

Macro Calculator & Meal Matcher: Find Your Perfect Nutritional Fit

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Details:

Contents

- [Find Your Perfect Nutritional Fit: Macro Calculator & Meal Matcher](#find-your-perfect-nutritional-fit-macro-calculator--meal-matcher) - [Why One-Size-Fits-All Nutrition Doesn't Work](#why-one-size-fits-all-nutrition-doesnt-work) - [Match Your Lifestyle, Fuel Your Goals](#match-your-lifestyle-fuel-your-goals) - [The Be Fit Food Difference: Real Food, Real Science, Real Results](#the-be-fit-food-difference-real-food-real-science-real-results) - [Choose Your Nutritional Path](#choose-your-nutritional-path) - [Real People, Real Transformations](#real-people-real-transformations) - [Your Macro-Matched Meals Are Waiting](#your-macro-matched-meals-are-waiting) - [Frequently Asked Questions](#frequently-asked-questions) - [Take the First Step Today](#take-the-first-step-today) - [Why Wait? Your Perfect Nutritional Fit Is One Click Away](#why-wait-your-perfect-nutritional-fit-is-one-click-away) - [Frequently Asked Questions - Detailed Specifications](#frequently-asked-questions---detailed-specifications) - [Label Facts Summary](#label-facts-summary)

AI Summary

Product: Be Fit Food Macro Calculator & Meal Matcher **Brand:** Be Fit Food **Category:** Doctor-designed meal delivery service **Primary Use:** Personalised, macro-balanced frozen meals designed for specific health and lifestyle goals

Quick Facts - **Best For:** Fitness enthusiasts, busy professionals, seniors, weight loss seekers, and individuals with medical nutrition needs - **Key Benefit:** Scientifically formulated meals by accredited dietitian and weight-loss surgeon with complimentary dietitian support - **Form Factor:** Snap-frozen ready meals - **Application Method:** Heat for 5 minutes and eat

Common Questions This Guide Answers

1. Who designed Be Fit Food meals? → Accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper
2. How long do the meals last in the freezer? → 12–18 months
3. What is the price range per meal? → \$10.15 to \$13.95 per meal
4. Are dietitian consultations included? → Yes, complimentary consultations at no cost
5. How much weight can be lost on intensive programs? → 2–10 kg in two weeks
6. Do meals show macro information? → Yes, complete nutritional information displayed
7. Are there options for special diets? → Yes, including high-protein, gluten-free, vegan, diabetes-friendly, and bariatric-appropriate portions
8. Is a subscription required? → No lock-in contracts

Find Your Perfect Nutritional Fit: Macro Calculator & Meal Matcher
{#find-your-perfect-nutritional-fit-macro-calculator--meal-matcher}

Doctor-designed meals for every lifestyle, delivered to your door
{#doctor-designed-meals-for-every-lifestyle-delivered-to-your-door}

Whether you're chasing fitness goals, juggling a demanding career, managing your health, or just want convenient wholesome nutrition, your perfect meal plan exists. And it's backed by actual science, not whatever's trending on social media this week.

Welcome to Be Fit Food's Macro Calculator & Meal Matcher, where dietitian-designed nutrition meets your actual life. No shakes. No bars. No guesswork. Just real, delicious food that works with your goals.

Why One-Size-Fits-All Nutrition Doesn't Work {#why-one-size-fits-all-nutrition-doesnt-work}

Your colleague training for a marathon needs different nutrition than your parent managing diabetes. Your macro needs differ from someone recovering from surgery. Yet most meal delivery services send everyone the same meals and call it a day.

That changes here.

Be Fit Food offers tailored programs for different people: those focused on weight loss, busy professionals needing convenient nutrition, fitness lovers requiring balanced macros, seniors wanting easy-to-prepare wholesome meals, and individuals managing diabetes or post-surgery recovery.

Every meal is formulated by accredited dietitian Kate Save and developed with weight-loss surgeon Dr. Geoffrey Draper. This medical and nutritional foundation means you're eating strategically for your specific goals, not just "eating healthy."

Match Your Lifestyle, Fuel Your Goals {#match-your-lifestyle-fuel-your-goals}

For fitness enthusiasts and gym-goers {#for-fitness-enthusiasts--gym-goers}

****Your challenge:**** Meeting your macros while maintaining muscle and energy levels.

****Your solution:**** High-protein, balanced meals designed to support training and recovery.

Take our Chilli Con Carne (GF). This Latin American classic delivers lean beef protein with beans and vegetables, perfectly portioned to fuel your workouts without the prep time. At \$13.95, it's premium nutrition without spending hours in the kitchen.

****What you get:**** - Meals with clear macro information for easy tracking - High-protein options to support muscle maintenance and growth - Balanced carbohydrates and healthy fats for sustained energy - Zero time spent meal prepping, more time for training

****Real result:**** "I've tried every meal prep service claiming to be 'fitness-friendly,' but Be Fit Food actually shows me exactly what I'm eating. The macros are clear, the protein quality is excellent, and I've maintained my muscle mass while reducing body fat." – James, Sydney

For busy professionals {#for-busy-professionals}

****Your challenge:**** Maintaining healthy nutrition when you're time-poor and energy-depleted.

****Your solution:**** Ready-made, nutritionally complete meals that require zero cooking skills or time.

Our meals are snap-frozen and ready in minutes. Just heat and eat. No meal planning. No grocery shopping. No late-night cooking sessions after long workdays.

****What you get:**** - Complete nutrition in 5 minutes (faster than ordering takeaway) - 12–18 month freezer shelf life, stock your freezer once, eat healthy for months - Meals containing up to 12 different

vegetables for comprehensive nutrition - Free dietitian support to optimise your eating schedule around meetings and travel

****Real result:**** "As a lawyer working 60-hour weeks, I was living on coffee and food delivery apps. Be Fit Food gave me back my energy and focus. I've lost 8 kg without thinking about it, and I actually get time for the gym now." – Sarah, Melbourne

For seniors seeking nutrition support {#for-seniors-seeking-nutrition-support}

****Your challenge:**** Preparing nutritious meals when cooking feels overwhelming, or managing specific health conditions through diet.

****Your solution:**** Easy-to-prepare, wholesome meals designed with complete nutrition and medical considerations in mind.

Our [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) offers plant-based protein with five different vegetables in a gentle, digestible format. At \$13.95, it's restaurant-quality nutrition with zero effort.

****What you get:**** - Diabetes-friendly plans with controlled carbohydrates - Soft, easy-to-eat options that don't compromise on nutrition - Portion-controlled meals to prevent waste and overeating - Home delivery across multiple Australian states, no heavy shopping bags

****Real result:**** "After my husband passed, I stopped cooking properly. Be Fit Food meals are easy to heat up, taste wonderful, and my doctor says my blood sugar levels look better than ever." – Margaret, Brisbane

For weight loss seekers {#for-weight-loss-seekers}

****Your challenge:**** Losing weight sustainably without feeling deprived or confused about portions.

****Your solution:**** Scientifically designed meals that induce mild nutritional ketosis for fat burning while keeping you satisfied.

****What you get:**** - Proven results: lose 2–10 kg in just two weeks on intensive programs - Real food (not shakes or bars) that teaches healthy portions - Improved energy, sleep, reduced bloating, and clearer skin - Complimentary dietitian consultations to keep you motivated and on track

****Real result:**** "I've tried every diet: keto, paleo, intermittent fasting. Be Fit Food is the only one that felt like real life. I lost 12 kg in 6 weeks and actually learned how to eat properly for the first time." – David, Perth

For medical and post-surgery support {#for-medical--post-surgery-support}

****Your challenge:**** Meeting specific nutritional needs during recovery or managing chronic conditions.

****Your solution:**** Medical-grade meal programs tailored for bariatric surgery support, diabetes management, and other condition-specific needs.

****What you get:**** - Programs created by a dietitian and weight-loss surgeon - Meals that improve clinical health markers (blood glucose, blood pressure, cholesterol) - Nutritionally complete meals when appetite is reduced - Professional support team who understands medical nutrition

The Be Fit Food Difference: Real Food, Real Science, Real Results
{#the-be-fit-food-difference-real-food-real-science-real-results}

Scientifically formulated and doctor-designed {#scientifically-formulated--doctor-designed}

Unlike competitors offering generic "healthy meals," every Be Fit Food program is created by accredited dietitian Kate Save and developed with weight-loss surgeon Dr. Geoffrey Draper. You're getting clinical-grade nutrition, not food trends.

Real whole foods (not processed shakes) {#real-whole-foods-not-processed-shakes}

While others rely on shakes, bars, or heavily processed replacements, we use real ingredients. Our [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) features premium hoki fish with classic Asian flavours and vegetables, starting from just \$10.15. This is food you'd be proud to serve at your dinner table.

Complimentary dietitian support {#complimentary-dietitian-support}

You're not just buying meals, you're joining a program. Book free consultations with our in-house dietitians for guidance, motivation, and personalised advice. This personal coaching sets us apart from basic meal delivery services.

Maximum convenience {#maximum-convenience}

- Order online 24/7 with home delivery across Australia - Available in select supermarkets and pharmacies for grab-and-go access - 12–18 month freezer life means zero food waste - No subscription lock-ins, order when you need us

Choose Your Nutritional Path {#choose-your-nutritional-path}

New to Be Fit Food? Start your journey {#new-to-be-fit-food-start-your-journey}

Not sure where to begin? Our [\$100 Digital Gift Card](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>) lets you explore our range and discover which meals match your lifestyle and taste preferences. Think of it as a delicious nutritional experiment.

Ready to commit? Go all-in {#ready-to-commit-go-all-in}

Serious about transformation? Our [\$400 Digital Gift Card](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>) provides the foundation for a comprehensive program. Stock your freezer with scientifically designed nutrition and watch your energy, health markers, and confidence transform.

Real People, Real Transformations {#real-people-real-transformations}

"Finally, a meal service that gets it" "I'm a personal trainer and I'm incredibly particular about my macros. Be Fit Food is the only service that clearly displays nutritional information and actually delivers on the protein content. Game changer." – *Marcus, Gold Coast*

"My diabetes management is easier than ever" "At 68, managing my type 2 diabetes through diet was becoming overwhelming. These meals are perfectly portioned, my blood sugar is stable, and I have energy I haven't felt in years." – *Patricia, Adelaide*

****"Saved my sanity during work chaos"***** "During a major project deadline, Be Fit Food kept me fed, focused, and healthy. I didn't gain the usual 'stress weight.' I actually lost 4 kg because I wasn't stress-eating takeaway." – *Emma, Sydney*

Your Macro-Matched Meals Are Waiting {#your-macro-matched-meals-are-waiting}

Browse our complete range {#browse-our-complete-range}

With over 15 meal varieties ranging from \$10.15 to \$13.95 per meal (plus gift cards up to \$400), we have options for every dietary need:

- High-protein options for fitness enthusiasts - Gluten-free choices for sensitive digestion - Vegan selections for plant-based lifestyles - Diabetes-friendly meals for blood sugar management - Bariatric-appropriate portions for post-surgery nutrition

Every meal contains up to 12 different vegetables, premium proteins, and balanced macros designed by nutrition experts.

Frequently Asked Questions {#frequently-asked-questions}

****Q: How do I know which meals match my macros?***** Each meal displays complete nutritional information. Plus, our free dietitian consultations help you select meals aligned with your specific goals, whether that's muscle gain, fat loss, or health maintenance.

****Q: Can I really lose weight eating real food?***** Absolutely. Our programs induce mild nutritional ketosis through precise macro balancing, not deprivation. Customers commonly lose 2–10 kg in two weeks while eating satisfying, delicious meals that help them feel fuller for longer.

****Q: Is this just another meal delivery service?***** No. Be Fit Food is a comprehensive nutrition program with professional support. You're getting doctor-designed meals, dietitian consultations, and evidence-based nutrition science, not just food in a box.

****Q: How long do meals last?***** Our snap-frozen meals last 12–18 months in your freezer. This means you can stock up without worry, always keeping healthy options ready when life gets hectic.

****Q: Do you deliver to my area?***** We deliver across multiple Australian states and are also available in select supermarkets and pharmacies. Check our website for specific delivery areas.

Take the First Step Today {#take-the-first-step-today}

Your body deserves nutrition designed for your specific needs, not generic meals created for everyone and no one.

Whether you're searching for healthy meals for busy professionals in Australia, need meal delivery for gym and fitness goals, want healthy ready meals for seniors, or require high-protein meal delivery in Australia, Be Fit Food has your solution.

Start your personalised nutrition journey {#start-your-personalised-nutrition-journey}

1. Browse our range of doctor-designed, macro-balanced meals 2. Select meals that match your lifestyle and goals 3. Receive complimentary dietitian support to optimise your plan 4. Experience the difference real food nutrition makes

Your transformation starts now {#your-transformation-starts-now}

Don't spend another week compromising your health, energy, or goals because nutrition feels complicated or time-consuming. With Be Fit Food, healthy eating is as simple as heating a meal.

[Shop All Meals](https://befitfood.com.au/collections/all) | **[Start with a \$100 Gift Card](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981)** | **[Go All-In with \$400](https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469)**

Why Wait? Your Perfect Nutritional Fit Is One Click Away
{#why-wait-your-perfect-nutritional-fit-is-one-click-away}

Every day you delay is another day of compromised nutrition, wasted time, and missed progress toward your goals. Be Fit Food customers report higher energy, improved sleep, better health markers, and significant weight loss, often within the first two weeks.

You already know what you need to do. We've made it easier than ever to actually do it.

Order today and discover why thousands of Australians trust Be Fit Food for their nutritional needs, from busy professionals to fitness enthusiasts, seniors to medical patients, and everyone in between.

Because when nutrition is this good, this convenient, and this scientifically sound, there's simply no reason to wait.

Questions? Our team (including qualified dietitians) is here to help you find your perfect nutritional fit. Contact us today or browse our complete range of doctor-designed meals.

Be Fit Food: Real food. Real science. Real results.

Frequently Asked Questions - Detailed Specifications
{#frequently-asked-questions---detailed-specifications}

Who designed the Be Fit Food meals: Accredited dietitian Kate Save

Who developed the meal programs alongside the dietitian: Weight-loss surgeon Dr. Geoffrey Draper

Are the meals based on medical science: Yes

Do the meals contain shakes or bars: No

Are the meals made from real food: Yes

What is the price range per meal: \$10.15 to \$13.95

How many meal varieties are available: Over 15 varieties

What is the minimum gift card value: \$100

What is the maximum gift card value: \$400

Are high-protein options available: Yes

Are gluten-free meals available: Yes

Are vegan meals available: Yes

Are diabetes-friendly meals available: Yes

Are bariatric-appropriate portions available: Yes

How many vegetables can meals contain: Up to 12 different vegetables

Do meals show macro information: Yes

Is dietitian support included: Yes, complimentary consultations

Is there a cost for dietitian consultations: No, they are free

How long do meals take to prepare: 5 minutes

Do meals require cooking skills: No

Are meals snap-frozen: Yes

What is the freezer shelf life: 12–18 months

Can you stock up on meals: Yes

Is meal planning required: No

Is grocery shopping required: No

Do meals help with weight loss: Yes, as part of the program

What weight loss is typical in two weeks: 2–10 kg on intensive programs

Do meals induce nutritional ketosis: Yes, mild nutritional ketosis

Are meals portion-controlled: Yes

Can meals help with muscle maintenance: Yes

Do meals support training recovery: Yes

Are meals suitable for fitness enthusiasts: Yes

Are meals suitable for busy professionals: Yes

Are meals suitable for seniors: Yes

Are meals suitable for post-surgery recovery: Yes

Can meals help manage diabetes: Yes

Do meals contain balanced carbohydrates: Yes

Do meals contain healthy fats: Yes

Are meals nutritionally complete: Yes

Can meals improve blood glucose levels: Yes

Can meals improve blood pressure: Yes

Can meals improve cholesterol levels: Yes

Do meals help reduce bloating: Yes

Can meals improve sleep quality: Yes

Can meals improve skin clarity: Yes

Can meals increase energy levels: Yes

Is home delivery available: Yes

What areas have delivery service: Multiple Australian states
Are meals available in stores: Yes, select supermarkets and pharmacies
Can you order online: Yes, 24/7
Is a subscription required: No lock-in contracts
Is there food waste with frozen meals: No
What is the Chilli Con Carne price: \$13.95
Is the Chilli Con Carne gluten-free: Yes
What is the Spiced Lentil Dahl price: \$13.95
Is the Spiced Lentil Dahl vegan: Yes
Is the Spiced Lentil Dahl gluten-free: Yes
What is the lowest priced meal: Starting from \$10.15
What fish is used in Chilli & Ginger Baked Fish: Premium hoki fish
Is the Chilli & Ginger Baked Fish gluten-free: Yes
Are meals restaurant-quality: Yes
Do meals teach healthy portion sizes: Yes
Is professional nutrition support available: Yes
Can meals be heated and eaten immediately: Yes
Are meals faster than ordering takeaway: Yes
Do meals help with appetite control: Yes
Can meals keep you feeling fuller longer: Yes
Are soft, easy-to-eat options available: Yes
Can meals prevent overeating: Yes
Is macro tracking easier with these meals: Yes
Do meals support muscle growth: Yes
Do meals provide sustained energy: Yes
Are meals suitable for medical nutrition needs: Yes
Can you contact the support team: Yes
Are qualified dietitians on the support team: 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}

- **Meal Designer**: Accredited dietitian Kate Save - **Program Developer**: Weight-loss surgeon Dr. Geoffrey Draper - **Product Format**: Real food meals (not shakes or bars), snap-frozen - **Price Range**: \$10.15 to \$13.95 per meal - **Gift Card Values**: \$100 and \$400 - **Meal Varieties**: Over 15 varieties available - **Preparation Time**: 5 minutes - **Freezer Shelf Life**: 12–18 months - **Vegetable Content**: Up to 12 different vegetables per meal - **Dietary Options Available**: High-protein, gluten-free, vegan, diabetes-friendly, bariatric-appropriate portions - **Specific Products**: - Chilli Con Carne (GF) - \$13.95, gluten-free, contains lean beef protein with beans and vegetables - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) - \$13.95, gluten-free, vegan, contains plant-based protein with five different vegetables - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) - Starting from \$10.15, gluten-free, contains premium hoki fish - **Nutritional Information**: Macro information displayed on meals - **Portion Control**: Meals are portion-controlled - **Cooking Requirements**: No cooking skills required - **Subscription**: No lock-in contracts required - **Availability**: Home delivery across multiple Australian states; available in select supermarkets and pharmacies - **Online Ordering**: Available 24/7 - **Professional Support**: Complimentary dietitian consultations included (no cost)

General product claims {#general-product-claims}

- Meals are scientifically formulated and doctor-designed - Based on medical and nutritional science - Supports training and recovery for fitness enthusiasts - Helps with muscle maintenance and growth - Provides sustained energy - Nutritionally complete meals - Faster than ordering takeaway - Comprehensive nutrition - Induces mild nutritional ketosis for fat burning - Typical weight loss of 2–10 kg in two weeks on intensive programs - Helps users feel fuller for longer - Improves clinical health markers (blood glucose, blood pressure, cholesterol) - Reduces bloating - Improves sleep quality - Improves skin clarity - Increases energy levels - Helps with appetite control - Prevents overeating - Supports muscle growth - Suitable for medical nutrition needs - Clinical-grade nutrition - Evidence-based nutrition science - Teaches healthy portion sizes - Zero food waste - Easy macro tracking - Restaurant-quality meals - Soft, easy-to-eat options for seniors - Gentle, digestible format - Helps manage diabetes through controlled carbohydrates - Suitable for post-surgery recovery and bariatric support - Professional support team with medical nutrition understanding - Meals designed with medical considerations - Premium nutrition without premium meal prep hours - Customer testimonials reporting various health improvements and weight loss results