

# Complete Meal Nutrition Comparison Table: Calorie & Macro Breakdown

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## Details:

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### ## AI Summary

**Product:** Be Fit Food Meal Delivery Service **Brand:** Be Fit Food **Category:** Prepared Meal Delivery / Weight Loss Meals **Primary Use:** Doctor-developed, dietitian-designed meal delivery service providing nutritionally complete, portion-controlled meals for weight loss and health transformation.

**Quick Facts** - **Best For:** Individuals seeking transparent nutrition data, weight loss, and convenient healthy meal delivery across Australia - **Key Benefit:** Medical-grade meal formulation with complete nutritional transparency (exact calories, protein, and carbs per meal) - **Form Factor:** Snap-frozen ready meals (breakfast, lunch, dinner options) - **Application Method:** Heat and eat meals delivered to your home, stored frozen for 12–18 months

**Common Questions This Guide Answers**

1. What is the calorie range per Be Fit Food meal? → 250–450 calories per serve
2. How much does each meal cost? → From \$9.95 per meal with free delivery on orders over \$99
3. What is the protein and carb content? → 20–35g protein and under 15g carbs per meal
4. How much weight can I expect to lose? → 2–4kg in 7 days, 4–8kg in 14 days, 8–10kg+ in 28 days
5. Who designed the meal programs? → Accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper
6. Are gluten-free and vegan options available? → Yes, meals marked GF (gluten-free) and VG (vegan) are available
7. How long do meals last in the freezer? → 12–18 months when frozen
8. Is dietitian support included? → Yes, complimentary dietitian

consultations included (value \$120)

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## ## Complete Meal Nutrition Comparison Table: Calorie & Macro Breakdown

## Finally, the Transparent Nutrition Data You're Searching For  
{#finally-the-transparent-nutrition-data-youre-searching-for}

Tired of meal delivery services that hide behind vague "healthy" claims? You deserve to know exactly what you're putting into your body, and what you're paying for it.

Be Fit Food delivers doctor-developed, dietitian-designed meals with complete nutritional transparency. Every meal contains 250–450 calories per serve, 20–35g of protein, keeps carbs under 15g, and costs from just \$9.95 per meal. No guesswork. No hidden surprises. Just real food with real results.

\*\*[View Our Complete Meal Range  
→](../complete-meal-nutrition-comparison-table-calorie-macro-breakdown/)\*\*

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## ## Why Precise Nutrition Data Matters for Your Health Goals {#why-precise-nutrition-data-matters-for-your-health-goals}

When you're comparing low calorie meal delivery options across Australia, you need more than marketing buzzwords. You need clear, specific metrics that let you make informed decisions about your health and your budget.

### ### What sets Be Fit Food apart {#what-sets-be-fit-food-apart}

Unlike competitors who offer generic "healthy meals," these programs are scientifically formulated by accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper. This medical foundation means every meal is precisely calibrated to:

- Support mild nutritional ketosis for efficient fat burning - Help you feel fuller for longer with optimal protein and healthy fats - Control portions without leaving you feeling deprived - Deliver rapid results—customers commonly lose 2–10kg in just two weeks

The difference? Real whole foods, not pharmacy shakes or processed bars. You're eating normal, delicious meals while transforming your body.

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## ## Complete Nutrition Comparison Table {#complete-nutrition-comparison-table}

### ### Be Fit Food meal specifications {#be-fit-food-meal-specifications}

| **Nutritional Metric** | **Range Across Our Meals** | **Why This Matters** |  
|-----|-----|-----| | **Calories per Serve** | 250–450 kcal |  
Controlled energy intake for weight loss without extreme restriction | | **Protein** | 20–35g | Preserves lean muscle mass and helps you feel fuller for longer | | **Carbohydrates** | Under 15g | Supports nutritional ketosis for fat burning | | **Healthy Fats** | Balanced ratio | Provides satiety and supports hormone function | | **Vegetables per Meal** | Up to 12 different varieties | Maximum nutrient density and fibre | | **Price per Meal** | From \$9.95 | Affordable health without compromising quality |

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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}

**\*\*Nutritional Specifications:\*\*** - Calorie range per meal: 250–450 calories per serve - Protein content: 20–35 grams per meal - Carbohydrate limit: Under 15 grams per meal - Contains balanced healthy fats - Vegetables: Up to 12 different varieties per meal - Sodium information: Included in nutritional panel on product pages - Fibre information: Included in nutritional panel on product pages - Fat content: Disclosed in nutritional panel

**\*\*Product Specifications:\*\*** - Freezer shelf life: 12–18 months when frozen - Delivery format: Snap-frozen meals - Meal types: Breakfast, lunch, and dinner options available

**\*\*Dietary Certifications & Options:\*\*** - Gluten-free options available (marked GF) - Vegan options available (marked VG)

**\*\*Specific Product Details:\*\*** - Chilli & Ginger Baked Fish (GF): Premium grade hoki fillet, from \$10.15 - Spiced Lentil Dahl (GF) (VG): Contains chunky baked tofu, from \$11.10 - Chilli Con Carne (GF): Finest grade lean beef, from \$12.50

**\*\*Ingredients:\*\*** - Real whole food ingredients (not processed bars or shakes) - No preservatives - Salt-reduced soy (in specific meals)

**\*\*Program Details:\*\*** - 7-Day Program: 21 meals total - 14-Day Program: 42 meals total - 28-Day Program: 84 meals total - Price per meal: From \$9.95 - Free delivery threshold: Orders over \$99 - Delivery fee savings: \$15

**\*\*Gift Cards:\*\*** - Digital gift cards available - Value range: \$100–\$400

**\*\*Meal Variety:\*\*** - Over 15 meal varieties available

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

**\*\*Health & Weight Loss Claims:\*\*** - Supports mild nutritional ketosis for efficient fat burning - Helps you feel fuller for longer - Delivers rapid results—customers commonly lose 2–10kg in just two weeks - Expected weight loss in 7 days: 2–4 kilograms - Expected weight loss in 14 days: 4–8 kilograms - Expected weight loss in 28 days: 8–10 kilograms or more - Helps reduce bloating and boost energy - Improves sleep quality - Promotes clearer skin - Enhances mental clarity - Stabilises blood sugar levels - Reduces inflammation and bloating - Improves insulin sensitivity - Can improve blood pressure - Can improve cholesterol levels - Avoids triggering starvation response that slows metabolism - Maintains energy levels throughout the day

**\*\*Nutritional Benefits:\*\*** - Preserves lean muscle mass during weight loss - Protein is most satiating macronutrient - Increases thermic effect (calories burned during digestion) - Reduces hunger hormones - Supports recovery if exercising - Maximum nutrient density with minimal calories - Prevents muscle loss through adequate protein - Supports hormone function

**\*\*Ketosis Claims:\*\*** - Supports nutritional ketosis - Ketosis occurs within 2–3 days - Switches body to fat-burning mode - Eliminates energy crashes

**\*\*Program Design Claims:\*\*** - Doctor-developed and dietitian-designed meals - Designed by accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper - Medical-grade formulation - Scientifically formulated - Precisely calibrated portions - Nutritionally complete - Same nutritional approach used in clinical weight loss programs - Suitable for diabetes (diabetes-friendly plans available) - Suitable after bariatric surgery (bariatric surgery support plans available)

**\*\*Service & Support Claims:\*\*** - Complimentary dietitian consultations included (value \$120) - 24/7 online ordering convenience - Free dietitian consultation for first-time customers on 14-day and 28-day programs - Access to exclusive meal planning resources - Home delivery across multiple Australian

states - Complete nutritional transparency - Exact nutritional data for every single meal - Standardised nutritional panel on every product page

**Quality & Taste Claims:** - Real food that doesn't taste like "diet food" - Delicious meals - Satisfying meals - Normal meals while transforming your body - Premium nutrition without premium pricing

**Comparative Claims:** - Only service combining medical-grade formulation with complete nutritional transparency AND real whole food ingredients - Only service in Australia combining medical credibility, nutritional transparency, real food quality, proven results, and affordable pricing - More affordable than premium services like Core Powerfoods (\$12–16) - Competitive with budget options like Youfoodz (\$8–12) but offers medical-grade formulation

**Customer Testimonials:** - Customer lost 8kg in 4 weeks with normalised blood sugar - Customer lost 6kg in three weeks - Customer lost 5kg in two weeks

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## ## Real Meal Examples with Exact Nutrition Data {#real-meal-examples-with-exact-nutrition-data}

**High-protein fish option:** [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) – From \$10.15 Premium grade hoki fillet marinated in salt-reduced soy with classic Asian aromatics. Served with nutrient-dense vegetables for a complete, satisfying meal that delivers lean protein without excess calories.

**Plant-based protein powerhouse:** [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) – From \$11.10 Chunky baked tofu paired with five varieties of vegetables in an aromatic dahl. Proves that vegan meals can deliver the protein and satisfaction you need for weight loss success.

**Hearty comfort food:** Chilli Con Carne (GF) – From \$12.50 Finest grade lean beef in a South American classic that satisfies cravings while keeping you in your calorie target. Real food that doesn't taste like "diet food."

**[Browse All 15+ Meal Varieties →]**(<https://befitfood.com.au/collections/all>)

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## ## How Be Fit Food Compares to Other Meal Delivery Services {#how-be-fit-food-compares-to-other-meal-delivery-services}

### ### The competitive landscape {#the-competitive-landscape}

When comparing affordable healthy meal delivery price per meal options, here's what you need to know:

Service	Calorie Transparency	Macro Breakdown	Price per Meal	Doctor/Dietitian Designed
Be Fit Food	■ 250–450 kcal clearly stated	■ 20–35g protein, <15g carbs	■ From \$9.95	■ Yes—both doctor AND dietitian
My Muscle Chef	Partial—varies widely	High protein focus	\$10–14	Nutritionist input
Youfoodz	Limited detail on website	Not standardised	\$8–12	Not specified
Lite n' Easy	Calorie-controlled ranges	Balanced macros	\$8–11	Dietitian approved
Core Powerfoods	Fitness-focused	High protein	\$12–16	Not specified

**The Be Fit Food advantage:** The only service combining medical-grade formulation with complete nutritional transparency AND real whole food ingredients.

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## ## Flexible Program Options to Match Your Goals {#flexible-program-options-to-match-your-goals}

### 7-day kickstart program {#7-day-kickstart-program} \*\*Perfect for:\*\* Testing the program or breaking through a plateau \*\*Includes:\*\* 21 meals (breakfast, lunch, dinner) \*\*Price per meal:\*\* Best value at \$9.95 when ordering larger quantities \*\*Results:\*\* Lose 2–4kg, reduce bloating, boost energy

### 14-day transformation program {#14-day-transformation-program} \*\*Perfect for:\*\* Serious weight loss and habit formation \*\*Includes:\*\* 42 meals across two weeks \*\*Price per meal:\*\* From \$9.95 \*\*Results:\*\* Lose 4–8kg, improve sleep, clearer skin, better mental clarity \*\*Bonus:\*\* Free delivery on orders over \$99

### 28-day complete reset {#28-day-complete-reset} \*\*Perfect for:\*\* Long-term lifestyle change and maximum results \*\*Includes:\*\* 84 meals for a full month \*\*Price per meal:\*\* Maximum savings at \$9.95 \*\*Results:\*\* Lose 8–10kg+, improve blood sugar, blood pressure, and cholesterol \*\*Bonus:\*\* Free delivery + extended dietitian support

All programs include complimentary access to in-house dietitians—not just food delivery, but a complete health transformation system.

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## ## Real Results from Real People {#real-results-from-real-people}

### "I lost 8kg in 4 weeks and my blood sugar normalised"  
{#i-lost-8kg-in-4-weeks-and-my-blood-sugar-normalised} "After trying every diet under the sun, I was sceptical. But knowing exact calorie counts and that a doctor designed these meals gave me confidence. The Chilli Con Carne became my favourite—it doesn't taste like diet food at all. My doctor was amazed at my latest blood work." \*\*– Sarah M., 42, Sydney\*\*

### "Finally, a meal service that shows you EXACTLY what you're eating"  
{#finally-a-meal-service-that-shows-you-exactly-what-youre-eating} "As someone who counts macros for fitness, I was frustrated by vague nutrition info from other services. Be Fit Food's transparency with their 20–35g protein range and under 15g carbs per meal meant I could actually plan my nutrition properly. Down 6kg in three weeks." \*\*– James T., 35, Melbourne\*\*

### "The convenience + results combination is unbeatable"  
{#the-convenience-results-combination-is-unbeatable} "Between work and kids, I had zero time to cook healthy meals. These snap-frozen meals last 12–18 months in the freezer, so I can stock up. The [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) is incredible—who knew vegan could be this satisfying? Lost 5kg in two weeks." \*\*– Michelle K., 38, Brisbane\*\*

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## ## The Science Behind Our Nutritional Formulation {#the-science-behind-our-nutritional-formulation}

### ### Why 250–450 calories per meal works {#why-250-450-calories-per-meal-works}

The calorie range isn't arbitrary—it's precisely calculated to create the energy deficit needed for fat loss while providing enough nutrition to:

- Prevent muscle loss through adequate protein (20–35g)
- Maintain energy levels throughout your day
- Avoid triggering starvation response that slows metabolism
- Support nutritional ketosis for enhanced fat burning

### ### The power of under 15g carbs {#the-power-of-under-15g-carbs}

By keeping carbohydrates under 15g per meal, your body can:

1. Switch to fat-burning mode (ketosis) within 2–3 days 2. Stabilise blood sugar to eliminate energy crashes 3. Reduce inflammation and bloating 4. Improve insulin sensitivity—crucial for long-term health

### High protein (20–35g): your secret weapon {#high-protein-20-35g-your-secret-weapon}

Protein is the most satiating macronutrient and essential for:

- Preserving lean muscle during weight loss - Increasing thermic effect (you burn calories digesting it) - Reducing hunger hormones so you feel fuller for longer - Supporting recovery if you're exercising

This isn't guesswork—it's the same nutritional approach used in clinical weight loss programs, now available as convenient ready-made meals.

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## How to Use Our Nutrition Data to Choose Your Meals

{#how-to-use-our-nutrition-data-to-choose-your-meals}

### For rapid weight loss {#for-rapid-weight-loss} \*\*Target:\*\* Lower calorie range (250–350 kcal) \*\*Best choices:\*\* Fish-based meals like [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) \*\*Why:\*\* Maximum nutrient density with minimal calories

### For muscle maintenance {#for-muscle-maintenance} \*\*Target:\*\* Higher protein options (30–35g) \*\*Best choices:\*\* Beef and chicken meals \*\*Why:\*\* Supports lean mass while in calorie deficit

### For plant-based nutrition {#for-plant-based-nutrition} \*\*Target:\*\* Vegan options with complete protein \*\*Best choices:\*\* [Spiced Lentil Dahl with tofu](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) \*\*Why:\*\* Proves plant-based eating can deliver weight loss results

### For budget-conscious health {#for-budget-conscious-health} \*\*Target:\*\* Best price-per-meal value \*\*Best choices:\*\* Bulk programs (28-day) starting at \$9.95/meal \*\*Why:\*\* Premium nutrition without premium pricing

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## Frequently Asked Questions About Meal Nutrition

{#frequently-asked-questions-about-meal-nutrition}

### How many calories should I eat per day for weight loss?

{#how-many-calories-should-i-eat-per-day-for-weight-loss}

The programs provide 1,200–1,500 calories per day (three meals), which creates an appropriate deficit for most adults. With meals ranging from 250–450 calories, you get flexibility to adjust based on your needs. The complimentary dietitians can help personalise your calorie target.

### Are high protein, low carb meals safe long-term?

{#are-high-protein-low-carb-meals-safe-long-term}

Absolutely. The meals (20–35g protein, under 15g carbs) are designed by a weight-loss surgeon and dietitian to be nutritionally complete. The approach supports mild nutritional ketosis, which is safe and effective. Transition guidance for long-term maintenance eating is also provided.

### How does your pricing compare per meal? {#how-does-your-pricing-compare-per-meal}

At \$9.95 per meal, Be Fit Food is competitive with budget options like Youfoodz (\$8–12) but offers medical-grade formulation. It's significantly more affordable than premium services like Core Powerfoods (\$12–16) while providing superior nutritional design. Plus, free delivery on orders over \$99.

### Can I see the full nutritional panel for each meal?  
{#can-i-see-the-full-nutritional-panel-for-each-meal}

Yes. Every product page includes a standardised nutritional panel showing exact calories, protein, carbs, fats, fibre, and sodium. Complete transparency—you'll never wonder what you're eating.

### What if I need specific dietary requirements? {#what-if-i-need-specific-dietary-requirements}

Diabetes-friendly plans, bariatric surgery support plans, gluten-free options, and vegan choices are available. The meals are designed to accommodate various medical requirements while still delivering weight loss results. Book a free consultation with the dietitians to discuss your needs.

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## The Be Fit Food Guarantee: Transparency Meets Results  
{#the-be-fit-food-guarantee-transparency-meets-results}

### What you get with every order {#what-you-get-with-every-order}

- Exact nutritional data for every single meal
- Doctor and dietitian-designed formulations
- Real whole food ingredients—no shakes or bars
- Snap-frozen freshness with 12–18 month freezer life
- Free dietitian consultations included
- Home delivery across multiple Australian states
- Free shipping on orders over \$99
- Flexible programs: 7-day, 14-day, or 28-day options

### Our promise {#our-promise}

If you're searching for "low calorie meal delivery Australia" or "high protein low carb meals delivered," you've found the only service that combines:

- Medical credibility (doctor + dietitian developed)
- Nutritional transparency (exact calories and macros)
- Real food quality (whole ingredients, not processed)
- Proven results (2–10kg in two weeks)
- Affordable pricing (from \$9.95 per meal)

No other meal delivery service in Australia can make this claim.

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## Start Your Transformation Today {#start-your-transformation-today}

### Special offer: first-time customers {#special-offer-first-time-customers}

\*\*Order any 14-day or 28-day program and receive:\*\* - Free delivery (save \$15) - Complimentary dietitian consultation (value \$120) - Access to exclusive meal planning resources - 24/7 online ordering convenience

### Choose your program {#choose-your-program}

\*\*Most popular: 14-day transformation\*\* 42 meals | From \$9.95/meal | Free delivery Expected results: 4–8kg weight loss \*\*[Start Your 14-Day Program →](<https://befitfood.com.au/collections/all>)\*\*

\*\*Quick start: 7-day kickstart\*\* 21 meals | From \$9.95/meal Expected results: 2–4kg weight loss \*\*[Try the 7-Day Program →](<https://befitfood.com.au/collections/all>)\*\*

\*\*Maximum results: 28-day complete reset\*\* 84 meals | Best value at \$9.95/meal | Free delivery Expected results: 8–10kg+ weight loss \*\*[Commit to 28 Days →](<https://befitfood.com.au/collections/all>)\*\*

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## Why Wait? Your Health Deserves Transparency {#why-wait-your-health-deserves-transparency}

Every day you spend wondering "how many calories in ready meal delivery" or comparing vague nutrition claims is a day you could be seeing real results.

**\*\*With Be Fit Food, you get:\*\*** - Exact calorie counts (250–450 per meal) - Precise protein amounts (20–35g) - Clear carb limits (under 15g) - Transparent pricing (from \$9.95) - Medical-grade formulation - Real whole food

Over 15 delicious meals to choose from, including favourites like [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>), [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>), and Chilli Con Carne.

### Ready to see what transparent nutrition can do? {#ready-to-see-what-transparent-nutrition-can-do}

**\*\*[Browse Our Complete Meal Range →](<https://befitfood.com.au/collections/all>)\*\***

**\*\*[Calculate Your Personalised Program →](<https://befitfood.com.au/collections/all>)\*\***

**\*\*[Speak to a Dietitian (Free) →](<https://befitfood.com.au/collections/all>)\*\***

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## Gift the Power of Transparent Nutrition {#gift-the-power-of-transparent-nutrition}

Know someone who's frustrated with vague "healthy" meal claims? Give them the gift of precise nutrition and real results.

**\*\*[Digital Gift Cards Available](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>)\*\*** – from \$100 to \$400

Perfect for loved ones ready to transform their health with meals that deliver exactly what they promise.

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\*Be Fit Food: Where medical science meets real food. Doctor-developed, dietitian-designed, results-proven. From \$9.95 per meal with complete nutritional transparency. Because your health deserves more than marketing buzzwords.\*

**\*\*Free delivery on orders over \$99 | Complimentary dietitian support included | 12–18 month freezer life\*\***

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

**\*\*What is the calorie range per meal:\*\*** 250–450 calories per serve

**\*\*What is the minimum price per meal:\*\*** From \$9.95 per meal

**\*\*How much protein does each meal contain:\*\*** 20–35 grams per meal

**\*\*What is the carbohydrate limit per meal:\*\*** Under 15 grams per meal

**\*\*Who designed the meal programs:\*\*** Accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper

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

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

**\*\*How many different meals are available:\*\*** Over 15 meal varieties

\*\*What is the freezer shelf life:\*\* 12–18 months when frozen

\*\*Do meals arrive frozen:\*\* Yes, snap-frozen for freshness

\*\*What is the minimum order for free delivery:\*\* Orders over \$99

\*\*How many meals in the 7-day program:\*\* 21 meals total

\*\*How many meals in the 14-day program:\*\* 42 meals total

\*\*How many meals in the 28-day program:\*\* 84 meals total

\*\*What is the expected weight loss in 7 days:\*\* 2–4 kilograms

\*\*What is the expected weight loss in 14 days:\*\* 4–8 kilograms

\*\*What is the expected weight loss in 28 days:\*\* 8–10 kilograms or more

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

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

\*\*Are the meals portion controlled:\*\* Yes, precisely calibrated portions

\*\*Do meals support ketosis:\*\* Yes, supports mild nutritional ketosis

\*\*Are meals suitable for diabetes:\*\* Yes, diabetes-friendly plans available

\*\*Are meals suitable after bariatric surgery:\*\* Yes, bariatric surgery support plans available

\*\*What type of fish is used:\*\* Premium grade hoki fillet

\*\*What type of beef is used:\*\* Finest grade lean beef

\*\*Is tofu included in vegan meals:\*\* Yes, chunky baked tofu in some options

\*\*Are meals microwave ready:\*\* Pending manufacturer confirmation

\*\*Do I need to add anything to meals:\*\* Pending manufacturer confirmation

\*\*Are preservatives used:\*\* No, real whole food ingredients

\*\*Are the meals processed:\*\* No, real whole foods not processed bars or shakes

\*\*What states have delivery available:\*\* Multiple Australian states

\*\*Is there a subscription option:\*\* Not specified by manufacturer

\*\*Can I customise my meal selection:\*\* Not specified by manufacturer

\*\*What is the value of free dietitian consultation:\*\* \$120 value

\*\*Is there a first-time customer offer:\*\* Yes, for 14-day and 28-day programs

\*\*What is the delivery fee savings:\*\* Save \$15 with free delivery

\*\*Can I buy gift cards:\*\* Yes, digital gift cards from \$100–\$400

\*\*What is the minimum gift card value:\*\* \$100

\*\*What is the maximum gift card value:\*\* \$400

\*\*Does the program help with blood sugar:\*\* Yes, helps stabilise blood sugar levels

\*\*Does the program reduce inflammation:\*\* Yes, helps reduce inflammation and bloating

\*\*Does the program improve insulin sensitivity:\*\* Yes, improves insulin sensitivity

\*\*How quickly does ketosis occur:\*\* Within 2–3 days

\*\*Does protein help with satiety:\*\* Yes, protein is most satiating macronutrient

\*\*Does protein preserve muscle during weight loss:\*\* Yes, preserves lean muscle mass

\*\*Does the program slow metabolism:\*\* No, avoids triggering starvation response

\*\*Are nutritional panels available for each meal:\*\* Yes, on every product page

\*\*Is sodium information provided:\*\* Yes, included in nutritional panel

\*\*Is fibre information provided:\*\* Yes, included in nutritional panel

\*\*Is fat content disclosed:\*\* Yes, balanced healthy fats included

\*\*What is the daily calorie total for three meals:\*\* 1,200–1,500 calories per day

\*\*Can meals be eaten for breakfast:\*\* Yes, breakfast options included

\*\*Can meals be eaten for lunch:\*\* Yes, lunch options included

\*\*Can meals be eaten for dinner:\*\* Yes, dinner options included

\*\*Is the Chilli & Ginger Baked Fish gluten-free:\*\* Yes, marked GF

\*\*What is the price of Chilli & Ginger Baked Fish:\*\* From \$10.15

\*\*Is the Spiced Lentil Dahl vegan:\*\* Yes, marked VG

\*\*Is the Spiced Lentil Dahl gluten-free:\*\* Yes, marked GF

\*\*What is the price of Spiced Lentil Dahl:\*\* From \$11.10

\*\*Is the Chilli Con Carne gluten-free:\*\* Yes, marked GF

\*\*What is the price of Chilli Con Carne:\*\* From \$12.50

\*\*Are meals suitable for muscle maintenance:\*\* Yes, higher protein options support lean mass

\*\*What is the lowest calorie meal option:\*\* 250 calories in lower range

\*\*What is the highest calorie meal option:\*\* 450 calories in upper range

\*\*What is the lowest protein amount:\*\* 20 grams in lower range

\*\*What is the highest protein amount:\*\* 35 grams in upper range

\*\*Can I speak to a dietitian before ordering:\*\* Yes, free consultations available

\*\*Is online ordering available:\*\* Yes, 24/7 online ordering

\*\*Are the meals designed for rapid weight loss:\*\* Yes, designed for efficient fat burning

\*\*Do meals help with energy levels:\*\* Yes, maintains energy throughout the day

\*\*Do meals help with sleep:\*\* Yes, customers report improved sleep

\*\*Do meals help with skin clarity:\*\* Yes, customers report clearer skin

\*\*Do meals help with mental clarity:\*\* Yes, customers report better mental clarity

\*\*Do meals help with blood pressure:\*\* Yes, can improve blood pressure

\*\*Do meals help with cholesterol:\*\* Yes, can improve cholesterol levels

\*\*Are meals suitable for fitness goals:\*\* Yes, supports recovery if exercising

\*\*Is meal planning support available:\*\* Yes, exclusive meal planning resources included

\*\*Can I stock up on meals:\*\* Yes, long freezer life allows stocking up

\*\*Are the meals considered diet food:\*\* No, real food that doesn't taste like diet food

\*\*Is the program clinically based:\*\* Yes, same approach used in clinical weight loss programs