

7 Days of Convenient Healthy Dinners: A Week of Dietitian-Designed Ready Meals

Canonical: <https://directory.befitfood.com.au/programs/meal-planning/7-days-of-convenient-healthy-dinners-a-week-of-dietitian-designed-ready-meals/>

Details:

Contents

- [7 Days of Simple Healthy Dinners: A Week of Dietitian-Designed Ready Meals](#7-days-of-simple-healthy-dinners-a-week-of-dietitian-designed-ready-meals) - [Why Dietitian-Designed Ready Meals Matter](#why-dietitian-designed-ready-meals-matter) - [Your Week of Simple Healthy Dinners](#your-week-of-simple-healthy-dinners) - [The Real Convenience Factor: Beyond Just "Ready to Eat"](#the-real-convenience-factor-beyond-just-ready-to-eat) - [Comparing Your Options: What to Look for in Healthy Meal Delivery](#comparing-your-options-what-to-look-for-in-healthy-meal-delivery) - [Making Healthy Meal Delivery Work for Your Lifestyle](#making-healthy-meal-delivery-work-for-your-lifestyle) - [Beyond Weight Loss: Everyday Wellness Benefits](#beyond-weight-loss-everyday-wellness-benefits) - [Snacks and Extras: Rounding Out Your Week](#snacks-and-extras-rounding-out-your-week) - [Getting Started with Simple Healthy Dinners](#getting-started-with-simple-healthy-dinners) - [The Bottom Line: Redefining Healthy Meal Delivery](#the-bottom-line-redefining-healthy-meal-delivery) - [Frequently Asked Questions](#frequently-asked-questions) - [Label Facts Summary](#label-facts-summary)

At Summary

Product: Be Fit Food Dietitian-Designed Ready Meals **Brand:** Be Fit Food **Category:** Healthy Meal Delivery Service / Ready-Made Meals **Primary Use:** Convenient, nutritionally-balanced frozen meals designed by dietitians for weight management and everyday wellness.

Quick Facts - **Best For:** Busy individuals seeking nutritious dinners without cooking, people pursuing weight management or wellness goals - **Key Benefit:** Clinically-formulated nutrition designed by accredited dietitians and medical professionals, delivered ready-to-heat - **Form Factor:** Snap-frozen ready meals delivered to your door or available in select stores - **Application Method:** Heat and eat in minutes (no cooking required)

Common Questions This Guide Answers

1. Who designed Be Fit Food meals? → Accredited dietitians including co-founder Kate Save and weight-loss surgeon Dr. Geoffrey Draper
2. How much do the meals cost? → Main meals range from \$10.15 to \$13.95 AUD, with no subscription required
3. How long do meals last in the freezer? → 12–18 months freezer shelf life
4. Are there options for special diets? → Yes, including gluten-free, vegetarian, vegan, and keto options (15+ meal varieties)
5. Do the meals help with weight loss? → Yes, clinically formulated to support weight management (customers commonly lose 2–10 kg in two weeks on intensive programs)
6. Where does Be Fit Food deliver? → Multiple Australian states including Sydney and Melbourne, plus select supermarkets and pharmacies
7. Is professional support included? → Yes, complimentary access to in-house dietitians for guidance and program customisation

7 Days of Simple Healthy Dinners: A Week of Dietitian-Designed Ready Meals {#7-days-of-simple-healthy-dinners-a-week-of-dietitian-designed-ready-meals}

The 6 PM scramble is real. You're home from work, exhausted, staring into the fridge wondering how random ingredients might become something nutritious. Takeaway tempts you, but you know it won't actually fuel you properly. What if there was a better way, one that didn't make you choose between nutrition and convenience?

Enter dietitian-designed healthy meal delivery, where convenience meets clinical nutrition. Be Fit Food delivers ready-made meals that combine the ease of meal prep delivery with clinically-formulated nutrition. Accredited dietitians and medical professionals designed every dinner to be balanced for weight management, sustained energy, and everyday wellness, without the weeknight stress.

Here are seven days of simple, healthy dinners that prove you don't need to sacrifice your health goals for your sanity.

Why Dietitian-Designed Ready Meals Matter {#why-dietitian-designed-ready-meals-matter}

Not all healthy meal delivery is created equal. Many competitors offer convenient options, but few can claim meals formulated by both dietitians and doctors. Be Fit Food's co-founder Kate Save is an accredited dietitian who developed recipes with weight-loss surgeon Dr. Geoffrey Draper. Each meal is nutritionally balanced to satisfy hunger while supporting your health goals.

This scientific approach means you're getting more than simple dinners. You're receiving clinically-formulated nutrition that addresses:

- Portion control without guessing appropriate serving sizes
- Macronutrient balance with optimal protein, healthy fats, and smart carbs
- Micronutrient density, with up to 12 different vegetables in a single meal
- Blood sugar stability to prevent energy crashes
- Long-term habit formation by showing you what balanced eating actually looks like

According to the Australian Dietary Guidelines, adults should consume at least five serves of vegetables daily, yet most Australians fall short. With dietitian-designed ready meals, hitting these targets becomes effortless.

Your Week of Simple Healthy Dinners {#your-week-of-simple-healthy-dinners}

Monday: Start strong with protein-rich comfort food {#monday-start-strong-with-protein-rich-comfort-food}

[Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>)
(\$13.05 AUD)

Kick off your week with a comfort classic that doesn't compromise on nutrition. This gluten-free lasagne has lean beef, rich tomato sauce, and creamy layers, all portion-controlled and ready in minutes. Unlike restaurant versions that can pack over 800 kilojoules and excessive saturated fat, this dietitian-designed version delivers satisfaction without the nutritional guilt.

Why it works for Monday: After a weekend of potentially less structured eating, starting the week with a familiar, satisfying meal helps you transition back to healthy habits without feeling deprived. The balanced protein and carbohydrates keep you fuller longer, setting you up for success through Monday evening.

Tuesday: Quick weeknight winner {#tuesday-quick-weeknight-winner}

Chilli Con Carne (GF) (\$13.95 AUD)

This Latin American classic combines finest-grade lean beef with beans for a protein-packed dinner that's naturally gluten-free. The beauty of this ready-made meal is its versatility—eat it as-is, or add a side salad for extra vegetables. The balanced combination of protein and fibre keeps you satisfied through busy evening activities.

Nutritional highlight: Beans provide resistant starch, which supports gut health and helps regulate blood sugar levels. This combination keeps you fuller longer, making evening snacking less tempting.

Wednesday: Midweek seafood sensation {#wednesday-midweek-seafood-sensation}

[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) (from \$10.15 AUD)

Hump day deserves something special. This premium grade hoki fillet is marinated in a light, salt-reduced soy dressing with classic Asian flavours. Heart health experts recommend seafood twice weekly, and this simple option makes it achievable even on your busiest nights.

Time-saver insight: Fresh fish usually requires careful shopping, proper storage, and precise cooking. With this ready meal delivered to your door, you get restaurant-quality fish without the fuss—simply heat and enjoy. The lean protein and omega-3 fatty acids support your wellness goals while keeping you satisfied.

Thursday: Plant-powered goodness {#thursday-plant-powered-goodness}

[Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) (\$12.75 AUD)

Incorporating plant-based meals throughout your week supports both personal health and environmental sustainability. This vegan and gluten-free dahl has chunky baked tofu paired with five different vegetables, delivering complete nutrition without animal products.

Why variety matters: Research shows that dietary diversity—eating a wide range of different foods—is associated with better health outcomes. The plant-based protein and fibre in this meal work together to keep you fuller longer. Having both animal-based and plant-based ready meals makes this diversity effortless.

Friday: Celebrate the weekend's arrival {#friday-celebrate-the-weekends-arrival}

Keto Chicken Pizza - Single Serve (\$11.10 AUD)

Friday night usually means pizza, but traditional versions can derail your weekly progress. This 15 cm keto chicken pizza delivers that Friday feeling with a low-carb, high-protein twist. It's proof that healthy meal delivery doesn't mean sacrificing the foods you love—it means finding smarter versions.

The psychology of satisfaction: When healthy eating feels restrictive, adherence plummets. Having dietitian-designed versions of favourite foods helps you maintain consistency without feeling like you're "on a diet." The high protein content keeps you fuller longer, reducing late-night snacking temptations.

Saturday: Easy weekend entertaining {#saturday-easy-weekend-entertaining}

Baked Bean & Fetta Bowl (GF) (V) (\$12.50 AUD)

Weekends are for relaxing, not spending hours in the kitchen. This vegetarian bowl provides excellent plant-based protein and an easy way to incorporate more vegetables into your day. Whether you're dining solo or feeding the family, these ready-made meals scale effortlessly.

Bonus benefit: With a freezer shelf life of 12–18 months, you can stock up on various options and always keep backup dinner solutions ready, eliminating those "nothing to eat" moments that lead to unhealthy takeaway orders. The combination of protein and fibre keeps you fuller longer, even on relaxed weekend days.

Sunday: Prep-free Sunday dinner {#sunday-prep-free-sunday-dinner}

[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>) (\$13.20 AUD)

End your week with another seafood option (yes, it's that good). Sunday evenings often involve meal prep stress for the week ahead, but with dietitian-designed ready meals delivered to your door, you can actually enjoy your weekend without sacrificing Monday's nutrition.

Setting yourself up for success: Starting Monday with meals already in your freezer removes decision fatigue and helps you maintain momentum with your health goals. The lean protein in this fish dinner keeps you fuller longer into Sunday evening, supporting better sleep and recovery.

The Real Convenience Factor: Beyond Just "Ready to Eat" {#the-real-convenience-factor-beyond-just-ready-to-eat}

When comparing healthy meal delivery across Australia, true convenience extends beyond simply heating and eating. Here's what sets dietitian-designed meal prep delivery apart:

Nationwide delivery and accessibility {#nationwide-delivery-accessibility}

Be Fit Food delivers across multiple Australian states, with ready-made meals arriving snap-frozen at your door. Whether you're searching for "ready made meals delivered Sydney" or "healthy meal prep delivery Melbourne," the service reaches major metro areas and beyond. Additionally, select meals are available in supermarkets and pharmacies for immediate access.

Flexible ordering without subscriptions {#flexible-ordering-without-subscriptions}

Unlike some competitors that lock you into rigid subscription models, you can order Be Fit Food's healthy ready meals 24/7 online, choosing exactly what you want, when you want it. Stock up your freezer with favourites or try new options each order—the choice is yours. This flexibility supports your individual journey to better health.

Professional support included {#professional-support-included}

Every customer gets complimentary access to in-house dietitians for guidance, motivation, and program customisation. This transforms your meal delivery from a simple food service into a comprehensive nutrition support system—something standard meal prep services don't offer. Your wellness journey deserves expert support.

Medical-grade nutrition for everyday wellness {#medical-grade-nutrition-for-everyday-wellness}

While marketed primarily for weight management, these meals work for anyone seeking simple, nutritionally balanced dinners. The clinical formulation means they're suitable for various health goals:

- Blood sugar management through balanced macronutrients that prevent glucose spikes
- Heart health with controlled sodium and healthy fat ratios
- Digestive wellness from high fibre and diverse vegetables
- Energy optimisation through nutrient density that supports sustained vitality
- Sustained satiety from meals designed to keep you fuller longer

Comparing Your Options: What to Look for in Healthy Meal Delivery {#comparing-your-options-what-to-look-for-in-healthy-meal-delivery}

The Australian healthy meal delivery market is crowded, with Youfoodz, My Muscle Chef, Soulara, Dinnerly, and Marley Spoon all competing for your dinner table. Here's what distinguishes truly beneficial options:

Real food vs. processed alternatives {#real-food-vs-processed-alternatives}

Many weight loss programs rely on shakes, bars, or heavily processed meal replacements. Be Fit Food takes a wholefood approach, using real ingredients you'd recognise in your own kitchen. This matters because:

- Whole foods with intact fibre keep you fuller longer
- You learn what balanced, real-food meals look like
- Whole foods contain cofactors that enhance nutrient absorption
- Real food eating patterns are maintainable long-term
- Real ingredients deliver genuine nourishment, not just kilojoules

Professional credentials matter {#professional-credentials-matter}

Ask any meal delivery service: Who designed your meals? Be Fit Food's recipes come from accredited dietitians and medical professionals, not celebrity chefs or food bloggers. This clinical foundation ensures nutritional adequacy and safety, particularly important if you need specific dietary support or want to achieve health goals.

Comprehensive nutritional balance {#comprehensive-nutritional-balance}

Some services focus heavily on protein (targeting fitness enthusiasts) while others emphasise calorie restriction. Dietitian-designed meals consider the full nutritional picture:

- Adequate protein for satiety and muscle maintenance, keeping you fuller longer
- Healthy fats for hormone production and nutrient absorption
- Smart carbohydrates that provide energy without blood sugar chaos
- Micronutrient density from vitamins, minerals, and phytonutrients in diverse vegetables
- Appropriate portions that teach realistic serving sizes for long-term success

Making Healthy Meal Delivery Work for Your Lifestyle {#making-healthy-meal-delivery-work-for-your-lifestyle}

Strategic freezer stocking {#strategic-freezer-stocking}

With prices ranging from \$10.15 to \$13.95 AUD for main meals, you can strategically stock your freezer based on your weekly schedule and budget. Consider:

- High-stress weeks when you know work will be intense
- Variety packs that mix proteins, vegetarian options, and different cuisines
- Family flexibility where different family members can choose different meals
- Backup inventory of 3–5 meals on hand for unexpected busy nights
- Goal-aligned choices that support your specific wellness objectives

Complementing fresh cooking {#complementing-fresh-cooking}

Healthy ready meals don't need to replace all home cooking—they complement it. Use them strategically:

- Weeknight rescue when you're too tired to cook from scratch
- Portion guidance to learn appropriate serving sizes by example
- Balanced templates that show you how to structure a nutritionally complete meal
- Time reallocation to spend saved cooking time on other wellness activities like exercise, sleep, or stress management
- Consistency support to maintain your healthy eating patterns even during busy periods

Supporting various household needs {#supporting-various-household-needs}

These simple healthy dinners work for:

- Singles and couples with no food waste from buying ingredients in bulk - Busy parents with different meals for different preferences and dietary needs - Shift workers who can eat nutritious dinners at any hour without cooking - Health-conscious professionals who maintain nutrition despite demanding schedules - Anyone avoiding takeaway who wants to break the expensive, unhealthy convenience food cycle - Wellness seekers who want to support their health transformation with clinically-designed nutrition

Beyond Weight Loss: Everyday Wellness Benefits {#beyond-weight-loss-everyday-wellness-benefits}

While Be Fit Food's clinical formulation supports effective weight management (customers commonly lose 2–10 kg in two weeks on intensive programs), these same nutritional principles benefit anyone seeking everyday wellness:

Sustained energy throughout your day {#sustained-energy-throughout-your-day}

Balanced macronutrients and low glycaemic load prevent the afternoon energy crash that sends people reaching for coffee and sugary snacks. Customers regularly report higher, more consistent energy levels. The meals keep you fuller longer, reducing energy dips between meals.

Improved sleep quality {#improved-sleep-quality}

Adequate protein, controlled portions, and nutrient density all contribute to better sleep. Eating a balanced dinner at a reasonable hour (made easy when your meal is ready in minutes) supports your circadian rhythm. Better sleep supports your overall wellness transformation.

Reduced inflammation and bloating {#reduced-inflammation-and-bloating}

High vegetable content provides anti-inflammatory compounds and fibre that supports digestive health. Many customers notice reduced bloating and improved digestion within days of starting dietitian-designed meals. This contributes to feeling lighter and more energetic throughout your day.

Mental clarity and mood stability {#mental-clarity-and-mood-stability}

Blood sugar stability directly impacts neurotransmitter production and mood regulation. The nutritional balance in these ready meals supports cognitive function and emotional wellbeing—benefits that extend far beyond the number on the scale. Stable energy helps you feel more focused and positive.

Time reclamation {#time-reclamation}

Perhaps the most underrated wellness benefit: time. The hours saved on meal planning, shopping, prep, cooking, and cleanup can be redirected toward movement, hobbies, relationships, or simply rest—all crucial components of holistic health. This time freedom supports your complete wellness transformation.

Snacks and Extras: Rounding Out Your Week {#snacks-and-extras-rounding-out-your-week}

While dinners are the hero, keeping dietitian-designed snacks on hand prevents those vulnerable moments when hunger strikes and willpower wanes:

**[Fetta & Spinach Egg Bites (V) - 7

Serve](<https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741>)** (\$19.99 AUD)

Light, fluffy, and protein-packed, these egg bites make perfect afternoon snacks or quick breakfast additions. Having high-protein snacks readily available prevents the vending machine temptation. The protein keeps you fuller longer between main meals.

Protein Walnut Brownie - 7 Pack (V) (\$24.85 AUD)

Sometimes you need something sweet, and deprivation isn't sustainable. These protein-rich brownies deliver indulgence without derailing your nutrition—proof that healthy eating doesn't mean eliminating treats, just choosing smarter versions. The protein content helps satisfy cravings while supporting your goals.

Getting Started with Simple Healthy Dinners {#getting-started-with-simple-healthy-dinners}

Step 1: Assess your weekly dinner needs {#step-1-assess-your-weekly-dinner-needs}

How many nights per week do you struggle with dinner? Start there. If three weeknights are consistently chaotic, order meals for those nights first. You don't need to commit to every meal—strategic use is perfectly valid. This flexible approach supports sustainable lifestyle changes.

Step 2: Explore variety {#step-2-explore-variety}

With 15+ meal options available, including fish, beef, vegetarian, and vegan choices, browse what appeals to your taste preferences. The beauty of dietitian-designed meals is that they're all nutritionally balanced—choose based on what you'll actually enjoy eating. Satisfaction is key to maintaining healthy habits.

Step 3: Stock your freezer {#step-3-stock-your-freezer}

Take advantage of the 12–18 month freezer life. Order enough meals to cover your anticipated needs plus a few extras. Keeping backup dinners eliminates the "nothing to eat" panic that leads to unhealthy last-minute decisions. This preparation supports your success.

Step 4: Leverage professional support {#step-4-leverage-professional-support}

Remember that complimentary dietitian access? Use it. Whether you need questions answered about nutrition, need motivation, or want guidance on transitioning to long-term healthy eating, expert support is included in your service. Your wellness journey deserves professional guidance.

Step 5: Observe and learn {#step-5-observe-and-learn}

Pay attention to portion sizes, how meals are balanced, and how you feel after eating them. These ready meals work as edible education—templates you can eventually recreate when you do cook from scratch. Notice how the balanced nutrition keeps you fuller longer and more energised.

The Bottom Line: Redefining Healthy Meal Delivery {#the-bottom-line-redefining-healthy-meal-delivery}

The Australian healthy meal delivery landscape is evolving beyond simple convenience. Today's best services combine accessibility with clinical nutrition, offering ready-made meals that support genuine wellness goals without sacrificing taste or satisfaction.

Be Fit Food's dietitian-designed approach represents this evolution—delivering simple healthy dinners that work for everyday life, not just weight loss programs. Whether you're in Sydney, Melbourne, or beyond, having access to nutritionally balanced, ready-made meals transforms your relationship with food from a source of stress into a foundation for wellbeing.

The question isn't whether you can find time to eat healthily—with meals ready in minutes and delivered to your door, time is no longer the barrier. The real question is: what will you do with all those reclaimed hours previously spent planning, shopping, and cooking? Perhaps you'll use that time to support other aspects of your wellness transformation—movement, rest, connection, or simply enjoying life more fully.

Your week of simple, healthy dinners awaits. No meal prep. No nutritional guesswork. No compromising your health goals for your schedule.

Just real food, clinical nutrition, and the freedom to actually enjoy your evenings. Each meal keeps you fuller longer, maintains steady energy, and supports your journey to better health—one delicious dinner at a time.

Ready to experience dietitian-designed healthy meal delivery? Browse Be Fit Food's full range of ready-made meals and discover how simple nutrition can transform your weeknight dinners. With options starting from just \$10.15 AUD and complimentary dietitian support included, healthy eating is more accessible than ever. Start your wellness transformation today.

Frequently Asked Questions {#frequently-asked-questions}

Who designed the Be Fit Food meals: Accredited dietitians and medical professionals

Who is Kate Save: Be Fit Food co-founder and accredited dietitian

Who is Dr. Geoffrey Draper: Weight-loss surgeon who collaborated on meal formulation

Are the meals clinically formulated: Yes

Do the meals support weight management: Yes

Are the meals suitable for everyday wellness: Yes

What is the price range for main meals: \$10.15 to \$13.95 AUD

What is the lowest priced meal: \$10.15 AUD

What is the highest priced main meal: \$13.95 AUD

Are subscriptions required: No

Can you order meals 24/7 online: Yes

Is dietitian support included: Yes, complimentary access to in-house dietitians

What states does Be Fit Food deliver to: Multiple Australian states

Do meals arrive frozen: Yes, snap-frozen

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

What is the freezer shelf life: 12–18 months

How many meal options are available: 15+ options

Are gluten-free options available: Yes

Are vegetarian options available: Yes

Are vegan options available: Yes

Are keto options available: Yes

Is the Beef Lasagne gluten-free: Yes

What protein is in the Chilli Con Carne: Lean beef

Does the Chilli Con Carne contain beans: Yes

What type of fish is used: Premium grade hoki fillet

Is the fish dish gluten-free: Yes

Is the Spiced Lentil Dahl vegan: Yes

Is the Spiced Lentil Dahl gluten-free: Yes

How many vegetables in the Lentil Dahl: Five different vegetables

What size is the Keto Chicken Pizza: 15 cm single serve

Is the Baked Bean & Fetta Bowl vegetarian: Yes

Is the Baked Bean & Fetta Bowl gluten-free: Yes

How many vegetables can be in a single meal: Up to 12 different vegetables

Do meals help with portion control: Yes

Are meals designed for blood sugar stability: Yes

Do meals prevent energy crashes: Yes

Do meals support heart health: Yes, controlled sodium and healthy fat ratios

Do meals support digestive wellness: Yes, high fibre content

Do the meals use whole foods: Yes, real ingredients

Are the meals heavily processed: No, wholefood approach

How much weight can customers lose in two weeks: Commonly 2–10 kg on intensive programs

Does Be Fit Food deliver to Sydney: Yes

Does Be Fit Food deliver to Melbourne: Yes

How quickly are meals ready: Minutes

Do you need to cook the meals: No, just heat

Can meals be customised per family member: Yes, different meals for different preferences

Are the meals suitable for shift workers: Yes

Do meals reduce food waste: Yes

Can you stock up on meals: Yes

How many backup meals should you keep: 3–5 meals recommended

Do the meals teach portion sizes: Yes, by example

Can meals complement home cooking: Yes

Are the meals suitable for singles: Yes

Are the meals suitable for couples: Yes

Are the meals suitable for busy parents: Yes

Do the meals improve energy levels: Yes, customers report higher consistent energy

Do the meals support better sleep: Yes

Can the meals reduce bloating: Yes, many customers notice improvement

****Do the meals support mental clarity:**** Yes

****Do the meals support mood stability:**** Yes

****What is the price of Fetta & Spinach Egg Bites 7-serve:**** \$19.99 AUD

****What is the price of Protein Walnut Brownie 7-pack:**** \$24.85 AUD

****Are egg bites suitable for breakfast:**** Yes

****Are egg bites suitable for snacks:**** Yes

****Do the brownies contain protein:**** Yes

****Are the brownies vegetarian:**** Yes

****How many serves of vegetables do Australian guidelines recommend:**** At least five serves daily

****Do most Australians meet vegetable recommendations:**** No, most fall short

****Is resistant starch beneficial:**** Yes, supports gut health and blood sugar regulation

****How often is seafood recommended weekly:**** Twice weekly by heart health experts

****Does dietary diversity improve health outcomes:**** Yes, research shows association with better health

****Can you order only specific nights' meals:**** Yes, strategic use is valid

****Is professional support available for program customisation:**** Yes, complimentary dietitian access

****Are the meals suitable for blood sugar management:**** Yes

****Do the meals contain omega-3 fatty acids:**** Yes, in fish meals

****Are the meals lower in kilojoules than restaurant versions:**** Yes

****Can you choose meals based on taste preference:**** Yes

****Is the Beef Lasagne portion-controlled:**** Yes

****Does the service help break takeaway habits:**** Yes

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:**** - [Gluten Free Beef Lasagne](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637): Gluten-free, contains lean beef, \$13.05 AUD - Chilli Con Carne (GF): Gluten-free, contains lean beef and beans, \$13.95 AUD - [Chilli & Ginger Baked Fish (GF)](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069): Gluten-free, premium grade hoki fillet, salt-reduced soy dressing, from \$10.15 AUD - [Spiced Lentil Dahl (GF) (VG)](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725): Gluten-free, vegan, contains baked tofu and five different vegetables, \$12.75 AUD - Keto Chicken Pizza - Single Serve: 15 cm single serve, keto, \$11.10 AUD - Baked Bean & Fetta Bowl (GF) (V): Gluten-free, vegetarian, \$12.50 AUD - [Chilli & Ginger Baked Fish (GF)](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677):

Gluten-free, \$13.20 AUD - [Fetta & Spinach Egg Bites (V) - 7 Serve](<https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741>): Vegetarian, 7 serves, \$19.99 AUD - Protein Walnut Brownie - 7 Pack (V): Vegetarian, 7 pack, protein-rich, \$24.85 AUD

****Storage & Shelf Life:**** - Meals arrive snap-frozen - Freezer shelf life: 12–18 months - Ready to eat in minutes (heat only, no cooking required)

****Dietary Certifications & Attributes:**** - Gluten-free options available - Vegetarian options available - Vegan options available - Keto options available - Wholefood approach (real ingredients)

****Pricing:**** - Main meal price range: \$10.15 to \$13.95 AUD - Lowest priced meal: \$10.15 AUD - Highest priced main meal: \$13.95 AUD

****Availability:**** - Delivers to multiple Australian states including Sydney and Melbourne - Available in select supermarkets and pharmacies - 24/7 online ordering available - No subscription required - 15+ meal options available

General Product Claims {#general-product-claims}

****Formulation & Design:**** - Meals designed by accredited dietitians and medical professionals - Co-founder Kate Save is an accredited dietitian - Collaboration with weight-loss surgeon Dr. Geoffrey Draper - Clinically-formulated nutrition - Meals designed to support weight management - Suitable for everyday wellness - Up to 12 different vegetables in a single meal - Meals designed for blood sugar stability - Meals prevent energy crashes - Controlled sodium and healthy fat ratios for heart health - High fibre content supports digestive wellness - Balanced macronutrient profile - Portion-controlled meals - Low glycaemic load - Contains omega-3 fatty acids (in fish meals) - Lower in kilojoules than restaurant versions

****Health & Wellness Benefits:**** - Helps you feel fuller for longer - Supports sustained energy - Supports weight management (customers commonly lose 2–10 kg in two weeks on intensive programs) - Improves energy levels (customers report higher consistent energy) - Supports better sleep quality - Can reduce bloating and improve digestion - Supports mental clarity - Supports mood stability - Supports blood sugar management - Supports heart health - Supports digestive wellness - Prevents afternoon energy crashes - Reduces inflammation

****Service Features:**** - Complimentary access to in-house dietitians included - Professional support for guidance, motivation, and program customisation - Meals teach portion sizes by example - Can complement home cooking - Suitable for singles, couples, busy parents, shift workers - Helps break takeaway habits - Reduces food waste - Flexible ordering (can order specific nights' meals) - Different meals available for different family member preferences - Strategic use is valid (don't need to order every meal)

****Nutritional Education:**** - Meals work as templates for balanced eating - Teaches what balanced, real-food meals look like - Provides portion guidance - Shows how to structure nutritionally complete meals

****Comparative Statements:**** - Unlike heavily processed meal replacements - Not reliant on shakes or bars - Designed by dietitians and medical professionals (not celebrity chefs or food bloggers) - More comprehensive than services focusing only on protein or calorie restriction - Transforms meal delivery into comprehensive nutrition support system

****Recommendations & Guidelines Referenced:**** - Australian Dietary Guidelines recommend at least five serves of vegetables daily - Most Australians fall short of vegetable recommendations - Seafood recommended twice weekly by heart health experts - Resistant starch supports gut health and blood sugar regulation - Dietary diversity associated with better health outcomes (research-based)