

TRIOFGRE - Food & Beverages Pairing Ideas - 7078399213757_43454423826621

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AI Summary

Product: Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** A nutrient-rich, protein-enriched frozen soup combining broccoli, edamame, green peas, and spinach for convenient, dietitian-designed meals.

Quick Facts - **Best For:** Health-conscious eaters seeking gluten-free, vegetarian, high-protein, low-carb meal options - **Key Benefit:** Delivers 4–12 vegetables per serving with added faba bean protein in a portion-controlled format - **Form Factor:** Frozen soup, 301g serving size - **Application Method:** Heat and serve from frozen

Common Questions This Guide Answers 1. What are the best bread pairings for this soup? → Crusty sourdough, walnut bread, or gluten-free chickpea focaccia work excellently 2. Which wines complement the vegetable flavours? → Sauvignon Blanc, Albariño, or light Pinot Noir pair well with the soup's earthy, creamy profile 3. Is this soup suitable for low-carb or GLP-1 medication users? → Yes, the high-protein, portion-controlled design aligns with low-carb eating patterns and medication-assisted weight loss strategies

Product Facts {#product-facts}

Attribute Value ----- -----	Product name Trio of Green Soup (GF) (V) MB3	Brand Be Fit Food
Price \$12.50 AUD	Availability In Stock	GTIN 09358266000878
Serving size 301g	Category Ready-to-Eat Meals	Diet Gluten-free, Vegetarian
Key ingredients Broccoli (33%), Edamame (10%), Green Peas (10%), Spinach (8%), Ricotta Cheese, Light Milk	Protein source Faba Bean Protein	Allergens Contains: Milk, Soybeans. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin
Storage Frozen	Sodium Less than 500mg per serve	

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 - Category: Ready-to-Eat Meals - Diet: Gluten-free, Vegetarian - Broccoli content: 33% - Edamame content: 10% - Green Peas content: 10% - Spinach content: 8% - Contains: Ricotta Cheese, Light Milk - Protein source: Faba Bean Protein - Allergens - Contains: Milk, Soybeans - Allergens - May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Storage: Frozen - Sodium: Less than 500mg per serve - Additional ingredients mentioned: Cannellini beans, garlic, cumin, onion, leek, pink salt, olive oil

General Product Claims {#general-product-claims} - Nutrient-rich, vegetable-packed frozen soup - Creates a smooth, protein-rich base - Offers a unique flavour profile with earthy notes from broccoli, sweet tones from peas, mineral undertones from spinach, and savoury depth from edamame and cannellini beans - Faba bean protein boosts the protein content while keeping the soup plant-focused - Dietitian-designed approach to whole-food eating - 4–12 vegetables per meal being a signature of Be Fit Food's approach - Shows the brand's focus on vegetable density and clean ingredients - Around 90% of Be Fit Food's menu is certified gluten-free - Reflects the brand's focus on coeliac-suitable control and careful ingredient selection - Low sodium benchmark of less than 120 mg per 100g - Be Fit Food offers extensive vegetarian and vegan range - Snap-frozen delivery system ensures consistent quality year-round - Meals are designed around high-protein, low-carb principles - Compatible with structured low-carb eating patterns - Portion-controlled, protein-enriched, lower-carbohydrate design - Aligns with medication-assisted eating strategies for GLP-1 receptor agonist users - Easier to tolerate when appetite is suppressed - High protein content helps protect lean muscle mass during weight loss - Nutrient-dense formulation - Be Fit Food offers dietitian support

Understanding the Trio of Green Soup: A Pairing Foundation {#understanding-the-trio-of-green-soup-a-pairing-foundation}

Be Fit Food's Trio of Green Soup packs a lot into its 301g serving. The base combines broccoli (33%), edamame (10%), green peas (10%), and spinach (8%) with ricotta cheese to create something that's both creamy and genuinely vegetable-forward. The faba bean protein addition keeps the protein content high without relying on meat, which fits the dietitian-designed philosophy behind the brand's whole-food approach.

The flavour profile here is more interesting than you might expect from a green soup. Broccoli brings its characteristic earthiness, peas add natural sweetness, spinach contributes mineral notes, and the edamame and cannellini beans create savoury depth. Ricotta and light milk soften these bold vegetable flavours, while garlic, cumin, onion, and leek build aromatic layers. That cumin is particularly useful because it bridges the soup's fresh vegetable character with heartier pairing options.

Pink salt lifts everything without overwhelming the delicate balance. The soup sits somewhere between light, brothy soups and heavy cream-based ones, which makes it surprisingly flexible for pairing. Be Fit Food's commitment to packing 4–12 vegetables per meal shows up clearly here—this is vegetable density done right.

Food Pairings: Breads and Grains {#food-pairings-breads-and-grains}

Crusty artisan breads work beautifully with this soup's smooth texture. A good sourdough loaf—the kind with a crisp crust and tangy, open crumb—cuts through the dairy richness with its acidity. The fermented notes echo the complex savoury flavours from the edamame and cannellini beans. Toast thick slices and brush them with olive oil (matching what's already in the soup) or rub with raw garlic if you want stronger flavour connections.

Whole grain breads add both nutrition and texture. A seeded multigrain with sunflower, pumpkin, and flax seeds brings nutty flavours that complement the faba bean protein while adding omega-3s. The seeds' crunch against the soup's velvety texture is satisfying. Walnut bread is another strong choice—walnuts have an earthy, slightly bitter quality that pairs naturally with broccoli.

For gluten-free options that match the soup's certification, chickpea flour focaccia is excellent. The chickpea flour's nutty flavour connects directly with the soup's legume content (edamame, cannellini beans, faba bean protein) while maintaining textural interest through its olive oil-enriched crumb. Rosemary focaccia lifts the soup's garlic and herb profile nicely. Be Fit Food keeps around 90% of its menu certified gluten-free, so this attention to coeliac-suitable options makes sense.

Grain-based sides expand your options. Quinoa tabbouleh, served at room temperature, brings fresh herbal notes from parsley and mint that brighten the soup's cooked vegetable flavours. The quinoa's complete protein profile reinforces the soup's protein-forward design. A simple farro salad with lemon vinaigrette and shaved fennel introduces anise notes that work with the cumin, and the farro's chewy texture contrasts the soup's smoothness.

Food Pairings: Cheese and Dairy Additions {#food-pairings-cheese-and-dairy-additions}

Since ricotta cheese and light milk are already in the soup, cheese pairings should either amplify what's there or introduce new contrasts. A small portion of aged Parmigiano-Reggiano, finely grated over the hot soup, deepens the savoury character through concentrated umami. The aged cheese adds crystalline texture and nutty complexity that lifts the vegetable stock base without competing with the delicate greens.

Fresh goat cheese takes a different approach. Its bright acidity and herbaceous tang cut through the creaminess while maintaining dairy continuity. Crumble soft chèvre over the soup's surface or serve a small goat cheese crostini alongside. The goat cheese's distinctive flavour profile contains compounds that work well with cruciferous vegetables like broccoli at a molecular level.

For richer territory, a dollop of crème fraîche or Greek yoghurt adds tangy complexity that brightens the overall flavour while boosting protein content. The slight sourness balances the natural sweetness from peas and the earthiness from spinach. Swirl the crème fraîche into the hot soup just before serving to create marbled patterns that add visual interest.

Plant-based options maintain the soup's vegetarian status while accommodating dairy-free preferences. Cashew cream, made by blending soaked cashews with water until silky, provides richness similar to dairy cream with a subtle sweetness that enhances the peas' natural sugars. Nutritional yeast flakes sprinkled over the soup bring savoury, cheese-like flavour through glutamic acid while adding B vitamins—fitting with Be Fit Food's whole-food approach.

Food Pairings: Proteins and Main Course Combinations {#food-pairings-proteins-and-main-course-combinations}

When using the Trio of Green Soup as a starter or side, protein pairings should either respect its vegetarian nature or complement it in mixed meals. Grilled or pan-seared white fish—halibut, cod, or flathead—provides delicate protein that doesn't overpower the subtle vegetable flavours. The fish's mild sweetness complements the peas while its flaky texture contrasts the soup's creaminess. Note that the allergen information indicates possible cross-contact with fish and crustacea, which matters for severe allergies.

Roasted chicken breast seasoned simply with lemon, garlic, and herbs creates a classic pairing. The chicken's savoury notes complement the vegetable stock base, lemon brightness echoes potential citrus in drink pairings, and the garlic seasoning creates a flavour bridge to the soup's own garlic content. For better integration, use the soup as a sauce component by spooning it beneath or beside sliced chicken breast.

For vegetarian protein pairings, herb-roasted tofu or tempeh work well. Firm tofu, pressed and marinated in garlic, cumin, and olive oil (mirroring the soup's aromatics), then roasted until golden, provides substantial protein with flavour harmony. Tempeh's fermented, nutty character complements the edamame and faba bean protein while its firm texture contrasts the soup's smoothness. Both options maintain the meal's plant-based character, aligning with Be Fit Food's extensive vegetarian and vegan range.

Legume-based proteins create ingredient harmony. A chickpea patty or falafel alongside the soup reinforces the legume theme established by the cannellini beans and edamame. Season the chickpea preparation with cumin to echo the soup's spice profile. White beans, simply prepared with garlic and herbs, can be served as a textural component within or beside the soup, adding substance while maintaining flavour coherence.

Complementary Flavors: Herbs and Aromatics {#complementary-flavors-herbs-and-aromatics}

Fresh herbs transform the soup's flavour profile while adding visual appeal and aromatic complexity. Basil, particularly Italian sweet basil, brings anise-like sweetness that complements the green vegetable base. The herb's compounds create pleasant aromatic interactions with the soup's garlic and cumin. Tear fresh basil leaves and scatter them over the hot soup just before serving to preserve their volatile oils.

Coriander provides a bold pairing for those who enjoy its distinctive flavour. Its citrusy, slightly soapy character (from aldehydes) brightens the soup's earthy notes while its green, herbaceous quality reinforces the vegetable-forward profile. Coriander particularly enhances the cumin's presence since these flavours often partner in global cuisines. Use it sparingly and let diners add more according to preference.

Parsley, both flat-leaf and curly varieties, offers a safer, universally appealing option. Its fresh, slightly peppery flavour and chlorophyll-rich green colour deepen the soup's verdant character without introducing divisive flavours. Parsley's high vitamin K content adds nutritional value. Finely chop parsley and use it as a finishing garnish, or blend it into the soup during reheating for deeper integration.

Aromatics beyond herbs add complexity. Thinly sliced spring onions add mild onion flavour and textural contrast, their sharp bite cutting through the soup's creaminess. Since the soup already contains onion and leek, spring onions reinforce these flavours while providing visual appeal through their white and green segments. Crispy fried shallots or leeks, though requiring preparation, add dramatic textural contrast and concentrated sweet onion flavour.

Microgreens—particularly pea shoots, broccoli sprouts, or mixed salad greens—create elegant garnishes that echo the soup's primary ingredients. Pea shoots' delicate tendrils and sweet pea flavour directly complement the soup's green pea content (10%), creating ingredient continuity. Broccoli sprouts provide cruciferous reinforcement with a mild, fresh flavour distinct from cooked broccoli's stronger profile.

Complementary Flavors: Spices and Seasonings {#complementary-flavors-spices-and-seasonings}

The soup's existing cumin content suggests spice pairings that build on warm, earthy foundations. Ground coriander, cumin's frequent companion, adds citrusy, floral notes that brighten the soup without overwhelming its delicate balance. Coriander's linalool content creates aromatic complexity that

enhances both the vegetable and dairy components. Toast whole coriander seeds until fragrant, then grind them fresh for maximum impact and sprinkle lightly over the soup.

Smoked paprika brings gentle heat and smoky depth that transforms the soup's character. The smoke notes add complexity to the vegetable sweetness while the paprika's mild capsaicin provides warmth without aggressive spiciness. Spanish pimentón de la Vera, particularly the sweet (dulce) variety, offers authentic smoked flavour. Use it conservatively—a light dusting over the soup's surface or stirred into a garnishing oil.

Nutritional yeast, while technically a deactivated yeast rather than a spice, functions as a savoury seasoning that adds umami depth and cheese-like flavour. Its glutamic acid content enhances the soup's existing savoury notes from vegetable stock and ricotta while providing B vitamins. Nutritional yeast particularly benefits plant-based adaptations but enhances the standard version as well. Sprinkle it over the soup or blend it into a seasoned oil for drizzling.

Black pepper, already present in the soup's formulation, can be amplified through freshly cracked tellicherry or Malabar peppercorns. Their piperine content provides gentle heat and aromatic complexity that enhances without dominating. Coarsely crack peppercorns just before serving to preserve volatile oils. White pepper offers an alternative with similar heat but more earthy, fermented notes that some prefer in cream-based soups.

Finishing salts enhance the soup's existing pink salt seasoning. Flaky Maldon sea salt provides textural interest and bursts of salinity that boost flavour perception. Flavoured salts—such as garlic salt, herb salt, or smoked salt—add complexity while respecting the soup's sodium balance. Use finishing salts sparingly, sprinkling them over the soup's surface just before serving so their crystals remain distinct. Be Fit Food formulates meals to a low sodium benchmark of less than 120 mg per 100 g, which makes thoughtful salt additions particularly effective.

Drink Pairings: Wine and Alcoholic Beverages {#drink-pairings-wine-and-alcoholic-beverages}

White wines with good acidity and moderate body complement the soup's creamy texture and vegetable flavours. Sauvignon Blanc, particularly from New Zealand's Marlborough region or France's Loire Valley, offers herbaceous notes (from methoxypyrazines) that echo the soup's green vegetable character. The wine's crisp acidity cuts through dairy richness while its grapefruit and gooseberry flavours provide refreshing contrast. Serve well-chilled (7–10°C) in moderate pours.

Albariño from Spain's Rías Baixas region presents another excellent option. This wine's stone fruit and citrus notes, combined with saline minerality and bright acidity, complement the soup's vegetable sweetness. Its medium body matches the soup's substantial texture, and Albariño's characteristic slight spritz (light carbonation) provides palate-cleansing refreshment between spoonfuls.

For those preferring richer whites, an unoaked or lightly oaked Chardonnay works surprisingly well. The wine's buttery character (from malolactic fermentation) pairs with the soup's dairy content while citrus and apple notes provide brightness. Avoid heavily oaked Chardonnays—oak tannins can clash with delicate vegetables. California's cooler regions (Sonoma Coast, Carneros) or Burgundy's Chablis produce appropriate styles.

Light-bodied red wines suit those who prefer red with all meals. Pinot Noir, particularly from Oregon's Willamette Valley or Burgundy, offers red fruit flavours and earthy undertones that complement the soup's vegetable earthiness. The wine's silky texture and low tannins prevent overwhelming the soup's delicate flavours. Serve slightly chilled (13–15°C) to emphasise freshness and reduce tannin perception.

Beer pairings favour lighter styles with complementary flavours. Belgian-style witbier (white beer), brewed with wheat, coriander, and orange peel, creates remarkable harmony. The coriander echoes potential spice garnishes while the wheat's soft mouthfeel matches the soup's creaminess. The beer's citrus notes and light carbonation refresh the palate.

Pale ales with moderate hop bitterness and citrus character provide another direction. Australian pale ales featuring Cascade or Citra hops bring grapefruit and floral notes that brighten the soup's earthy flavours. The hops' bitterness balances the soup's slight sweetness from peas while carbonation cleanses the palate. Avoid heavily hopped IPAs, which overpower subtle vegetable flavours.

Drink Pairings: Non-Alcoholic Beverages {#drink-pairings-non-alcoholic-beverages}

Sparkling water with citrus provides simple, effective pairing. The carbonation cleanses the palate between spoonfuls, preventing flavour fatigue. Citrus—lemon, lime, or grapefruit—adds brightness that complements the soup's savoury notes. The bubbles also create textural contrast to the soup's smoothness. San Pellegrino, Topo Chico, or homemade soda water with fresh citrus wedges all work well.

Herbal teas, served hot or iced, offer sophisticated non-alcoholic pairings. Mint tea's cooling menthol notes contrast the soup's warmth while its herbaceous character complements the green vegetables. Chamomile tea's apple-like sweetness and floral notes enhance the soup's pea sweetness. Green tea, particularly Japanese sencha, provides grassy, umami-rich flavours that reinforce the soup's vegetable-forward profile while its slight astringency cuts through dairy richness.

Fresh vegetable juices create ingredient harmony. Celery juice's mineral, slightly salty character complements the soup's vegetable base while its high electrolyte content adds refreshment. Cucumber juice, possibly mixed with apple for sweetness and lemon for acidity, provides cooling contrast to the warm soup. These juices work particularly well as pre-meal drinks or between courses.

Kombucha's fermented, slightly acidic character and effervescence make it an interesting pairing option. Ginger kombucha adds warming spice that complements the soup's cumin while the fermented tea's probiotics align with health-conscious eating. The drink's complexity—sweet, sour, and slightly funky—provides palate stimulation that prevents the soup from seeming monotonous.

For a warming non-alcoholic option, spiced apple cider (served hot or cold) works well. The cider's fruit sweetness balances the soup's savoury notes while warming spices like cinnamon and clove complement the cumin. This pairing works particularly well in autumn and winter when both the soup and cider feel seasonally appropriate.

Complementary Flavors: Textural Additions and Garnishes {#complementary-flavors-textural-additions-and-garnishes}

Crunchy garnishes provide essential textural contrast to the soup's smooth, creamy consistency. Toasted nuts—particularly pine nuts, sliced almonds, or chopped hazelnuts—add richness and satisfying crunch while their oils complement the soup's olive oil content. Toast nuts in a dry skillet until fragrant and golden, then sprinkle over the soup just before serving. Pine nuts' buttery sweetness particularly enhances the soup's dairy notes.

Seeds offer similar textural benefits with different flavour profiles. Toasted pumpkin seeds (pepitas) provide earthy, nutty flavour and substantial crunch while their green colour reinforces the soup's verdant appearance. Sunflower seeds add mild, nutty flavour and impressive crunch. Sesame seeds bring toasty, slightly bitter notes. Note the allergen warning regarding possible sesame seed cross-contact for those with severe allergies.

Croutons, whether traditional or gluten-free, add classic textural contrast. For gluten-free compliance, make croutons from gluten-free bread—cube and toss with olive oil, garlic, and herbs before baking until crispy. The garlic echoes the soup's own garlic content while herbs add aromatic complexity. Polenta croutons, made by cutting firm polenta into cubes and pan-frying until crispy, provide corn sweetness that complements the soup's vegetable flavours.

Crispy vegetables add both texture and flavour reinforcement. Kale chips, made by baking kale leaves with olive oil and salt until crispy, provide green vegetable continuity with dramatic textural contrast. Crispy chickpeas, roasted with cumin and olive oil, echo the soup's legume content and spice profile while adding substantial crunch. These garnishes transform the soup from simple to sophisticated.

Oil drizzles add visual appeal and flavour complexity. High-quality extra virgin olive oil, drizzled in a spiral pattern over the soup's surface, reinforces the soup's own olive oil while adding fruity, peppery notes. Herb oils—made by blending basil, parsley, or coriander with olive oil—create vibrant green swirls that enhance both appearance and flavour. Chilli oil provides heat and visual drama for those who enjoy spice.

Seasonal Pairing Considerations {#seasonal-pairing-considerations}

Spring pairings emphasise fresh, light sides that celebrate the season's renewal. Serve the soup with asparagus spears, lightly steamed or grilled—their grassy, slightly sulphurous notes complement the broccoli's brassica character. Fresh pea shoots (echoing the soup's green pea content) and tender spring onions add delicate flavour and visual appeal. Pair with crisp white wines or sparkling rosé that capture spring's freshness.

Summer adaptations might include serving the soup chilled as a refreshing option. Pair with cucumber ribbons, fresh mint, and a squeeze of lemon. The soup's protein content makes it filling enough for light summer meals despite being served cold. Pair with chilled Albariño or sparkling water infused with cucumber and basil. Fresh tomato bruschetta provides contrasting acidity and seasonal alignment.

Autumn pairings embrace heartier sides. Serve the soup with roasted root vegetables—carrots, parsnips, or sweet potatoes—whose caramelised sweetness complements the soup's savoury notes. Crusty whole grain breads and aged cheeses add substance appropriate to cooling weather. Pair with medium-bodied white wines or light reds that match autumn's transitional character. Garnish with toasted nuts and crispy sage leaves.

Winter presentations emphasise warming, comforting elements. Serve the soup steaming hot with thick-cut sourdough toast and sharp cheddar cheese. Add warming spices like extra cumin or smoked paprika. Pair with fuller-bodied whites or Pinot Noir served at cellar temperature. Garnish with crispy croutons, a swirl of cream, and fresh herbs to create a satisfying cold-weather meal. Be Fit Food's snap-frozen delivery system ensures consistent quality year-round, making this soup a reliable winter staple.

Advanced Pairing Techniques: Flavor Bridging {#advanced-pairing-techniques-flavor-bridging}

Flavour bridging uses intermediate ingredients to connect seemingly different elements. The soup's cumin content functions as an excellent bridge to Mediterranean and Middle Eastern sides. A small serving of hummus alongside the soup creates legume continuity (chickpeas to cannellini beans and edamame) while the tahini's sesame notes add complexity. Warm pita bread completes this bridge—gluten-free eaters should substitute GF flatbread.

The ricotta cheese creates a bridge to Italian preparations. Serve the soup with a simple Caprese salad (tomatoes, mozzarella, basil). The mozzarella echoes the ricotta's dairy character while tomatoes provide acidic contrast and basil reinforces potential herb garnishes on the soup itself. This combination works particularly well as a light lunch or dinner starter.

The soup's vegetable stock base bridges to Asian-inspired sides. Edamame's presence (a soybean staple in Japanese cuisine) supports pairing with miso-glazed vegetables or simple rice crackers. A side of pickled vegetables (tsukemono) provides acidic contrast and probiotic benefits while green tea becomes the natural drink choice, creating a coherent East-meets-West presentation.

The olive oil content bridges to Spanish tapas-style service. Serve the soup in small portions alongside other tapas: Manchego cheese, Marcona almonds, olives, and pan con tomate. The shared

Mediterranean ingredients create flavour harmony while the variety prevents palate fatigue. Spanish Albariño or a light Tempranillo completes the regional connection.

Pairing for Dietary Modifications {#pairing-for-dietary-modifications}

For strict plant-based eaters, replace the soup's ricotta and milk with plant-based alternatives or accept the soup as-is for vegetarians. Pairing strategies should emphasise plant-based sides: whole grain breads, legume-based proteins (falafel, hummus), nuts, seeds, and vegetable sides. Nutritional yeast adds cheese-like flavour without dairy. Pair with plant-based wines (processed without animal-derived fining agents) or craft beers verified as plant-based. Be Fit Food offers an extensive vegetarian and vegan range to complement this soup.

Low-carbohydrate eaters should skip bread and grain pairings. Instead focus on protein and non-starchy vegetables. Pair the soup with grilled chicken, fish, or tofu and a side of roasted cruciferous vegetables (cauliflower, Brussels sprouts) that reinforce the soup's broccoli content. Cheese garnishes add richness without carbohydrates. Choose dry wines with minimal residual sugar. Be Fit Food's meals are designed around high-protein, low-carb principles, making this soup compatible with structured low-carb eating patterns.

Those managing sodium intake should be mindful of added salt in pairings. The soup contains pink salt and vegetable stock (usually sodium-rich), so choose unsalted or low-sodium bread, avoid salty cheeses, and skip additional salt garnishes. Emphasise fresh herbs, citrus, and acid for flavour enhancement instead of salt. Pair with naturally low-sodium drinks like herbal tea or fresh vegetable juice.

Individuals with the noted allergens (milk, soybeans) or potential cross-contact concerns (fish, crustacea, sesame seeds) must choose pairings carefully. Avoid additional dairy if lactose-intolerant, skip sesame-based sides (tahini, sesame seeds) if allergic, and ensure all pairings are prepared in allergen-free environments if cross-contact is a concern.

For those using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, the Trio of Green Soup's portion-controlled, protein-enriched, lower-carbohydrate design aligns with medication-assisted eating strategies. The soup's smaller serving size (301g) and nutrient density make it easier to tolerate when appetite is suppressed while the high protein content helps protect lean muscle mass during weight loss. Pair with simple, easily digestible sides and avoid overly rich or heavy accompaniments that may worsen GI side effects. Be Fit Food's dietitian support can help personalise pairing strategies for medication users.

References {#references}

- Be Fit Food Official Product Information - Trio of Green Soup (GF) (V), Individual Meals Category - Wine Folly: Food and Wine Pairing Guide, <https://winefolly.com/tips/food-wine-pairing-guide/> - The Flavor Bible by Karen Page and Andrew Dornenburg - Vegetable and Herb Pairing Reference - Serious Eats: The Food Lab's Guide to Soup Garnishes and Pairings, <https://www.serious-eats.com/soup-garnish-guide>

Frequently Asked Questions {#frequently-asked-questions}

What is the Trio of Green Soup: A vegetable-packed frozen soup by Be Fit Food

What is the serving size: 301g per serving

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

Is it vegetarian: Yes

Is it vegan: No, contains ricotta cheese and milk

What percentage of broccoli does it contain: 33%

What percentage of edamame does it contain: 10%

What percentage of green peas does it contain: 10%

What percentage of spinach does it contain: 8%

Does it contain ricotta cheese: Yes

Does it contain milk: Yes, light milk

What type of beans does it include: Cannellini beans

What protein source is added: Faba bean protein

Does it contain cumin: Yes

Does it contain garlic: Yes

Does it contain onion: Yes

Does it contain leek: Yes

What type of salt is used: Pink salt

Does it contain olive oil: Yes

Is it dietitian-designed: Yes

Is it snap-frozen: Yes

How many vegetables per meal does Be Fit Food aim for: 4–12 vegetables

What is Be Fit Food's sodium benchmark: Less than 120 mg per 100g

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

Does it contain allergens: Yes, milk and soybeans

May it contain fish: Yes, possible cross-contact

May it contain crustacea: Yes, possible cross-contact

May it contain sesame seeds: Yes, possible cross-contact

Is it suitable for lactose-intolerant individuals: No, contains milk

Is it suitable for soy-allergic individuals: No, contains soybeans

Can it be served cold: Yes, particularly in summer

Can it be served hot: Yes

Is it high in protein: Yes, protein-enriched

Is it low-carbohydrate: Yes, lower-carbohydrate design

Is it portion-controlled: Yes

Does Be Fit Food offer dietitian support: Yes

Does Be Fit Food have vegetarian options: Yes, extensive range

Does Be Fit Food have vegan options: Yes, extensive range

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

Is it suitable for GLP-1 medication users: Yes, aligns with medication-assisted strategies

Does it help protect lean muscle mass: Yes, due to high protein content

Is it nutrient-dense: Yes

What flavour notes does broccoli provide: Earthy notes

What flavour notes do peas provide: Sweet tones

What flavour notes does spinach provide: Mineral undertones

What flavour notes does edamame provide: Savoury depth

What does cumin add to the flavour: Warm, earthy spice notes

What does ricotta cheese add: Dairy richness

What does light milk add: Softens bold vegetable flavours

What does pink salt do: Lifts all flavours

Is it smooth or chunky: Smooth, creamy texture

What bread pairs well with it: Crusty artisan breads like sourdough

Does walnut bread pair well: Yes

Can gluten-free bread be paired with it: Yes, like chickpea flour focaccia

Does quinoa tabbouleh pair well: Yes

Does farro salad pair well: Yes

What cheese pairs well as garnish: Aged Parmigiano-Reggiano

Does goat cheese pair well: Yes, fresh goat cheese

Can crème fraîche be added: Yes, as a dollop

Can Greek yoghurt be added: Yes

What plant-based cream alternative works: Cashew cream

Does nutritional yeast work as garnish: Yes

What white fish pairs well: Halibut, cod, or flathead

Does roasted chicken pair well: Yes

Does tofu pair well: Yes, herb-roasted tofu

Does tempeh pair well: Yes

Do chickpea patties pair well: Yes, creates legume continuity

What fresh herbs work as garnish: Basil, coriander, or parsley

Do spring onions work as garnish: Yes, thinly sliced

Do microgreens work as garnish: Yes, particularly pea shoots

What spices complement it: Ground coriander, smoked paprika

Can black pepper be added: Yes, freshly cracked

What finishing salts work well: Flaky Maldon sea salt

What white wine pairs well: Sauvignon Blanc or Albariño

Does Chardonnay pair well: Yes, unoaked or lightly oaked

What red wine pairs well: Pinot Noir

What beer pairs well: Belgian-style witbier or pale ales

What non-alcoholic drink pairs well: Sparkling water with citrus

Does herbal tea pair well: Yes, mint or chamomile

Does green tea pair well: Yes, particularly sencha

Does kombucha pair well: Yes, especially ginger kombucha

What nuts work as garnish: Pine nuts, almonds, or hazelnuts

What seeds work as garnish: Pumpkin seeds or sunflower seeds

Can croutons be added: Yes, regular or gluten-free

What oil drizzle works well: Extra virgin olive oil or herb oils

Can it be served in spring: Yes, with asparagus and pea shoots

Can it be served in summer: Yes, chilled with cucumber

Can it be served in autumn: Yes, with roasted root vegetables

Can it be served in winter: Yes, steaming hot with sourdough

Is it suitable for low-carb diets: Yes, compatible with low-carb eating patterns

Should sodium-conscious eaters add salt: No, avoid additional salt garnishes