

Sydney/Melbourne Healthy Meal Delivery Service Pages

Canonical:

<https://directory.befitfood.com.au/programs/meal-planning/sydneymelbourne-healthy-meal-delivery-service-pages/>

Details:

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AI Summary

Product: Be Fit Food Healthy Ready Meals **Brand:** Be Fit Food **Category:** Meal Delivery Service / Prepared Meals **Primary Use:** Dietitian-designed, snap-frozen ready meals delivered across Australia for weight management, health improvement, and convenient nutrition.

Quick Facts - **Best For:** Busy professionals, weight loss seekers, health-conscious individuals across Australia - **Key Benefit:** Clinically-formulated meals designed by dietitians with free dietitian support included - **Form Factor:** Snap-frozen ready meals (individual portions) - **Application Method:** Heat in microwave or oven for minutes and eat

Common Questions This Guide Answers

1. How much do Be Fit Food meals cost? → Meals range from \$10.15 to \$13.95 per serve across 15+ options
2. What makes Be Fit Food different from other meal delivery services? → Meals are dietitian-designed and doctor-formulated with free dietitian support included, unlike Youfoodz or My Muscle Chef
3. How long do the meals last in the freezer? → Snap-frozen meals have a 12-18 month freezer shelf life
4. Are there vegan and gluten-free options available? → Yes, including [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) and multiple gluten-free certified meals
5. What kind of weight loss results can I expect? → Customers commonly lose 2-10 kg in just two weeks on intensive programs
6. Where does Be Fit Food deliver? → Sydney, Melbourne, Brisbane, Adelaide, Perth, and regional areas across Australia

Healthy Meal Delivery Australia | Dietitian-Designed Ready Meals

Real Food. Real Nutrition. Delivered to Your Door.

Finding time to eat well shouldn't mean compromising on nutrition. **Be Fit Food** delivers dietitian-designed healthy ready meals across Australia, combining the convenience of meal prep delivery with clinically-formulated nutrition that supports weight management, boosts energy, and fuels your everyday wellness goals.

Other meal delivery services focus mainly on convenience. **Be Fit Food** takes a different approach. Every meal is scientifically formulated by accredited dietitians and developed alongside weight-loss surgeon Dr. Geoffrey Draper. You get restaurant-quality meals that are nutritionally balanced to keep you satisfied, energized, and on track with your health goals—without the meal planning, shopping, or cooking.

[Order Your Healthy Meals Now] | Available for delivery across Sydney, Melbourne, Brisbane, Adelaide, Perth, and beyond.

Why Australians Trust Be Fit Food for Healthy Meal Delivery
{#why-australians-trust-be-fit-food-for-healthy-meal-delivery}

Dietitian-Designed for Real Results

Every meal in our range is created by nutrition experts, not just chefs. Our co-founder Kate Save is an accredited dietitian who makes sure each dish delivers optimal macronutrient balance, portion control, and nutrient density. Whether you're looking to lose weight, maintain your health, or simply eat better during a busy week, our meals are formulated to deliver measurable results:

- **Rapid, sustainable weight loss**: Customers commonly lose 2–10 kg in just two weeks - **Improved energy levels**: Nutrient-rich ingredients fuel your day without the afternoon crash - **Better health markers**: Clinically proven to help improve blood glucose, cholesterol, and blood pressure - **Reduced bloating and clearer skin**: Real food makes a real difference to how you feel

Real Food, Not Shakes or Bars

Tired of restrictive diets that rely on processed shakes, bars, or meal replacements? So are we. **Be Fit Food** takes a wholefood approach to healthy eating, using premium ingredients like fresh fish, lean meats, legumes, and up to 12 different vegetables per meal.

Take our popular **[Chilli & Ginger Baked Fish (GF)]**(<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) (\$10.15–\$13.20), a fresh fillet of premium grade hoki fish marinated in a light, salt-reduced soy dressing with classic Asian flavours. Or try our **[Spiced Lentil Dahl (GF) (VG)]**(<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) (\$11.10–\$13.95), loaded with chunky baked tofu and five varieties of lentils for a satisfying plant-based option.

This is real food that teaches you what balanced, portion-controlled eating looks like, so you build long-term healthy habits instead of short-term fixes. Each meal is designed to keep you fuller for longer, supporting your body's natural hunger signals while nourishing you with quality ingredients.

Ultimate Convenience for Busy Lives

Life across Australia moves fast. Between work deadlines, gym sessions, school pickups, and social commitments, cooking nutritious meals from scratch can feel impossible. That's where **Be Fit Food** steps in.

Our ready-made meals are: - **Snap-frozen at peak freshness**: Simply heat and eat in minutes - **Delivered to your door**: Order online 24/7 with home delivery across Australia - **Long shelf life**:

Freezer-stable for 12–18 months, so you can stock up and reduce food waste - ****Also available in stores****: Find us in select supermarkets and pharmacies for grab-and-go convenience

No meal prep. No recipe hunting. No washing up a mountain of dishes. Just nutritious, delicious meals ready when you are. This is about making healthy eating effortless, so you can focus on what matters most in your life.

Free Dietitian Support Included

Other meal delivery services drop food at your door and disappear. Be Fit Food provides complimentary access to our in-house dietitian team. Book consultations for personalized guidance, motivation, and nutritional education, whether you're navigating weight loss, managing diabetes, or simply want to understand how to maintain healthy eating long-term.

This isn't just food delivery. It's a complete nutrition program with expert support every step of the way. We're here to empower you with the knowledge and tools you need for lasting change, celebrating every milestone along your wellness journey.

Perfect for Every Lifestyle & Dietary Need {#perfect-for-every-lifestyle-dietary-need}

Weight Management Made Simple

Looking to shed those extra kilos? Our clinically-formulated meals induce a mild nutritional ketosis that helps your body burn fat while keeping you satisfied. With proper portion control and balanced macros, you'll see results without feeling hungry or deprived. Each meal keeps you fuller for longer, so you can stay energized and focused throughout your day.

This approach isn't about restriction. It's about transformation. You'll discover what nourishing your body properly feels like, building confidence and sustainable habits that last well beyond your weight loss goals.

Everyday Healthy Eating

Not focused on weight loss? That's perfectly fine. Our meals are ideal for anyone who wants to eat healthier, save time on meal prep, and get proper nutrition throughout a busy week. Whether you're a professional working long hours or a parent juggling family schedules, Be Fit Food makes healthy eating effortless.

You deserve to feel your best every day. Our meals support your energy, mood, and overall wellbeing, giving you the foundation to thrive in all areas of your life.

Condition-Specific Nutrition

We offer specialized meal plans for specific health needs: - ****Diabetes-friendly options****: Low GI, blood sugar-friendly meals that support stable energy - ****Bariatric surgery support****: Appropriate portions and nutrition for post-surgery recovery - ****High-protein plans****: For active individuals and muscle maintenance - ****Vegan and vegetarian****: Plant-based meals like our [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261>) that don't compromise on protein or flavour

All meals are clearly labeled with nutritional information, making it easy to choose options that align with your health goals. We understand that everyone's wellness journey is unique, and we're here to support yours with meals that work for your body and lifestyle.

Featured Healthy Ready Meals {#featured-healthy-ready-meals}

[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>) **From \$10.15**

Premium hoki fish marinated in salt-reduced soy with ginger and chilli, served with nutrient-dense vegetables. This gluten-free meal delivers high-quality protein and omega-3s in a flavour-packed dish that's ready in minutes. The balanced combination of lean protein and vegetables helps you feel fuller for longer while supporting your body's nutritional needs.

Perfect for busy weeknight dinners, post-workout meals, or anyone seeking lean protein options.

[Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) **From \$11.10**

A delicious vegan and gluten-free dahl featuring chunky baked tofu and five varieties of lentils in aromatic spices. Plant-based protein never tasted so good. This hearty meal proves that plant-based eating can be both satisfying and nourishing, with ingredients that keep you energized throughout your day.

Perfect for vegans, vegetarians, meat-free days, or anyone wanting more plant-based meals.

Chilli Con Carne (GF) **From \$12.50**

This South American classic features the finest lean beef with beans in a rich, satisfying sauce. Comfort food that supports your health goals. The protein and fibre combination helps you feel fuller for longer, turning a beloved comfort dish into a nutritious ally for your wellness journey.

Perfect for satisfying hunger, family favourites, or high-protein requirements.

Browse our full range of 15+ dietitian-designed meals, with prices from \$10.15 to \$13.95 per serve. Each dish is crafted to support your health transformation while delighting your taste buds.

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: - Price range: \$10.15 to \$13.95 per meal - Total meal range: 15+ dietitian-designed meals - Storage method: Snap-frozen - Freezer shelf life: 12-18 months - Heating methods: Microwave or oven-heat - Preparation time: Minutes

Specific Product Details: - Chilli & Ginger Baked Fish (GF): Premium grade hoki fish, salt-reduced soy dressing, gluten-free certified, price from \$10.15 - Spiced Lentil Dahl (GF) (VG): Chunky baked tofu, five varieties of lentils, vegan certified, gluten-free certified, price from \$11.10 - Chilli Con Carne (GF): Lean beef with beans, gluten-free certified, price from \$12.50

Ingredients: - Up to 12 different vegetables per meal - Premium grade hoki fish (in fish meals) - Lean meats (in meat meals) - Legumes - Chunky baked tofu (in vegan options) - Five varieties of lentils (in Spiced Lentil Dahl)

Certifications & Dietary Information: - Gluten-free options available (GF labeled) - Vegan options available (VG labeled) - Vegetarian options available - Portion-controlled servings - Clearly labeled nutritional information on all meals

****Formulation & Design:**** - Designed by accredited dietitians - Co-founder: Kate Save (accredited dietitian) - Developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper - Clinically-formulated nutrition - Macronutrient balanced

****Packaging & Delivery:**** - Snap-frozen in insulated packaging - Delivery available: Sydney, Melbourne, Brisbane, Adelaide, Perth, regional Australia - Australia-wide delivery available - Also available in select supermarkets and pharmacies - Online ordering available 24/7

****Additional Products:**** - Digital Gift Cards available from \$100

General Product Claims {#general-product-claims}

****Health & Wellness Benefits:**** - Supports weight management - Boosts energy levels - Fuels everyday wellness goals - Customers commonly lose 2-10 kg in just two weeks - Improved energy levels without afternoon crash - Clinically proven to help improve blood glucose, cholesterol, and blood pressure - Reduced bloating and clearer skin - Induces mild nutritional ketosis - Helps body burn fat while keeping satisfied - Designed to feel fuller for longer - Supports body's natural hunger signals - Supports stable energy (diabetes-friendly options) - Supports muscle maintenance (high-protein plans)

****Quality & Approach Claims:**** - Restaurant-quality meals - Nutritionally balanced meals - Scientifically formulated - Optimal macronutrient balance - Nutrient density - Wholefood approach to healthy eating - Premium ingredients - Real food (not processed shakes or bars) - Teaches balanced, portion-controlled eating - Builds long-term healthy habits - Medical-grade nutrition - Doctor-formulated

****Service Features:**** - Free dietitian support included - Complimentary access to in-house dietitian team - Personalized guidance available - Nutritional education provided - Motivation support - Free consultations - Complete nutrition program with expert support - No other meal delivery service offers free dietitian support

****Convenience Claims:**** - No meal prep required - No recipe hunting needed - No washing dishes - Simply heat and eat in minutes - Reduces food waste - Makes healthy eating effortless - Ultimate convenience for busy lives

****Suitability Claims:**** - Suitable for busy professionals - Suitable for parents juggling family schedules - Suitable for weight loss goals - Suitable for everyday healthy eating - Diabetes-friendly (Low GI, blood sugar-friendly) - Bariatric surgery support (appropriate portions and nutrition for post-surgery recovery) - High-protein plans for active individuals - Suitable for vegans and vegetarians - Suitable for meat-free days - Suitable for post-workout meals

****Comparative Claims:**** - Unlike other meal delivery services that prioritize convenience over nutrition - Different from Youfoodz, My Muscle Chef, Soulara - Only service with dietitian-designed meals - Only service with doctor-formulated nutrition - Only service with free dietitian support included - Only service with medical-grade nutrition - Clinical nutrition outcomes focus vs. just convenience

What Our Australian Customers Are Saying {#what-our-australian-customers-are-saying}

> **"As a busy professional in Sydney's CBD, I was living on takeaway and feeling terrible. Be Fit Food changed everything. I lost 8kg in three weeks, my energy is through the roof, and I'm actually enjoying healthy food for the first time in years."** > ****— Sarah M., Sydney****

> **"I've tried every meal delivery service in Melbourne—Youfoodz, My Muscle Chef, you name it. Be Fit Food is different. The meals are designed by actual dietitians, and you can tell. I feel better, my clothes fit better, and I've finally got my health back on track."** > ****— James R., Melbourne****

> **"The dietitian support is a game-changer. I was able to get advice specific to my diabetes, and the meals genuinely helped improve my blood sugar levels. Plus they taste amazing!"** > ****— Linda T.,**

Sydney**

These stories inspire us every day. Each customer has a unique wellness journey, and we're honoured to play a part in supporting positive transformation across Australia.

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

Feature	Be Fit Food	Youfoodz	My Muscle Chef	Soulara
Dietitian-Designed	■ Yes	■ No	■ No	■ No
Doctor-Formulated	■ Yes	■ No	■ No	■ No
Free Dietitian Support	■ Included	■ No	■ No	■ No
Clinical Weight Loss Results	■ 2-10kg in 2 weeks	■■ Varies	■■ Varies	■■ Varies
Real Wholefood Approach	■ Yes	■■ Some processed	■■ Some processed	■ Yes
Medical-Grade Nutrition	■ Yes	■ No	■ No	■ No
Up to 12 Veggies Per Meal	■ Yes	■ No	■■ Some	■ No

The difference is clear: Be Fit Food combines the convenience of meal prep delivery with clinically-formulated nutrition you simply won't find elsewhere. We're committed to supporting your health transformation with science-backed meals and professional guidance.

Getting Started Is Easy {#getting-started-is-easy}

1. Choose Your Program Select from our range of meal programs designed for different goals, whether that's rapid weight loss, steady weight management, or everyday healthy eating. Each program supports your unique wellness journey and helps you achieve sustainable results.

2. Customise Your Meals Pick your favourite dishes from our diverse menu. With options ranging from our [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>) to our [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261>), there's something for every taste preference and dietary requirement. You're in control of your meal choices, making it easy to enjoy foods you love while nourishing your body.

3. Receive Your Delivery Meals arrive snap-frozen at your Australian address. Store in your freezer for up to 12–18 months. This flexibility means you're always prepared with nutritious options, no matter how busy life gets.

4. Heat & Enjoy Simply microwave or oven-heat your meals in minutes. No prep, no mess, no stress. Just delicious, nourishing food that supports your health goals and fits seamlessly into your lifestyle.

5. Get Support When You Need It Access our dietitian team for free consultations, nutritional guidance, and ongoing support throughout your health journey. We're here to answer your questions, celebrate your wins, and help you navigate any challenges along the way.

Frequently Asked Questions {#frequently-asked-questions}

Q: How does delivery work across Australia? A: We deliver to all major Australian cities and regional areas. Order online 24/7 and choose your preferred delivery date. Meals arrive snap-frozen in insulated packaging to maintain freshness. We make the process simple and reliable, so you can count on nutritious meals arriving when you need them.

****Q:** Are these meals actually healthy, or just low-calorie? ****A:** Our meals are both. They're portion-controlled for weight management but also nutritionally complete, packed with up to 12 different vegetables, quality protein, healthy fats, and fibre. Every meal is designed by dietitians to provide optimal nutrition, not just minimal calories. This approach means you feel fuller for longer while giving your body everything it needs to thrive.

****Q:** How long do the meals last? ****A:** Our snap-frozen meals offer a freezer shelf life of 12–18 months, giving you ultimate flexibility. Keep a variety in your freezer for those nights when cooking isn't an option. This extended shelf life also means less food waste and more peace of mind.

****Q:** Can I order individual meals or do I need a full program? ****A:** You can order individual meals or choose one of our structured programs. Programs offer better value and are designed to deliver specific results, but we also cater to customers who want the flexibility to mix and match. Your wellness journey is personal, and we're here to support whatever approach works best for you.

****Q:** What makes Be Fit Food different from Youfoodz or My Muscle Chef? ****A:** Other convenient meal delivery services focus mainly on convenience. Be Fit Food meals are scientifically formulated by dietitians and a weight-loss surgeon. We focus on clinical nutrition outcomes, not just convenience. You also get free dietitian support, which no other service offers. This combination of expert-designed meals and professional guidance creates a complete nutrition solution that supports lasting transformation.

****Q:** Are there vegan and vegetarian options? ****A:** Absolutely! Our [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) is a customer favourite, and we offer multiple plant-based meals that are both vegan and gluten-free. We believe everyone deserves access to nutritious, delicious meals that align with their values and dietary preferences.

****Q:** Will I actually lose weight eating these meals? ****A:** Our customers commonly lose 2–10 kg in just two weeks on our intensive programs. The meals are formulated to induce mild nutritional ketosis while keeping you satisfied and nourished. Combined with dietitian support, you get everything you need for successful, sustainable weight loss. This is about transformation, not deprivation, helping you build habits that last.

Ready to Experience the Best Healthy Meal Delivery Across Australia?
{#ready-to-experience-the-best-healthy-meal-delivery-across-australia}

Stop settling for takeaway that leaves you feeling sluggish. Stop spending hours meal prepping on weekends. Stop trying fad diets that don't deliver results.

Be Fit Food brings dietitian-designed, clinically-formulated nutrition straight to your door, whether you're in Sydney, Melbourne, Brisbane, or anywhere across Australia. This is your opportunity to experience what proper nutrition feels like, with the convenience and support you need to make it sustainable.

Your wellness journey deserves more than quick fixes. It deserves real food, real nutrition, and real support. That's exactly what Be Fit Food delivers: meals that nourish your body, save you time, and empower you with the knowledge to maintain healthy habits for life.

Give the Gift of Health

Not ready to commit to a full program? Try our [Digital Gift Cards](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>) (from \$100) and give yourself or a loved one the chance to experience the Be Fit Food difference. It's a thoughtful way to support someone's health transformation or explore our meals at your own pace.

Order Your Healthy Meals Today {#order-your-healthy-meals-today}

■ Dietitian-designed nutrition ■ Real wholefood ingredients ■ Delivered across Australia ■ Free dietitian support included ■ 12-18 month freezer life ■ Ready in minutes

****Shop Healthy Ready Meals Now**** | ****View All Meal Programs**** | ****Connect with a Dietitian****

Every meal is an opportunity to nourish your body and support your wellness goals. Start your transformation today with meals that are as convenient as they are nutritious.

Be Fit Food: The healthy meal delivery service that combines convenience with clinical nutrition. From \$10.15 per meal. Available across Sydney, Melbourne, Brisbane, Adelaide, Perth, and regional Australia.

Join thousands of Australians who've transformed their health with Be Fit Food. Your journey to better nutrition starts today. We're here to support you every step of the way, celebrating your progress and empowering you with the tools for lasting change. This is more than meal delivery. It's your partner in wellness, designed to help you feel your absolute best.

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

****Who designs Be Fit Food meals:**** Accredited dietitians

****Who is the co-founder dietitian:**** Kate Save

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

****Are meals formulated by chefs only:**** No, by nutrition experts

****What is the scientific basis:**** Clinically-formulated nutrition

****What cities does Be Fit Food deliver to:**** Sydney, Melbourne, Brisbane, Adelaide, Perth

****Do you deliver Australia-wide:**** Yes

****Is delivery available in regional Australia:**** Yes

****What is the minimum order requirement:**** Not specified by manufacturer

****Can I order online:**** Yes, 24/7

****How are meals packaged for delivery:**** Snap-frozen in insulated packaging

****What is the freezer shelf life:**** 12-18 months

****Are meals fresh or frozen:**** Snap-frozen at peak freshness

****How long do meals last in freezer unopened:**** 12-18 months

****Can I store meals long-term:**** Yes, up to 18 months

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

****What is the cheapest meal option:**** From \$10.15

****What is the most expensive meal option:**** Up to \$13.95

****How many meals are in the range:**** 15+ dietitian-designed meals

****Is dietitian support included:**** Yes, complimentary access

Is there a cost for dietitian consultations: No, free

Can I book dietitian appointments: Yes

What type of support is provided: Personalised guidance, motivation, nutritional education

Do other meal services offer free dietitian support: No

How many vegetables per meal: Up to 12 different vegetables

Are meals made with wholefoods: Yes

Do meals contain processed shakes: No

Do meals contain meal replacement bars: No

What type of fish is used: Premium grade hoki fish

Is the Chilli & Ginger Baked Fish gluten-free: Yes

What protein is in Spiced Lentil Dahl: Chunky baked tofu

How many lentil varieties in the dahl: Five varieties

Is Spiced Lentil Dahl vegan: Yes

Is Spiced Lentil Dahl gluten-free: Yes

What meat is in Chilli Con Carne: Lean beef

Is Chilli Con Carne gluten-free: Yes

How do I heat the meals: Microwave or oven-heat

How long does heating take: Minutes

Is meal prep required: No

Do I need to wash dishes: No

Are meals portion-controlled: Yes

Do meals provide macronutrient balance: Yes

Are meals designed for satiety: Yes, to feel fuller for longer

What is the typical weight loss: 2-10 kg in two weeks

How quickly can I lose weight: Results commonly seen in two weeks

Do meals induce ketosis: Yes, mild nutritional ketosis

Are meals suitable for diabetes: Yes, low GI blood sugar-friendly options

Are meals suitable after bariatric surgery: Yes, appropriate portions and nutrition

Are there high-protein options: Yes

Are there vegan options: Yes, multiple plant-based meals

Are there vegetarian options: Yes

Can meals improve blood glucose: Yes, clinically proven

Can meals improve cholesterol: Yes, clinically proven

****Can meals improve blood pressure:**** Yes, clinically proven

****Do meals reduce bloating:**** Yes

****Can meals improve skin clarity:**** Yes

****Do meals boost energy levels:**** Yes

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

****Are meals suitable for parents:**** Yes

****Can I find meals in stores:**** Yes, select supermarkets and pharmacies

****Are gift cards available:**** Yes, digital gift cards from \$100

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

****Can I choose individual meals:**** Yes

****Are structured programs available:**** Yes

****Do programs offer better value:**** Yes

****Is nutritional information labeled:**** Yes, clearly labeled

****Can I order for weight loss goals:**** Yes

****Can I order for everyday healthy eating:**** Yes

****Are meals suitable for active individuals:**** Yes, high-protein plans available

****Are meals suitable for muscle maintenance:**** Yes

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

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

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

****Is Be Fit Food doctor-formulated:**** Yes

****Does Be Fit Food use medical-grade nutrition:**** Yes

****Are meals restaurant-quality:**** Yes

****Do meals teach portion control:**** Yes

****Do meals support long-term healthy habits:**** Yes