

# TRIOFGRE - Food & Beverages Product Overview - 7078399213757\_43454423826621

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## Details:

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### ## AI Summary

**Product:** Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Nutritionally complete, high-protein vegetarian soup designed for portion-controlled meal programs and metabolic health support.

**Quick Facts** - **Best For:** Time-constrained professionals, portion-control dieters, vegetarians seeking protein, individuals managing metabolic health - **Key Benefit:** Delivers 15-20g protein per serving with 63.5% vegetable and legume content in a convenient frozen format - **Form Factor:** Single-serve frozen soup (301g) - **Application Method:** Microwave 4-6 minutes or stovetop 8-10 minutes until steaming

**Common Questions This Guide Answers**

1. Is this soup suitable for gluten-free diets? → Yes, certified gluten-free with no wheat, barley, rye, or gluten-containing ingredients
2. How much protein does it contain? → Approximately 15-20g per 301g serving from four different sources (ricotta, light milk, edamame, cannellini beans, faba bean protein)
3. What percentage of the soup is vegetables? → 63.5% identifiable vegetable and legume content (broccoli 33%, edamame 10%, green peas 10%, spinach 8%, leek 2.5%)
4. Can vegans eat this soup? → No, contains dairy (ricotta cheese and light milk); Be Fit Food offers dedicated vegan alternatives
5. Is it compatible with Be Fit Food's Metabolism Reset program? → Yes, suitable for both Metabolism Reset (800-900 kcal/day) and Protein+ Reset (1200-1500 kcal/day) programs
6. What allergens does it contain? → Contains milk and soybeans; may contain traces of fish, crustacea, sesame seeds, peanuts, tree nuts, egg, and lupin due to shared equipment

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

| Attribute | Value | |-----|-----| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | GTIN | 09358266000878 | | Price | \$12.50 AUD | | Availability | In Stock | | Category | Food & Beverages - Ready-to-Eat Meals | | Pack size | 301g (single serve) | | Diet | Gluten-free, Vegetarian (lacto-vegetarian) | | Key ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Leek (2.5%), Faba Bean Protein | | Allergens | Contains: Milk, Soybeans. May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Store frozen at -18°C. Once thawed, consume within 24 hours. Do not refreeze. | | Preparation | Microwave: 4-6 minutes on high, stirring halfway. Stovetop: 8-10 minutes until steaming. |

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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

- **Product Name:** Trio of Green Soup (GF) (V) MB3 - **Brand:** Be Fit Food - **GTIN:** 09358266000878 - **Price:** \$12.50 AUD - **Availability:** In Stock - **Category:** Food & Beverages - Ready-to-Eat Meals - **Pack Size:** 301g (single serve) - **Diet Certifications:** Gluten-free, Vegetarian (lacto-vegetarian) - **Key Ingredients:** Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Leek (2.5%), Faba Bean Protein, Cannellini Beans, Vegetable Stock, Onion, Olive Oil, Garlic, Cumin, Pepper, Pink Salt - **Allergen Information - Contains:** Milk, Soybeans - **Allergen Information - May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - **Storage Instructions:** Store frozen at -18°C. Once thawed, consume within 24 hours. Do not refreeze. - **Preparation Instructions - Microwave:** 4-6 minutes on high, stirring halfway - **Preparation Instructions - Stovetop:** 8-10 minutes until steaming - **Ingredient Percentages:** Broccoli 33%, Edamame 10%, Green Peas 10%, Spinach 8%, Leek 2.5% - **Total Identified Vegetable/Legume Content:** 63.5% - **Protein Sources:** Ricotta cheese, light milk, edamame, cannellini beans, faba bean protein - **Thickening Agent:** Potato - **Oil Type:** Olive oil - **Seasoning:** Garlic, cumin, pepper, pink salt - **No Added:** Artificial preservatives, modified starches, gums, MSG, artificial colours, added sugars, seed oils

#### ### General Product Claims

- Frozen ready meal with concentrated vegetable nutrition - Nutritionally complete meal - Dietitian-designed - Nutrient preservation through freezing - Portion-controlled format - Part of structured meal programs - High fibre, vitamin C, and sulforaphane content - Contains 4–12 vegetables per meal - Iron and folate content - Balanced flavour profile - Natural sweetness - Improved texture - Multi-source protein strategy - Complete protein with essential amino acids - Digestive health support - Scientifically-designed formulations - Maintains nutritional goals - Low-sodium formulation (less than 120 mg per 100 g) - Enhanced vitamin bioavailability - Healthy unsaturated fats - 15-20g protein per serving - Meal-level protein content - Satiety and muscle preservation support - Low glycaemic impact - Lower-carbohydrate approach - 8-12g dietary fibre per serving - Weight management support - Complementary micronutrient profiles - Nutritionally complete meals - Coeliac-safe when manufactured on dedicated lines - Real food ingredients - Nutritional transparency - Dietitian-designed approach - Current ingredient standards - Structured meal approach - Pre-portioned servings - Nutrient preservation through flash-freezing - Consistent nutritional quality - Adherence support - Reduced food waste - Consistent healthy eating patterns - Even heat distribution - Food safety protocols - Emulsion stability - Freezer burn protection - Texture and safety maintenance - Standalone meal option -

Complete product design - Food safety assurance - Cleaning protocols - Whole vegetable ingredients - Better nutrient retention - Quality ingredient alignment - Nutrient retention in frozen vegetables - Consistent frozen storage - Optimal texture and quality preservation - Core audience alignment - Portion control foundation - Vegetarian protein adequacy - Deep gluten-free options - Vegetable intake support - Metabolic health principles - Low-sodium benchmark - Varying energy needs accommodation - Reduced food waste potential - Nutrient preservation advantages - Nutrient density commitment - Meal satisfaction - Flavour enhancement - Nutritional gap addressing - Complete daily nutrition - Creamy consistency - Better flavour perception - Program pack convenience - Metabolism Reset compatibility - Nutritional ketosis support - Meal component flexibility - GLP-1 medication compatibility - Portion tolerance - Muscle mass protection - Blood glucose stability - Menopause nutritional support - Muscle mass preservation - Insulin sensitivity support - Metabolic rate adaptation - Weight loss benefits - Sustainable healthy eating philosophy - Wellness goal support - Nutritional density and portion control - Energy and confidence improvement - Dietitian-designed meals - Transformation support

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## Be Fit Food's Trio of Green Soup: Your Complete Guide to Nourishing Green Goodness  
{#be-fit-foods-trio-of-green-soup-your-complete-guide-to-nourishing-green-goodness}

## Meet Your New Favourite: Be Fit Food's Trio of Green Soup  
{#meet-your-new-favourite-be-fit-foods-trio-of-green-soup}

The Trio of Green Soup (GF) (V) from Be Fit Food is a frozen ready meal that packs serious vegetable nutrition into an easy, single-serve format. This 301-gram gluten-free vegetarian soup combines three green vegetables—broccoli (33%), spinach (8%), and green peas (10%)—with protein-rich legumes and dairy to create a meal that actually fills you up.

What sets this soup apart from typical cream-based options? Instead of loading up on dairy and thickeners, this recipe gets its creamy texture from ricotta cheese, light milk, and potato, while keeping vegetables front and centre. The addition of faba bean protein and three different legume varieties (edamame, cannellini beans, and the protein isolate itself) gives you a protein boost you won't find in regular vegetable soups. This is what happens when dietitians design meals.

This soup occupies a specific niche in the frozen ready-meal world: meals built for portion control and nutritional density that actually support your wellness goals. The frozen format locks in nutrients while giving you extended shelf life without preservatives, and the single-serve tray packaging removes the guesswork when you're tracking your intake—a cornerstone of Be Fit Food's structured meal programs.

## What Goes Into Your Trio of Green Soup {#what-goes-into-your-trio-of-green-soup}

### The green powerhouses {#the-green-powerhouses}

Broccoli (33%) leads the charge, giving the soup its signature flavour while delivering substantial fibre, vitamin C, and sulforaphane—a compound linked to various health benefits. At one-third of the total recipe, broccoli's nutritional profile and flavour really define this product. This vegetable density reflects Be Fit Food's commitment to including 4–12 vegetables in each meal.

Spinach (8%) brings iron, folate, and that deep green colour that makes this soup visually appealing. The percentage is balanced to prevent the potential bitterness that can happen when spinach dominates cooked dishes, while still delivering meaningful micronutrient power.

Green Peas (10%) add natural sweetness to balance the bolder flavours of broccoli and spinach, while contributing extra plant protein (peas contain around 5g protein per 100g) and soluble fibre. They also improve the texture in the puréed soup.

### The protein strategy that powers you {#the-protein-strategy-that-powers-you}

The recipe uses four different protein sources, an approach that separates this vegetable soup from the pack and shows Be Fit Food's high-protein philosophy designed to support lean muscle mass and metabolic health:

Ricotta Cheese (listed second, showing substantial volume) provides whey protein and creates the creamy mouthfeel you want in a quality soup. Made from whey, milk, salt, and food acid, this cheese contributes complete protein with all essential amino acids while adding calcium.

Edamame (10%) are immature soybeans that deliver around 11g of protein per 100g, along with isoflavones and extra fibre. Their inclusion at 10% of total weight means roughly 30 grams in the 301g serving, contributing about 3-4 grams of plant protein.

Cannellini Beans are white kidney beans valued for their creamy texture when puréed and their resistant starch content, which supports digestive health. They add body to the soup while contributing extra plant protein and minerals including iron and magnesium.

Faba Bean Protein is a concentrated protein isolate derived from fava beans, containing 60-90% protein by weight depending on processing. This ingredient is targeted protein fortification, added to reach a specific protein goal for the finished product without changing flavour or texture significantly—a hallmark of Be Fit Food's scientifically-designed meal formulations.

### ### The dairy foundation {#the-dairy-foundation}

Light Milk acts as the liquid base, providing extra protein and calcium while keeping fat content moderate compared to full-fat dairy or cream-based options.

The combination of ricotta and light milk creates a dairy foundation that delivers creaminess and complete protein while maintaining a nutritional profile that supports your health goals and Be Fit Food's metabolic health focus.

### ### The flavour builders {#the-flavour-builders}

Potato works as a natural thickener, releasing starch during cooking to create body without needing added flour or modified starches. This approach maintains the gluten-free status while providing texture and a subtle sweetness.

Onion and Leek (2.5%) form the aromatic foundation, providing depth and complexity that prevents the soup from tasting one-dimensional or overly "green." The specific callout of leek percentage (2.5%) shows intentional flavour design.

Vegetable Stock provides umami depth and savoury notes that boost palatability without needing excessive salt—supporting Be Fit Food's low-sodium benchmark of less than 120 mg per 100 g.

Olive Oil contributes healthy monounsaturated fats and improves the bioavailability of fat-soluble vitamins (A, D, E, K) present in the green vegetables. This reflects Be Fit Food's emphasis on healthy unsaturated fats instead of seed oils.

Garlic, Cumin, Pepper, Pink Salt make up the seasoning profile. Cumin adds warmth and earthiness that complements legumes particularly well, while pink salt (Himalayan pink salt) provides sodium for flavour enhancement and mineral content.

## ## Nutritional Power and Where It Fits Your Goals {#nutritional-power-and-where-it-fits-your-goals}

### ### The macronutrient breakdown {#the-macronutrient-breakdown}

The ingredient composition tells us about the nutritional architecture:

Protein Density: The multi-source protein strategy (ricotta, light milk, edamame, cannellini beans, faba bean protein) means this soup delivers substantially more protein than regular vegetable soups, likely

in the 15-20g range per 301g serving. This makes it a legitimate meal—consistent with Be Fit Food's high-protein approach designed to support satiety, preserve lean muscle mass, and support metabolic health.

**Carbohydrate Sources:** Carbohydrates come primarily from vegetables (broccoli, peas, spinach), legumes (edamame, cannellini beans), and potato. These are predominantly complex carbohydrates with associated fibre, creating a low glycaemic impact compared to refined carbohydrate sources. This formulation reflects Be Fit Food's lower-carbohydrate philosophy, avoiding added sugars and refined grains.

**Fat Content:** Fat comes from ricotta cheese, light milk, and olive oil—predominantly from dairy and heart-healthy monounsaturated sources instead of saturated fats from cream or butter. Be Fit Food formulations specifically avoid seed oils in favour of healthier fat sources.

**Fibre Content:** With broccoli, spinach, peas, and two legume varieties as primary ingredients, this soup likely delivers 8-12g of dietary fibre per serving, supporting digestive health and helping you feel fuller for longer—key components in Be Fit Food's approach to sustainable weight management.

### The micronutrient goodness {#the-micronutrient-goodness}

The green vegetable concentration provides:

- Vitamin K (abundant in spinach and broccoli) for blood clotting and bone health
- Vitamin C (particularly from broccoli) supporting immune function and iron absorption
- Folate (from spinach and legumes) essential for cell division and DNA synthesis
- Iron (from spinach and legumes) for oxygen transport, with vitamin C enhancing bioavailability
- Calcium (from dairy and green vegetables) supporting bone health
- Potassium (from vegetables and legumes) for cardiovascular and muscle function

The combination of dairy and plant sources creates complementary micronutrient profiles that address common nutritional gaps in modern diets—supporting Be Fit Food's goal of nutritionally complete meals.

### Dietary certifications and who this suits {#dietary-certifications-and-who-this-suits}

**Gluten-Free (GF):** Contains no wheat, barley, rye, or gluten-containing ingredients. The use of potato instead of wheat flour as a thickener maintains this status. This soup is part of Be Fit Food's extensive gluten-free range, with around 90% of the menu certified gluten-free and suitable for coeliac disease when manufactured on dedicated lines. The "may contain" warning for cross-contact during manufacturing should be noted by individuals with coeliac disease.

**Vegetarian (V):** Contains no meat, poultry, or fish, though it does include dairy (ricotta, milk) making it lacto-vegetarian. Be Fit Food offers dedicated vegetarian and vegan ranges that maintain the same high-protein, lower-carbohydrate principles.

**Allergen Information:** - Contains: Milk (from ricotta and light milk), Soybeans (from edamame) - May Contain: Fish, Crustacea, Sesame Seeds (due to shared manufacturing equipment)

This allergen profile makes the product unsuitable for individuals with dairy or soy allergies, and those with severe fish, shellfish, or sesame allergies should exercise caution due to cross-contact risk.

## What Makes This Soup Stand Out {#what-makes-this-soup-stand-out}

### Vegetable transparency you can trust {#vegetable-transparency-you-can-trust}

Unlike many commercial soups that list vegetables generically, this product specifies exact percentages for primary ingredients (broccoli 33%, edamame 10%, peas 10%, spinach 8%, leek 2.5%). This transparency totals 63.5% identifiable vegetable and legume content, demonstrating genuine

vegetable density—reflecting Be Fit Food's commitment to real food ingredients and nutritional transparency.

### ### The protein architecture {#the-protein-architecture}

The four-source protein strategy distinguishes this product from regular vegetable soups and shows Be Fit Food's dietitian-designed approach:

1. Complete protein from dairy (ricotta, milk) provides all essential amino acids 2. Plant proteins from edamame and cannellini beans add fibre and phytonutrients 3. Concentrated faba bean protein achieves targeted protein levels without excessive volume

This approach creates a protein-complete meal suitable for vegetarians concerned about adequate protein intake from convenient foods—supporting Be Fit Food's emphasis on protein prioritisation for metabolic health.

### ### Clean, real ingredients {#clean-real-ingredients}

The ingredient list contains no: - Artificial preservatives (frozen storage provides preservation) - Modified starches or gums (potato provides natural thickening) - Flavour enhancers like MSG - Artificial colours (green colour derives from chlorophyll in vegetables) - Added sugars (sweetness comes from peas and vegetables) - Seed oils (olive oil provides healthy fats)

This "clean label" approach aligns with Be Fit Food's current ingredient standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The faba bean protein is a degree of processing beyond whole foods, though it has a specific nutritional function.

### ### The portion-controlled frozen advantage {#the-portion-controlled-frozen-advantage}

The 301-gram single-serve format addresses several needs and reflects Be Fit Food's structured meal approach:

**Portion Control:** Pre-portioned servings eliminate guesswork for calorie-conscious individuals or those following structured meal plans like Be Fit Food's Metabolism Reset or Protein+ Reset programs.

**Nutrient Preservation:** Flash-freezing locks in nutrients at peak freshness, often preserving more vitamins than fresh vegetables stored for days in refrigeration. Be Fit Food's snap-frozen delivery system ensures consistent nutritional quality.

**Convenience:** Requires only reheating—no preparation, chopping, or cooking skills necessary. This "heat, eat, enjoy" simplicity supports adherence, a critical factor in successful weight management.

**Extended Shelf Life:** Frozen storage (around 6-12 months) reduces food waste compared to fresh soups with 3-7 day refrigerated shelf life, making it easier to maintain consistent healthy eating patterns.

### ## How to Prepare Your Soup {#how-to-prepare-your-soup}

#### ### Reheating methods {#reheating-methods}

Be Fit Food's frozen single-serve soups offer two easy reheating approaches:

**Microwave Method (recommended for convenience):** 1. Remove from outer packaging if present, ensuring container is microwave-safe 2. Pierce or vent film covering to allow steam escape 3. Microwave on high for 4-6 minutes, stirring halfway through 4. Let stand 1 minute before consuming (allows heat distribution) 5. Ensure internal temperature reaches 75°C for food safety

**Stovetop Method (for texture preference):** 1. Remove soup from packaging into saucepan 2. Heat over medium heat, stirring occasionally 3. Bring to gentle simmer (avoid vigorous boiling which can break

emulsion) 4. Heat until steaming throughout, around 8-10 minutes 5. Serve immediately

### ### Storage guidelines {#storage-guidelines}

**Frozen Storage:** Maintain at -18°C or below. Store in original packaging to prevent freezer burn and protect from odour absorption. Position in freezer where temperature remains most stable (avoid door storage).

**Thawed Product:** If thawed, consume within 24 hours. Do not refreeze previously thawed soup, as this degrades texture and increases food safety risks.

**Post-Heating:** Consume immediately after heating. If not consumed entirely, refrigerate leftovers within 2 hours and use within 24 hours. Reheat only once.

### ### Serving ideas {#serving-ideas}

**As a complete meal:** The protein content and 301g portion size make this work as a standalone lunch or light dinner, particularly for individuals with moderate caloric needs (1,400-1,800 calories daily) or those following Be Fit Food's structured programs.

**As part of a larger meal:** Pair with: - Wholegrain bread or crackers for extra complex carbohydrates - Side salad for additional vegetables and textural contrast - Protein addition (grilled chicken, tofu, or boiled egg) for higher protein requirements, especially for those on Be Fit Food's Protein+ Reset program

**Enhancement options:** While designed as a complete product, personal taste preferences might include: - Fresh herbs (parsley, basil, or dill) for brightness - Lemon juice or zest for acidity - Nutritional yeast for extra umami and B-vitamins (vegan option) - Cracked black pepper or red pepper flakes for heat

### ## Quality and Safety You Can Count On {#quality-and-safety-you-can-count-on}

#### ### Food safety protocols {#food-safety-protocols}

**Frozen Storage Integrity:** Ensure packaging remains intact without tears or punctures. If packaging is damaged, ice crystals are visible inside, or product shows signs of thawing and refreezing (ice formation, separated liquids), do not consume.

**Reheating Temperature:** Achieve minimum internal temperature of 75°C throughout to ensure food safety, particularly important given dairy content which supports bacterial growth if temperature-abused.

**Cross-Contamination Awareness:** The "may contain" allergen warnings (fish, crustacea, sesame seeds) indicate shared manufacturing equipment. While cleaning protocols minimise risk, individuals with severe allergies should assess their risk tolerance. Be Fit Food's extensive gluten-free range includes meals manufactured on dedicated lines for those requiring strict coeliac-safe protocols.

#### ### Ingredient sourcing and quality {#ingredient-sourcing-and-quality}

**Vegetable Quality:** The high percentage declarations (broccoli 33%, etc.) suggest whole vegetable ingredients instead of concentrates or powders, indicating better nutrient retention and flavour—consistent with Be Fit Food's real food philosophy.

**Dairy Standards:** Ricotta and milk components meet Australian dairy safety standards, which include regular testing for antibiotics, bacteria, and somatic cell counts.

**Protein Isolate:** Faba bean protein is a processed ingredient. Quality varies by manufacturer based on extraction methods (water-based vs. chemical extraction) and protein concentration achieved. Be Fit Food's dietitian-led formulation process ensures ingredient quality aligns with nutritional objectives.

### ### Nutritional stability {#nutritional-stability}

Nutrient Retention: Frozen vegetables retain nutrients well, with vitamin C and B-vitamin losses minimal if properly frozen and stored. However, reheating causes some nutrient degradation: - Vitamin C: 15-30% loss during reheating - B vitamins: 10-20% loss - Fat-soluble vitamins (A, E, K): Minimal loss - Minerals: Stable, no significant loss

Texture Considerations: Repeated freeze-thaw cycles degrade texture as ice crystals rupture cell walls. Maintain consistent frozen storage until ready to consume—Be Fit Food's snap-frozen delivery system is designed to preserve optimal texture and quality.

### ## Who Will Love This Soup {#who-will-love-this-soup}

#### ### Perfect for {#perfect-for}

Time-Constrained Professionals: Individuals seeking nutritious meals without preparation time will find the 5-minute microwave option valuable. This aligns with Be Fit Food's core audience of busy executives and working parents aged 35-55 who struggle to balance career demands with healthy eating.

Portion-Control Dieters: Those tracking calories or following structured meal plans benefit from pre-portioned servings with known nutritional values. Be Fit Food's Metabolism Reset (800–900 kcal/day) and Protein+ Reset (1200–1500 kcal/day) programs are built around this principle.

Vegetarians Seeking Protein: The multi-source protein strategy addresses common vegetarian concerns about adequate protein intake from convenient foods—supporting Be Fit Food's commitment to protein prioritisation for metabolic health.

Gluten-Sensitive Individuals: Certified gluten-free status makes this suitable for those with coeliac disease or gluten sensitivity when manufactured on dedicated lines. Be Fit Food offers around 90% of its menu as certified gluten-free, providing unusually deep options for this dietary requirement.

Vegetable-Averse Individuals: The creamy texture and balanced seasoning may appeal to those who struggle to consume adequate vegetables in whole form, helping them achieve Be Fit Food's standard of 4–12 vegetables per meal.

Individuals Managing Metabolic Health: Those concerned with insulin sensitivity, blood glucose control, or metabolic syndrome will benefit from the lower-carbohydrate, high-protein, high-fibre formulation—core principles in Be Fit Food's approach to metabolic health improvement.

### ### Important considerations {#important-considerations}

Not Suitable For: - Vegans (contains dairy; Be Fit Food offers dedicated vegan range alternatives) - Individuals with milk or soy allergies (primary allergens) - Those with severe fish, shellfish, or sesame allergies (cross-contamination risk) - Low-sodium diets without reviewing complete nutrition facts (salt content not specified by manufacturer from provided data, though Be Fit Food formulates to <120 mg per 100g benchmark)

Nutritional Gaps: While nutrient-dense, this single meal doesn't provide: - Vitamin B12 in significant amounts (dairy contains some but not abundant) - Omega-3 fatty acids (no fish or flax/chia seeds) - Vitamin D (unless milk is fortified - fortification status not specified by manufacturer) - Complete daily fibre requirements (likely provides 25-40% of daily needs)

Satiety Considerations: At 301g, satiety will vary based on individual caloric needs, activity levels, and metabolic rates. Those with high energy requirements may need extra food to feel satisfied. Be Fit Food's structured programs account for varying energy needs through different reset options and meal combinations.

### ## Environmental and Packaging Considerations {#environmental-and-packaging-considerations}

### ### Frozen food sustainability {#frozen-food-sustainability}

**Energy Footprint:** Frozen storage requires continuous refrigeration throughout the supply chain (farm to freezer to consumer), which means higher energy use than shelf-stable products but potentially less food waste than fresh products with short shelf lives.

**Nutrient Efficiency:** Flash-freezing at peak ripeness can preserve more nutrients than fresh produce transported long distances and stored for days, potentially making frozen vegetables more nutritionally efficient—supporting Be Fit Food's commitment to nutrient density.

### ### Packaging {#packaging}

Single-serve frozen meals use:

**Tray Material:** Plastic (polypropylene or CPET) that's microwave-safe and freezer-stable. Recyclability varies by local facilities—check packaging symbols and local guidelines.

**Film Cover:** Plastic film, often not recyclable in standard programs.

**Outer Carton:** If present, recyclable cardboard.

**Disposal Best Practices:** - Rinse tray if recycling (remove food residue) - Check local recycling programs for plastic tray acceptance - Separate materials (cardboard, plastic tray, film) for proper disposal

## ## Expert Tips for Your Best Experience {#expert-tips-for-your-best-experience}

### ### Maximising nutritional value {#maximising-nutritional-value}

**Avoid Overcooking:** Excessive microwave time or prolonged stovetop heating degrades heat-sensitive vitamins. Heat just until steaming throughout, no longer—preserving the nutrient density Be Fit Food builds into each meal.

**Add Fresh Elements:** Top with fresh herbs, microgreens, or a squeeze of lemon just before serving to add vitamin C and enhance flavour without extra heating.

**Pair Strategically:** Combine with vitamin D sources (fortified foods or sunlight exposure) and omega-3 sources (walnuts, chia seeds, or fish at other meals) to address nutritional gaps and create more complete daily nutrition.

### ### Texture and flavour optimisation {#texture-and-flavour-optimisation}

**Stirring Technique:** After reheating, stir vigorously to re-emulsify any separated fats and ensure even temperature distribution. This restores the creamy consistency that makes Be Fit Food meals satisfying.

**Temperature Serving:** Allow to cool slightly before consuming. Soups at 60-65°C allow better flavour perception than those consumed at boiling temperature, which can numb taste receptors.

**Consistency Adjustment:** If soup seems too thick after reheating (water evaporation during heating), add 1-2 tablespoons of hot water or milk and stir to reach desired consistency.

### ### Storage optimisation {#storage-optimisation}

**Freezer Organisation:** Store soups upright in a designated section of freezer. Group similar products together for easy inventory management and rotation (first in, first out)—particularly useful for those ordering Be Fit Food's 7, 14, or 28-day program packs.

**Defrost Planning:** While not required, partial defrosting in refrigerator overnight can reduce microwave time and create more even heating, though this requires advance planning.

Power Outage Protocol: If freezer loses power, keep door closed. Food remains safely frozen for 24-48 hours in a full freezer if door stays closed. If power outage exceeds this timeframe and product thawed, do not refreeze.

## How This Soup Fits Your Be Fit Food Journey {#how-this-soup-fits-your-be-fit-food-journey}

### Metabolism Reset compatibility {#metabolism-reset-compatibility}

The Trio of Green Soup works well in Be Fit Food's Metabolism Reset program (around 800–900 kcal/day, 40–70g carbs/day) as a lunch or dinner option. The high protein content, controlled portion size, and lower carbohydrate profile support the program's goal of inducing mild nutritional ketosis for sustainable fat loss while preserving lean muscle mass.

### Protein+ Reset suitability {#protein-reset-suitability}

For those following Be Fit Food's Protein+ Reset (1200–1500 kcal/day), this soup works as an excellent meal component, particularly when paired with extra protein sources or included as part of the structured daily meal plan that includes pre- and post-workout nutrition.

### GLP-1 and medication support {#glp-1-and-medication-support}

The Trio of Green Soup works particularly well for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. The smaller, portion-controlled format is easier to tolerate when appetite is suppressed, while the high protein content protects lean muscle mass during medication-assisted weight loss. The lower carbohydrate, high-fibre formulation supports stable blood glucose—critical for those managing insulin resistance or Type 2 diabetes.

### Menopause and perimenopause support {#menopause-and-perimenopause-support}

For women navigating perimenopause or menopause—metabolic transitions characterised by reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass—this soup provides targeted nutritional support. The high-protein formulation preserves muscle mass, the lower-carbohydrate profile with no added sugars supports insulin sensitivity, and the portion-controlled format addresses declining metabolic rate. This aligns with Be Fit Food's recognition that goals of 3–5 kg weight loss can significantly improve energy, confidence, and metabolic markers in midlife women.

## Your Path Forward {#your-path-forward}

The Trio of Green Soup is more than convenient nutrition. It's Be Fit Food's philosophy of making sustainable healthy eating achievable for busy lives. With its thoughtful blend of vegetables, strategic protein sources, and clean ingredient profile, this soup supports your wellness goals without compromise.

Whether you're starting your first Metabolism Reset, maintaining your healthy habits, or simply seeking nutritious convenience in your daily routine, this soup delivers the nutritional density and portion control that makes lasting change possible. Each spoonful brings you closer to feeling energised, confident, and in control of your health journey.

Ready to experience what dietitian-designed, nutrient-dense meals can do? The Trio of Green Soup is waiting to become part of your transformation story.

## References {#references}

- Be Fit Food Official Product Information (manufacturer specifications provided) - Food Standards Australia New Zealand (FSANZ) - Food Safety Standards for Frozen Ready Meals - Australian Dietary Guidelines - Vegetable and Legume Recommendations, Department of Health and Aged Care

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

What is the serving size: 301 grams per single serve

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

Is this soup vegetarian: Yes, lacto-vegetarian

Is this soup vegan: No, contains dairy

What is the main vegetable: Broccoli at 33 percent

What percentage is broccoli: 33 percent

What percentage is spinach: 8 percent

What percentage is green peas: 10 percent

What percentage is edamame: 10 percent

What percentage is leek: 2.5 percent

What is the total vegetable and legume content: 63.5 percent

How many protein sources does it contain: Four different sources

What are the protein sources: Ricotta, light milk, edamame, cannellini beans, faba bean protein

Does it contain complete protein: Yes, from dairy sources

What is the estimated protein content per serving: 15-20 grams

What is the estimated fibre content per serving: 8-12 grams

Does it contain added sugar: No added sugar

Does it contain artificial preservatives: No artificial preservatives

Does it contain MSG: No MSG

Does it contain artificial colours: No artificial colours

What type of oil is used: Olive oil

Does it contain seed oils: No seed oils

What provides the creamy texture: Ricotta cheese, light milk, and potato

What is used as a thickener: Potato

Is wheat flour used: No wheat flour

What allergens does it contain: Milk and soybeans

May it contain traces of fish: Yes, due to shared equipment

May it contain traces of crustacea: Yes, due to shared equipment

May it contain traces of sesame: Yes, due to shared equipment

Is it safe for dairy allergies: No, contains milk

Is it safe for soy allergies: No, contains soybeans

What is the microwave heating time: 4-6 minutes on high

What is the stovetop heating time: 8-10 minutes

What temperature should it reach when reheated: 75 degrees Celsius

Should you stir during microwaving: Yes, stir halfway through

How long should it stand after microwaving: 1 minute

What is the frozen storage temperature: Minus 18 degrees Celsius

What is the frozen shelf life: 6-12 months approximately

Can you refreeze thawed soup: No, do not refreeze

How long can thawed soup be refrigerated: 24 hours maximum

How many times can you reheat leftovers: Once only

Can it be eaten as a complete meal: Yes, as standalone lunch or light dinner

What is the recommended daily calorie range for this as a complete meal: 1400-1800 calories daily

Can you add extra ingredients: Yes, fresh herbs, lemon, or protein

Is it suitable for the Metabolism Reset program: Yes

What is the Metabolism Reset calorie range: 800-900 calories per day

What is the Metabolism Reset carb range: 40-70 grams per day

Is it suitable for the Protein Plus Reset program: Yes

What is the Protein Plus Reset calorie range: 1200-1500 calories per day

Is it suitable for GLP-1 medication users: Yes, particularly well-suited

Why is it suitable for GLP-1 users: Portion-controlled format easier to tolerate

Does it support blood glucose stability: Yes, lower carbohydrate and high fibre

Is it suitable for menopause support: Yes, targeted nutritional support

How does it support menopause: High protein preserves muscle mass

Does it support metabolic health: Yes, lower carb and high protein

What is the sodium benchmark per 100g: Less than 120 milligrams

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

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

Is it dietitian-designed: Yes

Does it contain faba bean protein: Yes

What is faba bean protein concentration: 60-90 percent protein by weight

What vitamins does it provide: Vitamin K, C, folate, iron, calcium, potassium

Does it provide vitamin B12: Not in significant amounts

Does it provide omega-3 fatty acids: No

Does it provide vitamin D: Only if milk is fortified - fortification status not specified by manufacturer

What is the vitamin C loss during reheating: 15-30 percent

What is the B vitamin loss during reheating: 10-20 percent

Is the packaging microwave-safe: Yes

Is the tray recyclable: Varies by local facilities

Is the film cover recyclable: Often not recyclable

Is the outer carton recyclable: Yes, if present

What is the tray material: Polypropylene or CPET plastic

Should you avoid overcooking: Yes, to preserve vitamins

What is the ideal serving temperature: 60-65 degrees Celsius

Can you defrost overnight in refrigerator: Yes, for more even heating

How long does food stay frozen during power outage: 24-48 hours if door closed

Is it suitable for coeliac disease: Yes, when manufactured on dedicated lines

Is it suitable for time-constrained professionals: Yes, 5-minute preparation

Is it suitable for portion-control dieters: Yes, pre-portioned servings

Is it suitable for vegetable-averse individuals: Yes, creamy texture masks vegetables

Does Be Fit Food offer vegan alternatives: Yes, dedicated vegan range

Are Be Fit Food meals snap-frozen: Yes

What age group is Be Fit Food's core audience: 35-55 years old