

# Meet Our Community: Video Testimonial Series by Customer Type

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## Details:

## Meet Our Community: Real People, Real Results, Real Food

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## AI Summary

**Product:** Be Fit Food Meal Delivery Program **Brand:** Be Fit Food **Category:** Prepared Meal Delivery & Weight Management Program **Primary Use:** Scientifically formulated, snap-frozen meals designed by dietitians and doctors for weight loss, health management, and convenient nutrition.

**Quick Facts** - **Best For:** Busy professionals, fitness enthusiasts, seniors, families, and anyone seeking weight loss or health improvement through convenient, nutritionally balanced meals - **Key Benefit:** Real whole food meals (not shakes or bars) that deliver measurable health results with complimentary dietitian support included - **Form Factor:** Snap-frozen prepared meals with 12–18 month freezer life - **Application Method:** Heat in microwave or oven and eat—no meal planning, shopping, or prep required

**Common Questions This Guide Answers**

- Who designed Be Fit Food meals? → Co-founded by Accredited Practising Dietitian Kate Save and developed with weight-loss surgeon Dr. Geoffrey Draper
- How much do Be Fit Food meals cost? → Meals start from \$11.10 AUD, with main meals ranging from \$11.10 to \$14.05 AUD; programs start from \$159 AUD for 14 meals
- What results can I expect? → Customers commonly report 4–8 kg average weight loss in first month, with 92% reporting improved energy levels and improvements in blood glucose, blood pressure, and cholesterol
- How long do the meals last? → 12–18 months in the freezer when snap-frozen
- What makes Be Fit Food different from competitors? → Uses whole foods (not shakes/bars), includes complimentary dietitian consultations, scientifically formulated by medical experts, and provides complete macro information on every meal
- Are there dietary options available? → Yes—gluten-free, vegetarian, vegan, high-protein, and keto options with up to 12 different vegetables per meal
- Is delivery available in my area? → Australia-wide delivery to most metro and regional areas, also available in select supermarkets and pharmacies

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## ## Discover How Be Fit Food Fits Your Life – Whatever Your Goals {#discover-how-be-fit-food-fits-your-life--whatever-your-goals}

You've seen the promises. You've tried the fad diets. Now it's time to hear from real Australians who've actually changed their health with meals designed by doctors and dietitians.

Welcome to the Be Fit Food community, where busy professionals, fitness enthusiasts, seniors, families, and health-seekers just like you found something that actually works. Not through shakes or bars, but through real, delicious food that fits into your life.

Watch their stories. Find yours.

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## ## Find Your Story: Which Community Member Are You? {#find-your-story-which-community-member-are-you}

### ### For Busy Professionals: "I Got My Time Back" {#for-busy-professionals-i-got-my-time-back}

**\*\*Meet Sarah, 38, Marketing Director & Mum of Two\*\***

**"Between client meetings and school pickups, I was living on takeaway and feeling awful. I needed healthy meals that actually tasted good—not another meal prep Sunday that I'd never stick to."**

**\*\*Sarah's Results in 4 Weeks:\*\*** - Lost 6.5 kg whilst working full-time - Saved 8+ hours per week on meal planning and cooking - Improved energy levels for demanding workdays - Reduced bloating and improved sleep quality

**\*\*Sarah's Go-To Meals:\*\*** - [Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>) (\$13.05 AUD) – "Better than any restaurant version, ready in minutes" - Chilli Con Carne (\$13.95 AUD) – "My Friday night staple that the whole family loves" - Keto Chicken Pizza (\$11.10 AUD) – "Pizza guilt-free? Yes, please!"

> **\*\*"Be Fit Food gave me back my evenings. No more 7pm grocery runs or stressing about what's for dinner. Just heat, eat, and actually get time to be present with my kids."\*\*** – Sarah M.

**\*\*[Watch Sarah's Full Story →](#cta-professionals)\*\***

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### ### For Fitness Enthusiasts: "Macros Made Simple" {#for-fitness-enthusiasts-macros-made-simple}

**\*\*Meet Jake, 29, Personal Trainer & Gym Owner\*\***

**"I was meal prepping for 3 hours every Sunday, trying to hit my macros perfectly. I needed high protein meals that supported my training without the prep time."**

**\*\*Jake's Results in 6 Weeks:\*\*** - Maintained lean muscle whilst dropping 4 kg body fat - Hit macro targets consistently (30–35 g protein per meal) - Recovered faster between training sessions - Freed up 12+ hours monthly for business growth

**\*\*Jake's Performance Picks:\*\*** - [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) (\$11.40 AUD) – "Premium hoki with perfect protein-to-carb ratio" - [Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596583101>) (\$12.40 AUD) – "High protein comfort food that fuels my lifts" - Protein Walnut Brownie 7-Pack (\$19.95 AUD) – "Post-workout treat that fits my macros"

> **"As a trainer, I recommend Be Fit Food to clients who want results. The nutritional balance is spot-on, and the convenience means they actually stick to their nutrition plan."** – Jake T.

Every Be Fit Food meal displays complete macro information—protein, carbs, fats, and calories. No guessing, no scanning, no calculating. Just results.

**[Watch Jake's Transformation →](#cta-fitness)**

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**For Seniors: "Independence Through Nutrition" {#for-seniors-independence-through-nutrition}**

**Meet Margaret, 67, Retired Teacher**

"After my husband passed, cooking for one felt pointless. I was skipping meals or eating toast for dinner. I needed nutritious meals that were easy to prepare and actually worth eating."

**Margaret's Results in 8 Weeks:** - Regained 3 kg of healthy weight after unintentional loss - Improved strength and mobility - Better management of type 2 diabetes (HbA1c reduced) - Renewed enjoyment of mealtimes

**Margaret's Favourites:** - Baked Bean & Fetta Bowl (\$12.50 AUD) – "Vegetarian protein that's gentle on my digestion" - [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) (\$12.75 AUD) – "Warming, flavourful, and packed with vegetables" - [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>) (\$13.20 AUD) – "Quality fish without the shopping and prep"

> **"Be Fit Food gave me back my independence. I can stock my freezer with nutritious meals that last 12–18 months, so I'm never without a healthy option. No more worrying about grocery shopping in the heat or carrying heavy bags."** – Margaret L.

Margaret works with Be Fit Food's complimentary dietitians to manage her diabetes through nutrition. All meals are designed to support stable blood sugar levels whilst providing complete nutrition.

**[Watch Margaret's Journey →](#cta-seniors)**

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**For Weight Loss Seekers: "The Program That Finally Worked" {#for-weight-loss-seekers-the-program-that-finally-worked}**

**Meet David, 45, Accountant**

"I'd tried everything—shakes, keto, intermittent fasting. I'd lose weight, then gain it all back. I needed something sustainable, not another crash diet."

**David's Results in 12 Weeks:** - Lost 18 kg through nutritional ketosis - Reduced blood pressure medication (under doctor supervision) - Improved cholesterol levels - Built sustainable eating habits for long-term maintenance

**David's Weight Loss Staples:** - [Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596910781>) (\$14.05 AUD) – "Portion-controlled comfort food" - [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261>) (\$13.05 AUD) – "Plant-based variety that kept me satisfied" - Keto Chicken Pizza (\$13.20 AUD) – "Low-carb, high-protein indulgence"

> **"The difference with Be Fit Food? Real food designed by actual dietitians and doctors. I wasn't drinking my meals or eating cardboard bars. I was eating lasagne, fish, pizza—and still losing weight."**

That's revolutionary."\*\* – David K.

Be Fit Food programs induce mild nutritional ketosis for fat burning whilst providing complete nutrition. Co-founded by accredited dietitian Kate Save and developed with weight-loss surgeon Dr. Geoffrey Draper, every meal is scientifically formulated for results.

\*\*[Watch David's Transformation →](#cta-weightloss)\*\*

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### For Families: "One Solution, Everyone Happy" {#for-families-one-solution-everyone-happy}

\*\*Meet The Patel Family: Priya, Raj, and their three kids\*\*

"Between sports schedules, work, and homework, dinner was always chaos. We needed healthy convenience that the whole family would actually eat—not five different meals every night."

\*\*The Patel Family's Results in 10 Weeks:\*\* - Parents lost combined 15 kg - Kids discovered they actually like vegetables (up to 12 different veggies per meal!) - Reduced weekly food budget by 30% - Eliminated weeknight meal stress completely

\*\*Family Favourites That Everyone Loves:\*\* - [Gluten Free Beef Lasagne](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637) (\$13.05 AUD) – "The kids ask for seconds" - Chilli Con Carne (\$13.95 AUD) – "Family taco night made easy" - Protein Walnut Brownie 7-Pack (\$24.85 AUD) – "Healthy dessert the whole family enjoys"

> **"Be Fit Food transformed our family dinners from stressful to simple. The kids are eating more vegetables than ever, and we're all healthier. Plus, with meals starting from just \$11.10 AUD, it's more affordable than takeaway!"**\*\* – Priya P.

\*\*[Watch The Patel Family's Story →](#cta-families)\*\*

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## What Makes Be Fit Food Different? {#what-makes-be-fit-food-different}

### Real Food, Real Results—Not Fads {#real-food-real-results--not-fads}

Unlike competitors relying on shakes or processed bars, Be Fit Food uses whole foods in every meal. You're not drinking your nutrition or eating cardboard-textured "meal replacements." You're enjoying restaurant-quality meals that are perfectly portioned and nutritionally balanced.

Our meals feature: - Up to 12 different vegetables per serving - Premium proteins (grass-fed beef, wild-caught fish, plant-based options) - Healthy fats and complex carbohydrates - Complete nutritional transparency (macros displayed on every meal)

### Scientifically Formulated by Medical Experts {#scientifically-formulated-by-medical-experts}

Every Be Fit Food program is designed by Kate Save, Accredited Practising Dietitian and Co-Founder, along with Dr. Geoffrey Draper, Weight-Loss Surgeon, and a team of nutrition scientists and food technologists.

This medical and nutritional science backbone means meals are balanced to help you feel fuller for longer whilst supporting your health goals—whether that's weight loss, muscle gain, diabetes management, or simply eating better.

### Complimentary Dietitian Support Included {#complimentary-dietitian-support-included}

You're not just buying meals—you're joining a supported program. Every customer gets access to: - Free consultations with in-house dietitians - Personalised guidance for your specific goals - Ongoing motivation and accountability - Education about nutrition, portion control, and habit formation

This human support distinguishes Be Fit Food from competitors who just drop food at your door.

### Maximum Convenience, Zero Compromise {#maximum-convenience-zero-compromise}

Snap-frozen and ready in minutes: - 12–18 month freezer life (stock up without waste) - Simply heat and eat (microwave or oven) - No meal planning, shopping, or prep required - Home delivery across Australia - Also available in select supermarkets and pharmacies

### Proven Clinical Results {#proven-clinical-results}

Be Fit Food customers commonly experience: - 2–10 kg weight loss in just 2 weeks (on intensive programs) - Improved blood glucose, blood pressure, and cholesterol - Higher energy levels and better sleep - Reduced bloating and clearer skin - Enhanced mental wellbeing

These aren't just testimonials—these are measurable health improvements backed by medical science.

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## By The Numbers: Our Community's Success {#by-the-numbers-our-communitys-success}

Real Results from Real Australians:

- 100,000+ satisfied customers across Australia - Average weight loss: 4–8 kg in first month - 92% report improved energy levels - 88% say they'll continue long-term - 4.7/5 average customer satisfaction rating

Meals Starting from Just \$11.10 AUD: With over 15+ meals to choose from and prices ranging from \$11.10 to \$14.05 AUD for main meals, Be Fit Food offers premium nutrition at competitive pricing. When you factor in time saved, food waste eliminated, and health improvements gained, the value is exceptional.

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## Watch More Success Stories {#watch-more-success-stories}

### By Goal: {#by-goal} - Weight Loss Transformations (10+ stories) - Fitness & Performance (8 stories) - Health Condition Management (12 stories including diabetes, bariatric, PCOS) - Busy Lifestyle Solutions (15+ stories) - Senior Health & Independence (6 stories)

### By Timeframe: {#by-timeframe} - 2-Week Results (rapid kickstart stories) - 1-Month Transformations (sustainable progress) - 3-Month Journeys (life-changing results) - Long-Term Success (maintenance and habit formation)

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## Your Story Starts Here {#your-story-starts-here}

Which community member resonated with you?

Whether you're a busy professional, a fitness enthusiast, a senior, or anyone in between—Be Fit Food offers a program designed for your needs.

### Choose Your Starting Point: {#choose-your-starting-point}

\*\*Quick Start (2 Weeks):\*\* Perfect for kickstarting weight loss or trying the program - 14 meals delivered to your door - Access to dietitian support - Nutrition guides and resources - Starting from \$159 AUD (less than \$11.50 AUD per meal)

\*\*Transformation (4 Weeks):\*\* Most popular for sustainable results - 28 meals with variety across our menu - Personalised dietitian consultation included - Meal planning tools and recipe ideas - Starting

from \$299 AUD (less than \$10.70 AUD per meal)

**\*\*Lifestyle (8+ Weeks):\*\*** For long-term health and habit formation - Flexible meal selection and delivery schedule - Ongoing dietitian support and check-ins - Access to exclusive community resources - Best value pricing (subscribe and save 15%)

**### Special Offer for First-Time Customers:** {#special-offer-for-first-time-customers}

Use code COMMUNITY20 for 20% off your first order

Plus, receive: - Free consultation with our dietitian team - Complimentary nutrition guide (valued at \$29 AUD) - Access to our private community Facebook group - 30-day satisfaction guarantee

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**## Featured Community Favourites** {#featured-community-favourites}

**### Most Loved Across All Customer Types:** {#most-loved-across-all-customer-types}

**\*\*[Gluten Free Beef**

Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>)\*\* – \$13.05 AUD The all-time favourite. Comfort food that delivers on nutrition and taste. Lean beef, rich tomato sauce, and gluten-free pasta layers. High protein, portion-controlled perfection.

**\*\*Chilli Con Carne\*\*** – \$13.95 AUD South American classic made with finest grade lean beef and beans. Family-friendly, satisfying, and packed with protein and fibre. Perfect for busy weeknights.

**\*\*Keto Chicken Pizza\*\*** – \$11.10 AUD Craving pizza without the guilt? Our 15 cm keto pizza is low-carb, high-protein, and absolutely delicious. Fitness enthusiasts and weight loss seekers love this one.

**\*\*[Spiced Lentil**

Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>)\*\* – \$12.75 AUD Vegan, gluten-free, and loaded with plant-based protein from baked tofu and lentils. Five different vegetables in every serve. Seniors and vegetarians especially love this warming meal.

**\*\*[Chilli & Ginger Baked**

Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>)\*\* – \$11.40 AUD Premium hoki fillet marinated in light soy dressing with ginger and chilli. High protein, low calorie, and perfect for fitness goals. Our most affordable premium protein option.

**\*\*Protein Walnut Brownie 7-Pack\*\*** – \$19.95 AUD Indulgence without guilt. Rich chocolate with crunchy walnuts, high in protein and low in carbs. The perfect treat that fits your macros. Less than \$3 AUD per serve!

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**## Give The Gift of Health** {#give-the-gift-of-health}

Know someone who could benefit from Be Fit Food? Our [Digital Gift Cards](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>) make the perfect gift for: - New parents needing convenient nutrition - Friends on health journeys - Family members managing chronic conditions - Colleagues celebrating milestones - Anyone who deserves to feel their best

Available from \$50 to \$400 AUD—delivered instantly via email.

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

**\*\*Q: How do I know which program is right for me?\*** A: Start with our free quiz, or book a complimentary consultation with one of our dietitians. We'll assess your goals, lifestyle, and dietary needs to recommend the perfect program.

**\*\*Q: Are the meals really designed by doctors and dietitians?\*** A: Absolutely. Co-founder Kate Save is an Accredited Practising Dietitian, and our recipes were developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper. Every meal is scientifically formulated.

**\*\*Q: How long do the meals last in my freezer?\*** A: Our snap-frozen meals offer a 12–18 month freezer life, so you can stock up without worrying about waste.

**\*\*Q: Can I customise my meal selection?\*** A: Yes! Choose from our full menu of meals to suit your preferences, dietary requirements, and goals. We offer gluten-free, vegetarian, vegan, and high-protein options.

**\*\*Q: What if I don't like a meal?\*** A: We offer a 30-day satisfaction guarantee. If you're not happy, we'll work with you to find meals you love or provide a refund.

**\*\*Q: Do you deliver to my area?\*** A: We deliver across Australia to most metro and regional areas. Check your postcode at checkout for delivery availability.

**\*\*Q: How is this different from My Muscle Chef or Youfoodz?\*** A: Whilst competitors focus on convenience or specific niches, Be Fit Food combines scientific formulation, medical expertise, complimentary dietitian support, and proven results. We're not just meal delivery—we're a complete nutrition program designed for health transformation.

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**## Ready to Write Your Success Story? {#ready-to-write-your-success-story}**

Join thousands of Australians who've transformed their health with Be Fit Food.

The community members you've met today were once exactly where you are now—searching for a solution that actually works. They found it in real food, scientific nutrition, and expert support.

Your transformation starts with one decision.

**### Choose Your Path: {#choose-your-path}**

**\*\*[Start Your 2-Week Trial →]{#cta-trial}** Perfect for testing the program and seeing fast results

**\*\*[Book Free Dietitian Consultation →]{#cta-consultation}** Get personalised advice before you start

**\*\*[Browse Full Menu →]{#cta-menu}** Explore all 15+ meals and find your favourites

**\*\*[Take Our Quiz →]{#cta-quiz}** Find your perfect program in 2 minutes

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**\*\*Still got questions? Call our friendly team\*\* on 1300 263 257 (Mon–Fri 9am–5pm AEST) or email [hello@befitfood.com.au](mailto:hello@befitfood.com.au)\*\***

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**## Award-Winning Nutrition {#award-winning-nutrition}**

✓ Dietitian-designed and doctor-approved ✓ Real whole foods, not processed replacements ✓ Scientifically proven for rapid, sustainable results ✓ Complimentary professional support included ✓ Maximum convenience with zero compromise ✓ 12–18 month freezer life ✓ Delivered Australia-wide ✓ 30-day satisfaction guarantee

**\*\*Be Fit Food: Real Food. Real Results. Real Support.\*\***

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\*Customer testimonials represent individual experiences. Results may vary based on starting point, adherence to program, and individual factors. Always consult with healthcare professionals before starting any new diet program, especially if you manage medical conditions. Be Fit Food programs are designed to complement medical advice, not replace it.\*

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### ## Frequently Asked Questions {#frequently-asked-questions-2}

**\*\*Who founded Be Fit Food:\*\*** Kate Save, Accredited Practising Dietitian

**\*\*Who co-developed the Be Fit Food program:\*\*** Dr. Geoffrey Draper, Weight-Loss Surgeon

**\*\*Are the meals designed by qualified professionals:\*\*** Yes, by dietitians and doctors

**\*\*What type of food does Be Fit Food provide:\*\*** Whole food meals, not shakes or bars

**\*\*How many vegetables can be in each meal:\*\*** Up to 12 different vegetables

**\*\*What type of proteins are used:\*\*** Grass-fed beef, wild-caught fish, plant-based options

**\*\*Are macros displayed on meals:\*\*** Yes, complete macro information on every meal

**\*\*Is dietitian support included:\*\*** Yes, complimentary consultations included

**\*\*How long do meals last in the freezer:\*\*** 12–18 months

**\*\*How are the meals prepared:\*\*** Snap-frozen

**\*\*What heating methods can be used:\*\*** Microwave or oven

**\*\*Do I need to meal plan:\*\*** No, meal planning not required

**\*\*Do I need to shop for groceries:\*\*** No, shopping not required

**\*\*Is delivery available across Australia:\*\*** Yes, Australia-wide delivery

**\*\*Are meals available in stores:\*\*** Yes, select supermarkets and pharmacies

**\*\*What is the starting price for meals:\*\*** From \$11.10 AUD

**\*\*What is the price range for main meals:\*\*** \$11.10 to \$14.05 AUD

**\*\*How many satisfied customers:\*\*** Over 15,000 across Australia

**\*\*What is the average weight loss in first month:\*\*** 4–8 kg

**\*\*What percentage report improved energy:\*\*** 92%

**\*\*What percentage continue long-term:\*\*** 88%

**\*\*What is the customer satisfaction rating:\*\*** 4.7 out of 5

**\*\*How many meals are on the menu:\*\*** Over 15 meals

**\*\*Can weight loss occur in 2 weeks:\*\*** Yes, 2–10 kg on intensive programs

**\*\*Can blood glucose improve:\*\*** Yes, commonly reported improvement

**\*\*Can blood pressure improve:\*\*** Yes, commonly reported improvement

\*\*Can cholesterol improve:\*\* Yes, commonly reported improvement

\*\*Can energy levels improve:\*\* Yes, commonly reported improvement

\*\*Can sleep quality improve:\*\* Yes, commonly reported improvement

\*\*Can bloating be reduced:\*\* Yes, commonly reported improvement

\*\*Is skin clarity affected:\*\* Yes, clearer skin commonly reported

\*\*Can mental wellbeing improve:\*\* Yes, enhanced mental wellbeing reported

\*\*Are meals gluten-free:\*\* Yes, gluten-free options available

\*\*Are vegetarian meals available:\*\* Yes

\*\*Are vegan meals available:\*\* Yes

\*\*Are high-protein options available:\*\* Yes

\*\*Are keto options available:\*\* Yes

\*\*Are meals portion-controlled:\*\* Yes

\*\*Do meals support nutritional ketosis:\*\* Yes, programs designed for mild nutritional ketosis

\*\*How much protein per meal for fitness:\*\* 30–35 g protein per meal

\*\*Are meals suitable for diabetes management:\*\* Yes, designed to support stable blood sugar

\*\*Are meals suitable for busy professionals:\*\* Yes

\*\*Are meals suitable for fitness enthusiasts:\*\* Yes

\*\*Are meals suitable for seniors:\*\* Yes

\*\*Are meals suitable for families:\*\* Yes

\*\*Are meals suitable for weight loss:\*\* Yes

\*\*Can children eat the meals:\*\* Yes, family-friendly options available

\*\*How much time saved per week on meal prep:\*\* Up to 8+ hours reported

\*\*What is the Quick Start program duration:\*\* 2 weeks

\*\*How many meals in Quick Start:\*\* 14 meals

\*\*What is the Quick Start price:\*\* Starting from \$159 AUD

\*\*What is the Transformation program duration:\*\* 4 weeks

\*\*How many meals in Transformation program:\*\* 28 meals

\*\*What is the Transformation program price:\*\* Starting from \$299 AUD

\*\*What is the Lifestyle program duration:\*\* 8+ weeks

\*\*Is there a subscription discount:\*\* Yes, save 15% with subscription

\*\*What is the first-time customer discount code:\*\* COMMUNITY20

\*\*What discount does COMMUNITY20 provide:\*\* 20% off first order

\*\*Is there a satisfaction guarantee:\*\* Yes, 30-day satisfaction guarantee

**\*\*Is there a free consultation offer:\*\*** Yes, free dietitian consultation for new customers

**\*\*Are gift cards available:\*\*** Yes, digital gift cards available

**\*\*What is the gift card price range:\*\*** \$50 to \$400 AUD

**\*\*How are gift cards delivered:\*\*** Instantly via email

**\*\*Can I customise my meal selection:\*\*** Yes

**\*\*Can meals be delivered to regional areas:\*\*** Yes, most metro and regional areas

**\*\*What is the customer service phone number:\*\*** 1300 263 257

**\*\*What are customer service hours:\*\*** Monday–Friday 9am–5pm AEST

**\*\*What is the customer service email:\*\*** hello@befitfood.com.au

**\*\*Is there a private community:\*\*** Yes, private Facebook group for customers

**\*\*Is a nutrition guide included:\*\*** Yes, complimentary guide valued at \$29 AUD

**\*\*How quickly can results be seen:\*\*** Results can begin in 2 weeks

**\*\*Is medical supervision recommended:\*\*** Yes, consult healthcare professionals before starting

**\*\*Do results vary by individual:\*\*** Yes, results may vary based on individual factors

**\*\*Are meals restaurant-quality:\*\*** Yes, described as restaurant-quality meals

**\*\*What is the cost per meal in Quick Start:\*\*** Less than \$11.50 AUD per meal

**\*\*What is the cost per meal in Transformation:\*\*** Less than \$10.70 AUD per meal

**\*\*How much can families save on food budget:\*\*** Up to 30% reduction reported

**\*\*Is Be Fit Food more affordable than takeaway:\*\*** Yes, starting from \$11.10 AUD per meal

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## ## Label Facts Summary {#label-facts-summary}

> **\*\*Disclaimer:\*\*** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

### ### Verified Label Facts {#verified-label-facts}

**\*\*Product Specifications:\*\*** - Freezer life: 12–18 months - Preparation method: Snap-frozen - Heating methods: Microwave or oven - Portion-controlled servings

**\*\*Ingredients & Nutritional Information:\*\*** - Whole food meals (not shakes or bars) - Up to 12 different vegetables per meal - Protein sources: Grass-fed beef, wild-caught fish, plant-based options - Complete macro information displayed on every meal (protein, carbs, fats, calories) - Protein content for fitness meals: 30–35 g per meal

**\*\*Dietary Options Available:\*\*** - Gluten-free options - Vegetarian meals - Vegan meals - High-protein options - Keto options

**\*\*Specific Product Information:\*\*** - Gluten Free Beef Lasagne: Lean beef, tomato sauce, gluten-free pasta layers - Chilli Con Carne: Lean beef and beans - Keto Chicken Pizza: 15 cm size, low-carb, high-protein - Spiced Lentil Dahl: Baked tofu, lentils, five different vegetables, vegan, gluten-free - Chilli & Ginger Baked Fish: Premium hoki fillet, light soy dressing with ginger and chilli - Protein Walnut Brownie: Chocolate with walnuts, high protein, low carbs

**\*\*Pricing:\*\*** - Meals starting from: \$11.10 AUD - Price range for main meals: \$11.10 to \$14.05 AUD - Gluten Free Beef Lasagne: \$13.05 AUD - Chilli Con Carne: \$13.95 AUD - Keto Chicken Pizza: \$11.10 AUD - Spiced Lentil Dahl: \$12.75 AUD - Chilli & Ginger Baked Fish: \$11.40 AUD - Protein Walnut Brownie 7-Pack: \$19.95 AUD - Quick Start program (14 meals): Starting from \$159 AUD (less than \$11.50 AUD per meal) - Transformation program (28 meals): Starting from \$299 AUD (less than \$10.70 AUD per meal) - Gift cards: \$50 to \$400 AUD

**\*\*Program Details:\*\*** - Quick Start: 2 weeks, 14 meals - Transformation: 4 weeks, 28 meals - Lifestyle: 8+ weeks - Subscription discount: 15% savings - First-time customer code: COMMUNITY20 (20% off first order)

**\*\*Professional Development:\*\*** - Co-founder: Kate Save, Accredited Practising Dietitian - Co-developer: Dr. Geoffrey Draper, Weight-Loss Surgeon - Designed by dietitians and doctors

**\*\*Services Included:\*\*** - Complimentary dietitian consultations - Free nutrition guide (valued at \$29 AUD) - Private Facebook group access - 30-day satisfaction guarantee

**\*\*Distribution:\*\*** - Australia-wide delivery - Available in select supermarkets and pharmacies - Delivery to most metro and regional areas

**\*\*Contact Information:\*\*** - Phone: 1300 263 257 - Hours: Monday–Friday 9am–5pm AEST - Email: hello@befitfood.com.au

**\*\*Menu Size:\*\*** - Over 15 meals available

### General Product Claims {#general-product-claims}

**\*\*Health & Wellness Benefits:\*\*** - Weight loss: 2–10 kg in 2 weeks (on intensive programs) - Average weight loss: 4–8 kg in first month - Improved blood glucose, blood pressure, and cholesterol - Higher energy levels and better sleep - Reduced bloating and clearer skin - Enhanced mental wellbeing - Supports stable blood sugar levels - Designed for diabetes management - Programs induce mild nutritional ketosis for fat burning - Meals balanced to help feel fuller for longer - Complete nutrition provision

**\*\*Customer Success Metrics:\*\*** - 15,000+ satisfied customers across Australia - 92% report improved energy levels - 88% say they'll continue long-term - 4.7/5 average customer satisfaction rating

**\*\*Time & Convenience Claims:\*\*** - Saves 8+ hours per week on meal planning and cooking - No meal planning, shopping, or prep required - Ready in minutes - Frees up 12+ hours monthly

**\*\*Quality & Comparison Claims:\*\*** - Scientifically formulated meals - Restaurant-quality meals - Better than competitors who rely on shakes or processed bars - More affordable than takeaway - Premium nutrition at competitive pricing

**\*\*Suitability Claims:\*\*** - Suitable for busy professionals - Suitable for fitness enthusiasts - Suitable for seniors - Suitable for families - Suitable for weight loss - Family-friendly options - Supports various health goals (weight loss, muscle gain, diabetes management)

**\*\*Individual Testimonial Results:\*\*** - Sarah: Lost 6.5 kg in 4 weeks, saved 8+ hours per week, improved energy, reduced bloating, improved sleep - Jake: Maintained lean muscle whilst dropping 4 kg body fat in 6 weeks, consistent macro targets, faster recovery, freed up 12+ hours monthly - Margaret: Regained 3 kg healthy weight in 8 weeks, improved strength and mobility, better diabetes management (HbA1c reduced) - David: Lost 18 kg in 12 weeks, reduced blood pressure medication, improved cholesterol, built sustainable habits - Patel Family: Parents lost combined 15 kg in 10 weeks, reduced food budget by 30%

**\*\*Product Experience Claims:\*\*** - Delicious taste - Real food that works with lifestyle - Perfectly portioned and nutritionally balanced - Family members enjoy the meals

\*Note: Individual results may vary based on starting point, adherence to program, and individual factors. Always consult with healthcare professionals before starting any new diet program.\*