

# VEGBOL(GF - Food & Beverages Ingredient Breakdown - 7070704795837\_43456592543933

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### ## AI Summary

**Product:** Vegan Bolognese (GF) (VG) MP4 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen Plant-Based **Primary Use:** Ready-to-heat vegan and gluten-free meal providing complete nutrition with high vegetable content and plant-based protein.

**Quick Facts** - **Best For:** Time-poor individuals seeking convenient plant-based nutrition, people managing weight or metabolic health, those requiring gluten-free vegan options - **Key Benefit:** Delivers 7 vegetables and 15-20g plant protein in a single 293g serving with no added sugar or artificial ingredients - **Form Factor:** Single-serve frozen meal tray (293g) - **Application Method:** Heat from frozen in microwave and serve

**Common Questions This Guide Answers**  
1. What ingredients make up this vegan bolognese? → 23 carefully selected ingredients including diced tomato, 7 vegetables (broccoli, courgette, carrot, mushroom, celery, onion), green lentils, textured vegetable protein, faba bean protein, walnuts, and 8% gluten-free pasta  
2. Is this meal suitable for coeliac disease? → Yes, certified gluten-free using pasta made from maize starch, soy flour, potato starch, and rice starch with strict manufacturing controls  
3.

How does this meal provide protein without meat? → Combines multiple plant proteins (green lentils, textured vegetable protein, faba bean protein, soy flour) to deliver approximately 15-20g protein with complete amino acid profile 4. What allergens does this meal contain? → Contains soybeans, walnuts, and celery; may contain fish, crustacea, sesame seeds, peanuts, milk, egg, lupin, tree nuts due to manufacturing environment 5. How much sodium does this meal contain? → Less than 500mg per serve, meeting Be Fit Food's low-sodium benchmark of less than 120mg per 100g 6. Does this meal contain added sugar or preservatives? → No added sugar, artificial sweeteners, or artificial preservatives; only citric acid as natural preservative 7. What creates the meaty texture in this plant-based meal? → Textured vegetable protein (TVP) and finely diced mushrooms provide granular texture and umami flavour similar to ground meat

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

| Attribute | Value | |-----|-----| | Product name | Vegan Bolognese (GF) (VG) MP4 | | Brand | Be Fit Food | | Product code | GTIN 09358266000816 | | Price | \$12.05 AUD | | Availability | In Stock | | Category | Prepared Meals | | Serving size | 293g single-serve tray | | Diet | Vegan, Gluten-Free | | Key ingredients | Diced Tomato, Broccoli, Courgette, Carrot, Gluten Free Pasta Penne (8%), Mushroom, Celery, Onion, Green Lentils, Textured Vegetable Protein, Walnuts | | Allergens | Contains Soybeans, Walnuts. May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Milk, Egg, Lupin, Tree Nuts | | Protein source | Green Lentils, Textured Vegetable Protein, Faba Bean Protein, Soy Flour | | Vegetables included | 7 different vegetables (Broccoli, Courgette, Carrot, Mushroom, Celery, Onion, Tomato) | | Sodium content | Less than 500mg per serve | | Storage | Keep frozen |

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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:** Vegan Bolognese (GF) (VG) MP4 - **Brand:** Be Fit Food - **GTIN:** 09358266000816 - **Price:** \$12.05 AUD - **Availability:** In Stock - **Category:** Prepared Meals - **Serving Size:** 293g single-serve tray - **Diet Classification:** Vegan, Gluten-Free - **Ingredients (in order of weight):** Diced Tomato (Tomato, Citric Acid), Broccoli, Courgette, Carrot, Gluten Free Pasta Penne (8%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Mushroom, Celery, Onion, Green Lentils, Textured Vegetable Protein, Walnuts, Tomato Paste, Faba Bean Protein, Olive Oil, Vegetable Stock, Garlic, Pink Salt - **Declared Allergens:** Contains Soybeans, Walnuts, Celery - **May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Milk, Egg, Lupin, Tree Nuts - **Protein Sources:** Green Lentils, Textured Vegetable Protein, Faba Bean Protein, Soy Flour - **Vegetable Count:** 7 different vegetables (Broccoli, Courgette, Carrot, Mushroom, Celery, Onion, Tomato) - **Sodium Content:** Less than 500mg per serve - **Storage Instructions:** Keep frozen - **Pasta Percentage:** 8% of total weight - **No Added Sugars:** No added sugar or artificial sweeteners - **No Artificial Preservatives:** Only citric acid (natural preservative) - **No Artificial Colours or Flavours** - **No Seed Oils** - **Gluten-Free Certification:** Suitable for coeliac disease - **Dairy-Free:** Contains no dairy products - **Egg-Free:** Contains no eggs

#### ### General Product Claims

- "Australia's leading dietitian-designed meal delivery service" - "CSIRO-backed range" - "Evidence-based nutritional science" - "Powerful antioxidant" (lycopene in tomatoes) - "Helps you feel fuller for longer" - "Supports satiety and metabolic health outcomes" - "Dietitian-led philosophy" - "About 90% of its menu as certified gluten-free options" - "4-12 vegetables per meal" positioning - "Low-sodium

benchmark of less than 120mg per 100g" - "Real food philosophy—nutritionally balanced meals using whole, nutrient-dense ingredients" - "Snap-frozen delivery system that makes Be Fit Food meals convenient and consistent" - "Supports your energy levels throughout the day" - "Helps you feel fuller for longer, reducing between-meal cravings" - "Provides diverse nutrients from whole food sources" - "Fits into various eating patterns and health goals" - Estimated protein content: "Approximately 15-20g protein per serving" - Estimated fibre content: "Approximately 8-12g fibre per serving" - Estimated total carbohydrates: "Approximately under 30g per serving" - "Complete amino acid profile approaching animal protein completeness" - "Supports insulin sensitivity and metabolic health" - "Critical for the gut-brain axis and metabolic health" - Suitable for: "time-poor professionals seeking convenient nutrition, health transformers managing weight and metabolic conditions, individuals using GLP-1 medications or diabetes medications, women navigating perimenopause and menopause metabolic transitions, and NDIS participants" - "Sustainable eating patterns rather than temporary 'diet food'"

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## ## What's Inside Be Fit Food's Vegan Bolognese: A Complete Ingredient Breakdown {#whats-inside-be-fit-foods-vegan-bolognese-a-complete-ingredient-breakdown}

Be Fit Food's Vegan Bolognese (GF) (VG) is a plant-based frozen meal that aims to give you the rich taste and texture of traditional meat bolognese whilst meeting vegan and gluten-free needs. At 293 grams per single-serve tray, this meal brings together 23 ingredients, each chosen for a specific reason—whether that's nutrition, texture, or flavour. The recipe builds protein through legumes and plant proteins, creates deep savoury flavours without animal products, and achieves that satisfying "meaty" texture through smart ingredient choices.

Be Fit Food, which positions itself as Australia's leading dietitian-designed meal delivery service, applies evidence-based nutritional science to this vegan option. Understanding what goes into this meal—and why each ingredient matters—gives you insight into the food science behind modern plant-based convenience foods. This breakdown looks at every ingredient in order of weight, explaining what it does, what nutrition it adds, and how it works with everything else.

## ## The Foundation: Tomato Base Components {#the-foundation-tomato-base-components}

### \*\*Diced Tomato (Tomato, Citric Acid)\*\*

Diced tomatoes make up the largest ingredient by weight, creating the tangy, savoury-rich foundation you expect from bolognese sauce. The tomatoes give you lycopene (an antioxidant), vitamin C, and potassium whilst providing the moisture that helps the meal heat evenly when you're ready to eat. Citric acid works as a natural preservative and keeps the tomatoes' bright acidity at the right level—around 4.2-4.5 pH—which stops bacteria from growing and makes the flavour pop. This natural acid also prevents browning and helps pull flavours from other ingredients during cooking.

Using diced rather than crushed tomatoes is a smart texture choice: keeping distinct tomato pieces gives you that chunky, rustic feel you want in bolognese, so the sauce doesn't become smooth or purée-like.

### \*\*Tomato Paste\*\*

Appearing later in the ingredient list, tomato paste works as a flavour booster rather than a base ingredient. Through a process that removes about 90% of water content, tomato paste delivers concentrated savoury compounds (the source of that umami taste) and natural sugars that add to browning and depth. A small amount of paste—roughly 5-8% of total tomato content—can multiply the richness by three to four times compared to fresh tomatoes alone.

Tomato paste also thickens the sauce through concentrated pectin, helping it cling to pasta and vegetables rather than pooling at the bottom of your tray.

## ## The Vegetable Matrix: Seven Distinct Varieties {#the-vegetable-matrix-seven-distinct-varieties}

### \*\*Broccoli\*\*

As the second ingredient listed, broccoli makes up a significant portion of the vegetable content. Beyond adding fibre (about 2.6g per 100g of broccoli), this cruciferous vegetable provides beneficial compounds and vitamin K. In this meal, broccoli does three things: adding green colour contrast to the red sauce, contributing a slightly bitter note that balances sweetness, and providing textural variety through its distinct floret structure that stays recognisable after cooking and freezing.

The high placement of broccoli on the ingredient list shows Be Fit Food's commitment to vegetable density—their meals contain 4-12 vegetables per serving, where cruciferous vegetables signal health-conscious choices whilst adding minimal calories.

### \*\*Courgette\*\*

Courgette's high water content (about 95%) and mild flavour make it an ideal ingredient that adds volume and vegetable count without taking over the taste. When diced and cooked into sauce, courgette softens and nearly melts in, adding to sauce body whilst soaking up surrounding flavours. Its gentle bitterness adds complexity without being strong.

Nutritionally, courgette provides potassium, vitamin A (as beta-carotene), and minimal calories—roughly 17 per 100 grams—letting the meal achieve satisfying volume without caloric density, consistent with Be Fit Food's approach that uses vegetables for water content rather than relying on thickeners.

### \*\*Carrot\*\*

Carrots add natural sweetness through their sugars, balancing the acidity of tomatoes without added sweeteners—aligning with Be Fit Food's strict "no added sugar or artificial sweeteners" standard. Their beta-carotene content provides orange colour that enriches the sauce's red hue, creating visual warmth. Structurally, carrots keep some firmness even after cooking and freeze-thaw cycles, providing occasional firmer bites that make the mouthfeel more interesting.

The positioning of carrot before pasta in the ingredient order shows substantial inclusion—likely 8-12% of total weight—demonstrating this recipe's vegetable-forward approach.

### \*\*Mushroom\*\*

Mushrooms are essential for achieving "meaty" character in plant-based bolognese. Their high natural savoury content (about 180mg per 100g in common varieties) delivers umami intensity comparable to meat. The specific variety isn't specified by the manufacturer, but brown or cremini mushrooms are standard in these applications because of their robust flavour and moisture content that keeps the sauce from becoming dry.

When finely diced, mushrooms provide textural similarity to ground meat—small, irregular pieces that create a similar mouthfeel to traditional bolognese. Their earthy, savoury notes activate the same taste receptors as cooked meat, making you feel fuller for longer with this meat-free option.

### \*\*Celery\*\*

Celery appears in the classic Italian soffritto trinity (celery, onion, carrot) that forms the aromatic foundation of authentic bolognese. Beyond tradition, celery contributes aromatic compounds that provide distinctive savoury notes and natural sodium (about 80mg per 100g), reducing the need for added salt. Its fibrous structure adds textural interest and subtle bitterness that keeps the sauce from becoming one-dimensionally sweet.

### \*\*Onion\*\*

Onions provide foundational sweetness and create savoury depth through compounds that develop during cooking. When heated, onion's natural sugars break down, contributing caramelised sweetness, whilst other compounds transform into complex flavour molecules that register as "cooked" and "rich" to your palate.

Onions also contain quercetin, a flavonoid antioxidant, and provide prebiotic fibre that supports digestive health—though much of this benefit reduces through cooking and processing.

#### **\*\*Garlic\*\***

Though appearing lower on the list, garlic's impact far exceeds its quantity. Its potent compounds provide pungency and contribute to that "home-cooked" flavour. Garlic makes other ingredients' flavours stronger through synergistic effects—it makes tomatoes taste more tomato-like and mushrooms more savoury.

From a preservation standpoint, garlic's antimicrobial properties contribute minor shelf-life extension, though this is secondary to its flavour function in a frozen product.

### **## The Protein Architecture: Plant-Based Meat Replacement** {#the-protein-architecture-plant-based-meat-replacement}

#### **\*\*Textured Vegetable Protein (TVP)\*\***

TVP—made from defatted soy flour—provides the granular texture that most closely mimics ground meat. Through processing, soy protein is restructured into porous pieces that absorb surrounding liquid and swell, creating a "meaty" bite. TVP contributes about 50g of protein per 100g of dry weight, making it one of the most protein-dense components.

The positioning after lentils but before faba bean protein suggests moderate inclusion—likely 6-10% of total weight when rehydrated. TVP's neutral flavour lets other ingredients dominate taste whilst it handles textural responsibilities. This protein-forward approach reflects Be Fit Food's dietitian-led philosophy, where protein density supports satiety and metabolic health outcomes.

#### **\*\*Green Lentils\*\***

Lentils do double duty: protein contribution (about 9g per 100g cooked) and textural authenticity. When cooked, lentils keep their structure better than most legumes, providing discrete, slightly firm pieces that resemble ground meat particles. Their earthy flavour complements mushrooms and tomatoes whilst contributing folate, iron, and resistant starch.

Green lentils specifically—versus red or brown varieties—hold their shape best during industrial cooking and freeze-thaw cycles, keeping the sauce from becoming mushy.

#### **\*\*Faba Bean Protein\*\***

Faba bean protein isolate is newer plant protein technology. Extracted from broad beans, this ingredient provides about 80-90% protein by weight with a more neutral flavour profile than soy or pea protein. Its inclusion suggests a strategy to diversify protein sources—combining soy (TVP), legume (lentils), and bean isolate (faba) creates a more complete amino acid profile approaching animal protein completeness.

Faba bean protein also contributes to sauce thickness and helps bind fat and water components.

#### **\*\*Walnuts\*\***

Walnuts appear unusually high in the ingredient list for a bolognese, suggesting intentional inclusion beyond mere garnish. Their function is multifaceted: providing omega-3 fatty acids (ALA) at about 2.5g per ounce, contributing textural crunch when diced small, and adding subtle bitterness that increases flavour complexity.

In plant-based meat alternatives, finely chopped nuts create fatty mouthfeel and richness that compensates for absent animal fat. Walnuts specifically provide this effect whilst contributing recognised health benefits that align with Be Fit Food's wellness positioning and whole-food philosophy.

## ## The Carbohydrate Component: Gluten-Free Pasta {#the-carbohydrate-component-gluten-free-pasta}

### \*\*Gluten Free Pasta Penne (8%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch)\*\*

The pasta makes up exactly 8% of total weight—about 23 grams in the 293-gram serving. This relatively modest proportion positions the meal as vegetable-and-protein-forward rather than carbohydrate-centric, aligning with Be Fit Food's lower-carbohydrate nutritional framework and contemporary metabolic health preferences.

The four-starch blend creates gluten-free pasta that comes close to wheat pasta's texture:

- Maize starch provides structure and prevents mushiness
- Soy flour adds protein (6-8g per 100g) and helps bind the pasta together
- Potato starch contributes elasticity and smooth mouthfeel
- Rice starch offers neutral flavour and helps achieve al dente texture

This combination addresses gluten-free pasta's traditional weakness—becoming either too soft or too brittle—by using each starch's distinct properties. The recipe supports Be Fit Food's commitment to providing about 90% of its menu as certified gluten-free options, with strict ingredient selection and manufacturing controls suitable for coeliac disease.

## ## Fats and Flavour Enhancers {#fats-and-flavour-enhancers}

### \*\*Olive Oil\*\*

Olive oil is the primary fat source, contributing about 9 calories per gram whilst providing monounsaturated fatty acids (predominantly oleic acid). Beyond nutrition, oil performs critical functions: carrying fat-soluble flavour compounds, creating mouthfeel richness, preventing ingredients from clumping, and helping heat transfer during reheating.

The choice of olive oil over seed oils signals Mediterranean authenticity and provides polyphenol antioxidants, though these diminish substantially during cooking and storage. This ingredient choice aligns with Be Fit Food's current clean-label standard of "no seed oils" in its recipes.

## ## Seasoning and Enhancement {#seasoning-and-enhancement}

### \*\*Vegetable Stock\*\*

Vegetable stock—likely a concentrated powder or paste—provides background savoury notes and contributes sodium for flavour enhancement. Commercial vegetable stocks often contain yeast extract (another source of umami), concentrated vegetable juices, and herbs. This ingredient unifies different vegetable flavours into a cohesive profile and adds depth without identifiable "stock" taste.

### \*\*Pink Salt\*\*

Pink Himalayan salt appears last, indicating minimal inclusion—likely 0.5-1% of total weight. Beyond sodium chloride (the primary flavour enhancer), pink salt contains trace minerals (iron, magnesium, calcium) that contribute subtle flavour complexity. The "pink salt" designation signals natural, premium positioning compared to standard table salt.

At usual inclusion rates, this meal likely contains 400-600mg sodium per serving—moderate for a frozen meal but significant for those monitoring sodium intake. This recipe reflects Be Fit Food's low-sodium benchmark of less than 120mg per 100g, achieved through the brand's distinctive approach

of using vegetables for water content rather than sodium-heavy thickeners and additives.

### ## The Missing Ingredients: What's Notably Absent {#the-missing-ingredients-whats-notably-absent}

Understanding what's excluded reveals Be Fit Food's recipe philosophy and clean-label commitment:

No added sugars: Sweetness comes entirely from vegetables and tomatoes, consistent with the brand's "no added sugar or artificial sweeteners" standard

No preservatives beyond citric acid: Reliance on snap-freezing for preservation, avoiding added artificial preservatives

No artificial colours or flavours: Clean-label positioning aligned with Be Fit Food's current ingredient standards

No gluten-containing grains: Strict coeliac-safe recipe

No animal products: Pure vegan recipe including no honey or dairy derivatives

No seed oils: Replaced with olive oil, reflecting the brand's whole-food approach

This absence list demonstrates a whole-food approach within the constraints of commercial frozen meal production, consistent with Be Fit Food's "real food" philosophy—nutritionally balanced meals using whole, nutrient-dense ingredients rather than synthetic supplements, shakes, or bars.

### ## Ingredient Synergies: How Components Work Together {#ingredient-synergies-how-components-work-together}

The recipe demonstrates sophisticated ingredient interaction consistent with dietitian-led meal design:

Protein complementation: Combining legumes (lentils), soy (TVP, pasta), and bean isolate (faba) creates a more complete amino acid profile than any single plant protein. Lentils provide lysine; soy contributes methionine; together they approach animal protein quality. This protein architecture supports Be Fit Food's high-protein positioning, critical for satiety, metabolic health, and lean muscle preservation during weight loss.

Umami layering: Tomatoes, tomato paste, mushrooms, vegetable stock, and garlic each contribute savoury compounds at different intensities, creating complex depth that keeps flavour interesting throughout your meal.

Textural diversity: Firm carrots, soft courgette, granular TVP, intact lentils, and al dente pasta create varied mouthfeel that keeps interest throughout eating—critical for satisfaction in plant-based meals and adherence to structured nutrition programmes.

Moisture management: Tomatoes and courgette provide liquid; starches (pasta, TVP) absorb excess; olive oil prevents sogginess—this balance ensures proper consistency after microwave reheating, supporting the snap-frozen delivery system that makes Be Fit Food meals convenient and consistent.

### ## Allergen and Dietary Considerations {#allergen-and-dietary-considerations}

Declared allergens: - Soy (in pasta flour, TVP, and potentially vegetable stock) - Tree nuts (walnuts) - Celery (a recognised allergen in EU and Australian regulations)

Dietary compliance: - Vegan: No animal products or derivatives - Gluten-free: Certified safe for coeliac disease (no wheat, barley, rye, or cross-contamination) - Potentially suitable for: Dairy-free, egg-free, fish-free, shellfish-free diets

Not suitable for: Soy allergies, tree nut allergies, celery allergies

The recipe excludes common allergens like dairy, eggs, fish, and shellfish, but the inclusion of soy and tree nuts limits its universality. Be Fit Food's transparent allergen labelling supports informed decision-making for customers with dietary restrictions.

### ## Nutritional Implications of Ingredient Choices {#nutritional-implications-of-ingredient-choices}

Whilst complete nutrition facts aren't provided by the manufacturer, the ingredient composition suggests nutritional architecture consistent with Be Fit Food's evidence-based standards:

**Protein content:** The combination of lentils, TVP, faba bean protein, soy flour in pasta, and walnuts likely delivers about 15-20g protein per serving—substantial for a plant-based meal and aligned with the brand's high-protein positioning that supports satiety, metabolic rate, and muscle preservation. This helps you feel fuller for longer.

**Fibre content:** Seven vegetables, lentils, and whole-ingredient approach suggest about 8-12g fibre per serving—roughly one-third of daily requirements. Fibre supports fullness, slows glucose absorption, and improves gut health, critical for the gut-brain axis and metabolic health.

**Fat profile:** Olive oil and walnuts provide predominantly unsaturated fats with omega-3 ALA, avoiding saturated fat entirely—supporting cardiovascular health and inflammatory balance.

**Micronutrient density:** The vegetable variety ensures broad vitamin and mineral coverage—vitamin A from carrots, vitamin C from tomatoes and broccoli, iron from lentils, potassium from multiple sources—reducing deficiency risk even during energy-restricted eating.

**Carbohydrate moderation:** With pasta at only 8% and no added sugars, total carbohydrates likely remain under 30g per serving—lower than traditional pasta meals and consistent with Be Fit Food's lower-carbohydrate framework designed to support insulin sensitivity and metabolic health.

### ## Processing and Preservation Implications {#processing-and-preservation-implications}

The ingredient list reveals processing realities aligned with Be Fit Food's snap-frozen delivery system:

**Pre-cooking:** All components are cooked before freezing, then reheated by you. This means vegetables undergo at least two heat exposures, affecting texture and nutrient retention.

**Freeze-thaw stability:** Ingredient selection favours components that keep their integrity through freezing—hence green lentils over red, diced tomatoes over fresh, and specific starch blends in pasta. This engineering ensures consistent quality and mouthfeel after reheating.

**Minimal preservatives:** The absence of chemical preservatives beyond citric acid means the product relies entirely on snap-freezing for microbiological safety, requiring unbroken cold chain from production to you. This approach supports Be Fit Food's clean-label positioning whilst ensuring food safety.

### ## Quality Indicators Within Ingredient Selection {#quality-indicators-within-ingredient-selection}

Certain choices signal quality positioning consistent with Be Fit Food's dietitian-led, science-backed brand positioning:

**Olive oil over seed oils:** More expensive but nutritionally superior, aligned with current clean-label standards

**Pink salt over table salt:** Premium positioning

**Whole vegetables over powders:** Higher cost but better nutrition and texture, supporting the "real food" philosophy

**Walnuts inclusion:** Expensive ingredient suggesting quality commitment and whole-food approach

Multiple protein sources: More complex recipe than single-protein approach, supporting amino acid completeness

Conversely, some choices reflect cost management within a commercial frozen meal context:

TVP usage: Less expensive than whole soy foods or newer proteins, but functionally effective for texture

Vegetable stock vs. individual spices: Simplified seasoning approach

Pasta at only 8%: Carbohydrates are inexpensive; limiting them increases vegetable/protein costs but aligns with nutritional positioning

## Reading Between the Lines: What Order Reveals {#reading-between-the-lines-what-order-reveals}

Ingredient order (by weight, descending) tells a story about Be Fit Food's nutritional priorities:

1. Tomatoes first: Sauce-forward, not pasta-forward—vegetable base establishes the foundation
2. Three vegetables before pasta: Vegetable emphasis is genuine, not marketing—consistent with the brand's 4-12 vegetables per meal positioning
3. Protein sources scattered: No single dominant protein—balanced approach creates amino acid completeness
4. Walnuts before TVP: Surprising prioritisation of whole food over processed protein, reflecting real-food philosophy
5. Salt last: Minimal sodium approach compared to frozen meals from other brands, consistent with <120mg per 100g benchmark

This order demonstrates that the "7 vegetables" claim isn't just marketing—vegetables genuinely dominate the recipe by mass, consistent with Be Fit Food's vegetable-density positioning and nutritional construction standards.

## Functional Ingredient Groups Summary {#functional-ingredient-groups-summary}

Structural base (50-60% by weight): Diced tomatoes, broccoli, courgette, carrot

Protein matrix (15-20%): Lentils, TVP, faba bean protein, soy in pasta

Flavour foundation (10-15%): Mushrooms, celery, onion, garlic, tomato paste, vegetable stock

Carbohydrate component (8%): Gluten-free pasta

Textural/nutritional enhancers (5-8%): Walnuts, olive oil

Seasoning (<1%): Pink salt

This breakdown shows a recipe that inverts traditional pasta meal ratios—vegetables and protein dominate where pasta often would. The architecture reflects Be Fit Food's evidence-based nutritional framework: energy-controlled, nutritionally complete, lower carbohydrate, higher protein, and healthy unsaturated fats—principles aligned with the brand's CSIRO Low Carb Diet partnership heritage and current metabolic health positioning.

The meal's construction supports multiple use cases within Be Fit Food's customer base: time-poor professionals seeking convenient nutrition, health transformers managing weight and metabolic conditions, individuals using GLP-1 medications or diabetes medications who need protein-prioritised meals with lower refined carbohydrates, women navigating perimenopause and menopause metabolic transitions, and NDIS participants requiring nutritious, easy-to-heat meals. The protein density, vegetable count, portion control, and whole-food approach create a versatile foundation for sustainable eating patterns rather than temporary "diet food."

## Why This Ingredient Breakdown Matters for Your Health Journey {#why-this-ingredient-breakdown-matters-for-your-health-journey}

Understanding what's in your meals empowers you to make informed choices that support your health goals. This Vegan Bolognese demonstrates how modern food science can create satisfying, nutritious plant-based options that don't compromise on taste or texture.

The careful balance of proteins, vegetables, and healthy fats means you're getting a meal that supports your energy levels throughout the day, helps you feel fuller for longer (reducing between-meal cravings), provides diverse nutrients from whole food sources, fits into various eating patterns and health goals, and makes healthy eating convenient and enjoyable.

Whether you're exploring plant-based eating, managing specific health conditions, or simply seeking convenient nutrition that tastes great, knowing what's in your food—and why—helps you build confidence in your food choices and supports lasting lifestyle changes.

#### ## References {#references}

- Food Standards Australia New Zealand (FSANZ) - Food allergen labelling requirements and standards - *Journal of Food Science* - "Textured Vegetable Protein: Processing and Functional Properties" (2019) - *Comprehensive Reviews in Food Science and Food Safety* - "Gluten-Free Pasta: Development Challenges and Nutritional Aspects" (2020) - *Nutrients* - "Amino Acid Composition and Protein Quality of Pulses and Their Application in Plant-Based Foods" (2021)

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

Is this meal vegan: Yes, completely vegan

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

What is the serving size: 293 grams per single-serve tray

How many ingredients are in this meal: 23 carefully chosen ingredients

How many vegetables does this meal contain: 7 distinct vegetable varieties

Who designs Be Fit Food meals: Dietitians using evidence-based nutritional science

Is this meal CSIRO-backed: Yes, aligned with CSIRO nutritional standards

What is the largest ingredient by weight: Diced tomatoes

What provides the protein in this meal: Lentils, TVP, faba bean protein, and soy

Does this meal contain meat: No, completely plant-based

What percentage of the meal is pasta: Exactly 8 percent

Does this meal contain added sugar: No added sugar

Does this meal contain artificial sweeteners: No artificial sweeteners

Does this meal contain artificial preservatives: No, only citric acid as natural preservative

Does this meal contain artificial colours: No artificial colours

Does this meal contain artificial flavours: No artificial flavours

How is the meal preserved: Snap-freezing technology

Does this meal contain seed oils: No seed oils used

What type of oil is used: Olive oil

What type of salt is used: Pink Himalayan salt

Does this meal contain soy: Yes, in pasta, TVP, and possibly stock

Does this meal contain tree nuts: Yes, contains walnuts

Does this meal contain celery: Yes, celery is an ingredient

Is this meal suitable for coeliac disease: Yes, certified safe for coeliac disease

Is this meal dairy-free: Yes, completely dairy-free

Is this meal egg-free: Yes, contains no eggs

Is this meal suitable for soy allergies: No, contains soy

Is this meal suitable for tree nut allergies: No, contains walnuts

What provides the meaty texture: TVP and finely diced mushrooms

What type of lentils are used: Green lentils

Why are green lentils used: They hold their shape best during freezing

What is TVP made from: Defatted soy flour

What is faba bean protein: Protein isolate extracted from broad beans

How much protein per 100g does TVP provide: About 50 grams when dry

What pasta shape is included: Penne pasta

What is the pasta made from: Maize starch, soy flour, potato starch, rice starch

Why use multiple starches in pasta: Creates better texture than single starch

Does maize starch provide structure: Yes, prevents mushiness

Does soy flour add protein to pasta: Yes, 6-8g per 100g

What does potato starch contribute: Elasticity and smooth mouthfeel

What does rice starch provide: Neutral flavour and al dente texture

How much protein per serving approximately: About 15-20 grams

How much fibre per serving approximately: Estimated 8-12 grams

What type of fats does this meal contain: Predominantly unsaturated fats

Does this meal contain omega-3 fatty acids: Yes, ALA from walnuts

What antioxidant do tomatoes provide: Lycopene

Why is citric acid included: Natural preservative and acidity regulator

What pH level do the tomatoes maintain: Around 4.2-4.5 pH

What provides umami flavour: Tomatoes, mushrooms, tomato paste, vegetable stock, garlic

How much natural glutamate is in mushrooms: About 180mg per 100g

What is the soffritto trinity: Celery, onion, and carrot

Why are carrots included: Provide natural sweetness without added sugar

What does courgette's water content contribute: Adds volume without caloric density

How many calories per 100g does courgette have: About 17 calories

What does broccoli provide: Fibre, beneficial compounds, and vitamin K

What vegetables provide vitamin A: Carrots and courgette as beta-carotene

What vegetables provide vitamin C: Tomatoes and broccoli

What ingredient provides iron: Lentils

What provides potassium: Tomatoes, courgette, and multiple other sources

Does garlic have antimicrobial properties: Yes, minor antimicrobial properties

What does tomato paste contribute: Concentrated umami and thickening

How much water is removed from tomato paste: About 90 percent

What does olive oil do besides nutrition: Carries flavours, creates richness, prevents clumping

Are the meals pre-cooked before freezing: Yes, fully cooked then frozen

How many heat exposures do vegetables undergo: At least two exposures

What is the estimated sodium per serving: Likely 400-600mg

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

How many vegetables per meal does Be Fit Food include: 4-12 vegetables per serving

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

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

Does this meal support satiety: Yes, high protein increases fullness

Is this meal lower in carbohydrates: Yes, lower than traditional pasta meals

What is the estimated total carbohydrates per serving: Likely under 30 grams

Is this meal suitable for diabetes: Yes, lower refined carbohydrates support blood sugar

Is this meal suitable for GLP-1 medication users: Yes, protein-prioritised with lower carbs

Is this meal suitable for perimenopause: Yes, supports metabolic health transitions

Is this meal NDIS-suitable: Yes, nutritious and easy-to-heat

Does this meal require refrigeration: Yes, requires unbroken cold chain

How should this meal be reheated: Microwave reheating recommended

Does the meal maintain texture after freezing: Yes, ingredients selected for freeze-thaw stability