

YELVEGCUR - Food & Beverages

Product Overview -

7075630383293_43456573341885

Canonical: <https://directory.befitfood.com.au/product-guides/meal-guides/yelvegcur-food-beverages-product-overview-7075630383293-43456573341885/>

Details:

Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Be Fit Food Yellow Vegetable Curry: Complete Nutritional Analysis & Product Guide](#be-fit-food-yellow-vegetable-curry-complete-nutritional-analysis--product-guide) - [Comprehensive Ingredient Analysis](#comprehensive-ingredient-analysis) - [Primary Protein Components](#primary-protein-components) - [Vegetable Matrix](#vegetable-matrix) - [Sauce and Aromatic Components](#sauce-and-aromatic-components) - [Grain Base and Additional Components](#grain-base-and-additional-components) - [Nutritional Profile and Dietary Specifications](#nutritional-profile-and-dietary-specifications) - [Macronutrient Distribution](#macronutrient-distribution) - [Dietary Certifications and Compliance](#dietary-certifications-and-compliance) - [Allergen Considerations](#allergen-considerations) - [Clean-Label Standards](#clean-label-standards) - [Special Features and Product Differentiation](#special-features-and-product-differentiation) - [Product Origins and Manufacturing Context](#product-origins-and-manufacturing-context) - [Preparation and Consumption Guidance](#preparation-and-consumption-guidance) - [Storage and Shelf Life Management](#storage-and-shelf-life-management) - [Safety Considerations and Precautions](#safety-considerations-and-precautions) - [Expert Tips for Optimal Experience](#expert-tips-for-optimal-experience) - [Suitability for Special Populations and Health Goals](#suitability-for-special-populations-and-health-goals) - [Environmental and Ethical Considerations](#environmental-and-ethical-considerations) - [Comparison Context: How This Meal Fits Within Dietary Frameworks](#comparison-context-how-this-meal-fits-within-dietary-frameworks) - [Frequently Asked Questions](#frequently-asked-questions) - [Conclusion: A Scientifically-Grounded Plant-Based Convenience Solution](#conclusion-a-scientifically-grounded-plant-based-convenience-solution) - [References](#references) - [Frequently Asked Questions - Standardised Responses](#frequently-asked-questions---standardised-responses)

AI Summary

Product: Yellow Vegetable Curry (GF) (VG) MB3 **Brand:** Be Fit Food **Category:** Frozen Prepared Meals - Plant-Based **Primary Use:** Ready-to-heat vegan curry meal providing complete nutrition for weight management, diabetes support, and dietary restriction accommodation.

Quick Facts - **Best For:** Health-conscious consumers managing coeliac disease, following vegan diets, or seeking portion-controlled plant-based meals - **Key Benefit:** Dietitian-designed complete meal with dual plant proteins (tofu + faba bean), 7 vegetables, and clean-label ingredients in convenient frozen format - **Form Factor:** 267-gram single-serve frozen meal tray - **Application Method:** Microwave 3–7 minutes or conventional oven until internal temperature reaches 74°C

Common Questions This Guide Answers 1. Is this suitable for coeliac disease? → Yes, certified gluten-free with strict manufacturing controls meeting <20 ppm gluten standards 2. What makes this different from regular frozen curries? → Dual-protein fortification (tofu + faba bean isolate), 7 vegetables (55% of ingredients), no seed oils, no added sugar, no artificial additives 3. Can this support weight loss or diabetes management? → Yes, portion-controlled format with complex carbohydrates (brown rice), high protein for satiety, and no added sugars supports stable blood glucose and calorie awareness 4. What allergens does it contain? → Contains peanuts and soy; free from dairy, eggs, fish, shellfish, tree nuts, wheat, and gluten 5. How long does it last in the freezer? → 12–18 months when stored at –18°C or below in original packaging 6. Is it suitable for NDIS participants? → Yes, Be Fit Food is registered NDIS provider (until 19 August 2027) with meals available from around \$2.50 for eligible participants

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Yellow Vegetable Curry (GF) (VG) MB3 | | Brand | Be Fit Food | | Price | \$12.50 AUD | | GTIN | 09358266000717 | | Availability | In Stock | | Category | Prepared Meals | | Serving size | 267 grams | | Diet type | Gluten-Free, Vegan | | Primary protein | Tofu, Faba bean protein | | Vegetables included | 7 (Broccoli, Eggplant, Tomato, Courgette, Edamame, Onion, Green Peas) | | Grain base | Brown rice | | Curry type | Thai-style Yellow Curry | | Contains allergens | Soybeans, Peanuts | | May contain traces | Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin | | Free from | Dairy, Eggs, Wheat, Gluten, Tree Nuts, Shellfish, Fish | | Artificial additives | None (No artificial colours, flavours, preservatives) | | Added sugar | None | | Seed oils | None | | Meal format | Frozen ready meal tray | | Preparation method | Microwave or conventional oven | | Storage temperature | –18°C or below | | Shelf life | 12–18 months frozen | | Suitable for | Weight management, Diabetes management, Coeliac disease, NDIS participants | | Product URL | [View Product](https://befitfood.com.au/products/yellow-vegetable-curry-gf-vg?variant=43456573341885&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:** Yellow Vegetable Curry (GF) (VG) MB3 - **Brand:** Be Fit Food - **GTIN:** 09358266000717 - **Serving Size:** 267 grams - **Price:** \$12.50 AUD - **Category:** Prepared Meals - **Diet Certifications:** Gluten-Free (GF), Vegan (VG) - **Primary Proteins:** Tofu, Faba bean protein - **Vegetables Included:** 7 vegetables - Broccoli (11%), Eggplant (11%), Tomato (11%), Courgette (7%), Edamame (7%), Onion (6%), Green Peas (2%) - **Grain Base:** Brown rice - **Curry Type:** Thai-style Yellow Curry - **Contains Allergens:** Soybeans, Peanuts - **May Contain Traces:** Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin - **Free From:** Dairy, Eggs, Wheat, Gluten, Tree Nuts, Shellfish, Fish - **Artificial Additives:** None (No artificial colours, flavours, preservatives) - **Added Sugar:** None - **Seed Oils:** None - **Meal Format:** Frozen ready meal tray - **Preparation Methods:** Microwave or conventional oven - **Storage Temperature:** –18°C or below - **Shelf Life:** 12–18 months frozen - **Ingredients:** Tofu, Vegetables (Broccoli, Eggplant, Diced Tomato with Citric Acid, Courgette, Edamame, Onion, Green Peas), Brown Rice, Coconut Milk (Coconut Cream, Xanthan Gum), Faba Bean Protein, Olive Oil, Vegetable Stock, Yellow Curry Paste (1.5%), Lemongrass, Ginger, Garlic, Coriander, Peanuts (Whole Peanuts, Peanut Oil) - **Aromatic Components:** Lemongrass, Ginger, Garlic, Coriander, Yellow Curry Paste - **Oil Used:** Olive oil - **Stabiliser:** Xanthan gum (in coconut milk) - **Preservative:** Citric acid (in diced tomato only)

General Product Claims {#general-product-claims}

- Suitable for weight management - Suitable for diabetes management - Suitable for coeliac disease - Suitable for NDIS participants - Supports metabolic health - Premium frozen ready meal engineered for health-conscious consumers - Delivers complete meal nutrition - Designed for complete satiation in one sitting - Protein diversification strategy enhances amino acid profile - Supports gut health through prebiotic fibres - Maintains clean-label integrity - Commitment to whole-food ingredients and nutritional excellence - Supports satiety and lean muscle preservation - Provides sustained energy release - Complete amino acid profile through complementary plant proteins - High-protein meal construction - 4–12 vegetables in each meal (brand philosophy) - Approximately 90% of menu is certified gluten-free - Strict manufacturing controls suitable for coeliac disease management - First commercial partner to develop CSIRO Low Carb Diet-aligned meals - Meals contain on average 68% less carbohydrate than other ready meals - Meals contain on average 55% less sodium than other ready meals - Low sodium benchmark of <120 mg per 100g - Supports stable blood glucose - Helps you feel fuller for longer - Reduces between-meal hunger - Supports muscle preservation during weight loss - Maintains metabolic rate - Supports gut-brain axis - Reduces nutritional deficiency risk - Supports insulin sensitivity - Appropriate for individuals using GLP-1 medications - Supports perimenopause and menopause metabolic transitions - Improves glucose metrics (via CGM monitoring) - Snap-frozen delivery system maintains nutritional integrity - Structure over willpower approach - Eliminates decision fatigue - Low spoilage risk - Supports cardiovascular health - Plant-based proteins have lower environmental impact - Free dietitian consultations available - NDIS registered provider (registration until 19 August 2027) - Meals available from around \$2.50 per meal for NDIS participants - Over 30 rotating dishes available - Meals from \$8.61 - Covers 70% of Australian postcodes for delivery - Blast freezing technology preserves nutritional integrity - Maintains texture, colour, and nutrient content during frozen storage

Be Fit Food Yellow Vegetable Curry: Complete Nutritional Analysis & Product Guide {#be-fit-food-yellow-vegetable-curry-complete-nutritional-analysis--product-guide}

Be Fit Food's Yellow Vegetable Curry (GF) (VG) is a frozen meal designed for people who need convenient plant-based nutrition without compromising their dietary requirements. This single-serve Thai-inspired curry packs 267 grams of complete meal nutrition, combining firm tofu with seven vegetables, brown rice, and aromatic yellow curry spices. The dual certification—gluten-free and vegan—makes it useful for people managing coeliac disease, gluten sensitivity, or following plant-based diets.

The meal follows a traditional Thai yellow curry structure: tofu and vegetables in coconut milk-based sauce, brightened with lemongrass and kaffir lime aromatics, served over brown rice. Unlike most frozen curries that use cream or dairy-based thickeners, this one relies on coconut cream and xanthan gum for texture while staying strictly vegan. The 267-gram serving aligns with standard single-meal portions, meant to satisfy you in one sitting.

What sets this apart from generic frozen meals is how it handles protein. Rather than relying only on tofu, Be Fit Food adds faba bean protein to improve the amino acid profile and boost protein density—something that matters in vegan meals where complete protein sources need careful planning. This dual-protein approach fills a common nutritional gap in plant-based convenience foods while keeping the ingredient list clean, consistent with Be Fit Food's whole-food philosophy.

Comprehensive Ingredient Analysis {#comprehensive-ingredient-analysis}

Primary Protein Components {#primary-protein-components}

Tofu is the main protein source, listed first in the ingredient declaration, which means it makes up the largest single ingredient by weight. Tofu—coagulated soy milk pressed into solid blocks—provides complete protein with all nine essential amino acids. In curry applications, tofu's porous structure soaks up the yellow curry sauce while holding its shape through freezing and reheating.

Faba bean protein works as a secondary protein booster. This isolated protein, extracted from broad beans (*Vicia faba*), contains roughly 80–90% protein by weight. Be Fit Food adds faba bean protein to vegan formulations to increase overall protein density without adding bulk, and its neutral flavour doesn't interfere with the curry's aromatic complexity. Faba bean protein also brings dietary fibre and resistant starch, supporting digestive health—something that aligns with the brand's focus on metabolic wellness and gut health.

Vegetable Matrix {#vegetable-matrix}

The curry includes seven distinct vegetables in measured proportions, each chosen for nutritional value and textural variety, reflecting Be Fit Food's "4–12 veggies in each meal" approach:

Broccoli (11%) provides cruciferous vegetable content, delivering glucosinolates—sulphur-containing compounds linked to anti-inflammatory benefits. Its firm florets hold up better through freeze-thaw cycles than leafy greens.

Eggplant (11%) adds meaty texture and anthocyanins (purple pigment antioxidants). When cooked in curry, eggplant's spongy flesh absorbs sauce while breaking down to create body and thickness.

Diced tomato (11%) appears with citric acid as a preservative, providing umami depth, lycopene (a carotenoid antioxidant), and acidity to balance the coconut milk's richness. The citric acid keeps pH stable during frozen storage.

Courgette (7%) adds mild sweetness and high water content, contributing to the sauce volume while providing B-vitamins and potassium.

Edamame (7%) introduces young soybeans in pod form, adding textural contrast with their firm bite and supplementing the tofu's protein with additional soy-based amino acids.

Onion (6%) forms the aromatic foundation, providing quercetin (a flavonoid antioxidant) and natural sweetness through caramelisation during cooking. Onions also contain prebiotic fibres that support gut microbiome health—something worth noting given Be Fit Food's focus on metabolic health and the gut-brain axis.

Green peas (2%) contribute natural sweetness, plant-based protein, and vibrant colour contrast. Despite their small percentage, peas pack concentrated nutrition including vitamin K, manganese, and fibre.

Sauce and Aromatic Components {#sauce-and-aromatic-components}

Coconut milk (listed as coconut cream with xanthan gum) creates the curry's creamy base. Coconut cream contains medium-chain triglycerides (MCTs)—fatty acids that metabolise differently than long-chain fats, providing quick energy. Xanthan gum, a polysaccharide produced through bacterial fermentation, acts as a stabiliser preventing separation during freezing and keeping the sauce from becoming watery when reheated.

Yellow curry paste (1.5%) concentrates the dish's flavour identity. Traditional yellow curry paste combines turmeric (providing the characteristic golden colour and curcumin anti-inflammatory compounds), coriander, cumin, fenugreek, and chilli peppers. Though it's only 1.5% by weight, curry paste contains potent aromatics that flavour the entire dish through fat-soluble compound distribution in the coconut milk.

Lemongrass contributes citral—the compound responsible for lemon-like fragrance—along with antimicrobial properties. In Thai cuisine, lemongrass balances rich coconut flavours with bright, herbaceous notes.

Ginger and garlic provide foundational aromatics with documented bioactive compounds: gingerol in ginger (anti-nausea, anti-inflammatory) and allicin in garlic (cardiovascular support, immune function).

Coriander (likely fresh coriander leaves) adds bright, citrusy notes that complement the curry's warmth.

Peanuts (whole peanuts with peanut oil) introduce textural crunch and healthy fats. Their inclusion requires allergen disclosure, as peanut allergy is one of the eight major food allergens.

Grain Base and Additional Components {#grain-base-and-additional-components}

Brown rice is the complex carbohydrate foundation. Unlike white rice, brown rice retains the bran and germ layers, providing significantly more fibre, B-vitamins, magnesium, and selenium. Brown rice's nutty flavour complements curry spices while its firmer texture withstands the freezing process better than delicate white rice varieties. The inclusion of brown rice aligns with Be Fit Food's whole-food philosophy and provides sustained energy release.

Olive oil appears as a cooking medium and fat source, contributing monounsaturated fatty acids (primarily oleic acid) associated with heart health benefits. Be Fit Food's current range excludes seed oils, making olive oil the preferred cooking fat for its nutritional profile and stability.

Vegetable stock provides savoury depth and seasoning, though specific composition isn't detailed. Commercial vegetable stocks generally contain concentrated vegetable extracts, salt, and natural flavours.

Nutritional Profile and Dietary Specifications {#nutritional-profile-and-dietary-specifications}

Macronutrient Distribution {#macronutrient-distribution}

At 267 grams per serving, this meal provides a complete nutritional package designed to work as a standalone lunch or dinner. While the complete nutrition facts panel wasn't included in the product documentation, the ingredient composition reveals the macronutrient strategy consistent with Be Fit Food's dietitian-designed approach:

Protein sources include tofu, faba bean protein, edamame, peas, brown rice, and peanuts—creating a complete amino acid profile through complementary plant proteins. The combination of soy proteins (tofu, edamame) with legume proteins (faba bean, peas) and grain protein (brown rice) ensures all essential amino acids appear in adequate ratios for human nutrition. This protein diversification reflects Be Fit Food's emphasis on high-protein meal construction to support satiety, metabolic health, and lean muscle preservation.

Carbohydrates come primarily from brown rice, with additional contributions from vegetables and legumes. The emphasis on complex carbohydrates from whole grains and vegetables provides sustained energy release compared to refined grain alternatives, supporting stable blood glucose—a key consideration in Be Fit Food's metabolic health framework.

Fats come from coconut milk (saturated fats from medium-chain triglycerides), olive oil (monounsaturated fats), peanuts and peanut oil (polyunsaturated and monounsaturated fats), and tofu (polyunsaturated fats). This diverse fat profile balances different fatty acid types, though coconut milk's saturated fat content would make up the largest fat contribution.

Dietary Certifications and Compliance {#dietary-certifications-and-compliance}

The gluten-free (GF) certification confirms the product contains no wheat, barley, rye, or their derivatives, and meets regulatory standards for gluten-free labelling (generally <20 ppm gluten in most

jurisdictions). For people with coeliac disease or non-coeliac gluten sensitivity, this certification provides critical assurance. The meal achieves gluten-free status through careful ingredient selection—brown rice instead of wheat-based grains, gluten-free curry paste formulation, and dedicated manufacturing processes preventing cross-contamination. Be Fit Food maintains that roughly 90% of their menu is certified gluten-free, with strict ingredient selection and manufacturing controls suitable for coeliac disease management.

The vegan (VG) certification confirms complete absence of animal-derived ingredients including meat, poultry, fish, dairy, eggs, honey, and animal-based additives. The vegan formulation relies on plant-based alternatives: tofu and faba bean protein replace animal proteins, coconut milk substitutes for dairy cream, and vegetable stock replaces bone-based stocks. Vegan certification appeals to ethical vegans, environmental vegetarians, and people with multiple food allergies (dairy, egg). Be Fit Food's vegetarian and vegan range maintains the same high-protein, nutrient-dense standards as their broader menu.

Allergen Considerations {#allergen-considerations}

Contains peanuts and soy (from tofu and edamame). These major allergens require prominent declaration under food labelling regulations.

Free from dairy, eggs, fish, shellfish, tree nuts, wheat, and gluten. This allergen profile makes the product suitable for people managing multiple food sensitivities simultaneously.

The xanthan gum stabiliser, whilst safe for most consumers, may cause digestive sensitivity in people with irritable bowel syndrome (IBS) at high doses, though the quantity used here is minimal.

Clean-Label Standards {#clean-label-standards}

This Yellow Vegetable Curry aligns with Be Fit Food's current clean-label commitments, which include:

- No seed oils (olive oil is used instead)
- No artificial colours or artificial flavours
- No added artificial preservatives (the citric acid in tomatoes is a natural preservative and pH adjuster)
- No added sugar or artificial sweeteners

Be Fit Food transparently notes that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., in curry paste formulations), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

Special Features and Product Differentiation {#special-features-and-product-differentiation}

Frozen Ready Meal Technology {#frozen-ready-meal-technology}

The tray-style heat-and-eat format uses advanced food technology designed to preserve nutritional integrity whilst maximising convenience. Freezing stops microbial growth and enzymatic degradation without requiring chemical preservatives (beyond the citric acid in tomatoes, which does double duty as preservative and pH adjuster).

The meal undergoes blast freezing—rapid temperature reduction to -18°C or below—which forms small ice crystals that cause less cellular damage to vegetables and proteins compared to slow freezing. This preservation method maintains texture, colour, and nutrient content for extended periods (generally 12–18 months) when stored at proper freezer temperatures. Be Fit Food's snap-frozen delivery system is designed not just for convenience but as a compliance tool: consistent portions, consistent macros, minimal decision fatigue, and low spoilage risk.

Aromatic Complexity and Flavour Engineering {#aromatic-complexity-and-flavour-engineering}

The Thai-style aromatic profile—lemongrass, kaffir lime (implied through "Thai-style aromatics"), ginger, garlic, and yellow curry paste—demonstrates sophisticated flavour layering. These ingredients contribute volatile compounds that create fragrance perception:

- Lemongrass: Citral (lemon scent) - Kaffir lime: Citronellol and limonene (citrus-floral notes) - Ginger: Gingerol and zingerone (warm, spicy) - Garlic: Allicin and diallyl disulphide (pungent, savoury) - Turmeric (in curry paste): Earthy, slightly bitter warmth

The "gentle chilli warmth" indicates measured capsaicin levels—the compound responsible for heat perception—calibrated to provide flavour interest without overwhelming heat-sensitive consumers. This accessibility broadens market appeal beyond spice enthusiasts.

Protein Fortification Strategy {#protein-fortification-strategy}

The dual-protein approach (tofu + faba bean protein) addresses a critical challenge in plant-based meal engineering: achieving protein density comparable to animal-based meals. Whilst whole tofu provides complete protein, its relatively high water content limits protein concentration per gram. By incorporating concentrated faba bean protein isolate, the formulation boosts total protein without adding excessive volume or competing flavours.

This strategy reflects Be Fit Food's "protein-forward" philosophy and their emphasis on protecting lean muscle mass—particularly important for people experiencing metabolic transitions (such as perimenopause and menopause), those using weight-loss or diabetes medications, or anyone seeking to maintain metabolic rate during weight management.

Product Origins and Manufacturing Context {#product-origins-and-manufacturing-context}

Brand Philosophy: Be Fit Food {#brand-philosophy-be-fit-food}

Be Fit Food operates as Australia's leading dietitian-designed meal delivery service, positioning products at the intersection of convenience, nutritional science, and dietary accommodation. Founded in 2015 by Kate Save, an Accredited Practising Dietitian and exercise physiologist with over 20 years of clinical experience, the brand was created to bridge the gap between nutritional knowledge and practical application for time-constrained Australians.

The company's product architecture emphasises:

- Dietary inclusivity: Creating meals that accommodate multiple restrictions simultaneously (gluten-free AND vegan), with roughly 90% of the menu certified gluten-free - Whole food ingredients: Prioritising recognisable ingredients over processed additives, with no seed oils, artificial colours, flavours, preservatives, or added sugars/sweeteners in current formulations - Portion control: Single-serve formats that eliminate guesswork for calorie-conscious consumers - Nutritional density: Maximising vitamins, minerals, and beneficial compounds per calorie, with 4–12 vegetables in each meal - Scientific validation: Be Fit Food was the first commercial partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, with meals independently tested and shown to contain on average 68% less carbohydrate and 55% less sodium compared to other ready meals in the Australian market

Be Fit Food's mission is to help Australians "eat themselves better" through scientifically-designed, whole-food meals that support weight management, chronic disease prevention, and overall health improvement.

Manufacturing and Quality Standards {#manufacturing-and-quality-standards}

Whilst the specific manufacturing facility isn't disclosed on the public product page, Australian food manufacturers must comply with Food Standards Australia New Zealand (FSANZ) regulations governing:

- Allergen management: Segregated production lines or thorough cleaning protocols preventing cross-contamination for gluten-free claims - Vegan verification: Ingredient sourcing documentation and production audits ensuring no animal product contamination - Frozen food safety: Hazard Analysis Critical Control Points (HACCP) systems monitoring temperature control throughout production, freezing, storage, and distribution - Nutritional labelling accuracy: Laboratory testing or database calculation verifying nutrition facts panel claims

Be Fit Food's manufacturing processes support their gluten-free certification standards, with strict controls suitable for people with coeliac disease. The physical product label (not visible in online documentation) would contain mandatory information including manufacturer/packer details, lot codes for traceability, storage instructions, and preparation guidelines.

Ingredient Sourcing Considerations {#ingredient-sourcing-considerations}

The ingredient list reveals several sourcing implications:

Tofu production requires soybeans, coagulant (generally calcium sulphate or magnesium chloride), and water. Australian tofu manufacturers commonly source non-GMO soybeans, though specific sourcing for this product isn't disclosed.

Coconut milk originates from tropical regions (Thailand, Philippines, Indonesia, Sri Lanka), requiring international supply chains. The inclusion of xanthan gum suggests processing in facilities equipped for ingredient blending rather than simple coconut pressing.

Faba bean protein indicates participation in the emerging plant protein industry. Faba beans grow well in temperate climates including parts of Australia, potentially supporting local agriculture, though protein isolation requires specialised processing facilities.

Brown rice could source domestically (Australia produces rice in New South Wales and Queensland) or internationally depending on cost and quality specifications.

Be Fit Food's commitment to whole-food ingredients and clean-label standards influences sourcing decisions, prioritising ingredient quality and nutritional integrity over cost minimisation.

Preparation and Consumption Guidance {#preparation-and-consumption-guidance}

Heating Instructions {#heating-instructions}

Whilst specific heating instructions weren't included in the provided documentation, frozen tray meals generally offer two preparation methods:

Microwave preparation (most common): Remove from outer packaging, pierce film lid multiple times, microwave on high for 3–5 minutes (times vary by microwave wattage), stir, continue heating 1–2 minutes until internal temperature reaches 74°C, let stand 1 minute before consuming.

Conventional oven (alternative): Preheat oven to 180°C, remove film lid, cover with foil, heat 25–35 minutes until thoroughly heated, stir halfway through.

The brown rice component needs adequate reheating to restore texture—underheated rice stays hard and unpalatable, whilst overheating can create mushiness. The coconut milk sauce benefits from stirring midway through heating to redistribute fats and prevent hot spots.

Optimal Consumption Context {#optimal-consumption-context}

This 267-gram portion works as a complete meal for most adults, providing balanced macronutrients in a single serving. The meal suits:

- Workday lunches: Microwave-friendly format fits office environments with limited kitchen facilities - Quick dinners: 5-minute preparation addresses time-constrained evenings for busy professionals and

working parents - Dietary compliance: Pre-portioned, certified gluten-free and vegan meal eliminates ingredient scrutiny and cross-contamination risks—particularly valuable for people managing coeliac disease or multiple food sensitivities - Meal planning: Frozen storage enables stockpiling for busy periods without spoilage concerns, supporting the structured eating patterns that drive adherence and success - Weight management support: Portion-controlled format supports calorie awareness without requiring measurement or calculation, consistent with Be Fit Food's emphasis on structure over willpower - Metabolic health programmes: Suitable as part of balanced eating patterns for people managing insulin resistance, Type 2 diabetes, or using weight-loss or diabetes medications

The flavour profile—moderately spiced yellow curry with familiar vegetables—offers broad palatability without requiring acquired taste for intense spice or exotic ingredients.

Storage and Shelf Life Management {#storage-and-shelf-life-management}

Frozen Storage Requirements {#frozen-storage-requirements}

Maintain at -18°C or below in home freezers. At this temperature, the meal stays safe indefinitely, though quality gradually declines over time. Manufacturers generally assign 12–18 month "best before" dates representing peak quality rather than safety limits.

Storage optimisation: - Store in original packaging to prevent freezer burn (ice crystal formation on exposed surfaces) - Position in consistent-temperature freezer zones (avoid door storage where temperature fluctuates) - Avoid repeated thawing and refreezing, which degrades texture and potentially compromises safety

Be Fit Food's snap-frozen delivery system is engineered to maintain nutritional integrity and meal quality throughout extended frozen storage, enabling customers to stock meals for flexible meal planning.

Quality Indicators {#quality-indicators}

Acceptable frozen state: Solid throughout, no ice crystals visible through packaging (indicating temperature stability), packaging intact without tears or punctures.

Quality degradation signs: Excessive ice crystal formation (freezer burn), discolouration visible through packaging, packaging damage allowing air exposure, or storage beyond best-before date (safe but potentially texture-compromised).

Post-Heating Storage {#post-heating-storage}

Do not refreeze after heating. Once thawed and heated, consume immediately. Leftover heated curry should be refrigerated within 2 hours and consumed within 24 hours, though this contradicts the single-serve design intent.

Safety Considerations and Precautions {#safety-considerations-and-precautions}

Allergen Awareness {#allergen-awareness}

Contains peanuts and soy: People with peanut or soy allergies must avoid this product. Peanut allergy can trigger severe anaphylactic reactions; even trace amounts pose risks for highly sensitive individuals. Soy allergy, whilst generally less severe, causes reactions ranging from hives to digestive distress.

Cross-contamination potential: Whilst certified gluten-free, consumers with severe coeliac disease should verify manufacturing facility practices. Be Fit Food maintains that roughly 90% of their menu is certified gluten-free with strict ingredient selection and manufacturing controls suitable for coeliac disease. The remaining ~10% includes either meals that contain gluten or meals without gluten ingredients but with potential traces because of shared lines for those specific products—clearly disclosed to support informed, coeliac-safe decision-making.

Heating Safety {#heating-safety}

Internal temperature verification: Frozen meals must reach 74°C internal temperature to ensure food safety. Under-heating can leave cold spots harbouring bacteria if temperature abuse occurred during distribution.

Container handling: Tray and film become extremely hot during microwave heating. Use oven mitts or towels when removing from microwave. Allow standing time for heat distribution before consuming.

Steam burns: When removing film lid or stirring, hot steam escapes. Tilt lid away from face and hands to prevent steam burns.

Sodium Considerations {#sodium-considerations}

Whilst complete nutrition facts weren't provided, Be Fit Food formulates meals to a low sodium benchmark of <120 mg per 100 g, using vegetables for water content rather than salt-heavy thickeners. This approach supports people managing hypertension or following sodium-restricted diets. Consumers should review the nutrition facts panel (on physical packaging) to assess sodium content per serving and ensure it fits within their daily sodium targets.

Coconut Milk and Saturated Fat {#coconut-milk-and-saturated-fat}

Coconut milk contains saturated fats from medium-chain triglycerides. Whilst MCTs metabolise differently than long-chain saturated fats and provide quick energy, people monitoring saturated fat intake for cardiovascular health should account for this meal's contribution to daily saturated fat limits. Be Fit Food's dietitian-led formulation approach balances fat sources to support overall nutritional quality whilst maintaining authentic curry flavour and texture.

Expert Tips for Optimal Experience {#expert-tips-for-optimal-experience}

Enhancement Strategies {#enhancement-strategies}

Fresh garnish additions: Top heated curry with fresh coriander leaves, lime wedges, or sliced fresh chilli to add brightness and textural contrast. These fresh elements complement the frozen meal's cooked components and can increase vegetable intake further.

Serving extensions: For larger appetites or shared meals, serve alongside additional steamed brown rice, quinoa, or cauliflower rice. The sauce-to-grain ratio accommodates additional carbohydrate base. This strategy can help people transitioning from higher-calorie eating patterns adjust portion sizes gradually whilst maintaining satiety.

Protein supplementation: Whilst the meal contains complete plant protein through the tofu-faba bean combination, those seeking higher protein density (such as people using weight-loss medications who need to protect lean muscle mass, or those in perimenopause/menopause experiencing metabolic changes) could add pan-fried tempeh or additional firm tofu alongside the meal.

Texture Optimisation {#texture-optimisation}

Microwave power adjustment: If your microwave tends to overheat, reduce power to 70–80% and extend cooking time. This gentler heating prevents the rice from becoming mushy whilst ensuring thorough heating—particularly important for maintaining the textural integrity of the seven vegetable varieties.

Resting importance: The 1-minute standing time after heating allows temperature equalisation and sauce thickening. Skipping this step results in watery sauce and uneven temperature distribution. This resting period also reduces steam-burn risk when opening the container.

Meal Planning Integration {#meal-planning-integration}

Rotation strategy: Incorporate into weekly meal planning as a reliable backup for unexpectedly busy days. Stock 2–3 units for flexibility without over-relying on frozen meals. Be Fit Food offers over 30 rotating dishes, enabling variety whilst maintaining nutritional consistency.

Nutritional complementing: Pair with fresh side salad or steamed green vegetables to increase overall meal volume and micronutrient diversity whilst maintaining the convenience advantage. This approach can help people seeking modest weight loss (1–5 kg) achieve calorie reduction without feeling deprived.

Batch purchasing: Frozen meals offer cost efficiency when purchased in multi-packs. Be Fit Food offers meals from \$8.61, with structured programmes (7/14/28 day options) providing lower per-meal costs and eliminating daily decision-making—a key factor in adherence and long-term success.

Programme integration: This Yellow Vegetable Curry can work as a lunch or dinner component within Be Fit Food's structured Reset programmes (Metabolism Reset at ~800–900 kcal/day or Protein+ Reset at ~1200–1500 kcal/day), or as part of a flexible meal rotation for maintenance and long-term healthy eating patterns.

Suitability for Special Populations and Health Goals
{#suitability-for-special-populations-and-health-goals}

Weight Management and Metabolic Health {#weight-management-and-metabolic-health}

This meal aligns with Be Fit Food's core mission of supporting weight loss and metabolic health improvement through structured, portion-controlled nutrition. The Yellow Vegetable Curry provides:

- Portion control without measurement: Single-serve format eliminates guesswork and supports calorie awareness
- Protein-driven satiety: Dual protein sources (tofu + faba bean) help you feel fuller for longer and reduce between-meal hunger
- Complex carbohydrates: Brown rice and vegetable fibre support stable blood glucose and sustained energy
- Vegetable density: Seven vegetables contribute micronutrients, fibre, and volume with minimal calorie density

For people seeking weight loss across different goal sizes: - 1–5 kg goals (common in perimenopausal/menopausal women): This meal supports modest calorie reduction whilst maintaining nutritional adequacy and satisfaction - 5–10 kg goals: Can work as part of a structured meal rotation supporting sustained energy control and muscle preservation - 10–20 kg and larger goals: Works as a foundation meal within comprehensive programmes that may include exercise, behavioural support, and (where appropriate) medication

Support for Medication-Assisted Weight Loss {#support-for-medication-assisted-weight-loss}

This meal is particularly well-suited for people using GLP-1 receptor agonists (such as semaglutide or tirzepatide), weight-loss medications, or diabetes medications:

- Manages medication-suppressed appetite: The 267-gram portion provides complete nutrition in a smaller, easier-to-tolerate serving when appetite is reduced
- Protein prioritisation: Supports lean muscle preservation during rapid weight loss, maintaining metabolic rate
- Lower refined carbohydrates: Brown rice and vegetables (no added sugars) support stable blood glucose and reduce insulin demand
- Whole-food fibre: Supports gut health and the gut-brain axis, which matters when medications alter digestion
- Reduces deficiency risk: Nutrient-dense formulation helps maintain protein and micronutrient adequacy when total intake drops
- Maintenance support: Provides structured eating pattern for the transition from medication-driven appetite suppression to sustainable long-term habits

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

The metabolic transitions of perimenopause and menopause—driven by falling and fluctuating oestrogen—result in reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and appetite dysregulation. This Yellow Vegetable Curry addresses these challenges:

- High protein: Tofu, faba bean protein, edamame, and peas support muscle preservation as metabolic rate declines
- Portion-controlled energy: Pre-measured serving supports calorie awareness as energy needs decrease
- Complex carbohydrates with fibre: Supports insulin sensitivity and appetite regulation
- No artificial sweeteners: Avoids compounds that can worsen cravings and GI symptoms in some women
- Vegetable diversity: Supports gut health, cholesterol metabolism, and micronutrient intake

Many women in perimenopause/menopause don't need large weight loss—a goal of 3–5 kg can significantly improve insulin sensitivity, reduce abdominal fat, and restore energy and confidence. This meal's balanced macronutrient profile and portion size make it appropriate for this scale of goal.

Diabetes and Insulin Resistance Management {#diabetes-and-insulin-resistance-management}

For people managing Type 2 diabetes, pre-diabetes, or insulin resistance, this meal offers:

- Lower refined carbohydrates: Brown rice (whole grain) and vegetables provide slower glucose release compared to refined grains
- Protein and fat balance: Slows carbohydrate absorption and reduces post-meal glucose spikes
- No added sugars: Aligns with diabetes dietary guidelines
- Consistent portions: Supports carbohydrate counting and medication dosing consistency
- Vegetable fibre: Improves glycaemic control and supports cardiovascular health

Be Fit Food has published preliminary outcomes showing improvements in glucose metrics (via CGM monitoring) and weight change in people with Type 2 diabetes during a delivered-programme week versus a self-selected week, supporting the brand's metabolic health positioning.

NDIS and Supported Living {#ndis-and-supported-living}

As a registered NDIS provider (registration in force until 19 August 2027), Be Fit Food serves people with disability, mobility challenges, or ageing-related meal preparation difficulties. This Yellow Vegetable Curry offers:

- Easy preparation: Microwave-ready format requires minimal physical ability or cooking skill
- Nutritional security: Dietitian-designed formulation ensures adequate protein, vitamins, and minerals
- Dietary accommodation: Gluten-free and vegan certification supports multiple dietary needs simultaneously
- Free dietitian support: Included consultations enable personalised nutrition guidance
- Government funding access: Eligible NDIS participants can access meals from around \$2.50 per meal

The meal's soft texture (curry sauce, tender vegetables, cooked rice) is appropriate for people with chewing or swallowing considerations, though specific dysphagia requirements should be assessed individually.

Environmental and Ethical Considerations {#environmental-and-ethical-considerations}

Vegan and Plant-Based Positioning {#vegan-and-plant-based-positioning}

This meal's vegan certification supports multiple motivations:

- Ethical veganism: Complete absence of animal products aligns with animal welfare values
- Environmental sustainability: Plant-based proteins generally require less land, water, and energy than animal proteins, and produce lower greenhouse gas emissions
- Health optimisation: Plant-forward eating patterns are associated with reduced risk of cardiovascular disease, Type 2 diabetes, and certain cancers

Be Fit Food's vegetarian and vegan range maintains the same high-protein, nutrient-dense standards as their broader menu, addressing the common challenge of achieving adequate protein density in plant-based convenience foods.

Packaging and Waste Considerations {#packaging-and-waste-considerations}

Whilst specific packaging materials aren't detailed in the provided documentation, frozen meal trays generally use:

- Recyclable or compostable trays: CPET (crystallised polyethylene terephthalate) or similar materials that can be recycled where facilities exist
- Film lids: Often PP (polypropylene), which may be recyclable depending on local council capabilities
- Outer packaging: Cardboard sleeves or boxes, widely recyclable

Consumers should check local recycling guidelines and the on-pack recycling symbols to dispose of packaging appropriately. The single-serve format, whilst convenient, generates more packaging per meal than bulk-prepared home cooking—a trade-off between convenience and waste reduction.

Supply Chain and Food Miles {#supply-chain-and-food-miles}

The ingredient sourcing (coconut milk from tropical regions, potential international rice sourcing, diverse vegetable origins) involves food miles common to modern food systems. Snap-freezing enables longer supply chains by preventing spoilage, but also locks in nutrition and reduces food waste at the consumer end—frozen meals show significantly lower waste rates than fresh ingredients that spoil before use.

Comparison Context: How This Meal Fits Within Dietary Frameworks {#comparison-context-how-this-meal-fits-within-dietary-frameworks}

Low-Carb and Ketogenic Diets {#low-carb-and-ketogenic-diets}

Whilst this Yellow Vegetable Curry contains brown rice (a higher-carbohydrate ingredient), it may still fit within flexible low-carb approaches depending on individual carbohydrate targets and daily meal composition. The meal is not specifically marketed as part of Be Fit Food's CSIRO Low Carb Diet-aligned range (which generally targets ~40–70g carbs/day for the full day's intake).

For people following strict ketogenic diets (<20–50g carbs/day), this meal's carbohydrate content from rice would likely exceed daily limits. However, for those following moderate low-carb approaches (50–100g carbs/day) or carb-cycling strategies, it could work as a higher-carb meal balanced by lower-carb choices at other times.

Be Fit Food offers dedicated low-carb meal options for people seeking stricter carbohydrate control. Customers can consult with Be Fit Food's free dietitian support to identify the most appropriate meals for their specific carbohydrate targets.

Mediterranean Diet Principles {#mediterranean-diet-principles}

This meal aligns with several Mediterranean diet principles:

- Plant-forward composition: Vegetables, legumes (edamame, peas), and nuts (peanuts) form the foundation
- Olive oil: Primary added fat aligns with Mediterranean dietary patterns
- Whole grains: Brown rice provides minimally processed grain source
- Herbs and spices: Turmeric, ginger, garlic, lemongrass, and coriander provide flavour without excess sodium

The meal diverges from strict Mediterranean patterns through the inclusion of coconut milk (not traditional to Mediterranean cuisine) and the absence of fish or seafood. However, the overall nutritional profile—emphasising whole foods, healthy fats, and plant proteins—shares common ground with Mediterranean dietary principles associated with cardiovascular health and longevity.

Whole Food Plant-Based (WFPB) Diets {#whole-food-plant-based-wfpb-diets}

This meal aligns strongly with whole food plant-based dietary principles:

- Minimally processed ingredients: Whole vegetables, tofu (minimally processed soy), brown rice, and whole peanuts form the base
- No animal products: Vegan certification ensures plant-exclusive

ingredients - No refined sugars: Aligns with WFPB emphasis on avoiding added sugars - Whole grains: Brown rice rather than white rice supports WFPB principles

Some strict WFPB adherents avoid extracted oils (including olive oil) and added salt, preferring water-sautéing and relying on whole-food sodium sources. This meal includes olive oil and vegetable stock (which generally contains salt), placing it in the "WFPB-friendly" rather than "strict WFPB" category.

Flexitarian and Reducetarian Approaches {#flexitarian-and-reducetarian-approaches}

For people reducing but not eliminating animal products, this vegan curry works as an accessible plant-based meal option that doesn't require acquired taste for unfamiliar ingredients. The familiar curry format, recognisable vegetables, and protein-rich composition make it suitable for:

- Meatless Monday and similar weekly plant-based commitments
- Flexitarian meal rotation balancing plant and animal proteins throughout the week
- Reducetarian goals gradually decreasing animal product consumption for health or environmental reasons

Frequently Asked Questions {#frequently-asked-questions}

Is this meal suitable for weight loss? {#is-this-meal-suitable-for-weight-loss}

Yes, when incorporated into an overall calorie-controlled eating pattern. The portion-controlled format (267g single serve) eliminates measurement guesswork, and the protein-vegetable composition helps you feel fuller for longer. Be Fit Food designs meals to support weight management as part of structured programmes or flexible meal rotations. For personalised guidance, customers can access Be Fit Food's free 15-minute dietitian consultations to match their specific weight-loss goals and dietary needs.

Can I eat this meal if I manage coeliac disease? {#can-i-eat-this-meal-if-i-manage-coeliac-disease}

Yes, this meal carries gluten-free (GF) certification and is formulated to meet regulatory standards for gluten-free labelling (generally <20 ppm gluten). Be Fit Food maintains that roughly 90% of their menu is certified gluten-free with strict ingredient selection and manufacturing controls suitable for coeliac disease management. People with severe coeliac disease should verify the specific certification details on the physical product packaging and can contact Be Fit Food directly for manufacturing process information.

How much protein does this meal contain? {#how-much-protein-does-this-meal-contain}

Whilst the complete nutrition facts panel wasn't included in the provided documentation, the meal contains multiple protein sources: tofu (primary), faba bean protein (fortifier), edamame, peas, brown rice, and peanuts. This combination creates a complete amino acid profile through complementary plant proteins. For exact protein grams per serving, check the nutrition facts panel on the physical product packaging or contact Be Fit Food customer service.

Is this meal appropriate for children? {#is-this-meal-appropriate-for-children}

The meal's nutritional composition—vegetables, whole grains, plant proteins, and moderate spicing—is appropriate for children who enjoy curry flavours and can tolerate mild chilli warmth. However, the 267-gram portion size and specific macronutrient ratios are calibrated for adult nutritional needs. Parents should consider their child's age, size, appetite, and spice tolerance when deciding suitability. The meal contains peanuts and soy, which are common childhood allergens requiring careful consideration.

Can I eat this meal every day? {#can-i-eat-this-meal-every-day}

Whilst this meal provides balanced nutrition, dietary variety remains important for optimal health. Eating the same meal daily limits exposure to diverse phytonutrients, vitamins, and minerals found across different foods. Be Fit Food offers over 30 rotating dishes to support variety whilst maintaining nutritional consistency. For people following structured Reset programmes, meals are selected to provide complementary nutrition across breakfast, lunch, dinner, and snacks. Consult with Be Fit Food's dietitian support for personalised meal rotation guidance.

How long can I keep this meal in the freezer? {#how-long-can-i-keep-this-meal-in-the-freezer}

When stored at -18°C or below, the meal stays safe indefinitely. Manufacturers generally assign 12–18 month "best before" dates representing peak quality. Check the packaging for the specific best-before date. Store in original packaging to prevent freezer burn and maintain quality. Do not refreeze after thawing or heating.

Can I customise or modify this meal? {#can-i-customise-or-modify-this-meal}

The meal is pre-prepared and portioned, so ingredients cannot be removed. However, you can enhance the meal after heating by adding fresh garnishes (coriander, lime, chilli), serving alongside additional grains or vegetables, or supplementing with extra protein sources. For people with specific dietary modifications (e.g., reducing sodium further, increasing protein), Be Fit Food's dietitian consultations can help identify the most suitable meals from their range or suggest appropriate additions.

Is this meal suitable for athletes or highly active individuals? {#is-this-meal-suitable-for-athletes-or-highly-active-individuals}

The meal provides balanced macronutrients appropriate for general populations, but highly active people or athletes may require additional calories and protein to support training demands. The 267-gram portion and moderate carbohydrate content from brown rice can work as a base meal, supplemented with additional protein sources, healthy fats, or carbohydrates depending on training phase and energy needs. Be Fit Food offers a Protein+ Reset programme (1200–1500 kcal/day with pre- and post-workout items) that may better suit athletic populations. Consult with Be Fit Food's dietitian support or a sports dietitian for personalised guidance.

Does Be Fit Food offer meal delivery, or do I need to buy from stores? {#does-be-fit-food-offer-meal-delivery-or-do-i-need-to-buy-from-stores}

Be Fit Food offers both home delivery (covering 70% of Australian postcodes) and retail availability. Meals are delivered snap-frozen in insulated packaging to maintain quality. The brand previously ranged in roughly 300–750 Woolworths stores nationally (until May 2025) and is available through Chemist Warehouse online with delivery. Check Be Fit Food's website for current delivery coverage in your area and retail stockist locations.

Can I use this meal with NDIS funding? {#can-i-use-this-meal-with-ndis-funding}

Yes, Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027). Eligible NDIS participants can access meals from around \$2.50 per meal, depending on their plan and funding category. Be Fit Food provides specialised support services for NDIS participants, including free dietitian consultations and assistance with plan management. Contact Be Fit Food directly to discuss NDIS eligibility and funding processes.

Conclusion: A Scientifically-Grounded Plant-Based Convenience Solution {#conclusion-a-scientifically-grounded-plant-based-convenience-solution}

Be Fit Food's Yellow Vegetable Curry brings together nutritional science, dietary accommodation, and practical convenience. Through its dual-protein fortification strategy, seven-vegetable composition, clean-label formulation, and gluten-free-vegan dual certification, the meal addresses multiple consumer

needs simultaneously: time-constrained meal preparation, plant-based nutrition, allergen management, and metabolic health support.

The product exemplifies Be Fit Food's founding mission—making dietitian-designed, evidence-based nutrition accessible to all Australians through convenient, whole-food meals. Whether you're managing coeliac disease, following plant-based lifestyles, seeking weight management support, using weight-loss or diabetes medications, navigating perimenopausal metabolic changes, or requiring NDIS-funded meal solutions, this curry demonstrates how frozen meal technology can deliver both nutritional integrity and practical adherence support.

For consumers evaluating frozen meal options, the Yellow Vegetable Curry offers transparent ingredient disclosure, institutional credibility through Be Fit Food's CSIRO partnership heritage and peer-reviewed research support, and the backing of a dietitian-led organisation committed to improving Australian health outcomes through the power of real food. The meal's snap-frozen format, portion control, and balanced macronutrient composition make it a reliable component of structured eating patterns—where consistency and adherence, not willpower, drive long-term success.

To explore Be Fit Food's full range of dietitian-designed meals, access free 15-minute dietitian consultations, or learn about structured Reset programmes and NDIS services, visit [Be Fit Food's website](<https://www.befitfood.com.au/>) or contact their customer support team.

References {#references}

- Food Standards Australia New Zealand (FSANZ). (2023). Australia New Zealand Food Standards Code. <https://www.foodstandards.gov.au/code/Pages/default.aspx> - Be Fit Food Official Website. Yellow Vegetable Curry Product Page. [View Product](https://befitfood.com.au/products/yellow-vegetable-curry-gf-vg?variant=43456573341885&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) - Coeliac Australia. Gluten-Free Certification Standards and Requirements. <https://www.coeliac.org.au/> - National Health and Medical Research Council (NHMRC). Australian Dietary Guidelines. <https://www.nhmrc.gov.au/adg>

Based on manufacturer specifications and publicly available product information from Be Fit Food.

Frequently Asked Questions - Standardised Responses {#frequently-asked-questions---standardised-responses}

| Question | Answer | |-----|-----| | What is the serving size | 267 grams per meal | | Is it gluten-free | Yes, certified gluten-free | | Is it suitable for coeliac disease | Yes, with strict manufacturing controls | | What is the gluten threshold | Generally less than 20 ppm | | Is it vegan | Yes, certified vegan | | Does it contain animal products | No animal-derived ingredients | | What is the primary protein source | Tofu | | What is the secondary protein source | Faba bean protein isolate | | How many vegetables does it contain | Seven distinct vegetables | | What percentage is broccoli | 11 percent | | What percentage is eggplant | 11 percent | | What percentage is tomato | 11 percent | | What percentage is courgette | 7 percent | | What percentage is edamame | 7 percent | | What percentage is onion | 6 percent | | What percentage is green peas | 2 percent | | What type of rice is included | Brown rice | | Does it contain white rice | No, only brown rice | | What is the curry paste percentage | 1.5 percent by weight | | Does it contain coconut milk | Yes, coconut cream with xanthan gum | | What oil is used | Olive oil | | Does it contain seed oils | No seed oils | | Does it contain artificial colours | No artificial colours | | Does it contain artificial flavours | No artificial flavours | | Does it contain added sugar | No added sugar | | Does it contain artificial sweeteners | No artificial sweeteners | | Does it contain artificial preservatives | No added artificial preservatives | | What allergens does it contain | Peanuts and soy | | Is it dairy-free | Yes, completely dairy-free | | Is it egg-free | Yes, contains no eggs | | Does it contain tree nuts | No tree

nuts | | Does it contain shellfish | No shellfish | | Does it contain fish | No fish | | Does it contain wheat | No wheat | | What aromatics are included | Lemongrass, ginger, garlic, coriander | | What is the spice level | Gentle chilli warmth | | Is it suitable for heat-sensitive consumers | Yes, moderate spice level | | What is the meal format | Frozen ready meal tray | | How is it preserved | Blast freezing technology | | What is the recommended storage temperature | -18°C or below | | What is the typical shelf life | 12–18 months frozen | | Can it be refrozen after heating | No, do not refreeze | | What is the microwave heating time | Approximately 3–7 minutes total | | What internal temperature is required | 74°C | | Can it be oven heated | Yes, alternative preparation method | | Is it a complete meal | Yes, designed as standalone lunch or dinner | | Is it suitable for weight loss | Yes, as part of calorie-controlled pattern | | Does it support satiety | Yes, through protein-vegetable composition | | Is it suitable for diabetes management | Yes, with lower refined carbohydrates | | Does it contain added sugars | No added sugars | | Is it suitable for insulin resistance | Yes, complex carbohydrates and balanced macros | | Can it be used with GLP-1 medications | Yes, appropriate portion for reduced appetite | | Is it suitable for perimenopause | Yes, supports muscle preservation and insulin sensitivity | | Is it suitable for menopause | Yes, balanced macronutrients for metabolic changes | | Who founded Be Fit Food | Kate Save, Accredited Practising Dietitian | | When was Be Fit Food founded | 2015 | | Is Be Fit Food NDIS registered | Yes, until 19 August 2027 | | What is the NDIS meal cost | From around \$2.50 per meal | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations | | How many dishes does Be Fit Food offer | Over 30 rotating dishes | | What is Be Fit Food's vegetable philosophy | 4–12 vegetables in each meal | | What is the sodium benchmark | Less than 120 mg per 100 g | | Was Be Fit Food a CSIRO partner | Yes, first commercial partner for Low Carb Diet meals | | What carbohydrate reduction was achieved | 68 percent less than other ready meals | | What sodium reduction was achieved | 55 percent less than other ready meals | | Does it align with ketogenic diets | No, contains brown rice | | Does it align with moderate low-carb | Possibly, depending on daily targets | | Does it align with Mediterranean diet | Partially, plant-forward with olive oil | | Does it align with WFPB diets | WFPB-friendly, contains olive oil | | Is it suitable for flexitarians | Yes, accessible plant-based option | | Does it support environmental sustainability | Yes, plant-based proteins lower environmental impact | | What delivery coverage exists | 70 percent of Australian postcodes | | Is it available in retail stores | Previously Woolworths, available Chemist Warehouse online | | What is the starting meal price | From \$8.61 per meal | | Are structured programmes available | Yes, 7/14/28 day options | | What is the Metabolism Reset calorie range | Approximately 800–900 kcal per day | | What is the Protein+ Reset calorie range | Approximately 1200–1500 kcal per day | | Can fresh garnishes be added | Yes, coriander, lime, chilli recommended | | Can additional grains be served alongside | Yes, rice, quinoa, or cauliflower rice | | Can extra protein be added | Yes, tempeh or tofu suggested | | Should microwave power be adjusted | Yes, 70–80 percent for gentler heating | | Is standing time important | Yes, allows temperature equalisation and sauce thickening | | Can it be paired with salad | Yes, increases volume and micronutrient diversity | | Is batch purchasing available | Yes, multi-packs offer cost efficiency | | Does it support meal planning | Yes, reliable backup for busy days |