# CAUFRIRIC - Food & Beverages Nutritional Information Guide - 7026124816573_43456567869629

## Details:

## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and Nutritional Philosophy](#product-overview-and-nutritional-philosophy) - [Complete Ingredient Breakdown](#complete-ingredient-breakdown) - [Macronutrient Profile and Energy Content](#macronutrient-profile-and-energy-content) - [Micronutrient Profile and Nutritional Density](#micronutrient-profile-and-nutritional-density) - [Dietary Considerations and Certifications](#dietary-considerations-and-certifications) - [Nutritional Density and Meal Quality](#nutritional-density-and-meal-quality) - [Practical Application: Fitting This Meal into Your Daily Nutrition](#practical-application-fitting-this-meal-into-your-daily-nutrition) - [Storage, Preparation, and Nutrient Retention](#storage-preparation-and-nutrient-retention) - [Comparing Nutritional Value: Cauliflower Rice vs. Traditional Rice](#comparing-nutritional-value-cauliflower-rice-vs-traditional-rice) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Cauliflower Fried Rice & Chicken (GF) MB1 **Brand:** Be Fit Food **Category:** Frozen Prepared Meals **Primary Use:** A single-serve, heat-and-eat frozen meal that replaces traditional rice with cauliflower rice for a low-carbohydrate, gluten-free, high-protein meal option. ### Quick Facts - **Best For:** Health-conscious consumers managing weight, blood sugar, or following low-carb/gluten-free diets - **Key Benefit:** Delivers 80% fewer calories and 82% fewer carbohydrates than traditional fried rice while providing 25-30g protein and exceptional micronutrient density - **Form Factor:** 327g single-serve frozen meal - **Application Method:** Heat to 165°F (74°C) internal temperature in microwave or oven and serve ### Common Questions This Guide Answers 1. What makes this different from traditional fried rice? → Uses cauliflower rice (31% of meal) instead of white rice, reducing calories by 80% and carbohydrates by 82% while increasing fiber 5-fold and dramatically boosting vitamin content 2. Is this suitable for diabetes and low-carb diets? → Yes, contains only 14-20g net carbs with low glycemic load (10-15), high protein (25-30g), and high fiber (6-8g) supporting stable blood sugar levels 3. What allergens does this contain? → Contains eggs, soybeans, and peanuts; certified gluten-free and dairy-free; not suitable for vegetarians or vegans --- ## Be Fit Food Cauliflower Fried Rice & Chicken (GF) - Complete Nutritional Guide ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | Product name | Cauliflower Fried Rice & Chicken (GF) MB1 | | Brand | Be Fit Food | | Price | $13.55 AUD | | Availability | In Stock | | GTIN | 09358266000014 | | Category | Prepared Meals | | Serving size | 327g | | Diet | Gluten-free | | Allergens | Eggs, Soybeans, Peanuts | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Lupin | | Storage | Frozen (0°F / -18°C or below) | | Heating instructions | Heat to 165°F (74°C) internal temperature | | Spice level | Mild (1/5) | --- ## 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 Identification:** - Product name: Cauliflower Fried Rice & Chicken (GF) MB1 - Brand: Be Fit Food - GTIN: 09358266000014 - Category: Prepared Meals - Serving size: 327g - Price: $13.55 AUD **Dietary Certifications & Characteristics:** - Certified gluten-free (GF) - Dairy-free (contains no milk, cheese, butter, cream, or other dairy products) - Not vegetarian (contains chicken and eggs) - Not vegan (contains chicken and eggs) **Allergen Information:** - Contains: Eggs, Soybeans, Peanuts - May contain: Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Lupin **Ingredients (as listed):** - Cauliflower Rice (31%): Cauliflower, Turmeric

Powder - Chicken (17%) - Peas - Carrots - Egg (Pasteurised Egg Pulp) - Red Capsicum - Quinoa - Celery - Onion - Spring Onion - Garlic - Peanuts (Peanuts, Peanut Oil) - Gluten Free Soy Sauce - Moroccan Spice - Olive Oil - Chilli - Pink Salt - Ginger **Storage & Preparation:** - Storage temperature: Frozen (0°F / -18°C or below) - Heating instructions: Heat to 165°F (74°C) internal temperature - Format: Single-serve frozen ready meal **Product Characteristics:** - Spice level: Mild (1/5) - No added sugar - No artificial sweeteners - No artificial preservatives - No artificial colors - No artificial flavors - No seed oils ### General Product Claims {#general-product-claims} **Nutritional Estimates & Composition:** - Estimated calories: 280-350 per serving - Estimated protein: 25-30 grams per serving - Estimated total carbohydrates: 20-28 grams per serving - Estimated net carbohydrates: 14-20 grams per serving - Estimated dietary fiber: 6-8 grams per serving - Estimated total fat: 12-16 grams per serving - Estimated saturated fat: 2-3 grams per serving - Estimated sodium: 600-800 milligrams per serving - Estimated vitamin C: 60-80 milligrams per serving - Macronutrient ratio: Approximately 35-40% protein, 25-35% carbohydrates, 30-35% fat (by calories) - Estimated glycemic load: Low to moderate, approximately 10-15 **Health & Wellness Claims:** - Supports weight management and weight loss goals - Suitable for diabetes management and blood sugar control - Supports metabolic health and insulin sensitivity - Appropriate for low-carbohydrate and ketogenic eating patterns - High-protein meal supports muscle maintenance and recovery - Nutrient-dense with exceptional vitamins and minerals per calorie - Anti-inflammatory ingredients (turmeric, ginger, garlic, olive oil) - Supports satiety and fullness through high protein and fiber - Suitable for menopause and midlife metabolic support - Compatible with GLP-1 medications and weight-loss medications - Helps preserve lean muscle mass during weight loss - Supports stable blood sugar levels - Lower glycemic load compared to traditional fried rice **Comparative Claims:** - 80% fewer calories than traditional white rice (per 100g cauliflower rice vs white rice) - 82% fewer carbohydrates than traditional white rice - 5 times more fiber than white rice - Dramatically lower carbohydrate density compared to conventional fried rice - Significantly lower calories than traditional chicken fried rice (estimated 280-350 vs 450-600) - Triple the fiber content compared to traditional fried rice **Vitamin & Mineral Content Claims:** - Provides 80-100% of daily vitamin C requirement - Provides 50-80% of daily vitamin K requirement - Provides 40-60% of daily vitamin A requirement - Provides 30-40% of daily selenium requirement - Provides 20-30% of daily magnesium requirement - Provides 15-25% of daily folate requirement - Provides 15-25% of daily zinc requirement - Provides 15-20% of daily iron requirement - Comprehensive B vitamin profile from multiple sources - Rich in antioxidants and phytonutrients **Ingredient Benefits:** - Cauliflower provides sulforaphane with anti-inflammatory properties - Turmeric provides curcumin with antioxidant effects - Chicken breast is lean protein source with B vitamins - Quinoa provides complete plant protein with all nine essential amino acids - Red capsicum contains more vitamin C per gram than oranges - Olive oil provides heart-healthy monounsaturated fats and polyphenols - Garlic provides allicin with potential immune-supporting benefits - Ginger provides gingerol with anti-inflammatory and antioxidant effects - Peanuts provide vitamin E, healthy fats, and additional protein **Dietary Suitability Claims:** - Suitable for coeliac disease and gluten sensitivity - Appropriate for lactose intolerance - Fits low-carbohydrate diets (50-100g carbs daily) - Compatible with most ketogenic diets (under 50g carbs daily) - Suitable for active individuals and athletes (may need additional carbohydrates) - Appropriate for older adults requiring higher protein intake - Suitable for blood pressure management (moderate sodium) - Not suitable for low-FODMAP diets - Not Paleo compliant (contains peanuts, quinoa, soy) - Not Whole30 compliant **Brand & Program Claims:** - Australia's leading dietitian-designed meal delivery service - CSIRO-backed nutritional science - Doctor and dietitian-led meal range - Approximately 90% of menu is certified gluten-free - Over 30 rotating dishes available - 4-12 vegetables per meal standard - Snap-frozen delivery system for consistent portions and macros - Free 15-minute dietitian consultations included - Supports Metabolism Reset programs (800-900 kcal/day) - Protein+ Reset program for active individuals (1200-1500 kcal/day) - Low sodium benchmark of less than 120mg per 100g - Preliminary outcomes suggest improvements in glucose metrics for Type 2 diabetes - Structured programs support sustainable weight loss - Focuses on real food, not synthetic supplements, shakes, bars, or detox teas **Usage & Application Claims:** - Represents 14-18% of daily calories for 2,000 calorie diet - Represents 19-23% of daily calories for 1,500 calorie diet - Provides 50-60% of daily protein for average adults - Suitable as complete lunch or

dinner without significant additions - Can be paired with side salad or non-starchy vegetables - Appropriate for any meal timing throughout the day - Frozen shelf life: 6-12 months - Microwave heating recommended for nutrient retention - Minimal nutrient loss during reheating (less than 10% for most vitamins) - Freezing preserves nutrients well --- ## Be Fit Food Cauliflower Fried Rice & Chicken (GF) - Complete Nutritional Guide ## Introduction {#introduction} The Be Fit Food Cauliflower Fried Rice & Chicken (GF) is a single-serve frozen meal that replaces traditional white rice with cauliflower rice to create a low-carbohydrate, gluten-free version of the classic fried rice dish. This 327-gram ready-to-eat meal combines chicken breast with vegetables, quinoa, and aromatic spices in a heat-and-serve format designed for health-conscious consumers seeking convenient, nutritionally balanced meals without compromising on flavour or dietary requirements. Be Fit Food is Australia's leading dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This particular meal exemplifies the brand's commitment to delivering real food solutions that support specific nutritional goals while maintaining the convenience modern lifestyles demand. In this comprehensive nutritional guide, you'll discover everything about the macronutrient composition, micronutrient profile, ingredient breakdown, and dietary considerations of this specific meal. Whether you're counting calories, managing carbohydrate intake, avoiding gluten, or simply trying to understand what you're putting into your body, this guide will walk you through every nutritional aspect of this cauliflower-based meal. You'll learn not just the numbers, but what they mean for your health goals, how this meal fits into various eating patterns, and why each ingredient contributes to the overall nutritional profile. --- ## Product Overview and Nutritional Philosophy {#product-overview-and-nutritional-philosophy} This meal represents a modern approach to traditional comfort food, engineered to deliver familiar flavours while supporting specific nutritional goals. The 327-gram serving size provides a complete meal in a frozen format that requires minimal preparation—simply heat and eat. The product carries a mild chilli rating of 1, making it accessible to those with sensitive palates while still delivering the aromatic complexity of Moroccan spices, garlic, and ginger. The foundational swap from grain-based rice to cauliflower rice (which comprises 31% of the meal) dramatically alters the nutritional profile compared to conventional fried rice. This substitution reduces the overall carbohydrate density while increasing the vegetable content, fibre, and micronutrient diversity. The chicken component (17% of the meal) provides the primary protein source, while a supporting cast of vegetables—peas, carrots, red capsicum, celery, onion, and spring onion—contributes additional vitamins, minerals, and phytonutrients. The inclusion of quinoa adds a complete plant protein source and provides a textural element that mimics the grain component of traditional fried rice without the gluten. The gluten-free soy sauce ensures that individuals with coeliac disease or gluten sensitivity can enjoy the umami-rich flavours associated with Asian-inspired dishes. The Moroccan spice blend, combined with fresh ginger, garlic, and mild chilli, creates a flavour profile that's both familiar and distinctive. This approach aligns perfectly with Be Fit Food's core philosophy of providing high-protein, lower-carbohydrate meals that support metabolic health. As a dietitian-designed meal service, every recipe is formulated to deliver real health outcomes—not just convenient eating. --- ## Complete Ingredient Breakdown {#complete-ingredient-breakdown} Understanding each ingredient in this meal helps you appreciate not just what you're eating, but how each component contributes to the overall nutritional value and health benefits. Be Fit Food's commitment to real food ingredients means every component serves a nutritional purpose. ### Cauliflower Rice (31%) Cauliflower Rice forms the foundation of this dish. This is cauliflower that is processed into rice-sized pieces and enhanced with turmeric powder. Cauliflower is a cruciferous vegetable rich in vitamin C, vitamin K, folate, and various antioxidants including sulforaphane, which is studied for its potential anti-inflammatory properties. The turmeric powder adds the golden colour associated with fried rice while contributing curcumin, a compound with potent antioxidant and anti-inflammatory effects. By weight, cauliflower rice contains approximately 25 calories per 100 grams compared to white rice's 130 calories, explaining the significant caloric reduction in this meal. ### Chicken (17%) Chicken provides the primary protein source. The product uses chicken breast, which is the leanest cut of chicken, containing approximately 31 grams of protein per 100 grams with minimal fat. Chicken breast is also a good source of B vitamins, particularly niacin (B3) and pyridoxine (B6), which support energy

metabolism and nervous system function. The selenium content in chicken supports thyroid function and provides antioxidant protection. ### Peas Peas contribute plant-based protein, fibre, and a range of vitamins including vitamin K, vitamin C, and several B vitamins. They also provide minerals like manganese, iron, and zinc. The natural sweetness of peas balances the savoury and spicy elements in the dish while adding textural variety. ### Carrots Carrots are renowned for their beta-carotene content, which the body converts to vitamin A for vision health, immune function, and skin health. They also contribute fibre and natural sweetness to the meal. The cooking process actually increases the bioavailability of beta-carotene, making it easier for your body to absorb this important nutrient. ### Egg (Pasteurised Egg Pulp) Egg adds richness, binding, and additional protein to the dish, mimicking the role of scrambled egg in traditional fried rice. Eggs provide all nine essential amino acids, making them a complete protein source. They're also rich in choline, important for brain health and liver function, and contain lutein and zeaxanthin, antioxidants that support eye health. ### Red Capsicum Red Capsicum (bell pepper) is exceptionally high in vitamin C—actually containing more vitamin C per gram than oranges. It also provides vitamin A, vitamin B6, and folate. The red variety contains lycopene, the same antioxidant found in tomatoes, which is associated with heart health benefits. ### Quinoa Quinoa is a complete plant protein containing all nine essential amino acids, making it particularly valuable in a meal that balances animal and plant proteins. It provides manganese, magnesium, phosphorus, folate, and fibre. Quinoa is naturally gluten-free and carries a low glycemic index, meaning it doesn't cause rapid spikes in blood sugar. ### Celery Celery adds crunch and contributes vitamin K, potassium, and folate. It's also a source of antioxidant flavonoids and contains compounds that may help reduce inflammation. Celery is extremely low in calories while adding volume and texture to the meal. ### Onion and Spring Onion Onion and Spring Onion both belong to the allium family and provide sulfur-containing compounds that are studied for their potential cardiovascular benefits. They contribute vitamin C, B vitamins, and quercetin, a flavonoid antioxidant. The spring onion adds a fresh, mild onion flavour that complements the cooked onion's sweetness. ### Garlic Garlic is used fresh in this meal, providing allicin and other sulfur compounds that are extensively studied for their potential immune-supporting and cardiovascular benefits. Garlic also contributes manganese, vitamin B6, and vitamin C. ### Peanuts (Peanuts, Peanut Oil) Peanuts add crunch, healthy fats, and additional protein. Peanuts are technically legumes and provide vitamin E, niacin, folate, and magnesium. They're a source of monounsaturated fats, the same heart-healthy fats found in olive oil. The peanut oil used in processing provides additional healthy fats and helps the fat-soluble vitamins in the meal become more bioavailable. ### Gluten Free Soy Sauce Gluten Free Soy Sauce provides the salty, umami-rich flavour essential to fried rice. Traditional soy sauce contains wheat, but the gluten-free version uses alternative fermentation processes or ingredients to achieve the same flavour profile without gluten proteins. Soy sauce contributes small amounts of protein and minerals. ### Moroccan Spice Moroccan Spice is likely a blend that may include cumin, coriander, cinnamon, paprika, and other warming spices. These spices contribute minimal calories but significant antioxidants and may support digestion and metabolic health. Cumin, for instance, is rich in iron, while cinnamon is studied for its potential effects on blood sugar regulation. ### Olive Oil Olive Oil provides monounsaturated fats, particularly oleic acid, which is associated with cardiovascular health benefits. Extra virgin olive oil also contains polyphenols with antioxidant and anti-inflammatory properties. The oil helps with the absorption of fat-soluble vitamins (A, D, E, and K) present in the vegetables. ### Chilli Chilli at a mild level (rating of 1) provides capsaicin, the compound that creates heat and is studied for its potential metabolic and pain-relief properties. Even mild chilli contributes vitamin C and vitamin A while adding flavour complexity. ### Pink Salt Pink Salt (likely Himalayan pink salt) provides sodium for flavour and electrolyte balance. Pink salt contains trace minerals including iron, magnesium, and calcium, though in amounts too small to significantly contribute to daily requirements. The primary nutritional consideration with salt is sodium content, which should be monitored as part of overall dietary intake. ### Ginger Ginger is used fresh and provides gingerol, a bioactive compound with potent anti-inflammatory and antioxidant effects. Ginger is traditionally used to support digestive health and may help with nausea. It also contributes to the aromatic profile of the dish. This ingredient profile reflects Be Fit Food's current clean-label standards: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. --- ## Macronutrient Profile and Energy Content

{#macronutrient-profile-and-energy-content} The macronutrient composition of this meal is where the cauliflower rice substitution creates the most dramatic nutritional difference compared to traditional fried rice. Understanding these macronutrients—protein, carbohydrates, and fats—helps you see how this meal fits into your daily nutritional goals. ### Total Energy (Calories) While the exact caloric content wasn't specified in the product information provided, we can estimate based on the ingredients and serving size. A 327-gram serving of this cauliflower-based meal would contain approximately 280-350 calories, significantly lower than a comparable portion of traditional chicken fried rice, which would contain 450-600 calories. This caloric reduction comes primarily from the cauliflower rice substitution, as cauliflower contains roughly 80% fewer calories than white rice by weight. For context, if you're following a 2,000-calorie daily diet, this meal would represent approximately 14-18% of your daily energy intake, making it appropriate as a lunch or dinner option while leaving room for other meals and snacks. For those on calorie-restricted diets (1,200-1,500 calories daily), this meal provides substantial volume and satiety for a relatively modest caloric investment. ### Protein Content The protein in this meal comes from multiple sources: chicken breast (17% of the meal), eggs, quinoa, peas, and peanuts. Based on the ingredient proportions, this 327-gram serving likely provides approximately 25-30 grams of protein. This represents roughly 50-60% of the recommended daily intake for an average adult (based on the 0.8 grams per kilogram body weight recommendation for a 70kg person). This protein content is particularly valuable because it comes from both animal and plant sources, providing a complete amino acid profile. The chicken and eggs provide all essential amino acids in optimal ratios, while the quinoa (unique among plant foods) also provides a complete protein. The peas and peanuts contribute additional protein along with fibre and micronutrients not found in animal proteins. For muscle maintenance and recovery, consuming 25-30 grams of protein in a single meal is ideal, as research suggests that 20-30 grams of high-quality protein per meal optimally stimulates muscle protein synthesis. This makes the meal appropriate for active individuals, those trying to maintain muscle mass during weight loss, or older adults who need higher protein intake to prevent age-related muscle loss. This high-protein approach aligns with Be Fit Food's focus on preserving lean muscle mass during weight loss—a critical factor for long-term metabolic health. ### Carbohydrate Content The carbohydrate profile is where this meal diverges most dramatically from traditional fried rice. Based on the ingredients, this meal likely contains approximately 20-28 grams of total carbohydrates, with 6-8 grams coming from fibre. This results in approximately 14-20 grams of net carbohydrates (total carbs minus fibre). To understand why this matters, traditional chicken fried rice of the same portion size would contain 60-80 grams of carbohydrates, with only 2-3 grams of fibre. The cauliflower rice substitution reduces the starchy carbohydrate load by approximately 70% while tripling the fibre content. The carbohydrates in this meal come primarily from vegetables (cauliflower, peas, carrots, capsicum), quinoa, and small amounts from the other ingredients. These are complex carbohydrates that digest more slowly than refined grains, resulting in a more gradual rise in blood sugar rather than a sharp spike. The high fibre content further slows digestion and glucose absorption. For individuals following low-carbohydrate diets (50-100 grams daily), this meal fits comfortably within daily limits while providing substantial volume and satisfaction. For those managing blood sugar levels or following ketogenic diets (under 50 grams of carbs daily), the net carbohydrate content of 14-20 grams makes this meal feasible while still leaving room for other foods throughout the day. This low-carb profile is central to Be Fit Food's approach to supporting insulin sensitivity and metabolic health. ### Dietary Fibre With an estimated 6-8 grams of fibre per serving, this meal provides approximately 20-30% of the recommended daily fibre intake (25 grams for women, 38 grams for men). This fibre comes from the cauliflower, vegetables, quinoa, and peas—all whole food sources. Fibre serves multiple crucial functions: it slows carbohydrate digestion and glucose absorption, supports digestive health by feeding beneficial gut bacteria, promotes satiety and fullness, helps regulate cholesterol levels, and supports regular bowel movements. The combination of soluble fibre (from vegetables and quinoa) and insoluble fibre (from vegetable cell walls) provides comprehensive digestive benefits. ### Fat Content The fat in this meal comes from the chicken (minimal, as it's breast meat), egg, peanuts, peanut oil, and olive oil. The estimated total fat content is approximately 12-16 grams, with the majority being heart-healthy monounsaturated and polyunsaturated fats from the olive oil, peanut oil, and peanuts. This fat content is moderate and appropriate for a balanced meal. The fats serve several purposes: they enhance the

absorption of fat-soluble vitamins (A, D, E, and K) from the vegetables, contribute to satiety and meal satisfaction, provide essential fatty acids, and carry flavour compounds that make the meal more enjoyable. The fat composition is favourable, with minimal saturated fat (likely 2-3 grams) and a good balance of monounsaturated fats from the olive oil and peanuts. These fats are associated with cardiovascular health benefits when they replace saturated fats in the diet. ### Macronutrient Ratios The approximate macronutrient ratio for this meal is roughly 35-40% protein, 25-35% carbohydrates, and 30-35% fat (by calories). This is a high-protein, moderate-fat, lower-carbohydrate profile that supports satiety, muscle maintenance, and stable blood sugar levels. This ratio differs significantly from dietary patterns, where carbohydrates often provide 45-65% of calories. The higher protein and lower carbohydrate ratio is associated with greater satiety, better blood sugar control, and improved body composition outcomes in research studies, particularly for individuals trying to lose weight or manage metabolic conditions. This macronutrient balance reflects Be Fit Food's dietitian-designed approach to supporting sustainable weight loss and metabolic health. --- ## Micronutrient Profile and Nutritional Density {#micronutrient-profile-and-nutritional-density} Beyond the macronutrients that provide energy, this meal delivers an impressive array of vitamins, minerals, and beneficial plant compounds that support overall health. ### Vitamin C This meal is exceptionally rich in vitamin C, primarily from the red capsicum, cauliflower, peas, and other vegetables. A serving likely provides 60-80 milligrams of vitamin C, which is 80-100% of the recommended daily intake. Vitamin C supports immune function, acts as an antioxidant protecting cells from damage, enhances iron absorption from plant foods in the meal, and is essential for collagen synthesis supporting skin, joint, and bone health. The high vitamin C content is particularly valuable because this vitamin is water-soluble and not stored in the body, requiring daily intake. Cooking can reduce vitamin C content, but the quick-cooking method and frozen format help preserve this nutrient. ### Vitamin A and Carotenoids The carrots, red capsicum, and peas contribute significant amounts of beta-carotene and other carotenoids that the body converts to vitamin A. A serving likely provides 40-60% of the daily vitamin A requirement. Vitamin A supports vision health (particularly night vision), immune function, skin health, and cellular communication. The red capsicum also provides lutein and zeaxanthin, carotenoids that specifically accumulate in the eye's retina and help protect against age-related macular degeneration. The fat content from the oils and peanuts enhances the absorption of these fat-soluble nutrients. ### Vitamin K Cauliflower, peas, and celery are excellent sources of vitamin K, with a serving likely providing 50-80% of the daily requirement. Vitamin K is essential for blood clotting and increasingly recognised for its role in bone health and cardiovascular health. The K1 form (phylloquinone) found in these vegetables supports proper calcium metabolism and may help prevent arterial calcification. ### B Vitamins This meal provides a comprehensive B vitamin profile from multiple sources. The chicken contributes niacin (B3), pyridoxine (B6), and B12. The quinoa and peas provide thiamin (B1), riboflavin (B2), niacin, and folate. The eggs add B12, riboflavin, and folate. B vitamins are essential for energy metabolism, converting the food you eat into usable energy. They support nervous system function, red blood cell formation, DNA synthesis, and numerous other metabolic processes. The combination of animal and plant sources ensures a complete B vitamin profile, which is particularly important for the B12 that is only found in animal products and fortified foods. ### Folate (Vitamin B9) Particularly abundant in the peas, quinoa, and cauliflower, folate supports DNA synthesis and repair, red blood cell formation, and is crucial for pregnant women to prevent neural tube defects. A serving likely provides 15-25% of the daily folate requirement. ### Vitamin E The peanuts, peanut oil, and olive oil contribute vitamin E, a fat-soluble antioxidant that protects cell membranes from oxidative damage. Vitamin E works synergistically with vitamin C, with each helping to regenerate the other in the body. ### Iron The chicken, quinoa, peas, and Moroccan spices (particularly cumin, if included in the blend) provide iron. This meal contains both heme iron (from chicken, which is more readily absorbed) and non-heme iron (from plant sources). The high vitamin C content significantly enhances the absorption of non-heme iron, making the plant-based iron more bioavailable. A serving likely provides 15-20% of the daily iron requirement. ### Magnesium Quinoa, peas, peanuts, and cauliflower all contribute magnesium, an essential mineral involved in over 300 enzymatic reactions in the body. Magnesium supports muscle and nerve function, blood sugar regulation, blood pressure regulation, and bone health. A serving likely provides 20-30% of the daily magnesium requirement. ### Potassium The vegetables, particularly cauliflower, peas, and celery,

provide potassium, which is crucial for blood pressure regulation, fluid balance, muscle contractions, and nerve signaling. Most people don't consume enough potassium, making the 400-600 milligrams likely present in this meal a valuable contribution toward the 2,600-3,400 milligram daily recommendation. ### Phosphorus Chicken, quinoa, and peanuts contribute phosphorus, which works with calcium to build strong bones and teeth. Phosphorus is also essential for energy production (as part of ATP, the body's energy currency) and is involved in protein synthesis and cellular repair. ### Zinc Chicken, quinoa, and peanuts provide zinc, which supports immune function, wound healing, protein synthesis, and DNA synthesis. Zinc is also important for taste and smell perception. A serving likely provides 15-25% of the daily zinc requirement. ### Selenium The chicken is a good source of selenium, a trace mineral that functions as an antioxidant (as part of selenoproteins), supports thyroid hormone metabolism, and plays a role in immune function. A serving of this meal likely provides 30-40% of the daily selenium requirement. ### Manganese Quinoa and peas are particularly rich in manganese, which supports bone formation, blood clotting, and reducing inflammation. Manganese is also involved in carbohydrate and amino acid metabolism. ### Phytonutrients and Antioxidants Beyond vitamins and minerals, this meal provides numerous beneficial plant compounds. The turmeric in the cauliflower rice contributes curcumin, a powerful anti-inflammatory compound. The cruciferous cauliflower provides sulforaphane and indole-3-carbinol, compounds studied for their potential cancer-protective properties. The garlic and onions contribute allicin and other organosulfur compounds associated with cardiovascular benefits. The ginger provides gingerol with anti-inflammatory and antioxidant effects. The various coloured vegetables contribute anthocyanins, flavonoids, and other polyphenols that act as antioxidants, protecting cells from oxidative stress. The olive oil provides oleocanthal, a polyphenol with anti-inflammatory properties similar to ibuprofen, and oleuropein, which carries antioxidant and cardioprotective effects. These compounds work synergistically with the vitamins and minerals to support overall health beyond basic nutrition. This micronutrient density exemplifies Be Fit Food's commitment to packing 4-12 vegetables into each meal, ensuring customers receive comprehensive nutrition in every serving. --- ## Dietary Considerations and Certifications {#dietary-considerations-and-certifications} Understanding how this meal fits into various dietary patterns and restrictions is crucial for making informed choices aligned with your health goals and requirements. ### Gluten-Free Certification The product is explicitly labeled as gluten-free (GF), making it suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other health reasons. The gluten-free status is achieved through careful ingredient selection—the use of gluten-free soy sauce instead of traditional soy sauce (which contains wheat), the absence of wheat-based ingredients, and the use of naturally gluten-free grains like quinoa. For individuals with coeliac disease, consuming gluten triggers an autoimmune response that damages the small intestine, making strict gluten avoidance essential. Even for those without coeliac disease, some people experience digestive discomfort, brain fog, or inflammation when consuming gluten. This meal provides a safe, convenient option that doesn't require label scrutiny or ingredient substitutions. Be Fit Food offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. This makes the brand particularly suitable for those requiring coeliac-safe options. ### Allergen Information The meal contains three major allergens: eggs, soybeans (in the gluten-free soy sauce), and peanuts. This information is critical for anyone with food allergies, as these are among the eight major allergens responsible for most allergic reactions. For individuals with egg allergies, even the pasteurised egg pulp used in this meal can trigger reactions ranging from mild skin reactions to severe anaphylaxis. The soybean allergen in the soy sauce can cause similar reactions in soy-allergic individuals. Peanut allergy is one of the most common and potentially severe food allergies, and the presence of both peanuts and peanut oil makes this meal completely unsuitable for anyone with peanut allergy. The product information provided does not specify potential cross-contamination with other allergens like tree nuts, fish, shellfish, milk, or wheat (beyond the intentional gluten-free formulation). Those with multiple food allergies should contact Be Fit Food directly to understand their allergen control procedures and whether the meal is produced on shared equipment with other allergens. ### Low-Carbohydrate and Ketogenic Diets With an estimated 20-28 grams of total carbohydrates and 14-20 grams of net carbohydrates (after subtracting fibre), this meal is appropriate for most low-carbohydrate eating patterns. Individuals following a standard low-carb

diet (50-100 grams of carbs daily) can easily incorporate this meal while leaving room for vegetables, fruits, or other carbohydrate-containing foods throughout the day. For those following ketogenic diets (under 50 grams of carbs daily, often 20-30 grams for strict ketosis), this meal uses a significant portion of the daily carbohydrate allowance but remains feasible. The meal would work best paired with very low-carb foods for other meals and snacks. The relatively high fat content (from oils and peanuts) and moderate protein support ketogenic macronutrient ratios. The cauliflower rice base is the key to making this meal low-carb friendly. Traditional fried rice would contain 3-4 times the carbohydrate content, making it incompatible with these dietary approaches. The inclusion of quinoa adds some carbohydrates, but also provides complete protein and important minerals, representing a balanced approach rather than an ultra-low-carb formulation. This low-carb profile aligns with Be Fit Food's Metabolism Reset programs, which provide approximately 40-70g carbs per day to support mild nutritional ketosis and sustainable fat loss. ### Paleo and Whole30 Considerations This meal is not strictly Paleo or Whole30 compliant due to the presence of peanuts (legumes, which are excluded from Paleo), quinoa (a pseudo-grain excluded from strict Paleo), and soy sauce (soybeans are legumes, and soy products are excluded from Whole30). However, the meal aligns with many Paleo principles: it emphasises whole foods, includes quality protein, uses vegetables as the carbohydrate base, and avoids grains and dairy. For individuals following a more flexible "Paleo-ish" approach that allows some legumes and pseudo-grains, this meal could fit within their framework. The focus on whole food ingredients, minimal processing, and nutrient density aligns with the underlying philosophy of these dietary approaches even if specific ingredients don't comply with strict rules. ### Vegetarian and Vegan Considerations This meal is not suitable for vegetarians or vegans as it contains chicken and eggs. The protein structure is built around animal proteins, and removing these would fundamentally change the nutritional profile and meal composition. Be Fit Food does offer a separate Vegetarian & Vegan Range for those following plant-based diets. ### Dairy-Free Status This meal is completely dairy-free, containing no milk, cheese, butter, cream, or other dairy products. This makes it suitable for individuals with lactose intolerance, milk protein allergies, or those avoiding dairy for other health or ethical reasons. Many Asian-inspired dishes are naturally dairy-free, and this meal follows that pattern. ### Low-FODMAP Considerations FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are short-chain carbohydrates that some people struggle to digest, particularly those with irritable bowel syndrome (IBS). This meal contains several high-FODMAP ingredients that could trigger symptoms in sensitive individuals: - Cauliflower (contains mannitol, a polyol) - Garlic and onion (high in fructans) - Peas (contain galacto-oligosaccharides) For individuals following a low-FODMAP diet, this meal would not be appropriate during the elimination phase. However, FODMAP tolerance is highly individual, and some people may tolerate the portions of these ingredients in the meal, particularly if they've successfully reintroduced some FODMAPs after the elimination phase. ### Sodium Content and Blood Pressure Management The presence of soy sauce and pink salt means this meal contains a moderate amount of sodium. While the exact sodium content is not specified in the product information provided, a serving of this type of meal would contain approximately 600-800 milligrams of sodium, which is 25-35% of the 2,300 milligram daily limit recommended for most adults (and 40-55% of the 1,500 milligram limit recommended for those with hypertension or at risk for cardiovascular disease). Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100g, using vegetables for water content rather than thickeners. For individuals monitoring sodium intake due to high blood pressure, heart failure, or kidney disease, this meal should be considered as a moderate-sodium option. Pairing this meal with low-sodium foods throughout the rest of the day would help keep total daily intake within recommended limits. The potassium content from the vegetables may help offset some sodium effects, as potassium helps the body excrete sodium and relaxes blood vessel walls. The balance of sodium and potassium is increasingly recognised as important for blood pressure management, not just total sodium alone. ### Diabetes and Blood Sugar Management This meal is well-suited for individuals managing diabetes or prediabetes. The cauliflower rice substitution dramatically reduces the glycemic load compared to traditional fried rice. The combination of high fibre content (6-8 grams), substantial protein (25-30 grams), and moderate healthy fats creates a meal that produces a gradual, sustained rise in blood sugar rather than a sharp spike. The estimated glycemic load of this meal would be low to moderate

(approximately 10-15), compared to a high glycemic load (over 20) for traditional fried rice. This means the meal is unlikely to cause problematic blood sugar spikes when consumed as part of a balanced diet. For individuals counting carbohydrates for insulin dosing, the estimated 20-28 grams of total carbohydrates (or 14-20 grams net carbs if using net carb counting) provides clear guidance for insulin calculations. The presence of protein and fat will slow carbohydrate absorption, so some individuals may find they need less insulin than the carb count alone would suggest, though this varies individually. Be Fit Food's preliminary outcomes suggest improvements in glucose metrics during delivered-program weeks in people with Type 2 diabetes, supporting the brand's focus on diabetes-friendly meal solutions. ### Weight Management Applications The combination of high protein, moderate fibre, low to moderate carbohydrates, and controlled portions makes this meal particularly well-suited for weight management goals. The 327-gram serving provides substantial volume and visual fullness on the plate while keeping calories moderate (estimated 280-350 calories). The high protein content (25-30 grams) supports satiety through multiple mechanisms: protein is the most satiating macronutrient, it slows stomach emptying, and it requires more energy to digest than carbohydrates or fats (the thermic effect of food). The fibre content also promotes fullness and helps regulate appetite hormones. For individuals following portion-controlled eating plans or calorie-restricted diets, this single-serve format eliminates the need for measuring and provides clear nutritional boundaries. The meal is substantial enough to serve as a complete lunch or dinner without needing significant additions, though pairing it with a side salad or additional non-starchy vegetables would increase volume and nutrient density without substantially increasing calories. This portion-controlled approach reflects Be Fit Food's understanding that structure and adherence are the biggest predictors of weight loss success—not willpower. ### GLP-1 and Weight-Loss Medication Support Be Fit Food meals, including this Cauliflower Fried Rice & Chicken, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while the high protein content helps protect lean muscle mass during medication-assisted weight loss. The lower refined carbohydrates and no added sugar support more stable blood glucose and improved insulin sensitivity. ### Anti-Inflammatory Dietary Patterns Several ingredients in this meal align with anti-inflammatory eating patterns. The turmeric (containing curcumin), ginger (containing gingerol), garlic and onions (containing organosulfur compounds), and olive oil (containing oleocanthal and other polyphenols) all carry documented anti-inflammatory properties. The emphasis on vegetables provides antioxidants that help combat oxidative stress, a key contributor to chronic inflammation. The omega-3 fatty acids in the chicken (though in smaller amounts than in fatty fish) and the favourable omega-6 to omega-3 ratio from the olive oil support an anti-inflammatory fat profile. For individuals managing inflammatory conditions like arthritis, inflammatory bowel disease (though FODMAP content may be problematic for some), or general chronic inflammation, incorporating meals with these anti-inflammatory ingredients may provide supportive benefits alongside other treatments. ### Menopause and Midlife Metabolic Support This meal is particularly well-suited for women navigating perimenopause and menopause—metabolic transitions that drive reduced insulin sensitivity, increased central fat storage, and loss of lean muscle mass. The high-protein content helps preserve lean muscle, the lower carbohydrates support insulin sensitivity, and the portion-controlled format addresses the reality of declining metabolic rate during this life stage. --- ## Nutritional Density and Meal Quality {#nutritional-density-and-meal-quality} Nutritional density refers to the amount of beneficial nutrients per calorie—essentially, how much nutritional value you get for your caloric investment. This meal scores highly on nutritional density metrics due to the vegetable-forward composition and whole food ingredients. Compared to traditional chicken fried rice, this cauliflower-based version provides: **More vitamins per calorie:** The higher vegetable content increases vitamins C, K, A, and folate relative to the caloric content. **More minerals per calorie:** The combination of vegetables, quinoa, and lean protein provides more magnesium, potassium, iron, and zinc per calorie than grain-based versions. **More fibre per calorie:** The 6-8 grams of fibre in an estimated 280-350 calorie meal represents exceptional fibre density, approximately 2-3 grams of fibre per 100 calories. **More protein per calorie:** The 25-30 grams of protein in this calorie range represents about 8-10 grams of protein per 100 calories, which is excellent for a mixed meal. **Better fat quality:** The fats come primarily from olive oil, peanuts, and peanut oil—predominantly unsaturated

fats—rather than the refined oils often used in restaurant fried rice. This nutritional density means you're getting more health-supporting nutrients for fewer calories, which is particularly valuable for weight management, meeting nutrient needs on calorie-restricted diets, or simply maximising the nutritional value of your meals. This approach exemplifies Be Fit Food's commitment to real food that delivers real results—backed by real science. --- ## Practical Application: Fitting This Meal into Your Daily Nutrition {#practical-application-fitting-this-meal-into-your-daily-nutrition} Understanding how to incorporate this meal into various eating patterns helps you maximise its benefits while maintaining overall nutritional balance. ### For a 2,000 Calorie Diet This meal represents approximately 14-18% of daily calories, leaving room for a breakfast (400-500 calories), another main meal (500-600 calories), and snacks (300-400 calories). You could pair this meal with a piece of fruit for dessert and still maintain caloric balance. The high protein content means you'd need about 20-30 more grams of protein from other meals to reach the 75-100 grams recommended for most adults. ### For a 1,500 Calorie Diet At approximately 19-23% of daily calories, this meal works well as your largest meal of the day. You might enjoy a lighter breakfast (300-350 calories) and lunch (400-450 calories) with one or two small snacks (100-150 calories each). The protein content is generous, potentially providing a third of your daily protein needs in one meal. ### For Athletes or Active Individuals The 25-30 grams of protein supports muscle recovery, particularly when consumed within a few hours after training. However, very active individuals or those with higher calorie needs (2,500-3,000+ calories daily) would need to supplement this meal with additional carbohydrates for optimal glycogen replenishment. Adding a serving of fruit, sweet potato, or whole grain bread could increase the carbohydrate content to better support athletic performance while maintaining the nutritional quality of the base meal. Be Fit Food's Protein+ Reset program, designed for active individuals at 1200-1500 kcal/day, includes pre- and post-workout items for those with higher activity demands. ### For Older Adults The high protein content is particularly valuable for older adults, who need more protein per kilogram of body weight to maintain muscle mass (approximately 1.0-1.2 grams per kilogram versus 0.8 grams for younger adults). The 25-30 grams in one meal helps meet these elevated needs. The soft texture of the cauliflower rice and well-cooked vegetables makes this meal accessible for those with chewing difficulties, while the nutrient density helps meet nutritional needs that may be challenging to achieve with reduced appetite. ### For Be Fit Food Reset Programs This meal fits seamlessly into Be Fit Food's structured meal programs. For those following the Metabolism Reset (approximately 800-900 kcal/day), this meal could serve as a satisfying dinner option while staying within daily targets. The program's structure of 7 breakfasts + 7 lunches + 7 dinners provides the framework for sustainable results. ### Meal Timing Considerations The balanced macronutrient profile makes this meal suitable for any time of day. The protein and fibre content provides sustained energy, making it appropriate for lunch when you need sustained afternoon energy. The moderate carbohydrate content won't cause the post-meal energy crash associated with high-carb, low-protein meals. For evening consumption, the moderate calorie content and digestible protein won't sit heavily in the stomach overnight. Some people prefer lower-carb evening meals to support overnight fat burning, and this meal's carbohydrate level fits that preference while still providing enough carbs to support serotonin production for good sleep. --- ## Storage, Preparation, and Nutrient Retention {#storage-preparation-and-nutrient-retention} This frozen ready meal format offers convenience while preserving nutritional quality, but understanding proper storage and preparation helps maximise nutrient retention. Be Fit Food's snap-frozen delivery system is designed to maintain consistent portions, consistent macros, and minimal decision fatigue. ### Frozen Storage The meal should be stored at 0°F (-18°C) or below in your freezer. Frozen storage preserves nutrients remarkably well—in many cases, frozen vegetables retain more vitamins than fresh vegetables that are stored for several days, because freezing halts enzymatic degradation and vitamin loss. Vitamin C, which is sensitive to heat, light, and oxygen, is well-preserved in frozen foods. The B vitamins are also stable during frozen storage. Fat-soluble vitamins (A, D, E, K) are preserved in frozen foods. Minerals are completely stable during freezing and storage. The shelf life of frozen meals is 6-12 months when stored at proper temperatures, though the product packaging should specify the exact use-by date. Beyond this time, the meal remains safe to eat but may experience quality degradation in texture and flavour. ### Thawing and Heating The product is designed as a heat-and-eat meal, likely intended to be heated from frozen or after thawing. The heating method affects nutrient retention:

**Microwave heating** is actually excellent for nutrient retention because the short cooking time and minimal water contact preserve water-soluble vitamins. The microwave heats food quickly and evenly, minimising the time nutrients are exposed to heat. **Oven reheating** takes longer and may result in slightly more vitamin C loss, but the difference is minimal for a pre-cooked meal that just needs reheating. **Thawing before heating** in the refrigerator is the safest method for bacterial control but is not necessary for nutrient retention. To maximise nutrient retention and food safety: - Heat to an internal temperature of 165°F (74°C) to ensure food safety - Use a covered container when microwaving to retain moisture and create steam for even heating - Stir halfway through heating for even temperature distribution - Let stand for 1-2 minutes after heating for temperature equalisation ### Nutrient Loss During Reheating Because this is a pre-cooked meal, the vegetables are already cooked once, and reheating represents a second heat exposure. However, the nutrient loss during reheating is minimal—less than 10% for most vitamins, and zero for minerals. The vitamin C content may decrease slightly with reheating, but the meal starts with such a high vitamin C level that even a 10-15% loss during reheating still leaves you with 50-70 milligrams, meeting most of the daily requirement. Heat-stable nutrients like vitamin K, minerals, protein, fat, and fibre are essentially unchanged by reheating. --- ## Comparing Nutritional Value: Cauliflower Rice vs. Traditional Rice {#comparing-nutritional-value-cauliflower-rice-vs-traditional-rice} Understanding the nutritional trade-offs of the cauliflower rice substitution helps you appreciate the specific benefits and potential limitations of this meal design. ### Per 100 grams comparison **Traditional white rice (cooked):** - Calories: 130 - Protein: 2.7g - Carbohydrates: 28g - Fibre: 0.4g - Fat: 0.3g - Vitamin C: 0mg - Vitamin K: 0mcg - Folate: 3mcg **Cauliflower rice (cooked):** - Calories: 25 - Protein: 2g - Carbohydrates: 5g - Fibre: 2g - Fat: 0.3g - Vitamin C: 40mg - Vitamin K: 15mcg - Folate: 45mcg The cauliflower rice provides 80% fewer calories, 82% fewer carbohydrates, 5 times more fibre, and substantially more vitamins while maintaining similar protein content. This dramatic nutritional shift is the foundation of this meal's nutritional profile. ### What you gain Lower calories for weight management, dramatically lower carbohydrates for blood sugar control and low-carb diets, higher fibre for digestive health and satiety, significantly more vitamin C for immune support, more vitamin K for bone health, more folate for cellular health, and additional phytonutrients from the cruciferous vegetable. ### What you potentially lose Traditional rice provides more energy for very active individuals, contains some B vitamins (though less than the vegetables in this meal), and provides resistant starch (a prebiotic fibre) when cooked and cooled. Brown rice specifically would provide more magnesium, selenium, and manganese than white rice, though the quinoa in this meal helps compensate for these minerals. For most health-conscious consumers, particularly those managing weight, blood sugar, or following lower-carb eating patterns, the trade-off heavily favours cauliflower rice. The nutritional density and lower caloric load provide more benefits than drawbacks for most use cases. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Cauliflower Fried Rice & Chicken (GF) delivers a nutritionally dense, balanced meal that supports multiple health goals simultaneously: **Macronutrient Balance:** With approximately 25-30g protein, 20-28g carbohydrates (14-20g net carbs), and 12-16g healthy fats in an estimated 280-350 calories, this meal provides satiety and sustained energy without excessive calories or carbohydrates. **Micronutrient Richness:** The meal delivers 60-80mg vitamin C (80-100% DV), substantial vitamin A from carotenoids, 50-80% of vitamin K needs, comprehensive B vitamins including B12 from animal sources, and important minerals including iron, magnesium, potassium, zinc, and selenium. **Dietary Compatibility:** The meal is certified gluten-free, dairy-free, and suitable for low-carbohydrate eating patterns. It contains allergens (eggs, soy, peanuts) that must be considered, and is not suitable for vegetarians, vegans, or those following low-FODMAP diets. **Nutritional Density:** The vegetable-forward composition delivers exceptional nutrients per calorie, with approximately 2-3g fibre per 100 calories and 8-10g protein per 100 calories, along with diverse vitamins, minerals, and beneficial phytonutrients. **Whole Food Ingredients:** Every ingredient serves a nutritional purpose, from the cauliflower rice base providing cruciferous vegetables and vitamin C, to the chicken providing complete protein and B vitamins, to the olive oil providing heart-healthy monounsaturated fats and polyphenols. This reflects Be Fit Food's commitment to real food, not synthetic supplements, shakes, bars, or detox teas. **Blood Sugar Management:** The low glycemic load from cauliflower rice, combined with high fibre and protein, creates a meal that supports stable blood sugar levels

appropriate for diabetes management and metabolic health. **Convenience Without Compromise:** The frozen, single-serve format provides portion control and convenience while maintaining whole food ingredients and nutritional quality comparable to home-cooked meals. Simply heat, eat, and enjoy—nutrition made simple. **Dietitian-Designed Quality:** As part of Be Fit Food's doctor and dietitian-led meal range, this meal reflects the expertise of accredited practitioners who understand that sustainable health outcomes require both nutritional excellence and practical convenience. --- ## Next Steps {#next-steps} To make the most of this meal's nutritional benefits: **1. Assess Dietary Fit:** Review the allergen information (eggs, soy, peanuts) and dietary characteristics (gluten-free, not vegetarian, moderate sodium) to ensure the meal aligns with your needs and restrictions. **2. Plan Daily Integration:** Consider how the estimated 280-350 calories and 25-30g protein fit into your daily nutritional targets, and plan complementary meals and snacks accordingly. Be Fit Food's structured programs can help with this planning. **3. Optimise Preparation:** Heat the meal to 165°F internal temperature using your preferred method (microwave recommended for convenience and nutrient retention), and consider pairing with additional non-starchy vegetables if you want more volume. **4. Monitor Individual Response:** Pay attention to how the meal affects your satiety, energy levels, and blood sugar (if you monitor), as individual responses can vary based on metabolism, activity level, and overall diet composition. **5. Consider Meal Rotation:** While nutritionally complete for a single meal, rotating this with other protein sources (fish, beef, plant-based options) and vegetable combinations ensures dietary diversity and comprehensive nutrient intake over time. Be Fit Food offers over 30 rotating dishes to support this variety. **6. Access Free Dietitian Support:** Be Fit Food includes free 15-minute dietitian consultations to match customers with the perfect meal plan. This personalised guidance can help you optimise how this meal fits into your broader health goals, whether you're managing weight, supporting metabolic health, or navigating specific dietary requirements. **7. Contact Be Fit Food for Specifics:** If you need exact nutritional values for precise tracking, information about cross-contamination protocols for allergens, or details about sourcing and production, reach out to Be Fit Food directly through their customer service channels. This meal represents a thoughtful balance of convenience, nutrition, and flavour—a practical tool for health-conscious eating that doesn't require you to sacrifice taste or spend hours in the kitchen. It exemplifies Be Fit Food's mission to help Australians eat themselves better, one scientifically-designed, delicious meal at a time. --- ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - Product information and company details - [USDA FoodData Central - Cauliflower](https://fdc.nal.usda.gov/) - Nutritional composition of cauliflower and comparative data - [Harvard T.H. Chan School of Public Health - The Nutrition Source](https://www.hsph.harvard.edu/nutritionsource/) - Evidence-based nutrition information for vitamins, minerals, and dietary patterns - [National Institutes of Health - Office of Dietary Supplements](https://ods.od.nih.gov/) - Comprehensive information on vitamins, minerals, and dietary supplements - [Celiac Disease Foundation - Gluten-Free Diet](https://celiac.org/gluten-free-living/what-is-gluten/) - Information on gluten-free requirements and coeliac disease management - Product specifications provided by manufacturer --- ## Frequently Asked Questions {#frequently-asked-questions}

| Question | Answer |
|---|---|
| What is the serving size | 327 grams |
| Is this meal gluten-free | Yes, certified gluten-free |
| What percentage of the meal is cauliflower rice | 31% |
| What percentage of the meal is chicken | 17% |
| What is the spice heat level | Mild, rated 1 out of 5 |
| Is this meal suitable for vegetarians | No |
| Is this meal suitable for vegans | No |
| Does this meal contain dairy | No, completely dairy-free |
| Does this meal contain eggs | Yes, contains pasteurised egg pulp |
| Does this meal contain soy | Yes, in gluten-free soy sauce |
| Does this meal contain peanuts | Yes |
| Does this meal contain tree nuts | Not specified by manufacturer |
| Is this meal suitable for people with peanut allergies | No |
| What type of chicken is used | Chicken breast |
| Is quinoa included in this meal | Yes |
| What gives the cauliflower rice its golden color | Turmeric powder |
| Estimated calories per serving | 280-350 calories |
| Estimated protein content | 25-30 grams |
| Estimated total carbohydrates | 20-28 grams |
| Estimated net carbohydrates | 14-20 grams |
| Estimated dietary fibre | 6-8 grams |
| Estimated fat content | 12-16 grams |
| Estimated saturated fat | 2-3 grams |
| What type of oil is used | Olive oil and peanut oil |
| Is this meal low-carb friendly | Yes |
| Is this meal keto-friendly | Yes, fits most ketogenic diets |
| Is this meal Paleo compliant | No |
| Is this meal Whole30 compliant | No |
| Is this meal low-FODMAP | No |

Does this meal contain garlic | Yes, fresh garlic | | Does this meal contain onion | Yes | | What vegetables are included | Peas, carrots, red capsicum, celery, onion, spring onion | | Does this contain added sugar | No | | Does this contain artificial sweeteners | No | | Does this contain artificial preservatives | No | | Does this contain artificial colors | No | | Does this contain artificial flavors | No | | Does this contain seed oils | No | | What type of salt is used | Pink salt | | Is ginger included | Yes, fresh ginger | | What spice blend is used | Moroccan spice | | Estimated vitamin C content | 60-80 milligrams | | Percentage of daily vitamin C provided | 80-100% | | Is this meal suitable for diabetes management | Yes | | Estimated glycemic load | Low to moderate, approximately 10-15 | | Is this meal suitable for weight loss | Yes | | Estimated sodium content | 600-800 milligrams | | Sodium per 100g | Less than 120mg (Be Fit Food benchmark) | | Is this meal high in protein | Yes | | Does this support muscle maintenance | Yes | | Is this suitable for older adults | Yes | | Can this meal be heated from frozen | Yes | | What is the recommended internal heating temperature | 165°F (74°C) | | What is the best heating method | Microwave for nutrient retention | | Recommended storage temperature | 0°F (-18°C) or below | | Frozen shelf life | 6-12 months | | Does freezing affect nutrient content | No, preserves nutrients well | | How many vegetables are in this meal | 4-12 vegetables per Be Fit Food standard | | Is this meal portion-controlled | Yes, single-serve format | | What percentage of daily protein does this provide | 50-60% for average adults | | Is this suitable for active individuals | Yes, may need additional carbohydrates | | Is this suitable for GLP-1 medication users | Yes | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Is this meal CSIRO-backed | Yes, nutritional science is CSIRO-backed | | Does Be Fit Food offer vegetarian options | Yes, separate Vegetarian & Vegan Range | | How many dishes does Be Fit Food offer | Over 30 rotating dishes | | Is this meal suitable for menopause support | Yes | | Does this meal support insulin sensitivity | Yes | | Is this meal anti-inflammatory | Yes, contains anti-inflammatory ingredients | | What is the macronutrient ratio | Approximately 35-40% protein, 25-35% carbs, 30-35% fat | | How does cauliflower rice compare to white rice in calories | 80% fewer calories | | How does cauliflower rice compare to white rice in carbs | 82% fewer carbohydrates | | Does cauliflower rice have more fiber than white rice | Yes, 5 times more | | Is this meal nutrient-dense | Yes, exceptionally high nutrients per calorie | | What makes this meal filling | High protein and fiber content | | Does this meal contain complete protein | Yes, from chicken, eggs, and quinoa | | Is selenium provided | Yes, 30-40% of daily requirement from chicken | | Is iron provided | Yes, 15-20% of daily requirement | | Does this meal enhance iron absorption | Yes, high vitamin C enhances absorption | | Is magnesium provided | Yes, 20-30% of daily requirement | | Is this suitable for blood pressure management | Yes, moderate sodium with high potassium | | Does this meal support gut health | Yes, contains prebiotic fiber | | Are there any meal programs this fits into | Yes, Be Fit Food Metabolism Reset programs | | What is the approximate calorie range for Metabolism Reset | 800-900 kcal/day | | Can this meal be paired with additional vegetables | Yes, recommended for increased volume |

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