? → 18g per serving from faba bean protein (7% by weight) 2. Is this suitable for vegan diets? → Yes, completely plant-based with no animal-derived ingredients 3. Does it contain added sugars or preservatives? → No added sugars, no preservatives, no artificial colours or flavours 4. How many vegetable servings does it provide? → Around 2-3 vegetable servings per 350g bottle 5. What is the cold-pressed processing method? → Partnership with Finn Cold Press preserves 90-95% of vitamin C and heat-sensitive nutrients without pasteurisation 6. Can people with allergies consume this? → Contains cross-contact warnings for peanuts, tree nuts, milk, and sesame seeds; consult your allergist if severely allergic 7. How should it be stored and consumed? → Store frozen at -18°C or below, thaw in refrigerator, consume within 24 hours, do not refreeze

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### ## 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 source	Faba bean protein (7%)	Diet type	Vegan (VG)
Protein content	18g per serving	Carbohydrate content	18g per serving	Calories	Less than 185 per serving
Ingredients	Apple, Cucumber, Kiwi, Pineapple, Courgette, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint				
Allergen warnings	May contain peanuts, tree nuts, milk, sesame seeds				
Processing method	Cold-pressed (Finn Cold Press)				
Storage	Frozen at -18°C or below				
Shelf life after thawing	Consume within 24 hours, refrigerate at 4°C				
Artificial additives	No artificial colours or flavours				
Added sugars	None				
Preservatives	None				

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### ## Label Facts Summary {#label-facts-summary}

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

### ### Verified Label Facts

Be Fit Food's Super Green Protein Smoothie (VG) MB1 is priced at \$13.55 AUD and currently in stock. The product carries GTIN 09358266000359 and comes in a 350-gram single-serve format. The smoothie uses faba bean protein at 7% concentration as its protein source and is designated as vegan (VG).

Each serving delivers 18 grams of protein alongside 18 grams of carbohydrates, totalling less than 185 calories per serving. The ingredient list includes Apple, Cucumber, Kiwi, Pineapple, Courgette, Faba Bean Protein (7%), Broccoli, Spinach, Kale, and Mint. The product may contain peanuts, tree nuts, milk, and sesame seeds due to cross-contact in manufacturing facilities.

The smoothie uses cold-pressed processing through Finn Cold Press and requires frozen storage at -18°C or below. After thawing, consume the product within 24 hours whilst keeping it refrigerated at 4°C. The formula contains no artificial colours or flavours, no added sugars, and no preservatives. Do not refreeze after thawing.

### ### General Product Claims

This ready-to-drink frozen breakfast solution combines plant-based protein with whole-food fruit and vegetable nutrition. The smoothie provides a nutritionally dense breakfast option requiring zero preparation beyond thawing, offering convenient access to complete protein and phytonutrient-rich vegetables. The product suits plant-based diets whilst meeting protein needs.

The formulation supports muscle maintenance, helps you feel fuller for longer, and supports metabolic function. The cold-pressed methodology preserves nutrient integrity without preservatives, maintaining enzyme activity and vitamin content. This smoothie works as both meal replacement and functional food, supporting daily vegetable intake targets.

The product provides around 2-3 vegetable servings per bottle, delivering approximately 6-7 grams protein from faba bean content (calculated). Apple contributes soluble fibre (pectin) for digestive health. Cucumber delivers hydration and contributes silica and vitamin K. Kiwi provides exceptional vitamin C density (around 64mg per kiwi) and contains actinidin enzyme aiding protein digestion.

Pineapple adds bromelain with anti-inflammatory properties. Courgette provides B-vitamins (especially folate) and potassium. Broccoli contributes sulforaphane for cellular antioxidant defence. Spinach provides non-heme iron, magnesium, and lutein, contributing 15-20% of daily magnesium requirements. Kale delivers vitamin K1 (80-100 micrograms per cup). Mint provides menthol and rosmarinic acid for digestive comfort.

Faba bean protein provides a complete amino acid profile and contains both fast and slow-digesting protein components, supporting sustained amino acid availability. The protein source contributes fibre, iron, folate, and resistant starch. Vitamin C increases non-heme iron absorption by up to 300%.

The smoothie provides around 8-12 grams dietary fibre (25-40% of daily intake), supports blood sugar stability, and reduces mid-morning hunger. The formula possesses high ORAC (antioxidant) value. Sulforaphane supports cardiovascular health markers. Bromelain reduces inflammation markers.

HPP-treated smoothies retain 90-95% of vitamin C compared to 60-70% retention in heat-pasteurised products. The cold-pressed method preserves natural colour compounds indicating nutrient preservation. Frozen vegetables often retain superior nutrient content to "fresh" produce stored and transported over days.

The product supports compliance through consistent portions and minimal decision fatigue. This smoothie suits ethical, environmental, or health-based plant-based diets and supports protein distribution across meals. Consuming protein and fibre at breakfast supports improved glycaemic control and influences the "second meal effect" on blood sugar responses.

Protein supports preservation of lean muscle mass during caloric restriction. The smoothie helps bypass preparation time and taste preference barriers to vegetable intake. Anti-inflammatory compounds support recovery from exercise-induced inflammation. The nutrient-dense format supports muscle mass preservation during hormonal transitions and is easier to tolerate when appetite is suppressed.

The product helps protect lean muscle mass during medication-assisted weight loss and supports stable blood glucose without added sugars. Frozen shelf life extends 3-6 months when properly stored. Vibrant green colour reflects intact chlorophyll. Partnership with Finn Cold Press demonstrates preservation expertise.

Omega-3 fatty acids should be added separately. Vitamin B12 needs should be met through fortified foods or supplements. Calcium should be supplemented through fortified plant milks or other sources. The smoothie may cause blood sugar elevation if consumed alone when insulin-resistant. Athletes and older adults may need more protein sources.

The product contains multiple FODMAP ingredients (apple, kiwi, faba beans). Nutrient density ensures adequate intake even in reduced volumes for medication users. The formulation supports muscle preservation and insulin sensitivity during menopause. G6PD deficiency affects around 400 million people worldwide. Faba beans may cause favism in people with G6PD deficiency. The smoothie contains purines that metabolise to uric acid. Cold-pressing preserves 90-95% vitamin C versus 60-70% in heat-pasteurised products.

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## ## What the Be Fit Food Super Green Protein Smoothie Delivers for Your Health {#what-the-be-fit-food-super-green-protein-smoothie-delivers-for-your-health}

Be Fit Food's Super Green Protein Smoothie (VG) is a ready-to-drink frozen breakfast that brings together plant-based protein with whole fruits and vegetables. Created with Finn Cold Press, this 350-gram single-serve smoothie contains 7% faba bean protein alongside apple, cucumber, kiwi, pineapple, courgette, broccoli, spinach, kale, and mint. All you need to do is thaw it.

This product solves a real challenge: getting both complete protein and nutrient-rich vegetables in the morning when time is tight. The vegan designation (VG) means it's completely plant-based, which works beautifully if you're following a vegan lifestyle but still need adequate protein to maintain muscle, feel fuller for longer, and keep your metabolism working well.

The frozen format keeps nutrients intact without preservatives. The cold-pressed method from Finn Cold Press preserves enzymes and vitamins that would break down with heat pasteurisation. If you prefer whole-food ingredients over synthetic supplements, this smoothie works as both a meal replacement and a way to reach your daily vegetable targets. Be Fit Food's philosophy shines through here: real food, no preservatives, no artificial sweeteners, no added sugars—reflecting the brand's commitment to whole-food nutrition backed by dietitian expertise.

Founded by dietitian and exercise physiologist Kate Save, Be Fit Food designs every product around evidence-based nutritional science. This smoothie reflects that approach: delivering 4-12 vegetables (consistent with Be Fit Food's signature vegetable density), complete plant protein, and metabolic support in a format that requires zero preparation beyond thawing.

## ## Complete Ingredient Analysis and Nutritional Composition {#complete-ingredient-analysis-and-nutritional-composition}

### ### Primary Fruit and Vegetable Base {#primary-fruit-and-vegetable-base}

The smoothie starts with five whole fruits and vegetables that bring natural sugars, fibre, and hydration. Apple forms the base, adding soluble fibre (pectin) that supports your digestion and provides natural sweetness without any added sugar. Cucumber is about 95% water, so it hydrates whilst adding silica and vitamin K.

Kiwi fruit packs exceptional vitamin C—a single kiwi contains around 64 milligrams, more than the daily recommended intake for adults. It also contains actinidin, an enzyme that supports protein digestion, which pairs beautifully with the faba bean protein. Pineapple adds bromelain, another enzyme with documented anti-inflammatory benefits, plus manganese and more vitamin C.

Courgette adds volume and creaminess without overpowering the flavour. It brings B-vitamins (especially folate) and potassium. Its mild taste allows the green vegetables to blend in without making the smoothie too bitter.

### ### Green Vegetable Powerhouse Components {#green-vegetable-powerhouse-components}

The smoothie includes three cruciferous and leafy greens that pack concentrated nutrients. Broccoli contributes sulforaphane, a sulphur compound formed when the enzyme myrosinase meets glucoraphanin during blending. Research in the Journal of Agricultural and Food Chemistry shows that sulforaphane activates your body's Nrf2 pathway, which supports your cells' defence against oxidative stress.

Spinach brings non-heme iron, magnesium, and lutein—a carotenoid that accumulates in your retina and supports eye health. A 350-gram smoothie with spinach gives you around 15-20% of your daily magnesium needs, which supports over 300 enzymatic reactions including energy production and muscle function.

Kale delivers vitamin K1 (phylloquinone) in impressive amounts—a single cup of raw kale contains around 80-100 micrograms, exceeding the adequate intake level of 90 micrograms for adult women and 120 micrograms for adult men. Vitamin K1 supports blood clotting and bone mineralisation.

Mint adds menthol and rosmarinic acid, which may ease digestion and provide mild antimicrobial effects. The aromatic quality also masks the bitterness from cruciferous vegetables, making it more enjoyable without needing sweeteners.

This combination of seven vegetables and fruits reflects Be Fit Food's commitment to vegetable density—the brand consistently incorporates 4-12 vegetables across its meal range to deliver concentrated micronutrients and phytonutrients that support metabolic health.

### ### Faba Bean Protein: Plant-Based Protein Source {#faba-bean-protein-plant-based-protein-source}

At 7% of the formula, faba bean protein (also called broad bean or fava bean protein) is the main protein source. Faba beans offer a complete amino acid profile with particularly high lysine content compared to other legumes, addressing a common gap in plant-based proteins.

Research in the Journal of Food Science and Technology shows that faba bean protein contains around 25-30% protein by dry weight, with good digestibility when properly processed. The protein includes both globulins (vicilin and legumin) and albumins, giving you both fast and slow-digesting protein for sustained amino acid availability.

For a 350-gram smoothie with 7% faba bean protein, that's about 24.5 grams of faba bean ingredient. Assuming 25-30% protein content in the isolate, the smoothie delivers around 6-7 grams of protein per serving. This supports muscle protein synthesis when you eat a balanced diet, though athletes or older adults with higher protein needs will want more protein sources throughout the day.

Faba beans also add fibre, iron, folate, and resistant starch—a prebiotic carbohydrate that ferments in your colon to produce short-chain fatty acids. These support gut barrier integrity and immune function, reflecting Be Fit Food's focus on whole-food ingredients that do more than just provide basic macros.

The protein content in this smoothie complements Be Fit Food's broader high-protein philosophy. Across the brand's Reset programs and meal range, protein is prioritised at every meal to support satiety, preserve lean muscle mass during weight loss, and maintain metabolic rate—especially important during caloric restriction, menopause, or medication-assisted weight management.

### ## Nutritional Benefits for Health and Wellness Goals {#nutritional-benefits-for-health-and-wellness-goals}

#### ### Micronutrient Density for Daily Vegetable Intake {#micronutrient-density-for-daily-vegetable-intake}

The combination of seven vegetables and fruits addresses a real challenge: most people don't eat enough vegetables. The Australian Dietary Guidelines recommend 5-6 servings of vegetables daily, yet the Australian Bureau of Statistics reports that only 7% of adults meet this target.

This smoothie gives you around 2-3 vegetable servings in a single 350-gram bottle, making a real difference in your daily targets. The variety ensures you get a broad spectrum of phytonutrients including carotenoids (beta-carotene, lutein), flavonoids (quercetin, kaempferol), and glucosinolates (sulforaphane precursors).

The vitamin C from kiwi, pineapple, and cruciferous vegetables supports collagen synthesis, immune function, and iron absorption from the faba beans. The non-heme iron from spinach and faba beans absorbs much better when you consume it with vitamin C-rich fruits in the same meal. Research in the American Journal of Clinical Nutrition shows vitamin C can increase non-heme iron absorption by up to 300%.

Be Fit Food's approach of incorporating 4-12 vegetables in meals extends to this smoothie, delivering nutrient density that supports metabolic health. The vegetable diversity also feeds your gut microbiome through varied fibre types and phytonutrients—an approach consistent with the brand's whole-food philosophy and the findings from Be Fit Food's peer-reviewed research showing that food-based meal plans preserve gut microbiome diversity better than supplement-based alternatives.

### ### Fibre Content for Digestive Health and Satiety {#fibre-content-for-digestive-health-and-satiety}

Whole fruits and vegetables provide both soluble and insoluble fibre with multiple health benefits. Soluble fibre from apples (pectin) and faba beans forms viscous gels in your digestive tract, slowing gastric emptying and helping you feel fuller for longer—important if you're using this smoothie as a breakfast meal replacement.

Insoluble fibre from vegetable cell walls (especially from kale, broccoli, and courgette) adds bulk to stool and keeps things moving regularly. The combination of fibre types also feeds beneficial gut bacteria, supporting microbiome diversity.

A 350-gram smoothie with these whole-food ingredients provides around 8-12 grams of dietary fibre, about 25-40% of the recommended daily intake of 25-30 grams. This fibre content, combined with protein and water, creates a breakfast that keeps your blood sugar stable and reduces mid-morning hunger compared to low-fibre alternatives.

If you're following Be Fit Food's structured programs, this fibre content contributes to the satiety and metabolic benefits that support sustainable weight management. The fibre comes from real vegetables, not added synthetic fibres, which reflects the brand's whole-food philosophy. Be Fit Food's Metabolism Reset and Protein+ Reset programs are designed around high-fibre, nutrient-dense meals that support fullness whilst maintaining controlled energy intake—usually 800-900 kcal/day for the Metabolism Reset and 1200-1500 kcal/day for the Protein+ Reset.

### ### Antioxidant and Anti-Inflammatory Compounds {#antioxidant-and-anti-inflammatory-compounds}

The green vegetables and fruits provide concentrated antioxidant compounds that neutralise reactive oxygen species (free radicals) produced during normal metabolism and environmental exposures. The ORAC (Oxygen Radical Absorbance Capacity) value of this smoothie is substantial given the inclusion of kale (one of the highest ORAC vegetables), spinach, and kiwi.

Sulforaphane from broccoli shows particularly well-researched health benefits. A 2019 systematic review in *Nutrients* journal concluded that sulforaphane consumption supports cardiovascular health markers, including reduced oxidative stress and improved endothelial function. The compound also shows neuroprotective properties through activation of cellular defence pathways.

Bromelain from pineapple provides proteolytic activity that may reduce inflammation markers. Clinical studies published in *Biomedical Reports* documented bromelain's ability to reduce C-reactive protein (CRP) levels and support recovery from exercise-induced muscle damage, making this smoothie especially relevant if you're active.

These anti-inflammatory properties complement Be Fit Food's broader approach to metabolic health, supporting reduced chronic low-grade inflammation associated with insulin resistance, cardiovascular disease, and metabolic syndrome. The brand's focus on whole foods, lower refined carbohydrates, and no added sugars creates an eating pattern that naturally supports reduced inflammation—a key factor in the metabolic improvements seen in Be Fit Food's clinical research and customer outcomes.

## ## Unique Features Supporting Health and Wellness {#unique-features-supporting-health-and-wellness}

### ### Cold-Pressed Processing Technology {#cold-pressed-processing-technology}

The collaboration with Finn Cold Press means this smoothie uses high-pressure processing (HPP) or traditional cold-pressing rather than heat pasteurisation. Cold-pressing applies mechanical pressure to extract juice and blend ingredients without introducing heat that would degrade heat-sensitive nutrients.

Vitamin C, B-vitamins (especially thiamin and folate), and enzymes (bromelain, actinidin) break down significantly at pasteurisation temperatures (72-85°C). Research in Food Chemistry shows that HPP-treated smoothies retain 90-95% of vitamin C compared to 60-70% retention in heat-pasteurised products.

The cold-pressed method also preserves the natural colour compounds (chlorophyll in greens, carotenoids in vegetables) that serve as visual indicators of nutrient preservation. The vibrant green colour of this smoothie reflects intact chlorophyll, which would turn olive-brown if exposed to high heat.

This processing approach reflects Be Fit Food's commitment to nutrient preservation and whole-food integrity. By partnering with specialised cold-press experts, Be Fit Food ensures that the nutritional value designed into the formula actually reaches you. The brand's broader manufacturing approach—snap-freezing meals immediately after preparation—follows the same principle: preserve nutrients, maintain quality, and deliver food that works as intended.

#### ### Frozen Format for Nutrient Preservation {#frozen-format-for-nutrient-preservation}

The frozen delivery system does more than just preserve the product. Freezing at -18°C or below stops enzymatic activity and microbial growth without chemical preservatives. This creates a clean ingredient label—only whole foods, no stabilisers, preservatives, or synthetic additives.

Research published in the Journal of Food Science shows that properly frozen fruits and vegetables often retain superior nutrient content compared to "fresh" produce that spends days in transportation and storage. Vitamin C, folate, and carotenoids remain stable during frozen storage when protected from light and oxygen.

The frozen format also gives you flexibility—thaw the smoothie overnight in the refrigerator for morning consumption or use rapid thawing methods when needed, without compromising food safety or quality.

Be Fit Food's snap-frozen delivery system extends beyond convenience to work as a compliance tool: consistent portions, consistent macros, minimal decision fatigue, and low spoilage. This smoothie represents the same snap-frozen approach applied to breakfast, supporting you to stick to your nutrition goals even during busy mornings. The brand's entire meal range is delivered frozen to your door, ensuring you always possess nutritionally balanced options on hand without the planning, shopping, or preparation barriers that derail most healthy eating attempts.

#### ### Vegan Formulation for Plant-Based Wellness {#vegan-formulation-for-plant-based-wellness}

The VG (vegan) designation confirms this smoothie contains no animal-derived ingredients, making it suitable if you're following plant-based diets for ethical, environmental, or health reasons. The exclusive use of faba bean protein rather than dairy-based whey or casein supports this positioning.

Plant-based diets, when properly planned, show associations with reduced risk of cardiovascular disease, type 2 diabetes, and certain cancers according to position papers from the Dietitians Association of Australia. Yet, adequate protein intake remains a common concern in plant-based eating patterns, especially at breakfast when many traditional options (eggs, yoghurt, milk) are excluded.

This smoothie addresses that gap by providing plant protein in a format that doesn't need cooking or preparation, supporting protein distribution across meals—a pattern associated with better muscle protein synthesis compared to protein-heavy dinners with protein-poor breakfasts.

If you're following Be Fit Food's vegetarian and vegan meal range, this smoothie provides a breakfast option that maintains the same nutritional standards and whole-food philosophy applied across the brand's offerings. Be Fit Food's vegan meals are designed to deliver adequate protein whilst meeting

the brand's low-carb, high-protein, nutrient-dense standards—addressing the common challenge of maintaining protein intake on plant-based diets without relying on processed meat alternatives or protein isolates alone.

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

### ### Cross-Contact Allergen Warnings {#cross-contact-allergen-warnings}

The product carries cross-contact warnings for peanuts, tree nuts, milk, and sesame seeds. These warnings mean that whilst these allergens aren't ingredients in the smoothie, the manufacturing facility processes other products containing these allergens, creating potential for trace cross-contamination.

If you experience severe allergies (anaphylactic reactions), even trace amounts of allergens can trigger responses. The presence of these warnings means you need to assess your individual risk tolerance in consultation with your allergist if you're allergic to peanut, tree nut, milk, or sesame.

The cross-contact with milk is especially relevant given the vegan designation—whilst the product contains no milk ingredients, if you're allergic to milk (distinct from lactose intolerance), you should note this warning. If you're following vegan diets for ethical rather than medical reasons, you may accept this cross-contact risk, whilst if you're allergic to milk, you may not.

Be Fit Food maintains transparent allergen labelling across its product range, enabling informed decision-making if you're managing food allergies and intolerances. You can contact Be Fit Food directly at their headquarters (2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia) for detailed manufacturing process information if you need specific allergen information. The brand's dietitian support team—included free with all Be Fit Food programs—can also provide personalised guidance on allergen management and meal selection.

### ### Faba Bean Considerations {#faba-bean-considerations}

Whilst faba beans provide excellent nutrition for most people, certain populations need awareness of specific considerations. If you experience G6PD deficiency (glucose-6-phosphate dehydrogenase deficiency), a genetic condition more common in Mediterranean, African, and Asian populations, you may experience favism—a haemolytic reaction to faba beans.

G6PD deficiency affects around 400 million people worldwide. If you possess known or suspected G6PD deficiency, you should consult healthcare providers before consuming faba bean-containing products.

Also, faba beans contain purines that metabolise to uric acid. If you're managing gout or hyperuricaemia and following low-purine diets, you should account for this when incorporating the smoothie into your eating pattern, though the 7% concentration makes this a relatively minor concern compared to high-purine foods like organ meats or certain seafood.

Be Fit Food's dietitian support team can provide personalised guidance if you're managing specific medical conditions or dietary restrictions, ensuring safe and effective integration of products into your individual health plans. The brand offers free 15-minute dietitian consultations to match customers with the right meal plans and address individual health considerations—a service that extends to all customers, not just those on structured Reset programs.

## ## Practical Usage for Wellness Routines {#practical-usage-for-wellness-routines}

### ### Optimal Consumption Timing and Methods {#optimal-consumption-timing-and-methods}

The smoothie's design as a breakfast item reflects research on meal timing and metabolic health. Consuming protein and fibre at breakfast supports improved glycaemic control throughout the day—a phenomenon called the "second meal effect" where breakfast composition influences blood sugar responses to subsequent meals.

For optimal nutrient absorption, consume the smoothie after thawing to a cold but liquid consistency (around 4-8°C). Thawing overnight in the refrigerator provides the most controlled method, preventing the separation that can occur with rapid thawing methods.

Shake the bottle thoroughly before drinking, as natural separation of fruit solids and liquid may occur during freezing and thawing. This ensures even distribution of the faba bean protein and vegetable components throughout the beverage.

If you're following Be Fit Food's structured Reset programs, this smoothie can work as a breakfast component when you want more variety, though you should consult with Be Fit Food's dietitian team to ensure it fits with your specific program requirements and daily macronutrient targets. The Metabolism Reset (800-900 kcal/day, 40-70g carbs/day) and Protein+ Reset (1200-1500 kcal/day) possess specific calorie and macro ranges, and the dietitian team can support you to understand how this smoothie fits within those parameters.

### ### Integration with Health and Wellness Goals {#integration-with-health-and-wellness-goals}

For weight management goals, this smoothie provides substantial volume and fibre that helps you feel fuller for longer whilst delivering concentrated nutrition. The protein content supports preservation of lean muscle mass during caloric restriction—essential for maintaining metabolic rate during weight loss.

If you're focused on increasing vegetable intake, consuming this smoothie gives you a significant portion of daily targets in a format that bypasses common barriers like preparation time and taste preferences. The fruit content masks vegetable bitterness that prevents some people from consuming adequate greens.

If you're an athlete or active individual, you can use this smoothie as a post-workout recovery option, with the protein supporting muscle repair and the fruit carbohydrates replenishing glycogen stores. The anti-inflammatory compounds from pineapple (bromelain) and cruciferous vegetables (sulforaphane) may support recovery from exercise-induced inflammation.

If you're a woman in perimenopause or menopause experiencing metabolic shifts, this smoothie's protein content supports muscle mass preservation whilst the lower natural sugar content (no added sugars) supports managing insulin sensitivity—important factors during hormonal transitions that affect body composition and metabolic health. Be Fit Food's meal range is designed specifically to address the metabolic challenges of menopause: higher protein to preserve lean muscle mass, lower carbohydrates to support insulin sensitivity, portion-controlled to match reduced metabolic rate, and rich in dietary fibre to support gut health and appetite regulation.

If you're using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, you may find this smoothie especially valuable. The smaller, nutrient-dense format is easier to tolerate when appetite is suppressed, whilst the protein content supports protecting lean muscle mass during medication-assisted weight loss. The fibre and whole-food carbohydrates support stable blood glucose without added sugars that could spike insulin levels. Be Fit Food's meal system is built to support medication users: high-protein meals preserve lean muscle mass, lower carbohydrates with no added sugar support glucose stability, portion-controlled meals match suppressed appetite, and nutrient density ensures adequate intake even in reduced volumes. The brand's free dietitian support can personalise protein targets, manage GI side effects, adjust portion sizes, and plan for long-term maintenance after reducing or stopping medication.

### ### Storage and Shelf Life Management {#storage-and-shelf-life-management}

Keep the smoothie in frozen storage at -18°C or below until you're ready to consume. Once thawed, consume within 24 hours and keep refrigerated at 4°C or below. Do not refreeze after thawing, as this compromises texture and may affect food safety.

The frozen shelf life is around 3-6 months for frozen smoothie products when maintained at proper temperature. Check the package date code for specific guidance.

Protect the product from freezer burn by ensuring the bottle remains sealed and minimising temperature fluctuations from frequent freezer door opening. Freezer burn doesn't create safety concerns but can affect texture and flavour quality.

Be Fit Food's snap-frozen delivery system ensures products arrive in optimal frozen condition. Transfer products to freezer storage immediately upon delivery to maintain nutrient integrity and food safety. The brand delivers to around 70% of Australian postcodes, with meals packed in insulated boxes with ice packs to maintain frozen temperatures during transit.

## Quality Indicators and Product Integrity {#quality-indicators-and-product-integrity}

### Visual and Sensory Quality Markers {#visual-and-sensory-quality-markers}

A properly preserved smoothie displays a vibrant green colour reflecting intact chlorophyll from the leafy greens. Olive-brown or dull colouring may indicate oxidation or improper storage temperature exposure.

The texture should be smooth and creamy when properly blended, though some natural pulp from whole fruits and vegetables is expected and desirable—this shows minimal processing and retention of beneficial fibre.

The aroma should be fresh and fruity with mint notes, without any fermented or "off" odours that would indicate microbial activity or spoilage. The cold-pressed format without preservatives means the product relies entirely on frozen storage for preservation.

These quality markers reflect Be Fit Food's commitment to whole-food integrity and nutrient preservation. The absence of artificial colours or flavours means the product's appearance and aroma directly show its nutritional quality. This transparency extends across Be Fit Food's entire meal range—the brand uses no artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners, ensuring that what you see is what you get: real food with real nutrients.

### Collaboration Significance with Finn Cold Press {#collaboration-significance-with-finn-cold-press}

The partnership with Finn Cold Press, a specialised cold-pressed juice company, brings expertise in preservation of raw juice nutrients and flavours. Cold-press specialists use hydraulic press technology that minimises oxidation compared to centrifugal juicing methods that introduce heat and air.

This collaboration suggests quality control focused on maintaining the "raw" characteristics of ingredients—preserving enzymes, vitamins, and flavour compounds that define premium cold-pressed products. The partnership also shows shared values around whole-food nutrition rather than synthetic supplementation.

Be Fit Food's approach to partnerships—selecting specialised manufacturers with shared values—ensures that product development maintains the nutritional standards and whole-food philosophy that define the brand. This smoothie represents the intersection of Be Fit Food's dietitian-led formulation expertise and Finn Cold Press's processing expertise. The brand's broader manufacturing partnerships reflect the same principle: Be Fit Food was the first meal delivery service to partner with CSIRO to co-create meals meeting the strict criteria of the CSIRO Low-Carb Diet, demonstrating the brand's commitment to institutional validation and scientific rigour in product development.

## Expert Recommendations for Maximizing Health Benefits {#expert-recommendations-for-maximizing-health-benefits}

### Complementary Nutrition Strategies {#complementary-nutrition-strategies}

Whilst this smoothie provides substantial nutrition, optimal health requires dietary diversity. Complement the smoothie with foods providing nutrients less abundant in this formula:

**\*\*Omega-3 fatty acids\*\***: Add ground flaxseed or chia seeds to the smoothie, or consume walnuts or algae-based omega-3 supplements separately. The smoothie contains minimal fat, and omega-3s support cardiovascular and cognitive health.

**\*\*Vitamin B12\*\***: As a vegan product, this smoothie does not provide vitamin B12, which occurs naturally only in animal products. If you're following plant-based diets, ensure adequate B12 through fortified foods or supplements.

**\*\*Calcium\*\***: Whilst greens provide some calcium, the quantities in this smoothie are modest. Ensure adequate calcium intake through fortified plant milks, tofu prepared with calcium sulphate, or supplements if needed.

Be Fit Food's free dietitian consultation service can support you to identify nutritional gaps and develop comprehensive eating strategies that incorporate this smoothie alongside other whole-food sources to meet your individual requirements. The brand's 15-minute personalised consultations with accredited dietitians—available to all customers—provide expert guidance on meal planning, nutrient adequacy, and program selection. This professional support distinguishes Be Fit Food from meal delivery services that simply ship food without ongoing nutritional guidance.

### Personalisation for Individual Health Goals {#personalisation-for-individual-health-goals}

**\*\*For blood sugar management\*\***: Consume the smoothie with a source of healthy fats (nuts, seeds, avocado) to further slow carbohydrate absorption and extend satiety. The natural fruit sugars, whilst accompanied by fibre, may cause blood sugar elevation if you're insulin-resistant when consumed alone.

**\*\*For higher protein needs\*\***: If you're an athlete, older adult, or recovering from illness, you may need more than the around 6-7 grams of protein this smoothie provides. Add plant-based protein powder, consume with nuts or nut butter, or ensure adequate protein at subsequent meals. Be Fit Food's Protein+ Reset program provides higher protein options if you're managing elevated requirements—the program is designed for active individuals and includes meals, snacks, and pre- and post-workout items delivering 1200-1500 kcal/day with optimised protein distribution.

**\*\*For digestive sensitivity\*\***: If you're managing IBS or FODMAP sensitivities, note that this smoothie contains multiple FODMAP-containing ingredients (apple, kiwi, faba beans). If you're following low-FODMAP protocols, consult with a dietitian before incorporating this product.

**\*\*For medication users\*\***: If you're taking GLP-1 medications, diabetes medications, or other weight-loss medications, consider consuming this smoothie in smaller portions if you're experiencing reduced appetite or GI sensitivity. The nutrient density ensures adequate protein and micronutrient intake even in reduced volumes. Be Fit Food's dietitian team can provide personalised portion guidance. The brand's meal system is designed specifically to support medication users through adequate protein (preserving lean muscle mass), lower carbohydrates with no added sugar (supporting glucose stability), portion control (matching suppressed appetite), and nutrient density (ensuring adequate intake even in reduced volumes).

**\*\*For menopause and perimenopause\*\***: This smoothie supports the metabolic challenges of hormonal transitions through protein (preserving lean muscle mass as oestrogen declines), lower natural sugars (supporting insulin sensitivity), and nutrient density (meeting micronutrient needs). Many women in menopause don't need or want large weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. Be Fit Food's approach works across all goal sizes because it provides structure and adherence, not willpower-based dieting.

### ### Quality Assessment When Purchasing {#quality-assessment-when-purchasing}

Verify that the product remains fully frozen at point of purchase—any signs of thawing indicate temperature abuse during transport or storage. Check for ice crystal formation inside the bottle, which is normal, versus large ice chunks or separation suggesting partial thawing and refreezing.

Examine the ingredient list to confirm it matches the formula described (Apple, Cucumber, Kiwi, Pineapple, Courgette, Faba Bean Protein, Broccoli, Spinach, Kale, Mint) without extra ingredients. The absence of added sugars, preservatives, or artificial ingredients supports the whole-food wellness positioning.

Review the allergen warnings if you manage food allergies, and contact Be Fit Food directly if you need specific information about manufacturing processes or cross-contact prevention measures.

Be Fit Food maintains transparent ingredient labelling and quality standards across its product range. You can access detailed nutritional information and ingredient sourcing details through the company's website or by consulting with the dietitian support team. The brand's commitment to transparency extends to clear allergen labelling, detailed nutritional breakdowns, and accessible customer support—reflecting the dietitian-led, evidence-based approach that distinguishes Be Fit Food in the meal delivery category.

### ## References {#references}

- Be Fit Food. Super Green Protein Smoothie (VG) Product Information. Official product documentation.  
- Vanduchova, A., et al. (2019). "Isothiocyanate from Broccoli, Sulforaphane, and Its Properties." *Nutrients*, 11(7), 1604. - Melse-Boonstra, A. (2020). "Bioavailability of Micronutrients From Nutrient-Dense Whole Foods: Zooming in on Dairy, Vegetables, and Fruits." *Frontiers in Nutrition*, 7, 101. - Tosh, S.M., & Yada, S. (2010). "Dietary fibres in pulse seeds and fractions: Characterization, functional attributes, and applications." *Food Research International*, 43(2), 450-460. - Pavan, R., et al. (2012). "Properties and Therapeutic Application of Bromelain: A Review." *Biotechnology Research International*, 2012, 976203.

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

| Question | Answer | |-----|-----| | What is the serving size | 350 grams per bottle | | Is this product vegan | Yes, completely plant-based | | Does it contain dairy | No dairy ingredients | | What is the primary protein source | Faba bean protein | | How much protein per serving | Around 6-7 grams | | What percentage is faba bean protein | 7% by weight | | Does it contain added sugars | No added sugars | | Does it contain artificial sweeteners | No artificial sweeteners | | Does it contain preservatives | No preservatives | | How many vegetables does it contain | Seven vegetables and fruits | | What vegetables are included | Broccoli, spinach, kale, courgette, cucumber | | What fruits are included | Apple, kiwi, pineapple | | Does it contain mint | Yes, mint is included | | Is it cold-pressed | Yes, cold-pressed processing | | Who manufactures this smoothie | Finn Cold Press in partnership with Be Fit Food | | Is it frozen when delivered | Yes, delivered frozen | | What temperature should it be stored at | -18°C or below | | How should it be thawed | Overnight in refrigerator recommended | | Can it be refrozen after thawing | No, do not refreeze | | How long does it last after thawing | Consume within 24 hours | | What is the frozen shelf life | Around 3-6 months | | Does it need refrigeration after thawing | Yes, keep at 4°C or below | | How many vegetable servings does it provide | Around 2-3 servings | | How much fibre does it contain | Around 8-12 grams | | What percentage of daily fibre is this | About 25-40% of recommended intake | | Does it contain vitamin C | Yes, from kiwi and pineapple | | Does it contain vitamin K | Yes, especially from kale | | Does it contain iron | Yes, non-heme iron from spinach and faba beans | | Does it contain magnesium | Yes, around 15-20% of daily requirements | | Does it contain vitamin B12 | No vitamin B12 | | Does it contain omega-3 fatty acids | Minimal omega-3 content | | Does it contain calcium | Modest amounts from greens | | Is it suitable for weight loss | Yes, as part of

balanced diet | | Does it support satiety | Yes, due to protein and fibre content | | Is it suitable for breakfast | Yes, designed as breakfast option | | Can it be used as meal replacement | Yes, can work as meal replacement | | Is it suitable for post-workout recovery | Yes, supports muscle repair | | Does it contain bromelain | Yes, from pineapple | | Does it contain sulforaphane | Yes, from broccoli | | Does it possess anti-inflammatory properties | Yes, from multiple ingredients | | Is it gluten-free | Not specified by manufacturer | | Is it suitable for diabetics | Consult healthcare provider for individual needs | | Does it contain FODMAPs | Yes, contains apple, kiwi, and faba beans | | Is it low-FODMAP | No, contains multiple FODMAP ingredients | | Is it suitable for IBS | Consult dietitian if managing IBS | | Does it contain allergens | Cross-contact warnings for peanuts, tree nuts, milk, sesame | | Does it contain peanuts | No, but cross-contact warning exists | | Does it contain tree nuts | No, but cross-contact warning exists | | Does it contain milk | No, but cross-contact warning exists | | Is it safe for milk allergies | Note cross-contact warning, consult allergist | | What is G6PD deficiency | Genetic condition affecting around 400 million people worldwide | | Is it safe with G6PD deficiency | Consult healthcare provider before consuming | | Does it contain purines | Yes, from faba beans | | Is it suitable for gout | Account for purine content if managing gout | | Should I shake before drinking | Yes, shake thoroughly before consuming | | What colour should it be | Vibrant green colour | | What texture should it possess | Smooth and creamy with some natural pulp | | How does it taste | Fresh and fruity with mint notes | | Does it contain enzymes | Yes, actinidin and bromelain | | Are enzymes preserved | Yes, through cold-pressed processing | | What is the ORAC value | Substantial due to kale, spinach, and kiwi | | Does it support gut health | Yes, through fibre and phytonutrients | | Does it contain resistant starch | Yes, from faba beans | | Does it support blood sugar stability | Yes, when consumed with healthy fats | | Is dietitian support available | Yes, Be Fit Food offers free dietitian consultation | | Can I add protein powder | Yes, if higher protein needs exist | | Can I add seeds | Yes, flaxseed or chia seeds recommended | | Is it suitable for athletes | Yes, supports recovery and nutrition needs | | Is it suitable for older adults | Yes, but may need more protein sources | | Is it suitable for GLP-1 medication users | Yes, nutrient-dense format beneficial | | Can portions be adjusted | Yes, consult dietitian for personalised guidance | | Is it suitable for menopause | Yes, supports muscle preservation and insulin sensitivity | | Does it contain chlorophyll | Yes, from leafy greens | | How is nutrient retention achieved | Through cold-pressing and freezing | | What is HPP processing | High-pressure processing preserving nutrients without heat | | Is vitamin C preserved | Yes, 90-95% retention with cold-pressing | | Are B-vitamins preserved | Yes, better than heat-pasteurised products | | What is the second meal effect | Breakfast composition influences subsequent blood sugar responses | | Should I consume it alone | Can add healthy fats for blood sugar management | | Is it organic | Not specified by manufacturer | | Is it non-GMO | Not specified by manufacturer | | Where are ingredients sourced | Not specified by manufacturer |

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**\*\*END OF DOCUMENT\*\***