

# CHICONCAR - Food & Beverages

## Product Overview -

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#### Details:

## Be Fit Food Chilli Con Carne (GF): Your Complete Nutritional Guide and Product Analysis ##  
Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview: What Makes This Chilli Con Carne Unique](#product-overview-what-makes-this-chilli-con-carne-unique) - [Complete Ingredient Analysis: Understanding What's Inside](#complete-ingredient-analysis-understanding-whats-inside) - [Nutritional Profile and Dietary Considerations](#nutritional-profile-and-dietary-considerations) - [Preparation and Serving Guidelines](#preparation-and-serving-guidelines) - [Storage, Shelf Life, and Food Safety](#storage-shelf-life-and-food-safety) - [Understanding the Be Fit Food Brand Philosophy](#understanding-the-be-fit-food-brand-philosophy) - [Practical Tips for Maximum Enjoyment](#practical-tips-for-maximum-enjoyment) - [Supporting Specific Health Goals with Be Fit Food](#supporting-specific-health-goals-with-be-fit-food) - [Comparing Fresh Preparation Versus Frozen Convenience](#comparing-fresh-preparation-versus-frozen-convenience) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary \*\*Product:\*\* Be Fit Food Chilli Con Carne (GF) MB1 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Prepared Meals - Frozen Ready Meals \*\*Primary Use:\*\* Single-serve, dietitian-designed frozen meal providing balanced nutrition with high protein content for convenient, portion-controlled eating. ### Quick Facts - \*\*Best For:\*\* Health-conscious individuals seeking convenient, gluten-free, high-protein meals; those managing weight, blood sugar, or using GLP-1 medications - \*\*Key Benefit:\*\* Delivers 27g protein with 29% beef and 12% kidney beans in a portion-controlled, gluten-free format with no artificial preservatives, sweeteners, or added sugar - \*\*Form Factor:\*\* 314g frozen single-serve tray meal - \*\*Application Method:\*\* Heat from frozen in microwave (4-6 minutes) or oven (25-35 minutes) until internal temperature reaches 165°F (74°C) ### Common Questions This Guide Answers 1. Is this meal suitable for celiac disease or gluten sensitivity? → Yes, it is certified gluten-free using corn starch and gluten-free soy sauce instead of wheat-based ingredients 2. What is the protein content and where does it come from? → Contains 27g protein per serving from 29% beef mince and 12% red kidney beans 3. Does it contain artificial ingredients or preservatives? → No, formulated without artificial preservatives, artificial sweeteners, added sugar, or seed oils 4. What allergens does it contain? → Contains soybeans; may contain fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin due to manufacturing cross-contact 5. How spicy is this chilli? → Rated level 2 (mild to medium heat) - noticeable warmth without overwhelming spice 6. Can this meal support weight loss or diabetes management? → Yes, designed by dietitians for portion control, blood sugar management, and supporting GLP-1 medication users --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Chilli Con Carne (GF) MB1 | | Brand | Be Fit Food | | Price | \$13.55 AUD | | Availability | In Stock | | GTIN | 09358266000618 | | Pack size | 314g (single serve) | | Diet | Gluten-free | | Main ingredients | Beef Mince (29%), Red Kidney Beans (12%), Diced Tomato, Red Capsicum, Mushroom, Zucchini, Carrot, Onion, Tomato Paste, Corn | | Protein per serve | 27g | | Allergens | Contains: Soybeans. May Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Spice level | Level 2 (mild to medium) | | Storage | Keep frozen at 0°F (-18°C) or below | | Category | Prepared Meals | --- ## 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 Name:\*\* Chilli Con Carne (GF) MB1 - \*\*Brand:\*\* Be Fit Food -

**\*\*GTIN:\*\* 09358266000618 - \*\*Pack Size:\*\* 314g (single serve) - \*\*Price:\*\* \$13.55 AUD -**  
**\*\*Availability:\*\* In Stock - \*\*Category:\*\* Prepared Meals - \*\*Diet Certification:\*\* Gluten-free - \*\*Main Ingredients (in order):\*\* Beef Mince (29%), Red Kidney Beans (12%), Diced Tomato, Red Capsicum, Mushroom, Zucchini, Carrot, Onion, Tomato Paste, Corn - \*\*Additional Ingredients:\*\* Fresh Coriander, Paprika, Cumin, Cinnamon, Garlic, Chilli Powder, Gluten-Free Soy Sauce, Beef Stock, Olive Oil, Corn Starch, Citric Acid (processing aid in tomatoes) - \*\*Protein per Serve:\*\* 27g - \*\*Allergen Statement - Contains:\*\* Soybeans - \*\*Allergen Statement - May Contain:\*\* Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - \*\*Spice Level:\*\* Level 2 (mild to medium) - \*\*Storage Instructions:\*\* Keep frozen at 0°F (-18°C) or below - \*\*Formulation Standards:\*\* No added artificial preservatives, no artificial sweeteners, no added sugar, no seed oils** **### General Product Claims**  
{#general-product-claims} - "Australia's leading dietitian-designed meal delivery service" - "Nutritionally balanced, portion-controlled options" - "Helps you feel fuller for longer" - "Supports muscle maintenance, satiety, and metabolic function" - "Designed to help you feel fuller for longer without excessive caloric load" - "Approximately 90% of their menu certified gluten-free" - "Real food philosophy" - "Supports weight management, chronic disease prevention, and overall health improvement" - "Premium frozen meal segment focused on nutrition quality" - "Supports people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications" - "Helps establish sustainable eating patterns" - "Supports preservation of lean muscle mass during hormonal changes" - "Improved insulin sensitivity" - "Clinical trial published in Cell Reports Medicine (October 2025) demonstrated significantly greater improvement in gut microbiome diversity" - "Free 15-minute dietitian consultations" - "Meals from \$8.61" - "NDIS eligible customers can access meals from around \$2.50 per meal" - "Low sodium benchmark of less than 120mg per 100g" - "4-12 vegetables in each meal" - "Join the thousands of Australians transforming their health, one meal at a time" --- **## Introduction**  
{#introduction} The Be Fit Food Chilli Con Carne (GF) delivers a delicious, single-serve, gluten-free frozen ready meal featuring South American-inspired beef and bean chilli in a convenient 314-gram heat-and-eat format. Be Fit Food, Australia's leading dietitian-designed meal delivery service, crafted this meal for individuals seeking nutritionally balanced, portion-controlled options without spending hours in the kitchen. This product combines 29% beef mince with red kidney beans, vegetables, and a carefully calibrated spice blend rated at level 2 on the heat scale—mild to medium intensity that delivers flavour without overwhelming heat. This comprehensive guide walks you through every aspect of this meal, from its complete ingredient breakdown and nutritional profile to practical preparation tips, dietary considerations, and storage best practices. You'll understand exactly what you're eating and how to get the most from this convenient meal solution. --- **## Product Overview: What Makes This Chilli Con Carne Unique** {#product-overview-what-makes-this-chilli-con-carne-unique} **### Whole-Food Foundation and Gluten-Free Formulation** The Be Fit Food Chilli Con Carne (GF) stands out in the crowded frozen meal category through its commitment to whole-food ingredients and gluten-free formulation. Unlike many ready meals relying heavily on thickeners, fillers, and artificial flavour enhancers, this product builds its foundation on recognisable ingredients: real beef mince making up 29% of the total weight, red kidney beans at 12%, and a medley of fresh vegetables including red capsicum, mushroom, zucchini, carrot, and onion. The gluten-free certification proves particularly significant for individuals managing celiac disease, gluten sensitivity, or those following elimination diets. Be Fit Food achieves the traditional chilli con carne texture and depth of flavour without wheat-based thickeners, instead relying on corn starch for body and the natural starches released from beans and vegetables during cooking. The use of gluten-free soy sauce rather than standard soy sauce (which typically contains wheat) demonstrates attention to cross-contamination prevention at the formulation level. This aligns with Be Fit Food's commitment to serving customers with specific dietary requirements, with approximately 90% of their menu certified gluten-free. **### Portion Control and Serving Size Design** The 314-gram serving size represents a carefully calculated portion designed to help you feel fuller for longer without excessive caloric load. This weight includes both the protein-rich beef and beans, the vegetable content adding fibre and micronutrients, and the tomato-based sauce tying the dish together. The single-serve tray format eliminates portion guesswork—a common challenge when cooking from scratch or serving from family-size packages—making this product particularly valuable for individuals tracking macronutrients or managing caloric intake. **### Heat Level**

and Spice Profile Accessibility The mild-medium heat rating (level 2) positions this chilli as accessible to a broad audience. The chilli powder is present but measured, allowing the complex flavour profile of cumin, paprika, cinnamon, and fresh coriander to shine through rather than being masked by capsaicin burn. This approach makes the meal suitable for those building heat tolerance, individuals with sensitive palates, or anyone seeking the comforting warmth of chilli spices without competition-grade intensity. --- ## Complete Ingredient Analysis: Understanding What's Inside

{#complete-ingredient-analysis-understanding-whats-inside} ### Primary Protein: Beef Mince (29%)

{#primary-protein-beef-mince} The beef mince serves as the primary protein source and flavour anchor, comprising nearly one-third of the total product weight. At 29%, this percentage translates to approximately 91 grams of beef in each 314-gram serving—a substantial protein contribution supporting muscle maintenance, satiety, and the rich, savoury character expected from authentic chilli con carne. This high-protein approach reflects Be Fit Food's dietitian-designed philosophy of prioritising protein at every meal to support lean muscle mass preservation. The quality and preparation of the beef mince directly impacts both nutritional value and eating experience. Beef provides complete protein containing all essential amino acids, along with bioavailable iron in the heme form (more readily absorbed than plant-based non-heme iron), vitamin B12 essential for nervous system function, zinc for immune support, and selenium acting as an antioxidant. The fat content in the mince contributes to flavour development and mouthfeel, though the specific lean-to-fat ratio is not specified by manufacturer. During the cooking process before freezing, the beef mince undergoes browning (the Maillard reaction), creating hundreds of flavour compounds giving chilli its characteristic savoury depth. These compounds develop when amino acids and reducing sugars react under heat, producing the complex, meaty notes forming the foundation of the dish. The beef is cooked within the tomato-based sauce, allowing it to absorb the spice blend while contributing its own richness to the overall flavour profile. ### Secondary Protein and Fibre: Red Kidney Beans (12%)

{#secondary-protein-red-kidney-beans} Red kidney beans make up 12% of the product weight—approximately 38 grams per serving—providing complementary protein, substantial dietary fibre, and textural contrast to the ground beef. Kidney beans are legumes rich in resistant starch, a type of carbohydrate resisting digestion in the small intestine and functioning similarly to soluble fibre, supporting digestive health and helping you feel fuller for longer. The protein in kidney beans is incomplete (lacking sufficient methionine and cysteine) but complements the complete protein from beef, creating an amino acid profile supporting diverse metabolic needs. This combination of animal and plant proteins is increasingly recognised as beneficial for both health and environmental sustainability, reducing reliance on animal protein alone while maintaining nutritional adequacy. Kidney beans contribute significant amounts of folate (vitamin B9) essential for DNA synthesis and cell division, manganese for bone health and metabolism, phosphorus for bone structure and energy production, and iron in the non-heme form. While non-heme iron is less bioavailable than heme iron from beef, the vitamin C from tomatoes and capsicum in this recipe enhances its absorption, demonstrating the synergistic nutritional design of the formulation. The beans also provide prebiotic fibre feeding beneficial gut bacteria, supporting the microbiome. This fibre slows digestion, moderating blood sugar response and extending satiety—particularly valuable for individuals managing weight or blood glucose levels. The specific texture of kidney beans—firm yet creamy when properly cooked—adds substance and bite to the chilli, creating textural interest alongside the ground beef. ### Tomato Base: Diced Tomato and Tomato Paste {#tomato-base-diced-tomato-and-tomato-paste} Diced tomatoes appear as the second ingredient by weight, indicating they form a major component of the sauce base. The inclusion of citric acid as a processing aid helps preserve the tomatoes' bright colour and fresh flavour while maintaining safe acidity levels for preservation. Tomatoes provide the characteristic tangy-sweet foundation of chilli con carne, contributing umami through their natural glutamate content and supplying lycopene, a carotenoid antioxidant associated with cardiovascular health and potentially reduced cancer risk. Tomato paste appears later in the ingredient list, serving as a flavour concentrator. Paste is made by cooking tomatoes for hours to evaporate water content, intensifying both flavour and colour. This concentration process increases the lycopene content per gram and provides a deeper, more complex tomato character than fresh or diced tomatoes alone. The paste adds body to the sauce without requiring excessive thickening agents, and its natural sugars

(concentrated during reduction) balance the acidity and spices. Together, the diced tomatoes and tomato paste create a sauce with both fresh brightness and deep, cooked complexity. The tomatoes' acidity helps tenderise the beef during cooking and provides a counterpoint to the richness of the meat and the earthiness of the beans. From a nutritional standpoint, tomatoes contribute vitamin C (supporting immune function and iron absorption), potassium (regulating blood pressure and fluid balance), and vitamin K1 (essential for blood clotting and bone metabolism). ### Vegetable Medley: Building Nutrition and Texture {#vegetable-medley-building-nutrition-and-texture} Be Fit Food's commitment to vegetable density—with 4-12 vegetables in each meal—is evident in this chilli's formulation. This approach ensures substantial micronutrient content while supporting the brand's real food philosophy. ##### Red Capsicum (Bell Pepper) Listed third among vegetables, red capsicum contributes sweetness, crunch when partially cooked, and exceptional vitamin C content—red bell peppers contain more vitamin C per gram than oranges. The natural sugars in capsicum caramelise slightly during cooking, adding subtle sweetness balancing the chilli's heat and acidity. Red capsicum also provides vitamin A in the form of beta-carotene (responsible for its red colour), supporting vision, immune function, and skin health. ##### Mushroom The inclusion of mushrooms adds umami depth through naturally occurring glutamates, enhancing the savoury character without MSG or artificial flavour enhancers. Mushrooms provide a meaty texture complementing the ground beef, along with B vitamins (particularly B2, B3, and B5), selenium, copper, and potassium. They're also one of the few dietary sources of vitamin D when exposed to UV light during growing. The mushrooms absorb surrounding flavours while contributing their earthy notes to the overall profile. ##### Zucchini This summer squash adds moisture, mild flavour, and additional fibre without dominating the taste profile. Zucchini's high water content helps create a sauce with proper consistency while adding volume without excessive calories. It provides vitamin C, potassium, and manganese, along with small amounts of vitamin A and folate. The zucchini's soft texture when cooked blends seamlessly into the chilli, contributing to mouthfeel and helping bind the sauce. ##### Carrot Carrots contribute natural sweetness from their sugar content (approximately 5-6% by weight when raw), balancing the heat from chilli powder and the acidity from tomatoes. They're exceptionally rich in beta-carotene—a single medium carrot can provide over 200% of daily vitamin A needs. The carrots are likely diced to match the scale of other ingredients, softening during cooking while maintaining some structural integrity. Their sweetness intensifies as cooking breaks down cell walls and concentrates sugars. ##### Onion Onions form part of the classic flavour foundation (mirepoix or soffrito base) in countless cuisines. During cooking, onions undergo transformation: their sharp, sulfurous raw compounds (which make you cry when cutting) convert to sweet, complex flavours through caramelisation of natural sugars and breakdown of sulfur compounds. Onions provide quercetin, a flavonoid antioxidant with anti-inflammatory properties, along with vitamin C, B vitamins, and prebiotic fibres supporting gut health. ##### Corn Sweet corn kernels add pops of sweetness and textural contrast—their firm exterior creates small bursts of flavour when bitten. Corn contributes additional fibre, B vitamins (especially thiamin and folate), and carotenoids including lutein and zeaxanthin supporting eye health. The natural sugars in corn balance the dish's savoury and spicy elements, while the kernels' bright yellow colour adds visual appeal to the finished meal. ### Spice Blend: Creating the Chilli Profile {#spice-blend-creating-the-chilli-profile} ##### Fresh Coriander (Cilantro) Unlike dried herbs primarily contributing single-note flavour, fresh coriander provides bright, citrusy notes with slight peppery undertones. The fresh herb is added during or after cooking to preserve its volatile aromatic compounds, which would dissipate under prolonged heat. Coriander contains antioxidants and traditionally supports digestion. Its fresh flavour cuts through the richness of beef and beans, adding complexity and brightness. ##### Paprika This ground spice made from dried red peppers (capsicum varieties) contributes colour, mild sweetness, and subtle pepper flavour without significant heat. Paprika contains capsanthin, the carotenoid responsible for its vibrant red colour, along with vitamin A precursors. Depending on the variety used (sweet, smoked, or hot), paprika can add depth and complexity. In this mild chilli formulation, paprika likely provides colour and background pepper notes without adding heat. ##### Cumin This essential chilli spice provides warm, earthy, slightly citrusy notes fundamental to the dish's character. Cumin seeds (ground for this application) contain cuminaldehyde, the compound responsible for their distinctive aroma. Beyond flavour, cumin shows potential digestive

benefits and contains iron, manganese, and antioxidants. The warm, toasted quality of cumin complements beef particularly well, enhancing its savoury character. ##### Cinnamon An unexpected ingredient in chilli for some, cinnamon is traditional in many South American and Mexican meat preparations. It adds warmth and subtle sweetness without tasting overtly "dessert-like" when used in small quantities with savoury ingredients. Cinnamon contains cinnamaldehyde and other compounds with antioxidant and anti-inflammatory properties. In this context, it rounds out the spice profile, adding depth and complexity making the flavour harder to deconstruct—a sign of well-balanced seasoning. ##### Garlic A cornerstone of global cuisine, garlic provides pungent, savoury notes and umami depth. When cooked, garlic's harsh raw compounds (allicin and related sulfur compounds) mellow into sweet, nutty flavours. Garlic contains numerous organosulfur compounds studied for potential cardiovascular and immune-supporting properties. It enhances the savoury character of beef while complementing the other aromatics (onion, coriander, cumin). ##### Chilli Powder This provides the dish's heat, rated at level 2 (mild-medium). Chilli powder is commonly a blend of ground dried chillies with other spices (cumin, garlic powder, oregano), though composition varies by manufacturer. The capsaicin in chilli peppers creates the burning sensation, triggers endorphin release, and may temporarily boost metabolism. At level 2, the heat is noticeable but approachable, providing warmth without overwhelming other flavours. ### Functional Ingredients: Sauce, Seasoning, and Texture {#functional-ingredients-sauce-seasoning-and-texture} ##### Gluten-Free Soy Sauce This provides umami depth and saltiness, replacing or supplementing added salt. Traditional soy sauce contains wheat, but gluten-free versions use alternative grains or rely solely on fermented soybeans. The fermentation process creates glutamic acid (umami) and numerous flavour compounds adding complexity. Soy sauce contributes to the savoury backbone of the dish, enhancing the beef's meatiness and the overall depth of flavour. ##### Beef Stock Concentrated beef flavour in liquid form, stock is made by simmering beef bones, meat, and aromatics to extract gelatin, minerals, and flavour compounds. It reinforces the meaty character of the chilli, adding body and richness to the sauce. Quality beef stock contributes protein (from dissolved collagen) and minerals (calcium, phosphorus, magnesium) extracted from bones during the simmering process. ##### Olive Oil Listed near the end, indicating relatively small quantity, olive oil serves as a cooking fat for sautéing aromatics and vegetables. Extra virgin olive oil (if used) contributes monounsaturated fats, particularly oleic acid, associated with cardiovascular health. It also contains polyphenol antioxidants and vitamin E. The oil helps carry fat-soluble flavours and creates mouthfeel in the sauce. This aligns with Be Fit Food's commitment to using quality fats and avoiding seed oils. ##### Corn Starch This gluten-free thickening agent gives the sauce body and helps it cling to the meat and beans rather than separating into watery liquid. Corn starch works by absorbing water and swelling when heated, creating viscosity without adding flavour. It's particularly useful in gluten-free formulations as a substitute for wheat flour-based thickeners. The amount used is likely minimal, just enough to achieve desired consistency. --- ## Nutritional Profile and Dietary Considerations {#nutritional-profile-and-dietary-considerations} ### Macronutrient Balance {#macronutrient-balance} While the full nutritional panel is not specified by manufacturer, we can infer the general macronutrient profile from the ingredient composition. The 29% beef mince and 12% kidney beans together provide substantial protein—likely 25-35 grams per 314-gram serving, depending on the beef's lean-to-fat ratio. This protein content supports muscle maintenance, satiety, and metabolic function, reflecting Be Fit Food's high-protein, lower-carbohydrate approach to meal design. Carbohydrates come primarily from kidney beans, corn, vegetables (especially carrots and onions), and the natural sugars in tomatoes. The beans contribute complex carbohydrates and resistant starch digesting slowly, providing sustained energy without rapid blood sugar spikes. Total carbohydrate content likely ranges from 25-40 grams per serving, with a significant portion coming from fibre (possibly 8-12 grams), supporting digestive health and blood sugar regulation. Fat content derives mainly from the beef mince, with smaller contributions from olive oil. Depending on whether the beef is lean (90/10) or regular (80/20), fat content could range from 10-25 grams per serving. The olive oil contributes beneficial monounsaturated fats, while beef provides both saturated and monounsaturated fats along with small amounts of omega-3 fatty acids (particularly if grass-fed beef is used). ### Micronutrient Density {#micronutrient-density} The vegetable-forward formulation ensures substantial micronutrient content. Tomatoes, red capsicum, and fresh coriander

provide vitamin C, supporting immune function and enhancing iron absorption from both beef and beans. The red capsicum and carrots contribute significant vitamin A (as beta-carotene), supporting vision, immune function, and skin health. B vitamins are well-represented: beef provides B12 (found almost exclusively in animal products), B6, niacin, and riboflavin, while beans contribute folate and thiamin. These B vitamins support energy metabolism, nervous system function, and red blood cell formation. Mineral content is diverse: beef supplies highly bioavailable heme iron and zinc, beans provide iron (enhanced by vitamin C from vegetables), manganese, and phosphorus, while vegetables contribute potassium, magnesium, and various trace minerals. The tomatoes and beef stock add additional potassium, important for blood pressure regulation and muscle function. ### Gluten-Free Certification and Implications {#gluten-free-certification-and-implications} The "(GF)" designation indicates this product is formulated to be gluten-free, essential for individuals with celiac disease (an autoimmune condition triggered by gluten), non-celiac gluten sensitivity, or wheat allergy. The formulation avoids wheat, barley, and rye—the grains containing gluten proteins (gliadin in wheat, hordein in barley, secalin in rye). Critical to the gluten-free status is the use of gluten-free soy sauce (standard soy sauce contains wheat) and corn starch rather than wheat flour as a thickener. However, the allergen declaration states the product "may contain" several allergens due to cross-contact during manufacturing, though gluten/wheat is notably absent from this cross-contact warning, suggesting dedicated equipment or thorough cleaning protocols prevent gluten cross-contamination. For individuals managing celiac disease, consuming even trace amounts of gluten (as little as 20 parts per million in many jurisdictions) can trigger intestinal damage and symptoms. The gluten-free formulation makes this meal safe for this population, providing convenient, nutritionally balanced options without requiring separate meal preparation or extensive label scrutiny. Be Fit Food's commitment to approximately 90% gluten-free menu options, supported by strict ingredient selection and manufacturing controls, demonstrates their dedication to serving customers with coeliac disease. ### Allergen Information and Cross-Contact Considerations

{#allergen-information-and-cross-contact-considerations} The product \*\*contains soybeans\*\* (from the gluten-free soy sauce), making it unsuitable for individuals with soy allergy. Soy is one of the "Big 8" allergens (now "Big 9" including sesame in many jurisdictions) accounting for the vast majority of food allergic reactions. The \*\*\*"may contain"\*\*\* declaration covers fish, egg, milk, crustacea, sesame seeds, peanuts, tree nuts, and lupin. This warning indicates these allergens aren't intentional ingredients but could be present due to shared manufacturing equipment or facilities. For individuals with severe allergies to these foods, even trace cross-contact can trigger reactions, making this product potentially unsuitable depending on individual sensitivity levels and risk tolerance. The cross-contact warning reflects responsible manufacturing transparency. Many food facilities produce multiple products on shared lines, and despite cleaning protocols, complete elimination of allergenic residues can't be guaranteed. Individuals with food allergies should assess their own sensitivity levels and consult with healthcare providers when evaluating products with cross-contact warnings. Notably absent from both ingredients and cross-contact warnings is gluten/wheat, reinforcing the product's suitability for gluten-free diets. This suggests the manufacturing environment maintains effective gluten separation protocols. --- ## Preparation and Serving Guidelines {#preparation-and-serving-guidelines} ### Heating Instructions for Optimal Results {#heating-instructions-for-optimal-results} While specific heating instructions are not specified by manufacturer, frozen ready meals in tray format offer multiple reheating options. The most common methods for this type of product are microwave heating and conventional oven warming, each with distinct advantages. Be Fit Food's snap-frozen delivery system ensures meals arrive ready for the simple "heat, eat, enjoy" approach. ##### Microwave Method This is the fastest approach, requiring 4-6 minutes depending on microwave wattage. For best results, pierce or partially remove the film covering (if present) to allow steam to escape, preventing pressure buildup. Microwaving from frozen is generally safe and convenient, though stirring halfway through heating ensures even temperature distribution—particularly important for a dish with varied components like meat, beans, and vegetables. The meal should reach an internal temperature of at least 165°F (74°C) for food safety, with the centre being the last area to heat fully. Microwave heating preserves moisture effectively since the sealed tray creates a steaming environment, though it may not develop the slight caramelisation or texture variation oven heating provides. After heating, let the meal stand for 1-2

minutes to allow heat to distribute evenly and reduce the risk of burns from steam when removing the covering. ##### Oven Method For those preferring more developed flavours and textural variation, conventional oven heating at 350-375°F (175-190°C) for 25-35 minutes (from frozen) or 15-20 minutes (if thawed) can enhance the eating experience. Remove any plastic film and cover with foil to prevent excessive moisture loss, removing the foil for the final 5 minutes if you want slight browning on the surface. Oven heating allows the edges to develop more concentrated flavours through gentle evaporation and potential Maillard reactions at the surface, creating textural contrast between the slightly drier edges and the moist centre. This method takes longer but can yield results closer to freshly prepared chilli. ### Thawing Considerations {#thawing-considerations} While most frozen ready meals can be heated directly from frozen, thawing overnight in the refrigerator (at 40°F/4°C or below) before reheating can reduce heating time and promote more even warming. Thawed meals require 50-60% of the frozen heating time. Never thaw at room temperature, as this allows the outer portions to reach temperatures (40-140°F/4-60°C) where bacteria multiply rapidly while the centre remains frozen. If you need to thaw quickly, use the microwave's defrost function or place the sealed tray in cold water, changing the water every 30 minutes. ### Serving Suggestions and Meal Enhancement {#serving-suggestions-and-meal-enhancement} The 314-gram serving provides a complete meal for most individuals, particularly those watching portion sizes or managing caloric intake. However, the chilli can be enhanced or extended in several ways: ##### As a Base Serve over cauliflower rice for a low-carb option adding volume and vegetable content without significant calories. Traditional white or brown rice provides additional carbohydrates for those with higher energy needs or preferring a more substantial meal. Quinoa offers a complete protein complement and adds textural interest with its slight crunch. ##### Toppings for Texture and Flavour While the meal is complete as-formulated, toppings can add freshness and textural contrast. A dollop of Greek yogurt or sour cream (if dairy-tolerant) adds cooling creaminess balancing the chilli's heat while contributing protein and probiotics. Fresh coriander, diced avocado, lime wedges, or thinly sliced jalapeños (for those wanting more heat) can brighten and customise the flavour profile. ##### With Accompaniments Corn chips or gluten-free crackers provide crunch and can be used to scoop the chilli, creating an interactive eating experience. A simple side salad with lime vinaigrette adds freshness and additional vegetables, creating a more complete meal experience. ##### Flavour Customisation For individuals preferring more heat than the level-2 rating provides, hot sauce, cayenne pepper, or fresh chillies can be added after heating. Conversely, those finding it too spicy can temper the heat with additional dairy or avocado. A squeeze of fresh lime juice just before eating brightens all the flavours and adds vitamin C. --- ## Storage, Shelf Life, and Food Safety {#storage-shelf-life-and-food-safety} ### Frozen Storage Requirements {#frozen-storage-requirements} As a frozen product, this chilli must be stored at 0°F (-18°C) or below to maintain quality and safety. At these temperatures, bacterial growth is completely halted, and enzymatic reactions causing quality degradation slow dramatically. The product should be kept frozen from purchase through storage at home, minimising temperature fluctuations that can cause ice crystal formation and texture degradation. Frozen meals maintain best quality for 3-6 months, though they remain safe indefinitely if kept at proper temperature. Over time, however, freezer burn (moisture loss and oxidation at the surface) can affect texture and flavour. Freezer burn appears as grayish-brown patches or ice crystals and, while not unsafe, can create dry, tough spots and off-flavours. To minimise freezer burn, ensure the packaging remains intact and sealed. If the original packaging is damaged, overwrap with freezer-grade plastic wrap or aluminium foil. Store in the coldest part of the freezer (the back, away from the door) where temperature remains most stable. ### After Opening and Reheating {#after-opening-and-reheating} Once heated, the chilli should be consumed immediately or stored in the refrigerator at 40°F (4°C) or below within two hours of heating. Leftover heated chilli should be cooled quickly (divide into shallow containers to speed cooling) and refrigerated, where it will maintain quality for 3-4 days. Reheating leftovers should bring the internal temperature back to 165°F (74°C) to ensure any bacteria that may develop during storage are eliminated. Reheat only the portion you plan to consume, as repeated heating and cooling cycles increase food safety risks and degrade quality. Do not refreeze the meal after thawing or heating, as this creates food safety risks (bacteria can multiply during thawing) and significantly degrades texture (ice crystal formation during refreezing damages cell structures, creating mushy texture upon final heating). ### Transportation and Power Outage

Considerations {#transportation-and-power-outage-considerations} When transporting from store to home, use insulated bags or coolers with ice packs to maintain frozen state, particularly in warm weather or for trips longer than 30 minutes. If the meal partially thaws during transport (still contains ice crystals and feels refrigerator-cold), it can be safely refrozen, though some quality loss may occur. In the event of power outages, a full freezer maintains safe temperatures for approximately 48 hours if the door remains closed (24 hours if half-full). Adding ice or dry ice can extend this period. If power restoration is uncertain beyond these timeframes, transfer frozen items to a working freezer or consume refrigerated items first while they're still safe. --- ## Understanding the Be Fit Food Brand Philosophy {#understanding-the-be-fit-food-brand-philosophy} ### Company Origins and Mission Be Fit Food was founded in 2015 by Kate Save, an accredited practising dietitian with over 20 years of clinical experience, alongside specialist weight loss surgeon Dr. Geoffrey Draper. The company's mission is to help Australians "eat themselves better" through scientifically-designed, whole-food meals supporting weight management, chronic disease prevention, and overall health improvement. ### Formulation Philosophy and Values The formulation choices in this Chilli Con Carne reflect Be Fit Food's core values and target audience considerations. The emphasis on whole-food ingredients—real beef, beans, and vegetables rather than heavily processed components—aligns with the brand's "real food philosophy" explicitly avoiding preservatives, artificial sweeteners, and added sugars. This positions the product in the premium frozen meal segment focused on nutrition quality rather than just convenience. Be Fit Food's clean-label standards are evident throughout: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The gluten-free formulation indicates awareness of dietary restrictions and the growing population managing celiac disease, gluten sensitivity, or choosing gluten-free eating for other health reasons. This attention to specific dietary needs, combined with the single-serve portion control format, targets health-conscious consumers, particularly those following structured meal plans or managing weight. ### Ingredient Quality Commitments The use of fresh coriander rather than dried herbs, olive oil rather than cheaper vegetable oils, and a complex spice blend (six different spices and herbs) rather than generic "chilli seasoning" demonstrates commitment to flavour quality and ingredient integrity. These choices increase production costs but result in superior taste and nutritional profile. The inclusion of beef stock rather than relying solely on bouillon powder or flavour enhancers, and the use of real vegetables rather than vegetable powder or minimal vegetable content, further reinforces the whole-food approach. This formulation philosophy aligns with contemporary nutrition understanding emphasising food quality and ingredient integrity, not just macronutrient ratios. ### Scientific Validation and Research Be Fit Food's approach is validated through peer-reviewed research. A clinical trial published in \*Cell Reports Medicine\* (October 2025) demonstrated that a food-based very low energy diet using Be Fit Food meals showed significantly greater improvement in gut microbiome diversity compared to supplement-based alternatives—even when calories and macros were matched. This directly supports the brand's core differentiation: a structured weight-loss approach can be delivered as real food, not just shakes and bars. --- ## Practical Tips for Maximum Enjoyment {#practical-tips-for-maximum-enjoyment} ### Enhancing Flavour After Heating {#enhancing-flavour-after-heating} Even well-formulated frozen meals can benefit from fresh finishing touches restoring some of the vibrancy lost during freezing and reheating. A squeeze of fresh lime or lemon juice just before eating brightens all the flavours, adding acidity making the spices pop and balancing the richness of beef and beans. Fresh herbs—particularly coriander (cilantro) if you enjoy it—add aromatic complexity frozen and reheated herbs can't match. A drizzle of high-quality extra virgin olive oil after heating adds fruity, peppery notes and creates a luxurious mouthfeel. The heat of the meal will release the oil's aromatic compounds, enhancing the overall sensory experience. For those who enjoy heat, a few drops of hot sauce or a sprinkle of red pepper flakes can customise the spice level to personal preference. ### Texture Considerations {#texture-considerations} The freezing and reheating process inevitably affects texture compared to freshly prepared chilli. Vegetables may soften more than they would in a just-cooked dish, and the sauce may thicken or thin depending on heating method and duration. If the chilli seems too thick after heating, a tablespoon or two of water, broth, or even lime juice can restore ideal consistency. Conversely, if it seems watery, allowing it to stand for a minute or two after heating lets excess moisture evaporate. The beef and beans should maintain good



texture—the beef remaining tender rather than rubbery, the beans holding their shape rather than becoming mushy. If you notice texture issues, it may indicate the meal was stored too long or experienced temperature fluctuations during storage. Trust your senses: if the appearance, smell, or texture seem off, err on the side of caution. ### Meal Planning and Preparation Efficiency

{#meal-planning-and-preparation-efficiency} For individuals using Be Fit Food products as part of structured meal planning, consider keeping several meals in the freezer for busy days when cooking from scratch isn't feasible. The shelf stability of frozen meals makes them excellent backup options preventing resorting to less nutritious takeout or heavily processed convenience foods. Be Fit Food offers structured programs including the Metabolism Reset (~800-900 kcal/day, ~40-70g carbs/day) and Protein+ Reset (1200-1500 kcal/day) for those seeking more comprehensive weight management support. The company also provides free 15-minute dietitian consultations to help match customers with the right meal plan for their goals. If you're preparing multiple meals, you can heat several at once in the oven (adjust timing based on quantity) for meal prep, though this sacrifices some of the convenience of single-serve portions. The chilli can be portioned into smaller containers after heating for grab-and-go lunches throughout the week. ### Nutritional Optimisation Strategies

{#nutritional-optimisation-strategies} While the meal provides balanced nutrition as formulated, you can optimise it for specific nutritional goals. For higher protein needs (athletes, older adults, those building muscle), add a side of Greek yogurt, cottage cheese, or a hard-boiled egg. For increased vegetable intake, serve alongside a large salad or steamed vegetables. If managing blood sugar, pair with a source of healthy fats (avocado, nuts, seeds) to further slow carbohydrate absorption and extend satiety. The existing fibre from beans and vegetables already provides good blood sugar management, but additional fat can enhance this effect. This approach aligns well with Be Fit Food's

lower-carbohydrate philosophy designed to support insulin sensitivity. For those on lower-sodium diets, be aware that soy sauce and beef stock contribute significant sodium. Be Fit Food formulates meals with a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners. You might balance this by ensuring other meals during the day are lower in sodium and increasing water intake. The potassium from tomatoes, beans, and vegetables helps

counterbalance sodium's effects on blood pressure. --- ## Supporting Specific Health Goals with Be Fit Food {#supporting-specific-health-goals-with-be-fit-food} ### GLP-1 and Weight-Loss Medication

Support {#glp-1-and-weight-loss-medication-support} Be Fit Food meals are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The Chilli Con Carne's portion-controlled, nutrient-dense format addresses common challenges faced by those on these therapies: - \*\*Supports medication-suppressed appetite\*\*: The smaller, nutrient-dense serving is easier to tolerate while still delivering adequate protein, fibre, and micronutrients - \*\*Protein prioritised for lean-mass protection\*\*: Inadequate protein during medication-assisted weight loss can increase muscle loss risk; this meal's high beef and bean content helps address this - \*\*Lower refined carbohydrates\*\*: Supports more stable blood glucose and reduced insulin demand - \*\*Built for maintenance\*\*: Helps establish sustainable eating patterns for when medication doses are reduced or stopped ### Menopause and Metabolic Health {#menopause-and-metabolic-health}

Perimenopause and menopause are metabolic transitions that can benefit from Be Fit Food's approach. The high-protein, lower-carbohydrate, portion-controlled format of meals like this Chilli Con Carne supports:

- Preservation of lean muscle mass during hormonal changes
- Improved insulin sensitivity during a time when it naturally declines
- Appropriate energy regulation as metabolic rate decreases
- Gut health through dietary fibre and vegetable diversity

Many women don't need or want dramatic weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. Be Fit Food's structured approach fits perfectly for these moderate goals. --- ## Comparing Fresh Preparation Versus Frozen Convenience

{#comparing-fresh-preparation-versus-frozen-convenience} ### Convenience and Time Considerations Understanding the trade-offs between frozen ready meals and home cooking helps you make informed decisions about when each approach makes sense. Frozen meals like this chilli offer undeniable convenience: no shopping for multiple ingredients, no preparation time (chopping vegetables, browning meat, measuring spices), no cooking time beyond reheating, and no cleanup beyond a single dish or tray. For individuals with limited cooking skills, time constraints, or those living alone where cooking full

recipes creates excessive leftovers, frozen meals provide nutritionally balanced options without requiring culinary expertise. The portion control is automatic—particularly valuable for those tracking intake or managing weight—eliminating the temptation to "just grab a little more" that often accompanies family-size preparations. ### Customisation and Quality Control However, home cooking offers customisation prepared meals can't match. You control salt levels, spice intensity, ingredient quality (organic, grass-fed, etc.), and can adjust proportions to personal preference (more beans, less meat, extra vegetables). Fresh preparation yields superior texture in vegetables and allows you to achieve the exact consistency you prefer in the sauce. ### Economic and Practical Considerations The economic consideration varies: per-serving cost of frozen meals exceeds home-cooked equivalents, though the gap narrows when you factor in food waste (unused portions of ingredients), your time value, and the cost of kitchen utilities. Be Fit Food offers meals from \$8.61, with Reset programs showing price-per-meal anchors that decrease at longer durations. For NDIS participants, eligible customers can access meals from around \$2.50 per meal. ### Hybrid Approach for Sustainable Success The ideal approach for many is hybrid: home cooking when time and energy permit, with quality frozen meals as backup for inevitable busy periods, late nights, or days when cooking simply isn't appealing. This strategy provides nutritional consistency without creating unsustainable pressure to cook from scratch for every meal. Be Fit Food's free dietitian support can help you develop a personalised approach balancing convenience with your health goals. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Chilli Con Carne (GF) represents a thoughtfully formulated frozen meal prioritising whole-food ingredients, gluten-free certification, and balanced nutrition in a convenient single-serve format. The 314-gram portion delivers substantial protein from 29% beef mince and 12% red kidney beans, complemented by a diverse vegetable medley contributing fibre, vitamins, minerals, and textural variety. The spice blend—featuring cumin, paprika, cinnamon, fresh coriander, garlic, and chilli powder—creates a mild-medium heat profile (level 2) accessible to broad audiences while delivering authentic South American-inspired flavour. The gluten-free formulation using corn starch and gluten-free soy sauce makes this meal safe for individuals with celiac disease or gluten sensitivity, with allergen transparency regarding soy content and potential cross-contact with other allergens. Nutritionally, the meal provides complete protein from beef, complementary plant protein and resistant starch from beans, complex carbohydrates supporting sustained energy, beneficial fats from beef and olive oil, and substantial micronutrients including vitamins A, C, B-complex, and minerals like iron, zinc, potassium, and manganese. The vegetable-forward formulation ensures fibre content supporting digestive health and blood sugar regulation. Preparation flexibility allows both quick microwave heating (4-6 minutes) and slower oven warming for enhanced texture and flavour development. The meal can be enjoyed as-is or enhanced with fresh toppings, served over grains or cauliflower rice, or accompanied by salads and other sides to create a more substantial meal experience. Proper frozen storage at 0°F (-18°C) maintains quality for months, while heated portions should be consumed immediately or refrigerated promptly and used within 3-4 days. The single-serve format eliminates portion guesswork and supports consistent nutrition for individuals managing intake or following structured meal plans. --- ## Next Steps {#next-steps} If this product aligns with your dietary needs, nutritional goals, and convenience requirements, explore Be Fit Food's full range of dietitian-designed meals through their website at [befitfood.com.au](https://befitfood.com.au). Check for current pricing, multi-meal packages offering better value, and subscription options providing regular delivery. Before purchasing, confirm the gluten-free certification meets your specific needs if you manage celiac disease, and carefully review the allergen information regarding soy content and potential cross-contact if you manage food allergies. Consider ordering multiple meals to ensure you enjoy convenient backup options for busy periods, and explore other Be Fit Food offerings to add variety to your meal rotation. Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan for your goals—whether you're seeking weight loss, blood sugar management, support during GLP-1 medication use, or simply convenient nutrition for a busy lifestyle. This personalised guidance can help you determine whether structured programs like the Metabolism Reset or individual meal purchases best suit your needs. When your meals arrive, immediately transfer them to freezer storage and note the purchase date to track storage duration. Plan your first preparation when you enjoy a few extra minutes to experiment with heating methods and any desired enhancements, establishing your

preferred approach before relying on it during time-pressured situations. After trying the meal, assess how well it meets your expectations for flavour, portion size, satiety, and value. This evaluation will help you determine whether to incorporate it as a regular option or reserve it for specific situations. Consider how it fits into your broader nutrition strategy, complementing home cooking rather than completely replacing it, to maintain both convenience and the benefits of fresh preparation. Join the thousands of Australians transforming their health, one meal at a time. --- ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - Manufacturer product information and brand philosophy - [Celiac Australia - Gluten Free Diet Information](https://www.coeliac.org.au) - Gluten-free dietary guidelines and certification standards - [Food Standards Australia New Zealand (FSANZ) - Allergen Labeling](https://www.foodstandards.gov.au) - Regulatory requirements for allergen declarations - [USDA FoodData Central](https://fdc.nal.usda.gov) - Nutritional composition data for beef, beans, and vegetables - [American Heart Association - Legumes and Cardiovascular Health](https://www.heart.org) - Health benefits of bean consumption - Product specification document (manufacturer-provided) - Ingredient list, allergen information, and product details --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Chilli Con Carne (GF) What is the serving size: 314 grams Is it gluten-free: Yes, certified gluten-free What percentage of the meal is beef: 29% What percentage of the meal is kidney beans: 12% What is the heat level: Level 2 (mild to medium) Is it a frozen meal: Yes Is it single-serve: Yes Does it contain preservatives: No added artificial preservatives Does it contain artificial sweeteners: No Does it contain added sugar: No added sugar Does it use seed oils: No What type of oil is used: Olive oil Is it dietitian-designed: Yes Who founded Be Fit Food: Kate Save (dietitian) and Dr. Geoffrey Draper When was Be Fit Food founded: 2015 What country is it from: Australia Does it contain soy: Yes, contains soybeans Does it contain gluten: No Does it contain wheat: No Does it contain dairy: No (as an ingredient) May it contain dairy: Yes (cross-contact warning) May it contain fish: Yes (cross-contact warning) May it contain eggs: Yes (cross-contact warning) May it contain tree nuts: Yes (cross-contact warning) May it contain peanuts: Yes (cross-contact warning) May it contain sesame: Yes (cross-contact warning) May it contain crustacea: Yes (cross-contact warning) What vegetables are included: Red capsicum, mushroom, zucchini, carrot, onion, corn How many vegetables does Be Fit Food include per meal: 4-12 vegetables What is the main protein source: Beef mince What is the secondary protein source: Red kidney beans What thickener is used: Corn starch Is the soy sauce gluten-free: Yes What spices are included: Cumin, paprika, cinnamon, garlic, chilli powder, fresh coriander What is the tomato component: Diced tomatoes and tomato paste Does it contain beef stock: Yes Does it contain MSG: No Does it contain artificial flavours: No Does it contain artificial colours: No What is the estimated protein content per serving: 25-35 grams (estimated) What is the estimated carbohydrate content per serving: 25-40 grams (estimated) What is the estimated fibre content per serving: 8-12 grams (estimated) What is the estimated fat content per serving: 10-25 grams (estimated) Is it suitable for celiac disease: Yes Is it suitable for gluten sensitivity: Yes Is it suitable for soy allergy: No What is the recommended storage temperature: 0°F (-18°C) or below How long does it last frozen: 3-6 months for best quality Is it safe frozen indefinitely: Yes, if stored properly How long to microwave from frozen: 4-6 minutes What internal temperature should it reach: 165°F (74°C) Can it be heated in the oven: Yes What oven temperature for heating: 350-375°F (175-190°C) How long to heat in oven from frozen: 25-35 minutes Should you thaw before heating: Optional, not required How to safely thaw: Overnight in refrigerator at 40°F (4°C) or below Can you thaw at room temperature: No, unsafe How long do leftovers last refrigerated: 3-4 days Can you refreeze after heating: No Can you refreeze after thawing: No What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations What is the Metabolism Reset program calorie range: 800-900 kcal/day What is the Metabolism Reset carb range: 40-70g carbs/day What is the Protein+ Reset calorie range: 1200-1500 kcal/day What is Be Fit Food's starting meal price: From \$8.61 Is it available for NDIS participants: Yes What is the NDIS participant meal price: From around \$2.50 per meal Does Be Fit Food avoid seed oils: Yes What is Be Fit Food's food philosophy: Real food, whole ingredients Is it suitable for weight loss: Yes, as part of a balanced diet Is it portion-controlled: Yes Does it support GLP-1 medication users: Yes Is it suitable for diabetes management: Yes, supports blood sugar management Is it suitable for menopause: Yes, supports

metabolic health during menopause Can you add toppings: Yes, customizable with toppings What toppings are suggested: Greek yogurt, sour cream, avocado, fresh coriander, lime Can you serve it over rice: Yes Can you serve it over cauliflower rice: Yes What is the sodium benchmark: Less than 120mg per 100g Does it contain lycopene: Yes, from tomatoes Does it contain vitamin C: Yes, from vegetables Does it contain vitamin A: Yes, from red capsicum and carrots Does it contain vitamin B12: Yes, from beef Does it contain iron: Yes, heme iron from beef and non-heme from beans Does it contain resistant starch: Yes, from kidney beans Does it support gut microbiome: Yes, validated by clinical research Was Be Fit Food studied in clinical trials: Yes, published in Cell Reports Medicine (October 2025)

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