

# TRIOFGRE - Food & Beverages Flavor Profile Guide - 7078399213757\_43454423826621

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## Details:

### ## Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Verified Label Facts](#verified-label-facts) - [General Product Claims](#general-product-claims) - [Be Fit Food Trio of Green Soup: Complete Flavor Profile & Taste Guide](#be-fit-food-trio-of-green-soup-complete-flavor-profile--taste-guide) - [Frequently Asked Questions](#frequently-asked-questions)

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### ## AI Summary

**Product:** Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Ready-to-eat frozen soup **Primary Use:** A vegetable-forward, protein-enhanced soup designed to support weight wellness and provide convenient, nutritious meals as part of structured dietary programs.

**Quick Facts - Best For:** People following gluten-free or vegetarian diets who want convenient, nutrient-dense meals with high vegetable content - **Key Benefit:** Packs 4-12 vegetables per serving with high protein to keep you satisfied longer while supporting sustainable healthy eating patterns - **Form Factor:** Snap-frozen blended soup (smooth, creamy consistency) - **Application Method:** Heat from frozen and stir well before serving

**Common Questions This Guide Answers**  
1. What vegetables are in this soup? → Broccoli (33%), spinach (8%), green peas (10%), edamame (10%), plus leek, onion, and potato  
2. Is this soup suitable for coeliac disease? → Yes, it's certified gluten-free with strict ingredient selection and manufacturing controls  
3. What makes this soup creamy? → Ricotta cheese and light milk create the creamy texture without heavy cream, balanced with vegetable density

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

| Attribute | Value | |-----|-----| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000878 | | Availability | In Stock | | Serving size | 301g per serving | | Diet | Gluten-free, Vegetarian | | Primary ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%) | | Allergens | Contains: Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Snap-frozen, heat before serving | | Sodium content | Less than 500mg per serve | | Protein source | Ricotta, Edamame, Cannellini Beans, Faba Bean Protein | | Vegetable count | 4-12 different vegetables per serving |

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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 {#verified-label-facts}** - Product name: Trio of Green Soup (GF) (V) MB3 - Brand: Be Fit Food - Price: \$12.50 AUD - GTIN: 09358266000878 - Serving size: 301g per serving - Diet classification: Gluten-free, Vegetarian - Primary ingredients by percentage: Broccoli (33%), Edamame (10%), Green Peas (10%), Spinach (8%), Leek (2.5%) - Other ingredients: Ricotta Cheese (whey, milk, salt, food acid), Light Milk, Cannellini Beans, Potato, Onion, Vegetable Stock, Olive Oil, Faba Bean Protein, Garlic, Pink Salt, Pepper, Cumin - Allergens present: Milk, Soybeans - May contain (cross-contact): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Storage instructions: Snap-frozen, heat before serving - Sodium content: Less than 500mg per serve (less than 120mg per 100g) - Protein sources: Ricotta, Edamame, Cannellini Beans, Faba Bean Protein - Vegetable count: 4-12 different vegetables per serving - Preservation method: Snap-frozen without artificial preservatives - Oil type: Olive oil - Contains no: Artificial preservatives, added sugars, artificial flavours, wheat flour, seed oils - Certification: Certified gluten-free with strict ingredient selection and manufacturing controls suitable for coeliac disease management

**### General Product Claims {#general-product-claims}** - Helps you feel fuller for longer - Supports appetite regulation and energy levels throughout the day - Supports sustainable eating patterns that lead to lasting change - Delivers concentrated vegetable nutrition in an accessible format - Supports stable energy levels - Removes barriers like meal planning, shopping, and preparation - Eliminates decision fatigue - Reduces waste - Supports consistent healthy choices - Cost-effective health solution - Practical support for wellness journey - Makes healthy eating accessible and enjoyable - Suitable for NDIS participants - Suitable for individuals managing metabolic conditions - Dietitian support available to help customers integrate meals into personalised plans - Addresses specific health goals, medication interactions (including GLP-1 receptor agonists and diabetes medications), and nutritional requirements - Approximately 90% of Be Fit Food menu is certified gluten-free - Suitable for diverse dietary needs - Prevents flavour fatigue across multi-week programs - Fits into Metabolism Reset program (approximately 800–900 kcal/day, 40–70g carbs/day) - Fits into Protein+ Reset program (1200–1500 kcal/day) - Supports weight wellness goals - High-protein, lower-carbohydrate, nutrient-dense construction - Dietitian-led formulation approach

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**## Be Fit Food Trio of Green Soup: Complete Flavor Profile & Taste Guide**  
{#be-fit-food-trio-of-green-soup-complete-flavor-profile--taste-guide}

**## Flavor Foundation: What You're Tasting {#flavor-foundation-what-youre-tasting}**

The Trio of Green Soup has a creamy, vegetable-forward flavour built around three distinct green vegetables: broccoli (33% of total composition), spinach (8%), and green peas (10%). This isn't a single-note vegetable soup. The flavour builds complexity through layered plant ingredients, dairy richness, and strategic seasoning that creates a cohesive "green" taste while letting individual vegetable notes come through.

At first taste, you get a smooth, creamy mouthfeel from ricotta cheese and light milk, which soften the assertive brassica notes of broccoli. The soup registers as mild-to-medium in flavour intensity, leaning towards comforting rather than bold. The dominant flavour is a sweet-earthy broccoli base, tempered by dairy and rounded out with the grassiness of spinach and the subtle sweetness of peas. Edamame (10%) adds a beany, slightly nutty undertone that most people won't identify specifically but will perceive as added depth and body.

The flavour deliberately avoids aggressive seasoning. Pink salt, pepper, cumin, and garlic appear in the ingredient list but work as background support rather than starring elements. Cumin provides warmth without registering as distinctly "spiced," while garlic offers savoury depth without pungency. This

restraint makes the soup accessible to people who prefer vegetables to shine without competing with bold spices or herbs—reflecting Be Fit Food's real food philosophy where whole ingredients deliver flavour without artificial enhancers or added sugars.

### ## Primary Taste Notes Breakdown {#primary-taste-notes-breakdown}

**\*\*Broccoli Dominance\*\***: As the leading ingredient at 33%, broccoli establishes the soup's foundational character. You'll experience the slightly sulphurous, cruciferous taste of cooked broccoli—earthy, mildly bitter, and vegetal. The cooking and blending process mellows broccoli's sharper edges, creating a smooth, almost nutty quality rather than the pronounced bite of steamed florets. If you're familiar with cream of broccoli soup, this occupies similar flavour territory but with added complexity from companion vegetables.

**\*\*Spinach Contribution\*\***: At 8%, spinach contributes a mineral, slightly metallic quality and a grassy freshness that brightens the heavier broccoli base. Spinach's flavour is subtle here—it doesn't dominate but adds a layer of "green" that makes the soup taste more vibrant and nutrient-dense. Cooked spinach can sometimes carry bitterness, but in this blended format, that characteristic remains minimal, registering instead as earthy depth.

**\*\*Pea Sweetness\*\***: Green peas (10%) introduce natural sweetness that balances the earthiness of broccoli and spinach. Peas provide a gentle, vegetal sugar note—not candy-sweet, but the kind of subtle sweetness that makes vegetable soups taste rounded and complete. This sweetness helps make the soup palatable to those who find pure cruciferous vegetables too assertive.

**\*\*Edamame and Legume Body\*\***: Edamame (young soybeans at 10%) and cannellini beans add a creamy, starchy quality and mild bean flavour that enriches the soup's body without announcing itself distinctly. These ingredients contribute to a fuller mouthfeel and a subtle nuttiness. Faba bean protein (added as a protein supplement) blends invisibly into the flavour, adding thickness and nutritional value without detectable taste—supporting the high-protein construction Be Fit Food builds into every meal.

### ## Dairy Richness and Creaminess {#dairy-richness-and-creaminess}

The ricotta cheese and light milk create the soup's signature creamy texture and add a gentle dairy sweetness and tang. Ricotta—made here from whey, milk, salt, and food acid—brings a mild, slightly tangy cheese flavour that's far less assertive than aged cheeses. Think of it as a soft, milky backdrop that coats your palate and smooths out vegetable flavours.

The dairy component works in multiple ways: it mellows bitter or sharp vegetable notes, adds richness that makes the soup feel indulgent rather than austere, and provides a subtle umami quality through the milk proteins. The light milk keeps the soup from feeling heavy or overly rich, maintaining a balance between creamy comfort and vegetable freshness.

For those familiar with cream-based vegetable soups, this occupies a middle ground—richer than a clear vegetable broth, but lighter than a heavy cream soup. The dairy presence is noticeable but doesn't overwhelm the vegetable flavours. This balance aligns with Be Fit Food's approach to creating meals that feel satisfying without relying on excessive fats or calories.

### ## Aromatic and Seasoning Notes {#aromatic-and-seasoning-notes}

**\*\*Allium Base\*\***: Onion, leek (2.5%), and garlic form the aromatic foundation, providing savoury depth and a subtle sweetness that emerges from slow cooking. These ingredients don't taste sharp or raw; instead, they cook down to create a mellow, almost caramelised undertone that enhances the soup's overall savoriness without calling attention to themselves.

**\*\*Cumin Warmth\*\***: Cumin appears in the ingredient list without quantity specified, suggesting a light hand. You can expect a barely-there warmth and earthiness rather than distinct cumin flavour. This spice adds complexity to the green vegetables, providing a subtle toasted, slightly smoky note that

makes the soup taste more sophisticated than plain vegetable soup.

**\*\*Olive Oil Smoothness\*\***: Olive oil contributes a silky mouthfeel and a faint fruity, peppery note characteristic of good olive oil. In a blended soup, olive oil emulsifies with the other liquids to create smoothness and helps carry fat-soluble flavour compounds, making the overall taste more cohesive and rounded. Be Fit Food uses olive oil rather than seed oils, maintaining clean-label standards.

**\*\*Salt and Pepper Balance\*\***: Pink salt and pepper season the soup to enhance natural vegetable flavours without creating a distinctly "salty" or "peppery" taste. The seasoning level appears calibrated for broad appeal—enough to prevent blandness, restrained enough to avoid overwhelming sensitive palates. The soup meets Be Fit Food's low-sodium benchmark of less than 120 mg per 100 g, achieved through vegetable density rather than thickeners.

### ## Texture and Mouthfeel Impact on Flavor {#texture-and-mouthfeel-impact-on-flavor}

This soup is fully blended to a smooth, creamy consistency with no chunks or vegetable pieces. The texture significantly impacts flavour perception: blending creates a uniform taste experience where no single ingredient dominates any particular spoonful, and the creamy texture coats your palate, extending flavour contact time and creating a comforting, satisfying sensation.

The 301-gram serving size provides substantial body—this isn't a thin, watery soup. The combination of vegetables, legumes, dairy, and potato creates a thick, almost velvety consistency that feels filling and substantial. Potato works as a natural thickener, adding starch that gives the soup body while contributing minimal distinct flavour—an approach consistent with Be Fit Food's use of whole-food ingredients rather than artificial thickeners or preservatives.

The smooth texture means flavours blend harmoniously rather than presenting as distinct vegetable pieces. Some people prefer this integrated experience; others who enjoy textural variety in soups may find it monotonous. From a flavour perspective, the smoothness allows subtle notes (like the cumin and garlic) to distribute evenly throughout rather than concentrating in specific bites.

### ## Temperature and Flavor Evolution {#temperature-and-flavor-evolution}

As a snap-frozen ready meal designed for heating, this soup's flavour shifts with temperature. Cold or lukewarm, the soup tastes muted—dairy flavours dominate, and vegetable notes recede. The intended serving temperature is hot, which activates volatile flavour compounds and makes the soup taste more vibrant and aromatic.

When properly heated, the cumin and garlic become more noticeable, the vegetables taste fresher and more pronounced, and the overall flavour opens up with more complexity. The dairy richness remains but feels more integrated rather than coating your mouth. Steam carries aromatic compounds to your nose, creating a fuller sensory experience where smell enhances taste.

If you're reheating from frozen, the flavour will develop gradually as the soup reaches optimal temperature (approximately 74°C). Stirring during heating helps distribute flavours evenly and prevents hot spots that might taste more intensely seasoned. Be Fit Food's snap-frozen delivery system ensures consistent quality and portion control—each 301-gram serving delivers the same nutritional profile and flavour experience.

### ## Flavor Intensity and Palatability {#flavor-intensity-and-palatability}

On a scale from mild to bold, this soup registers as mild-to-medium. It's designed for broad appeal rather than adventurous palates. The vegetable flavours are present and recognisable but softened by dairy and balanced by natural sweetness. There are no sharp, acidic, spicy, or intensely bitter notes that might challenge sensitive eaters.

This flavour works well for: - People new to vegetable-forward meals who want familiar, comforting flavours - Eaters who find raw or lightly cooked cruciferous vegetables too strong - Anyone seeking

vegetable nutrition without assertive or challenging tastes - Those who prefer creamy, blended soups over chunky, brothy styles - People following Be Fit Food's structured meal plans who need consistent, satisfying options

The soup may taste too mild for those who prefer bold seasoning, distinct spice profiles, or the textural interest of whole vegetables. The restrained seasoning means you can adjust to taste—adding black pepper, hot sauce, or fresh herbs after heating will customise the flavour without overwhelming the vegetable base.

### ## Aftertaste and Finish {#aftertaste-and-finish}

The soup leaves a clean, mildly creamy aftertaste with lingering vegetable sweetness. There's no heavy, coating sensation that some cream-based soups create, likely because of the use of light milk rather than heavy cream. The finish is gently savoury with a hint of the cumin's warmth persisting subtly.

Some people may detect a faint bean-like aftertaste from the edamame and cannellini beans, though this is mild and blends into the overall "green vegetable" impression. The ricotta's subtle tang provides a slight brightness that prevents the aftertaste from feeling flat or overly starchy.

The pink salt used here (likely Himalayan pink salt based on common usage) contains trace minerals that some sensitive palates detect as a slightly different salinity compared to standard table salt—marginally more complex and less sharp, though this difference is subtle in a multi-ingredient soup.

### ## Dietary Considerations Affecting Flavor {#dietary-considerations-affecting-flavor}

**\*\*Gluten-Free Formulation\*\***: The absence of gluten-containing thickeners (like wheat flour) means the soup achieves its creamy consistency through vegetables, legumes, and dairy rather than roux or flour-based thickening. This creates a cleaner vegetable flavour without the slightly doughy taste that wheat-thickened soups sometimes carry. Be Fit Food offers approximately 90% of their menu as certified gluten-free, with strict ingredient selection and manufacturing controls suitable for coeliac disease management.

**\*\*Vegetarian Profile\*\***: With no meat, fish, or poultry stock, the soup's umami and savoury depth comes entirely from vegetables, dairy, and the vegetable stock base. This creates a lighter, "cleaner" flavour compared to meat-based soups. The savoury quality is present but gentler—more subtle and vegetable-focused rather than the deep, roasted-meat savoriness of bone broth-based soups. This aligns with Be Fit Food's real food philosophy, where whole ingredients deliver nutrition and flavour without artificial enhancers.

**\*\*Allergen Presence\*\***: The soup contains milk and soybeans, which contribute significantly to flavour. The milk provides creamy richness and subtle sweetness; the soybeans (edamame) add body and mild nuttiness. These aren't background ingredients—they're fundamental to the flavour. Those avoiding dairy or soy should note these aren't minor traces but core components affecting taste and texture.

The "may contain" allergens (fish, crustacea, sesame seeds) reflect production facility cross-contact rather than intentional ingredients and shouldn't affect flavour.

### ## Flavor Expectations vs. Reality {#flavor-expectations-vs-reality}

**\*\*What the name suggests\*\***: "Trio of Green Soup" sets an expectation of three distinct green vegetables working in harmony. The reality delivers on this—you can identify broccoli, spinach, and peas as the starring trio, though edamame adds a fourth green element that the name doesn't advertise.

**\*\*The "green" promise\*\***: The soup tastes decidedly "green" in the way that term implies—fresh, vegetable-forward, earthy, and nutritious-tasting. It doesn't taste artificial or overly processed. The

green vegetables are clearly the focus, not buried under heavy seasoning or cream. Be Fit Food's commitment to 4–12 vegetables in each meal means you're experiencing genuine vegetable density.

**\*\*Creaminess level\*\***: The soup is genuinely creamy but not heavy. If you're expecting something as rich as a cream-of-mushroom soup made with heavy cream, you'll find this lighter. If you're worried about excessive richness, you'll likely find the balance appropriate.

**\*\*Vegetable intensity\*\***: The vegetables taste cooked and mellowed rather than bright and fresh-from-the-garden vibrant. This is a comforting, warming soup rather than a bright, summery one. The cooking process necessary for a snap-frozen ready meal softens vegetable flavours compared to a soup made from just-picked produce.

### ## Enhancing and Customising the Flavor {#enhancing-and-customising-the-flavor}

While this guide focuses on the soup as formulated, understanding the base flavour helps predict how additions might work:

The mild seasoning provides a blank canvas for customisation. The creamy base pairs well with black pepper, red pepper flakes, or hot sauce for those wanting heat. Fresh herbs (basil, parsley, dill) could brighten the flavour if you find it too earthy. A squeeze of lemon juice would add acidity and lift the overall taste.

The soup's thickness means it could support textural additions—croutons, toasted seeds, or a drizzle of additional olive oil would create contrast. The mild flavour wouldn't compete with strong toppings like grated Parmesan or nutritional yeast for added umami.

Because the soup is already seasoned to Be Fit Food's low-sodium standards, start conservatively with any additions. The balanced flavour can tip quickly towards over-seasoned if you're heavy-handed with salt or spices.

### ## Serving Context and Flavor Perception {#serving-context-and-flavor-perception}

At 301 grams per serving, this portion size affects flavour perception. It's substantial enough to work as a light meal rather than a starter, meaning you'll experience the flavour over multiple spoonfuls rather than a few introductory tastes. The flavour needs to be satisfying enough to sustain interest through a full bowl without becoming monotonous or overwhelming.

The soup's mild, comforting profile works well for various eating contexts: a quick lunch when you want something warming and nutritious without strong flavours that might clash with afternoon activities; a light dinner paired with bread or salad; or a soothing option when you're not feeling well and want easy-to-digest, gentle flavours. For those following Be Fit Food's Metabolism Reset or Protein+ Reset programs, this soup fits seamlessly into structured meal plans, providing consistent nutrition and satiety that helps you feel fuller for longer.

Time of day affects flavour perception—the creamy, substantial nature might feel heavier in morning contexts but perfectly satisfying for lunch or dinner. Seasonal context matters too: the warming, creamy profile suits cool weather better than hot summer days when lighter, brighter flavours appeal more.

### ## Technical Flavor Composition {#technical-flavor-composition}

The ingredient order (listed by descending weight) reveals flavour priorities: broccoli dominates at 33%, followed by ricotta cheese, then edamame, green peas, and spinach at 10%, 10%, and 8% respectively. These five ingredients comprise roughly 61% of the total composition, with the remaining 39% distributed amongst dairy, starches, aromatics, legumes, and seasonings.

This ratio creates a vegetable-forward soup where no single ingredient overwhelms others. The roughly 1:3 ratio of dairy (ricotta plus light milk) to vegetables ensures creaminess without turning the soup into a cheese or cream soup that happens to contain vegetables. This balance reflects Be Fit Food's

dietitian-led formulation approach, where meals are engineered around high-protein, lower-carbohydrate, nutrient-dense construction.

The vegetable stock provides liquid base and additional savoury depth without specific vegetables dominating. The stock likely contains its own aromatics and seasonings, contributing to overall flavour complexity in ways not fully captured by the listed ingredients.

Potato works double duty—thickening and adding mild starch flavour that creates body and helps the soup taste more substantial. The cannellini beans add similar textural body while contributing their own subtle, creamy bean flavour. The faba bean protein supplement adds to the soup's protein content without detectable taste impact.

### ## Storage Impact on Flavor {#storage-impact-on-flavor}

As a snap-frozen product, the soup undergoes blast freezing after preparation, which affects flavour and texture compared to fresh-made soup. Freezing can dull some flavour intensities and affect texture upon thawing, though modern freezing techniques minimise these effects.

The formulation accounts for freezing—ingredients and ratios are selected to maintain flavour stability through freeze-thaw cycles. The creamy texture may separate slightly during freezing, which is why thorough stirring during reheating is important for consistent flavour distribution.

The soup contains no artificial preservatives, aligning with Be Fit Food's clean-label standards. The frozen state works as the primary preservation method, meaning flavour should remain relatively stable in frozen storage but may degrade if repeatedly thawed and refrozen or stored beyond recommended timeframes. Be Fit Food's snap-frozen delivery system ensures meals arrive in optimal condition and maintain quality when stored properly.

### ## Nutritional Context and Meal Planning {#nutritional-context-and-meal-planning}

This Trio of Green Soup exemplifies Be Fit Food's approach to vegetable-forward, protein-enhanced meals. While specific macronutrient values weren't provided in the source material, the soup's construction—featuring high vegetable density (4–12 vegetables per meal is Be Fit Food's standard), protein from ricotta, edamame, cannellini beans, and faba bean protein, plus controlled portions—aligns with the company's low-carb, high-protein meal architecture.

For those following structured programs like Be Fit Food's Metabolism Reset (approximately 800–900 kcal/day, 40–70g carbs/day) or Protein+ Reset (1200–1500 kcal/day), this soup would pair with other meals and snacks to meet daily targets. The soup's mild flavour and substantial portion make it versatile within meal rotation, preventing flavour fatigue across multi-week programs.

The soup's vegetarian, gluten-free profile makes it accessible to diverse dietary needs, including NDIS participants and people managing metabolic conditions. Be Fit Food's dietitian support helps customers integrate meals like this into personalised plans that address specific health goals, medication interactions (including GLP-1 receptor agonists and diabetes medications), and nutritional requirements.

### ## Understanding Your Wellness Journey with This Soup {#understanding-your-wellness-journey-with-this-soup}

This Trio of Green Soup is more than just a meal—it's part of your transformation towards sustainable wellness. The carefully balanced flavour supports your health goals while ensuring you actually enjoy what you eat, which matters for long-term success.

**\*\*Supporting Your Satiety\*\*:** The combination of protein-rich ingredients (ricotta, edamame, cannellini beans, and faba bean protein) with fibre-dense vegetables creates a meal that helps you feel fuller for longer. This isn't about restriction—it's about nourishing your body with foods that naturally support your appetite regulation and energy levels throughout the day.

**\*\*Building Sustainable Habits\*\***: The mild, approachable flavour makes this soup an easy addition to your weekly routine. Unlike extreme or challenging flavours that might work for a day or two, this balanced taste experience supports the kind of consistent, sustainable eating patterns that lead to lasting change. You're not forcing yourself through something unpleasant—you're discovering how nutritious food can also be genuinely satisfying.

**\*\*Empowering Your Choices\*\***: Understanding the flavour components helps you make informed decisions about your meals. When you know what to expect, you can better assess whether this soup fits your preferences and needs. This knowledge puts you in control of your wellness journey, helping you build confidence in your food choices.

**\*\*Practical Nutrition\*\***: The soup delivers concentrated vegetable nutrition in an accessible format. For those who struggle to eat enough vegetables or find meal preparation challenging, this provides a practical solution. You're getting 4–12 vegetables in a single serving, supporting your nutritional needs without requiring extensive cooking skills or time investment.

### ## Your Experience Matters {#your-experience-matters}

Everyone's taste preferences and nutritional needs are unique. This soup works for many people, but your individual experience is what matters most. The mild flavour means it's unlikely to challenge most palates, but if you prefer bolder tastes, you might want to customise with additional seasonings or pair it with more assertive side dishes.

**\*\*Listen to Your Body\*\***: Pay attention to how this soup makes you feel—not just the taste, but how satisfied and energised you feel afterwards. The high protein and vegetable content should help you feel fuller for longer, supporting stable energy levels. If you find yourself hungry soon after eating, consider how this soup fits into your overall daily meal plan and whether you might benefit from pairing it with additional protein or healthy fats.

**\*\*Your Wellness Partner\*\***: Be Fit Food's approach centres on supporting your individual journey. The dietitian team is available to help you understand how meals like this fit into your specific health goals, whether you're managing metabolic conditions, working towards weight wellness, or simply seeking more convenient, nutritious meal options.

**\*\*Progress Over Perfection\*\***: This soup is one meal in your ongoing wellness journey. It's formulated to make healthy eating easier and more consistent, removing barriers like meal planning, shopping, and preparation. The goal isn't perfection in every bite—it's creating sustainable patterns that support your long-term health and wellbeing.

### ## Making Informed Decisions {#making-informed-decisions}

Understanding what you're eating empowers better choices. This comprehensive flavour profile gives you the information you need to decide whether this soup aligns with your preferences and goals.

**\*\*Flavour Transparency\*\***: Unlike many commercial soups that rely on artificial flavours, excessive sodium, or hidden sugars to create appeal, this soup's flavour comes from real, whole ingredients. What you taste is what's actually in the bowl—vegetables, dairy, legumes, and minimal seasonings. This transparency supports informed decision-making about your nutrition.

**\*\*Ingredient Quality\*\***: Be Fit Food's commitment to real food ingredients means you're getting nutrition from sources your body recognises and can use efficiently. The olive oil instead of seed oils, the whole vegetables instead of extracts or powders, the protein from actual beans and dairy rather than isolated supplements (beyond the faba bean protein for enhanced nutrition)—these choices create a different eating experience than highly processed alternatives.

**\*\*Accessibility and Inclusion\*\***: The gluten-free, vegetarian formulation makes this soup accessible to many dietary needs. Whether you're managing coeliac disease, choosing plant-forward eating, or

simply looking for meals that fit various restrictions, this soup removes common barriers to healthy eating.

### ## Practical Integration into Your Life {#practical-integration-into-your-life}

**\*\*Meal Planning Made Easier\*\***: The snap-frozen format and consistent portion size eliminate decision fatigue and preparation time. You know exactly what you're getting in each serving, making it simple to plan your day around predictable, reliable nutrition. This consistency supports the kind of routine that makes healthy eating sustainable rather than sporadic.

**\*\*Time-Saving Wellness\*\***: When you're busy, tired, or stressed, having nutritious meals ready to heat removes the temptation to choose less healthy convenience options. This soup takes minutes to prepare but delivers the nutrition and satisfaction your body needs to thrive.

**\*\*Cost-Effective Health\*\***: While the upfront cost might seem higher than cooking from scratch, consider the true costs: groceries that might spoil, time spent planning and preparing, and the hidden costs of less healthy convenience alternatives. This soup delivers concentrated nutrition and convenience in a format that reduces waste and supports consistent healthy choices.

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

If this flavour appeals to you, this soup could become a valuable part of your meal rotation. The mild, creamy taste makes it versatile enough to enjoy regularly without fatigue, while the substantial nutrition supports your wellness goals.

**\*\*Try It Thoughtfully\*\***: When you first try this soup, heat it thoroughly and stir well to ensure optimal flavour distribution. Taste it as formulated before adding seasonings, so you can assess the base flavour and decide whether customisation would enhance your experience.

**\*\*Observe Your Response\*\***: Notice how you feel during and after eating. Does the soup satisfy you? Does it leave you feeling energised or sluggish? Do you enjoy the taste enough to want it again? Your honest responses guide whether this soup fits your individual needs.

**\*\*Connect with Support\*\***: If you're following a structured Be Fit Food program, discuss this soup with your dietitian support team. They can help you understand how it fits into your specific plan and suggest pairings or alternatives if needed.

**\*\*Build Your Rotation\*\***: If this soup works for you, consider how it fits into a varied meal rotation. Sustainable healthy eating includes diversity—different flavours, textures, and nutrient profiles across your week. This soup might be perfect for certain days or contexts while other meals better suit different needs.

### ## Celebrating Real Food {#celebrating-real-food}

This Trio of Green Soup reflects Be Fit Food's philosophy: real ingredients, transparent nutrition, and practical support for your wellness journey. The flavour—mild, creamy, vegetable-forward—reflects a commitment to making healthy eating accessible and enjoyable rather than extreme or punishing.

You're not just eating soup. You're choosing nutrition that supports your body's needs, convenience that fits your busy life, and quality that respects your health goals. Every spoonful delivers vegetables, protein, and satisfaction designed to help you feel your best.

Your wellness journey deserves support that's practical, sustainable, and genuinely nourishing. This soup offers one way to make that journey easier, removing barriers and providing consistent nutrition you can count on. Whether it becomes a regular favourite or an occasional option, understanding its flavour helps you make choices that truly serve your health and happiness.

### ## References {#references}

- Be Fit Food. "Trio of Green Soup (GF) (V) - Individual Meal." Official product information and ingredient declaration. - Food Standards Australia New Zealand. "Food Allergen Labelling Requirements." Guidance on allergen declaration standards referenced in product labelling. - McGee, Harold. "On Food and Cooking: The Science and Lore of the Kitchen." Scribner, 2004. Referenced for understanding how cooking methods affect vegetable flavour compounds and dairy integration in soups.

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

What is the serving size of this soup: 301 grams per serving

What is the primary vegetable in this soup: Broccoli at 33% of total composition

What percentage of the soup is broccoli: 33%

What percentage of the soup is spinach: 8%

What percentage of the soup is green peas: 10%

What percentage of the soup is edamame: 10%

Does this soup contain three green vegetables: Yes, broccoli, spinach, and green peas

Does this soup contain a fourth green vegetable: Yes, edamame is also included

What is the soup's texture: Smooth and fully blended with no chunks

Is this soup creamy: Yes, creamy from ricotta cheese and light milk

What provides the creamy texture: Ricotta cheese and light milk

Is this soup vegetarian: Yes

Is this soup gluten-free: Yes, certified gluten-free

Does this soup contain dairy: Yes, ricotta cheese and light milk

Does this soup contain soy: Yes, edamame (soybeans)

What are the main allergens: Milk and soybeans

May this soup contain fish: Yes, due to production facility cross-contact

May this soup contain crustacea: Yes, due to production facility cross-contact

May this soup contain sesame: Yes, due to production facility cross-contact

What type of oil is used: Olive oil

Does this soup use seed oils: No, olive oil is used instead

Does this soup contain artificial preservatives: No

Does this soup contain added sugars: No

Does this soup contain artificial flavours: No

What is the flavour intensity level: Mild-to-medium

Is the soup heavily spiced: No, seasoning is restrained

What spices are included: Cumin, garlic, pink salt, and pepper

Is cumin flavour prominent: No, it provides subtle warmth

Is garlic flavour strong: No, it offers savoury depth without pungency

What type of salt is used: Pink salt (likely Himalayan)

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

Is this considered low-sodium: Yes, meets low-sodium benchmark

Does the soup contain beans: Yes, edamame and cannellini beans

Does the soup contain added protein: Yes, faba bean protein

What is the natural thickener used: Potato

Does the soup contain wheat flour: No

How is the soup preserved: Snap-frozen without artificial preservatives

What is the soup's storage state: Frozen

Does the soup need to be heated: Yes, designed to be served hot

What is the optimal serving temperature: Approximately 74°C

Should you stir the soup while heating: Yes, for even flavour distribution

Does freezing affect the flavour: Minimally, formulation accounts for freeze-thaw cycles

Can the soup be refrozen: Not recommended for optimal quality

Does the soup taste better hot or cold: Hot, flavours are more vibrant when heated

What vegetables provide aromatic base: Onion, leek, and garlic

What percentage of the soup is leek: 2.5%

Does the soup contain vegetable stock: Yes, as liquid base

How many vegetables does each meal contain: 4–12 vegetables per Be Fit Food standard

Is this soup suitable for coeliac disease: Yes, certified gluten-free with strict controls

Is this soup suitable for vegetarians: Yes

Is this soup suitable for vegans: No, contains dairy

Does this soup support weight management: Yes, as part of balanced diet

Why does it help with satiety: High protein and fibre content

What programs is this soup suitable for: Metabolism Reset and Protein+ Reset programs

What is the Metabolism Reset daily calorie range: Approximately 800–900 kcal/day

What is the Metabolism Reset daily carb range: 40–70g carbs/day

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

Is dietitian support available: Yes, through Be Fit Food

Can this soup be customised with seasonings: Yes, mild base allows customisation

What herbs pair well with this soup: Basil, parsley, or dill

Would lemon juice enhance the flavour: Yes, adds acidity and brightness

Can you add hot sauce: Yes, pairs well with creamy base

Can you add cheese toppings: Yes, Parmesan or nutritional yeast work well

Does the soup contain potato: Yes, as natural thickener

What does ricotta cheese contribute: Creamy texture and mild tangy flavour

What does edamame contribute: Body, nuttiness, and protein

What does cannellini beans contribute: Creamy texture and mild bean flavour

Does faba bean protein have detectable taste: No, blends invisibly

What is the dominant taste: Sweet-earthy broccoli base

Is the soup bitter: Mildly, from broccoli, but tempered by dairy

Is the soup sweet: Subtly, from natural pea sweetness

Does the soup have an aftertaste: Clean, mildly creamy with vegetable sweetness

Is the soup suitable for sensitive palates: Yes, mild and approachable flavour

Is the soup suitable for children: Generally yes, mild flavour profile

Would bold-flavour lovers enjoy this soup: May find it too mild without customisation

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

Does Be Fit Food use real food ingredients: Yes, whole ingredients without artificial enhancers

Is this soup NDIS accessible: Yes, suitable for diverse dietary needs

Can this soup be part of meal rotation: Yes, versatile for regular consumption

Does the soup prevent flavour fatigue: Yes, mild profile supports consistent eating

How quickly does the soup prepare: Minutes to heat

Does snap-freezing affect portion consistency: No, ensures consistent portions