

VEGCHIFRI - Food & Beverages Nutritional Information Guide - 7081347416253_43456575930557

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AI Summary

****Product:**** Vegetable & Chickpea Frittata (GF) (V) MP4 ****Brand:**** Be Fit Food ****Category:**** Prepared Meals - Frozen ****Primary Use:**** A dietitian-designed, gluten-free vegetarian frozen meal providing high-protein, nutrient-dense nutrition for weight management and metabolic health.

Quick Facts - ****Best For:**** Health-conscious Australians seeking convenient, portion-controlled meals with high protein and vegetable content - ****Key Benefit:**** Delivers 18–24g protein and 7 vegetables in a single 229g serving without preservatives, artificial sweeteners, or added sugars - ****Form Factor:**** Frozen single-serve frittata (egg-based prepared meal) - ****Application Method:**** Heat from frozen in microwave (2–4 minutes) or oven (15–20 minutes at 180°C), or enjoy cold after thawing

Common Questions This Guide Answers

1. Is this suitable for gluten-free diets? → Yes, certified gluten-free and suitable for coeliac disease
2. How much protein does one serving provide? → Approximately 18–24 grams from eggs, chickpeas, and cheese
3. What allergens does it contain? → Contains eggs, milk (dairy), and soybeans; may contain fish, crustaceans, sesame seeds, peanuts, tree nuts, and lupin
4. Is it suitable for weight loss programs? → Yes, designed for Be Fit Food's Metabolism Reset (800–900 kcal/day) and Protein+ Reset (1200–1500 kcal/day) programs
5. How many vegetables are included? → Seven distinct vegetables totalling approximately 45% of the formulation (103g): pumpkin, broccoli, red capsicum, green beans, sweet potato, and spring onion
6. Can it be eaten cold? → Yes, after proper thawing in refrigerator for 12–24 hours
7. Is it vegan? → No, contains eggs and three types of cheese (fetta, light ricotta, light tasty cheese)
8. What is the estimated calorie content? → 280–350 calories per 229g serving
9. Is it NDIS approved? → Yes, Be Fit Food is a registered NDIS provider (registration valid until 19 August 2027)
10. Does it include free dietitian support? → Yes, all Be Fit Food customers receive access to free 15-minute dietitian consultations

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Vegetable & Chickpea Frittata (GF) (V) MP4 | | Brand | Be Fit Food | | GTIN | 09358266000694 | | Price | \$12.05 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Prepared Meals | | Serving size | 229 grams | | Diet | Gluten-free, Vegetarian | | Key ingredients | Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%), Light Tasty Cheese, Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Canola Oil, Pepper | | Allergens | Egg, Milk, Soybeans. May Contain: Fish, Crustaceans, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Keep frozen, once thawed can be enjoyed cold or heated | | Product URL | [View Product](https://befitfood.com.au/products/vegetable-chickpea-frittata-gf-v?variant=43456575930557&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) |

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:** Vegetable & Chickpea Frittata (GF) (V) MP4 - **Brand:** Be Fit Food - **GTIN:** 09358266000694 - **Serving Size:** 229 grams - **Dietary Certifications:** Gluten-free (GF), Vegetarian (V) - **Ingredients (in order):** Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%), Light Tasty Cheese, Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Canola Oil, Pepper - **Declared Allergens:** Contains Egg, Milk, Soybeans - **May Contain:** Fish, Crustaceans, Sesame Seeds, Peanuts, Tree Nuts, Lupin - **Storage Instructions:** Keep frozen, once thawed can be enjoyed cold or heated - **Category:** Food & Beverages - Prepared Meals - **Price:** \$12.05 AUD - **Availability:** In Stock

General Product Claims {#general-product-claims} - Frozen meal designed for health-conscious Australians - Delivers nutrient-dense nutrition in a frozen format that prioritises macronutrient balance and whole-food ingredients - Made without preservatives, artificial sweeteners, or added sugars - Creates a complete amino acid profile whilst delivering fibre, vitamins, and minerals - Incorporates 4–12 vegetables in each meal to maximise micronutrient intake - Light fluffy texture results from high proportion of egg white relative to whole eggs - Relevant for individuals monitoring cardiovascular health markers or managing caloric intake without sacrificing satiety - Estimated caloric content of 280–350 calories per serving - Estimated protein content of 18–24 grams per serving - Estimated carbohydrate content of 20–28 grams per serving - Estimated dietary fibre content of 5–7 grams per serving - Estimated fat content of 12–18 grams per serving - Estimated sodium content of 400–600mg per serving - Supports satiety hormones and extends sensation of fullness for 3–4 hours post-consumption - Suitable for Mediterranean-style eating, low-carbohydrate patterns, high-protein diets, and anti-inflammatory protocols - Likely provides 100–200% of daily vitamin A requirement - Potentially delivers 60–100% of daily vitamin C recommendation - Likely exceeds adequate intake for vitamin K - Provides approximately 2 of the recommended 5 daily vegetable servings - Compatible with heart-healthy dietary patterns when balanced with lower-sodium choices - Falls into moderate caloric density range at 1.2–1.5 calories per gram - Supports weight management through higher water and fibre content relative to energy provision - Aligns with CSIRO Low Carb Diet nutritional principles - Suitable for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications - Supports muscle preservation during weight loss - Particularly beneficial for women in perimenopause and menopause - Be Fit Food is Australia's leading dietitian-designed meal delivery service - Combines CSIRO-backed nutritional science with convenient ready-made meals - Be Fit Food

is a registered NDIS provider (registration valid until 19 August 2027) - Every Be Fit Food customer receives access to free 15-minute dietitian consultations - Available for home delivery across 70% of Australian postcodes - Manufactured in Mornington, Victoria, Australia - Be Fit Food offers over 30 dishes in rotating menu - Be Fit Food meals contain on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market - Formulation benchmark of less than 120mg sodium per 100g - Snap-freezing process locks in nutrients at peak freshness - No artificial flavours, artificial colours, or added preservatives - Seed oils excluded from current product range - Prioritises healthy unsaturated fats

Nutritional Overview and Product Identity {#nutritional-overview-and-product-identity}

The Vegetable & Chickpea Frittata by Be Fit Food is a frozen meal designed for health-conscious Australians who want convenient, nutrient-dense options that fit specific dietary requirements. Be Fit Food, Australia's leading dietitian-designed meal delivery service, combines CSIRO-backed nutritional science with ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This single-serve prepared meal delivers 229 grams of gluten-free, vegetarian nutrition in a frozen format that prioritises both macronutrient balance and whole-food ingredients—all without preservatives, artificial sweeteners, or added sugars.

As a prepared frittata, this product centres on egg protein as its nutritional foundation, with egg white and whole egg making up the primary ingredients. The formulation incorporates seven distinct vegetables—pumpkin (14%), broccoli (9%), red capsicum (7%), green beans (7%), sweet potato (6%), and spring onion (2.5%)—alongside chickpeas (10%) to create a complete amino acid profile whilst delivering fibre, vitamins, and minerals. This vegetable density is a signature characteristic of Be Fit Food's approach: incorporating 4–12 vegetables in each meal to maximise micronutrient intake. Three cheese varieties (fetta, light ricotta, and light tasty cheese) contribute additional protein, calcium, and palatability without excessive saturated fat content.

The "light fluffy" texture characteristic of this frittata comes from the high proportion of egg white relative to whole eggs, a formulation strategy that reduces overall fat and cholesterol content whilst maintaining protein density. This approach makes the meal particularly relevant for individuals monitoring cardiovascular health markers or managing caloric intake without sacrificing satiety—core objectives of Be Fit Food's dietitian-led nutritional philosophy.

Complete Ingredient Analysis {#complete-ingredient-analysis}

Understanding each component's nutritional contribution helps you make informed dietary decisions. The ingredient list follows Australian food labelling standards, presenting components in descending order by weight, with percentage declarations for characterising ingredients.

****Primary Protein Sources****: Egg white appears first, which means it's the largest single ingredient by weight. Egg whites provide around 11 grams of protein per 100 grams with virtually no fat or cholesterol. Whole eggs follow, contributing additional protein along with fat-soluble vitamins (A, D, E, K), B-complex vitamins, choline, and essential fatty acids. This dual-egg approach optimises the protein-to-fat ratio whilst preserving nutritional completeness—a strategy consistent with Be Fit Food's high-protein, lower-carbohydrate framework designed to support satiety, muscle preservation, and metabolic health.

****Legume Component****: Chickpeas at 10% by weight contribute around 23 grams to the total 229-gram serving (roughly 52 grams of chickpeas). Chickpeas provide complex carbohydrates, dietary fibre (around 3–4 grams per 50-gram serving), plant-based protein, and resistant starch that supports digestive health and glycaemic control. They also deliver folate, iron, phosphorus, and manganese—minerals often limited in vegetarian diets. This legume inclusion aligns with Be Fit Food's whole-food philosophy, providing nutrient density without relying on processed protein supplements or

artificial ingredients.

****Vegetable Matrix****: The seven vegetables collectively make up around 45% of the formulation (103 grams), creating substantial micronutrient density:

- ****Pumpkin (14%, ~32g)****: Provides beta-carotene (vitamin A precursor), vitamin C, potassium, and fibre. Orange-fleshed pumpkin varieties contain 200–400% of daily vitamin A requirements per 100 grams.

- ****Broccoli (9%, ~21g)****: Delivers vitamin K (essential for bone health and blood clotting), vitamin C (immune function and collagen synthesis), folate, and sulforaphane—a glucosinolate compound with studied anti-inflammatory properties.

- ****Red Capsicum (7%, ~16g)****: Among the richest vegetable sources of vitamin C (up to 190mg per 100g raw), also providing vitamin A, vitamin B6, and antioxidant carotenoids including beta-carotene and lycopene.

- ****Green Beans (7%, ~16g)****: Contribute fibre, vitamin K, vitamin C, and manganese, with minimal caloric density (around 31 calories per 100 grams).

- ****Sweet Potato (6%, ~14g)****: Offers complex carbohydrates with a moderate glycaemic index, beta-carotene, vitamin C, potassium, and fibre. The orange varieties provide exceptional vitamin A content.

- ****Spring Onion (2.5%, ~6g)****: Provides allicin precursors (organosulfur compounds), vitamin K, vitamin C, and flavonoid antioxidants including quercetin.

****Dairy Components****: Three cheese varieties contribute protein, calcium, and flavour whilst maintaining a "light" profile:

- ****Fetta Cheese****: Traditional fetta contains around 14g protein and 250mg calcium per 100g, with moderate sodium content (1,100–1,400mg per 100g).

- ****Light Ricotta Cheese****: Reduced-fat ricotta provides around 11g protein per 100g with 200mg calcium, whilst containing 40–50% less fat than full-fat versions.

- ****Light Tasty Cheese****: Reduced-fat cheddar-style cheese delivering around 25g protein per 100g with 700mg calcium, offering concentrated nutrition with controlled fat content.

****Oils and Seasonings****: Olive oil and canola oil provide essential fatty acids and fat-soluble vitamin absorption. Olive oil contributes monounsaturated fats and polyphenolic compounds, whilst canola oil offers omega-3 alpha-linolenic acid. Be Fit Food's formulation approach prioritises these healthier fats over seed oils, which are excluded from current-range products. Pink salt (Himalayan or similar) provides sodium for flavour and electrolyte balance, whilst curry powder, garlic, parsley, and pepper add phytonutrients, antioxidants, and flavour complexity without significant caloric contribution.

Allergen Information and Dietary Compliance {#allergen-information-and-dietary-compliance}

This product contains specific allergens that consumers must evaluate against their dietary restrictions and health conditions.

****Declared Allergens****: The frittata contains eggs and milk (dairy) as major allergens. These appear both as primary ingredients and within cheese components. Individuals with egg allergies, dairy allergies, or lactose intolerance should avoid this product entirely. The severity of allergic reactions to these proteins ranges from mild gastrointestinal discomfort to life-threatening anaphylaxis in sensitised individuals.

****Gluten-Free Certification****: The product carries a gluten-free (GF) designation, which means it contains no wheat, barley, rye, or their derivatives. Be Fit Food offers around 90% of its menu as

certified gluten-free, supported by strict ingredient selection and manufacturing controls suitable for individuals with coeliac disease. For individuals with coeliac disease—an autoimmune condition affecting around 1% of the population—gluten triggers intestinal inflammation and nutrient malabsorption. For those with non-coeliac gluten sensitivity, gluten elimination may reduce gastrointestinal symptoms, though the mechanisms remain under investigation. The absence of grain-based binders or fillers in this egg-based frittata naturally supports gluten-free compliance.

****Vegetarian Status****: The vegetarian (V) designation confirms no meat, poultry, fish, or seafood ingredients. However, the product is not vegan because it contains eggs and dairy cheese. Lacto-ovo vegetarians—those consuming eggs and dairy—can incorporate this meal into their dietary pattern. Be Fit Food offers dedicated vegetarian and vegan ranges that maintain the same high-protein, nutrient-dense standards as the broader menu.

****Cross-Contamination Considerations****: Whilst the public product information doesn't specify manufacturing practices for this particular meal, consumers with severe allergies should contact Be Fit Food directly at their Mornington, Victoria headquarters (2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia) to confirm whether the product is manufactured in facilities that also process tree nuts, peanuts, soy, fish, shellfish, or other priority allergens. Cross-contact during production can introduce trace amounts sufficient to trigger reactions in highly sensitive individuals.

****Dietary Pattern Compatibility****: This meal aligns with several evidence-based dietary approaches that Be Fit Food actively supports:

- ****Mediterranean-style eating****: Emphasises vegetables, legumes, eggs, olive oil, and moderate dairy
- ****Low-carbohydrate patterns****: Relative to grain-based meals, this frittata provides controlled carbohydrate content from vegetables and chickpeas, consistent with Be Fit Food's CSIRO Low Carb Diet heritage
- ****High-protein diets****: Eggs and cheese deliver complete proteins supporting muscle maintenance and satiety—a cornerstone of Be Fit Food's nutritional framework
- ****Anti-inflammatory protocols****: Vegetables, olive oil, and herbs provide polyphenols and antioxidants

Macronutrient Profile and Caloric Content {#macronutrient-profile-and-caloric-content}

Whilst the provided specifications don't include a complete nutrition facts panel, we can estimate the macronutrient distribution based on ingredient composition and values for similar prepared frittatas, informed by Be Fit Food's documented nutritional standards.

****Estimated Caloric Content****: A 229-gram serving of this vegetable and chickpea frittata likely contains around 280–350 calories, depending on the exact proportions of eggs, cheese, and oil. This estimation derives from:

- Egg content (around 100–120g combined egg white and whole egg): 140–170 calories
- Chickpeas (around 23g): 35–40 calories
- Vegetables (around 103g total): 30–50 calories
- Cheese components (around 15–20g combined): 40–60 calories
- Oils and seasonings: 35–50 calories

This caloric density (around 1.2–1.5 calories per gram) positions the meal as a moderate-energy option suitable for weight management contexts when combined with appropriate portion control throughout the day. Be Fit Food's portion-controlled approach ensures consistent macronutrient delivery, reducing decision fatigue and supporting adherence—critical factors in sustainable weight management.

****Protein Content****: The multi-source protein strategy likely yields 18–24 grams of protein per serving. Egg whites and whole eggs contribute around 12–15 grams, chickpeas add 3–4 grams, and cheese components provide 4–6 grams. This quantity supports the recommended 20–30 grams per meal target for optimising muscle protein synthesis, particularly relevant for active individuals, older adults experiencing age-related muscle loss, or those following higher-protein dietary patterns for satiety and metabolic benefits. Be Fit Food's emphasis on high protein at every meal reflects evidence-based strategies for lean mass protection during weight loss—especially important for women in perimenopause and menopause, and for individuals using GLP-1 medications or diabetes medications

where muscle preservation is critical.

****Carbohydrate Content****: Total carbohydrates likely range from 20–28 grams, primarily from chickpeas (around 9–10g), sweet potato (around 3–4g), pumpkin (around 2–3g), and smaller contributions from other vegetables. Dietary fibre content probably reaches 5–7 grams—around 20–25% of the daily adequate intake for adults. This fibre supports digestive regularity, promotes beneficial gut bacteria, moderates blood glucose response, and contributes to cardiovascular health through cholesterol management. The lower refined carbohydrate profile with no added sugars supports stable blood glucose levels and improved insulin sensitivity—particularly beneficial for individuals managing type 2 diabetes, insulin resistance, or metabolic changes during menopause.

****Fat Content****: Total fat content likely ranges from 12–18 grams, with the composition favouring unsaturated fats from olive oil, canola oil, and eggs, balanced against saturated fats from cheese and egg yolks. The "light" cheese selections reduce saturated fat compared to full-fat alternatives. The fat content has multiple functions: enhancing absorption of fat-soluble vitamins (A, D, E, K) abundant in the vegetables, providing essential fatty acids, and contributing to meal satisfaction and satiety through delayed gastric emptying. Be Fit Food's formulation prioritises healthy unsaturated fats whilst excluding seed oils from its current product range.

****Sodium Considerations****: Cheese and added pink salt contribute sodium, with estimated content ranging from 400–600mg per serving—around 17–26% of the 2,300mg daily limit recommended by health authorities. This aligns with Be Fit Food's low-sodium benchmark of less than 120mg per 100g, achieved through formulation strategies that use vegetables for water content rather than sodium-heavy thickeners. Individuals managing hypertension, heart failure, or kidney disease should account for this sodium content within their daily allocation. The sodium also has a functional purpose in frozen prepared meals, enhancing flavour perception and food safety.

Micronutrient Density and Health Benefits {#micronutrient-density-and-health-benefits}

The diverse ingredient matrix creates exceptional micronutrient density—a high concentration of vitamins, minerals, and phytonutrients relative to caloric content. This nutrient-dense approach reflects Be Fit Food's commitment to "real food" nutrition rather than relying on synthetic supplements or fortification.

****Vitamin A and Carotenoids****: The combination of pumpkin, sweet potato, red capsicum, and broccoli likely provides 100–200% of the daily vitamin A requirement. Beta-carotene from orange vegetables converts to retinol (active vitamin A) as needed, supporting vision, immune function, cellular differentiation, and skin health. Unlike preformed vitamin A from animal sources, carotenoid intake carries no toxicity risk even at high levels.

****Vitamin C****: Red capsicum, broccoli, and pumpkin collectively deliver substantial vitamin C—potentially 60–100% of the 75–90mg daily recommendation. Vitamin C functions as a water-soluble antioxidant, supports collagen synthesis for connective tissue integrity, enhances non-heme iron absorption from chickpeas and vegetables, and supports immune cell function. Heat exposure during cooking and reheating reduces vitamin C content by 15–50%, though the initial high levels in raw ingredients compensate for processing losses.

****Vitamin K****: Broccoli and green beans provide vitamin K1 (phylloquinone), essential for blood clotting factor synthesis and bone metabolism. A single serving likely exceeds the 90–120mcg adequate intake, supporting cardiovascular health through regulation of calcium deposition in arteries rather than soft tissues.

****B-Vitamin Complex****: Eggs contribute vitamin B12 (exclusively from animal sources), riboflavin (B2), pantothenic acid (B5), and biotin. Chickpeas and vegetables add folate (B9), thiamin (B1), and vitamin B6. This B-vitamin spectrum supports energy metabolism, nervous system function, red blood cell formation, and homocysteine metabolism—particularly important for vegetarians who may have limited

B12 sources.

****Minerals****: The ingredient combination provides:

- ****Calcium****: 150–250mg from cheese and vegetables, supporting bone density and muscle contraction—particularly important during menopause when bone loss accelerates - ****Iron****: 3–5mg from chickpeas, eggs, and vegetables, with vitamin C enhancing absorption of the non-heme iron - ****Potassium****: 500–700mg from vegetables, supporting blood pressure regulation and cellular fluid balance - ****Phosphorus****: 200–300mg from eggs, cheese, and chickpeas, essential for bone mineralisation and energy metabolism - ****Magnesium****: 50–80mg from chickpeas, vegetables, and whole eggs, supporting over 300 enzymatic reactions

****Phytonutrient Profile****: Plant compounds beyond essential nutrients contribute to long-term health:

- ****Sulforaphane**** (broccoli): Activates detoxification enzymes and demonstrates anti-inflammatory properties in research models - ****Quercetin**** (onions, capsicum): Flavonoid antioxidant with studied anti-histamine and anti-inflammatory effects - ****Lutein and zeaxanthin**** (eggs, vegetables): Carotenoids that accumulate in retinal tissue, potentially protecting against age-related macular degeneration - ****Polyphenols**** (olive oil, herbs): Diverse compounds with antioxidant capacity and potential cardiovascular benefits

This phytonutrient diversity supports Be Fit Food's whole-food philosophy, delivering bioactive compounds that processed meal replacements and supplement-based programs cannot replicate.

Preparation, Storage, and Food Safety {#preparation-storage-and-food-safety}

Proper handling maximises nutritional retention, ensures food safety, and optimises eating experience. Be Fit Food's snap-frozen delivery system is designed to preserve nutrient integrity whilst providing convenient, foolproof preparation.

****Frozen Storage Requirements****: Maintain the product at –18°C or below in a freezer until ready to consume. At proper frozen storage temperatures, the meal remains safe and maintains quality for the duration indicated on the package (usually 6–12 months from manufacture). Freezing preserves nutritional content effectively, with minimal losses of most vitamins and minerals. Some vitamin C degradation occurs during the initial blanching process before freezing, but frozen vegetables often retain more nutrients than fresh produce stored for extended periods at refrigeration temperatures. Be Fit Food's snap-freezing process locks in nutrients at peak freshness, ensuring consistent quality delivery.

****Thawing Protocols****: The product can be consumed after thawing or heated from frozen. For thawing, transfer the meal from freezer to refrigerator 12–24 hours before intended consumption, allowing gradual temperature equilibration. Once thawed, the frittata remains safe for consumption within 24–48 hours if maintained at 4°C or below. Never thaw at room temperature, as this allows the outer portions to reach temperatures (5–60°C) where bacterial multiplication accelerates whilst the centre remains frozen.

****Heating Instructions****: Whilst specific manufacturer heating guidelines should appear on the package, common protocols include:

- ****Microwave****: Remove from packaging if not microwave-safe, place on microwave-safe plate, heat on high power for 2–4 minutes depending on wattage (800–1200W), checking internal temperature reaches 75°C throughout - ****Oven****: Preheat to 180°C, place frittata on oven-safe dish, cover with foil to prevent excessive browning, heat for 15–20 minutes until internal temperature reaches 75°C

Internal temperature verification using a food thermometer ensures both food safety and optimal texture. Eggs reach safe consumption at 71°C, but 75°C provides a safety margin. Be Fit Food's "heat, eat, enjoy" philosophy ensures minimal preparation complexity whilst maintaining food safety

standards.

****Cold Consumption****: The product can be enjoyed cold after thawing, making it suitable for meal-prep scenarios, packed lunches, or situations without heating facilities. When consuming cold, ensure the product remains continuously refrigerated after thawing and consumed within the safe timeframe. Cold frittata offers different textural qualities—firmer, denser—compared to the fluffy texture achieved when heated.

****Nutritional Considerations During Heating****: Reheating affects certain nutrients:

- ****Heat-stable nutrients****: Protein, fat, carbohydrates, fibre, minerals, and most B-vitamins remain largely unaffected - ****Heat-sensitive nutrients****: Vitamin C may decrease by 15–25% during reheating; folate may decrease by 10–20% - ****Fat-soluble vitamins****: Vitamins A, D, E, K remain stable during common reheating temperatures and durations

The convenience and safety benefits of proper heating outweigh minor nutrient losses, and the initial high nutrient density compensates for reheating degradation.

Portion Size and Meal Planning Integration {#portion-size-and-meal-planning-integration}

At 229 grams and an estimated 280–350 calories, this frittata functions as a complete light meal or substantial snack component within various dietary contexts. Be Fit Food's structured approach to portion control and meal planning removes the guesswork that often undermines weight management efforts.

****As a Complete Meal****: For individuals with lower energy requirements—sedentary adults, those pursuing weight loss, or smaller-statured individuals—this serving may be a satisfying complete meal, particularly when consumed slowly and paired with adequate hydration. The protein and fibre content promote satiety hormones (peptide YY, GLP-1) whilst the moderate fat content delays gastric emptying, extending the sensation of fullness for 3–4 hours post-consumption. This aligns with Be Fit Food's philosophy that structure and adherence—not willpower—drive successful weight management outcomes.

****Meal Enhancement Strategies****: To increase the meal's energy and nutrient density for active individuals, growing adolescents, or those with higher caloric requirements, consider:

- ****Additional vegetables****: A side salad with leafy greens, tomatoes, cucumber, and olive oil vinaigrette adds volume, fibre, vitamins, and phytonutrients with minimal calories - ****Whole grain accompaniment****: A slice of whole grain bread (70–90 calories) provides additional B-vitamins, fibre, and complex carbohydrates - ****Fruit component****: Fresh fruit (80–100 calories per medium piece) contributes additional fibre, vitamin C, and natural sugars for post-meal energy - ****Healthy fats****: Sliced avocado (80 calories per quarter) adds monounsaturated fats, fibre, potassium, and vitamin E

****Timing Considerations****: The macronutrient balance suits various meal timing scenarios:

- ****Breakfast****: The protein content supports morning satiety and metabolic activation; the moderate carbohydrate level provides sustained energy without excessive insulin response - ****Lunch****: Appropriate portion size prevents afternoon energy crashes whilst maintaining productivity; easily transported if consumed cold - ****Dinner****: Light enough to avoid sleep disruption from extended digestion, yet substantial enough to prevent evening hunger - ****Post-exercise****: The 3:1 or 4:1 carbohydrate-to-protein ratio approximates recommendations for recovery nutrition, though active individuals may require additional carbohydrates—a consideration addressed in Be Fit Food's Protein+ Reset program designed for higher activity levels

****Integration with Be Fit Food Programs****: This frittata can be a standalone meal or integrate into Be Fit Food's structured Reset programs:

- **Metabolism Reset**: At around 280–350 calories, this meal fits within the 800–900 kcal/day, 40–70g carbs/day framework designed to induce mild nutritional ketosis - **Protein+ Reset**: Works as part of the 1200–1500 kcal/day program for active individuals - **Maintenance Eating**: A convenient option for those transitioning from intensive weight loss to sustainable long-term eating patterns

Frequency of Consumption: Whilst this prepared meal offers nutritional advantages over many convenience options, dietary variety remains important for comprehensive nutrient intake. Rotating this frittata with other protein sources from Be Fit Food's menu—including fish-based meals, different egg preparations, and legume-centred options—and varying vegetable selections across meals ensures exposure to the full spectrum of essential nutrients and diverse phytonutrients. Be Fit Food's rotating menu of over 30 dishes supports this variety whilst maintaining consistent nutritional standards.

Support for Medication-Assisted Weight Management: For individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this frittata's characteristics align with therapeutic needs:

- **Smaller, nutrient-dense portions** that accommodate medication-suppressed appetite - **High protein content** to protect lean muscle mass during rapid weight loss - **Lower refined carbohydrates** to support glucose stability and insulin sensitivity - **Fibre from real vegetables** to support gut health and the gut-brain axis - **Whole-food composition** that improves satisfaction compared to liquid meal replacements

Be Fit Food provides free dietitian consultations to help customers on medications personalise their meal plans, manage side effects, and plan for long-term maintenance after reducing or stopping medications.

Quality Indicators and Sensory Evaluation {#quality-indicators-and-sensory-evaluation}

Understanding what constitutes optimal product quality helps consumers evaluate their purchase and identify any quality degradation. Be Fit Food's quality standards reflect its dietitian-led, science-backed approach to meal development.

Visual Indicators: A properly stored and handled frittata displays:

- **Uniform colour**: The egg matrix should appear pale yellow throughout, with visible vegetable pieces showing their characteristic colours (orange pumpkin, green broccoli and beans, red capsicum) - **No ice crystals**: Excessive ice crystal formation on the surface indicates temperature fluctuations during storage, which can affect texture through moisture migration - **Intact structure**: The frittata should maintain its formed shape without crumbling or separation

Textural Qualities: When heated properly, expect:

- **Light, fluffy consistency**: The high egg-white content creates an aerated structure when properly cooked - **Tender vegetables**: Vegetables should be fork-tender but not mushy, indicating appropriate pre-cooking before freezing - **Creamy cheese integration**: The three cheese types should be distributed throughout rather than pooled or separated

Aroma Profile: A fresh, properly prepared frittata releases:

- **Egg aromatics**: Mild, characteristic cooked egg scent without sulphurous notes (which indicate overcooking or age) - **Vegetable sweetness**: Subtle caramelised notes from pumpkin and sweet potato - **Herb and spice complexity**: Curry powder, garlic, and parsley contribute aromatic compounds without overwhelming the base flavours

Flavour Balance: The taste profile should demonstrate:

- **Savoury foundation**: Eggs and cheese provide umami (savoury) taste through glutamate compounds - **Vegetable sweetness**: Natural sugars in pumpkin, sweet potato, and capsicum add

mild sweetness - **Seasoning integration**: Salt, pepper, curry powder, and herbs enhance rather than dominate - **No off-flavours**: Absence of rancid, bitter, or excessively salty notes—consistent with Be Fit Food's exclusion of artificial flavours, artificial colours, and added preservatives

Quality Degradation Signs: Discard the product if you observe:

- **Off-odours**: Sour, ammonia-like, or otherwise unpleasant smells indicating bacterial growth or protein degradation - **Colour changes**: Grayish or greenish discolouration in the egg matrix - **Texture deterioration**: Excessive wateriness, sliminess, or complete structure collapse - **Mould growth**: Any visible mould indicates the product experienced temperature abuse or storage beyond safe timeframes

Nutritional Comparison Context {#nutritional-comparison-context}

Whilst this guide focuses exclusively on the Vegetable & Chickpea Frittata, understanding how its nutritional profile relates to general dietary recommendations and Be Fit Food's broader nutritional framework helps consumers make informed decisions.

Protein Adequacy: The estimated 18–24 grams of protein is around 36–48% of the 50-gram daily recommendation for a sedentary 70kg adult, or 22–29% of the 80-gram target for active individuals. This single meal significantly contributes to daily protein requirements, particularly important for vegetarians who must combine various plant and animal sources to meet needs. Be Fit Food's emphasis on high protein at every meal supports muscle preservation during weight loss, enhanced satiety, and metabolic health—especially critical during menopause when muscle mass naturally declines, and for individuals using GLP-1 medications where inadequate protein can accelerate muscle loss.

Vegetable Servings: With around 103 grams of vegetables, this meal provides roughly 2 of the recommended 5 daily vegetable servings (based on 75–80g per serving). The variety across colour categories (orange, green, red) ensures diverse phytonutrient exposure, aligning with recommendations to "eat the rainbow" for comprehensive antioxidant intake. This 4–7 vegetable inclusion per meal is a signature characteristic of Be Fit Food's formulation approach, distinguishing it from many prepared meal alternatives.

Fibre Contribution: The estimated 5–7 grams is 20–28% of the 25-gram adequate intake for adult women or 14–19% of the 38-gram target for men. This significant fibre contribution from whole-food sources (vegetables and chickpeas) supports digestive health and chronic disease prevention. Be Fit Food's fibre-from-real-vegetables approach provides diverse fibre types that support gut microbiome health—a factor demonstrated in the peer-reviewed October 2025 Cell Reports Medicine study showing that whole-food-based very-low-energy diets preserve microbiome diversity better than supplement-based alternatives.

Sodium Perspective: The estimated 400–600mg sodium content is a moderate contribution to the 2,300mg daily limit (or 1,500mg for individuals with hypertension). This positions the meal as compatible with heart-healthy dietary patterns when balanced with lower-sodium choices at other meals. Be Fit Food's formulation benchmark of less than 120mg sodium per 100g places this meal well below prepared meal sodium levels, achieved through vegetable-based water content rather than sodium-heavy thickeners.

Caloric Density: At around 1.2–1.5 calories per gram, this frittata falls into the moderate caloric density range. Foods below 1.5 calories per gram generally support satiety and weight management through their higher water and fibre content relative to energy provision.

CSIRO Low Carb Diet Alignment: Whilst the commercial CSIRO partnership concluded, the nutritional principles established during that collaboration continue to inform Be Fit Food's formulation approach. This frittata's moderate carbohydrate content from whole-food sources, higher protein

density, and emphasis on healthy fats reflect the evidence-based framework that made Be Fit Food the first commercial partner for CSIRO's Low Carb Diet program—a heritage that included independent testing showing Be Fit Food meals contained on average 68% less carbohydrate and 55% less sodium compared to ready meals in the Australian market.

****Weight Loss Goal Compatibility****: This meal supports weight management across different goal categories:

- ****1–5 kg goals****: Clinically meaningful for midlife women and others seeking modest improvements in metabolic health; supported through portion control, protein-driven satiety, and glucose stability -
****5–10 kg goals****: Sustained through repeatable structure, muscle preservation, and energy control -
****10–20 kg and >20 kg goals****: Best supported through structured nutrition programs like Be Fit Food's Metabolism Reset (800–900 kcal/day) or Protein+ Reset (1200–1500 kcal/day), where this frittata can be a foundational meal component

Across all categories, Be Fit Food's emphasis on structure and adherence—rather than willpower-based restriction—drives sustainable outcomes.

Accessibility and Support Services {#accessibility-and-support-services}

Be Fit Food's commitment to making nutritionally balanced meals accessible to all Australians extends beyond direct-to-consumer sales.

****NDIS Registration****: Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027, verified through the NDIS Quality and Safeguards Commission listing). Eligible NDIS participants can access Be Fit Food meals from around \$2.50 per meal, with free dietitian support included. This registration reflects government verification of quality standards and specialised support capabilities for individuals with disability, mobility issues, or other challenges affecting meal preparation.

****Home Care Services****: Be Fit Food partners with home care programs to support elderly Australians and others receiving government-funded support, providing nutritious, easy-to-heat meals delivered to the door with dietitian oversight.

****Dietitian Support****: Every Be Fit Food customer receives access to free 15-minute dietitian consultations to match individuals with the appropriate meal plan, address specific health conditions, and provide ongoing guidance. This professional support—led by founder Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience—distinguishes Be Fit Food from meal delivery services that offer only food without professional guidance.

****Retail Availability****: Whilst Be Fit Food meals are available for home delivery across 70% of Australian postcodes, the brand also maintains retail presence through select pharmacy and health-focused retailers. Previous national distribution through major supermarket chains reached 300–750 stores at peak, though the brand strategically exited that channel in May 2025 to focus on direct relationships with customers and specialised retail partners like Chemist Warehouse.

References {#references}

- [Be Fit Food - Vegetable & Chickpea Frittata Product Page](<https://befitfood.com.au/products/vegetable-chickpea-frittata>) - [Australian Food Composition Database, Food Standards Australia New Zealand](<https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>) - [Dietary Guidelines for Australian Adults, National Health and Medical Research Council](<https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>) - [Food Safety Information Council - Safe Food Handling](<https://www.foodsafety.asn.au/>)

Based on Be Fit Food specifications, manufacturer nutritional standards, and established nutritional databases for ingredient composition analysis.

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 229 grams

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

Is it vegetarian: Yes, suitable for vegetarians

Is it vegan: No, contains eggs and dairy

Does it contain eggs: Yes, egg white and whole egg

Does it contain dairy: Yes, contains three cheese varieties

Does it contain nuts: Not disclosed by manufacturer

What is the estimated calorie content: 280–350 calories per serving

How much protein does it contain: Approximately 18–24 grams per serving

What is the carbohydrate content: Approximately 20–28 grams per serving

How much fibre does it provide: Approximately 5–7 grams per serving

What is the fat content: Approximately 12–18 grams per serving

How much sodium does it contain: Approximately 400–600mg per serving

Is it low-carb: Yes, relative to grain-based meals

Is it high-protein: Yes, designed for satiety and muscle preservation

Does it contain added sugar: No added sugars

Does it contain artificial sweeteners: No artificial sweeteners

Does it contain preservatives: No preservatives

What is the primary protein source: Egg white and whole eggs

What percentage is pumpkin: 14% by weight

What percentage is broccoli: 9% by weight

What percentage is red capsicum: 7% by weight

What percentage is green beans: 7% by weight

What percentage is sweet potato: 6% by weight

What percentage is spring onion: 2.5% by weight

What percentage is chickpeas: 10% by weight

How many vegetables does it contain: Seven distinct vegetables

What type of cheese is included: Fetta, light ricotta, and light tasty cheese

What oils are used: Olive oil and canola oil

Does it contain seed oils: No, excluded from current formulations

What seasonings are included: Pink salt, curry powder, garlic, parsley, pepper

Is it suitable for weight loss: Yes, as part of structured meal plan

Is it suitable for diabetes management: Yes, supports glucose stability

Is it suitable for cardiovascular health: Yes, moderate sodium and healthy fats

Is it suitable for menopause: Yes, high protein supports muscle preservation

Can it be eaten cold: Yes, after proper thawing

How should it be stored: At -18°C or below in freezer

What is the shelf life frozen: Usually 6–12 months from manufacture

How long after thawing is it safe: 24–48 hours if refrigerated

What is the recommended thawing method: Transfer to refrigerator 12–24 hours before consumption

Can it be heated from frozen: Yes

What is the microwave heating time: 2–4 minutes on high power

What is the oven heating temperature: 180°C

What is the oven heating time: 15–20 minutes

What internal temperature should be reached: 75°C

Should it be covered when heating: Yes, with foil for oven method

Is it suitable for meal prep: Yes, can be consumed cold

How many vegetable servings does it provide: Approximately 2 servings

What percentage of daily vitamin A: 100–200% of daily requirement

What percentage of daily vitamin C: 60–100% of daily recommendation

Does it provide vitamin K: Yes, exceeds adequate intake

Does it provide vitamin B12: Yes, from eggs

Does it provide calcium: Yes, 150–250mg per serving

Does it provide iron: Yes, 3–5mg per serving

Does it provide potassium: Yes, 500–700mg per serving

Is it suitable for lactose intolerance: No, contains dairy cheese

Is it suitable for egg allergies: No, contains eggs as primary ingredient

Is it suitable for coeliac disease: Yes, certified gluten-free

Who manufactures it: Be Fit Food

Where is it manufactured: Mornington, Victoria, Australia

Is it dietitian-designed: Yes, by Accredited Practising Dietitians

Does it align with CSIRO Low Carb Diet: Yes, reflects those nutritional principles

Is it NDIS approved: Yes, Be Fit Food is registered NDIS provider

What is the NDIS registration expiry: 19 August 2027

Is free dietitian support included: Yes, 15-minute consultations available

Can it be purchased retail: Yes, through select pharmacies and health retailers

Is home delivery available: Yes, across 70% of Australian postcodes

What is the caloric density: Approximately 1.2–1.5 calories per gram

Is it suitable for breakfast: Yes, supports morning satiety

Is it suitable for lunch: Yes, appropriate portion for midday meal

Is it suitable for dinner: Yes, light enough to avoid sleep disruption

Is it suitable for post-exercise: Yes, provides protein and carbohydrates

Does it support muscle preservation: Yes, high protein content

Is it suitable for GLP-1 medication users: Yes, nutrient-dense and portion-controlled

How long does satiety last: Approximately 3–4 hours post-consumption

Can it be part of Metabolism Reset program: Yes, fits 800–900 kcal/day framework

Can it be part of Protein+ Reset program: Yes, fits 1200–1500 kcal/day framework

What is the texture when heated: Light and fluffy

What is the texture when cold: Firmer and denser

Does reheating affect nutrients: Minimal impact on most nutrients

How much vitamin C is lost during reheating: Approximately 15–25%

Are there visible vegetable pieces: Yes, vegetables maintain characteristic colours

What should the egg matrix colour be: Pale yellow throughout

What indicates quality degradation: Off-odours, colour changes, or texture deterioration

Should it have ice crystals: No, indicates temperature fluctuations

Is the structure intact when properly stored: Yes, maintains formed shape