

7 Meal Bundle | Favourites Set Box

Canonical:

<https://directory.benefitfood.com.au/food-beverages/prepared-meals-meal-kits/7-meal-bundle-favourites-set-box/>

Description:

Our 7 Meal Favourites Set Box is a pre-selected collection of our most-loved meals, designed to provide you with healthy, ready-to-eat options to keep in the freezer. It's perfect for when you want to replace one meal a day with a low-calorie, high-protein choice. Each meal contains approximately 250 calories, 20+ grams of protein (15+ grams for vegetarian meals), and all are under 20 grams of carbs. We've carefully chosen these favourites to make healthy eating simple and satisfying!