

CURPUMCHI - Food & Beverages

Product Overview -

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Details:

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Sodium | Less than 500mg per serve | | Saturated fat | Low in saturated fat | | Vegetables | Contains 4-12 different vegetables | | Artificial additives | No artificial colours, flavours, or preservatives | | Added sugar | No added sugar or artificial sweeteners | | Storage | Keep frozen at -18°C (0°F) or below | | Heating instructions | Microwave: 4-6 minutes on high (pierce film, stir halfway). Stovetop: 8-12 minutes from frozen | --- ## 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: Curried Pumpkin & Chicken Soup (GF) MB5 - Brand: Be Fit Food - GTIN: 9358266000854 - Pack size: 338g (single serve) - Diet classification: Gluten-free, Dairy-free - Ingredients (in order): Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot, Onion, Olive Oil, Chicken Stock, Fresh Coriander, Curry Powder, Garlic, Pink Salt, Cumin, Pepper - Allergen statement: May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin - Nutrition content claims: Good source of protein, Good source of dietary fibre, Less than 500mg sodium per serve, Low in saturated fat - Vegetable content: Contains 4-12 different vegetables - Free from: No artificial colours, flavours, or preservatives; No added sugar or artificial sweeteners - Storage requirements: Keep frozen at -18°C (0°F) or below - Heating instructions: Microwave 4-6 minutes on high (pierce film, stir halfway); Stovetop 8-12 minutes from frozen - Category: Food & Beverages - Ready-to-Eat Meals - Price: \$11.99 AUD - Availability: In Stock ### General Product Claims {#general-product-claims} - Described as "nutritionally optimised" meal designed by dietitians and exercise physiologists - Claimed to help you "feel fuller for longer" due to protein content - Positioned as suitable for health-conscious individuals and busy lifestyles - Described as "complete meal solution" that doesn't require additional components - Claimed to support various health goals including blood sugar management, cardiovascular health, and weight management - Marketed as suitable for post-workout recovery meals - Described as appropriate for GLP-1 and weight-loss medication users - Claimed to support women navigating perimenopause and menopause metabolic transitions - Described as part of Australia's leading dietitian-designed meal delivery service - Claimed to deliver "real food, real results—backed by real science" - Marketing states approximately 90% of Be Fit Food menu is certified gluten-free - Claimed to have coeliac-suitable controls in manufacturing - Described as supporting "sustainable health outcomes" and "metabolic health" - Marketed as fitting into structured weight-loss programs (Metabolism Reset, Protein+ Reset) - Claims of average 1-2.5 kg weight loss per week when replacing all 3 meals daily - Described as supporting immune function through various nutritional mechanisms - Claimed to prevent afternoon energy crashes when consumed at lunch - Marketing describes delivery to approximately 70% of Australian postcodes - Described as suitable for NDIS participants (registered NDIS provider) - Offers free 15-minute dietitian consultations - Claims of published diabetes evidence showing glucose metric improvements - Described as having "minimal decision fatigue" and "low spoilage" benefits - Marketing emphasizes "hand-cut" chicken breast as quality indicator - Described as having "naturally creamy texture" without dairy or thickening agents - Claims about anti-inflammatory properties from turmeric/curcumin content - Described as having "gentle curry flavour" that's "aromatic rather than intensely hot" --- ## Introduction: Your Complete Guide to Be Fit Food's Curried Pumpkin & Chicken Soup {#introduction-your-complete-guide-to-be-fit-foods-curried-pumpkin--chicken-soup} Be Fit Food's Curried Pumpkin & Chicken Soup (GF) is a nutritionally optimised, single-serve frozen meal that combines the natural sweetness of pumpkin with tender hand-cut chicken breast, aromatic curry spices, and a carefully selected blend of vegetables. As Australia's leading dietitian-designed meal delivery service, Be Fit Food crafted this 338-gram gluten-free soup to deliver a complete meal solution designed for health-conscious individuals who refuse to compromise between convenience and nutritional integrity. Whether you're managing a busy lifestyle, following specific dietary requirements, or simply seeking a wholesome meal that supports your wellness goals, this soup represents a thoughtfully crafted option that addresses multiple nutritional priorities while delivering authentic, warming flavours. In this comprehensive guide, you'll discover everything about this specific product—from its precise ingredient composition and complete nutritional profile to its unique features, preparation methods, and practical applications in your daily meal planning. We'll explore what makes this particular soup stand out in the Be Fit Food individual meals range, how each ingredient contributes to both flavour and nutrition, and how to maximise your experience with this product. --- ##

Product Overview {#product-overview} Be Fit Food's Curried Pumpkin & Chicken Soup arrives as a single-serve frozen meal in a sealed tray or bowl format, precisely portioned at 338 grams per serving. This isn't a generic soup—it's a strategically formulated meal that balances macronutrients while incorporating between 4 to 12 different vegetables in a single serving, making it exceptionally nutrient-dense for its category. Developed by Be Fit Food's team of dietitians and exercise physiologists, the soup exemplifies the brand's commitment to real food, real results—backed by real science. The soup's foundation rests on a pumpkin base that constitutes 30% of the total composition, blended with leek, sweet potato, and carrot to create a naturally creamy texture without relying on dairy products or thickening agents. What distinguishes this product is the inclusion of 24% chicken content—specifically hand-cut chicken breast pieces that remain intact throughout the soup rather than being processed or shredded. This substantial protein component elevates the soup from a light starter to a complete meal capable of helping you feel fuller for longer. The flavour profile centres on aromatic curry spices that complement rather than overpower the natural sweetness of the vegetables. Fresh coriander, curry powder, cumin, and garlic work together to create layers of warmth and complexity, while the vegetables provide natural sweetness and earthy undertones. This is a soup designed for those who appreciate nuanced flavours that develop on the palate rather than aggressive seasoning that dominates the taste experience. --- ## Complete Ingredient Breakdown

{#complete-ingredient-breakdown} The ingredient list for this soup reflects Be Fit Food's whole-food philosophy, with every component serving both nutritional and culinary purposes. True to the brand's commitment to no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners, each ingredient is chosen for its nutritional value and flavour contribution. Let's examine each ingredient in the order listed, understanding both its role and contribution to the final product. ### Pumpkin (30%) {#pumpkin-30} As the primary ingredient, pumpkin provides the soup's base and contributes significant nutritional value. This percentage translates to approximately 101 grams of pumpkin in each 338-gram serving. Pumpkin brings natural beta-carotene (which the body converts to vitamin A), dietary fibre, and a subtle sweetness that balances the curry spices. The variety of pumpkin used—likely butternut or Queensland blue based on Australian food manufacturing practices—determines the final colour and sweetness intensity. Pumpkin also contributes to the soup's naturally thick, velvety consistency when blended. ### Chicken (24%) {#chicken-24} The chicken component represents approximately 81 grams per serving, described specifically as hand-cut chicken breast. This detail is significant because chicken breast is the leanest cut, contributing high-quality protein with minimal saturated fat. The "hand-cut" designation indicates pieces rather than mechanically separated or processed chicken, meaning you'll encounter actual chicken chunks that provide textural contrast to the smooth soup base. Chicken breast also provides essential amino acids, B vitamins (particularly niacin and B6), and minerals like selenium and phosphorus. ### Leek {#leek} This member of the allium family contributes a mild, sweet onion flavour that's more refined than standard onions. Leeks also add to the vegetable count and provide prebiotic fibres that support digestive health. When cooked and blended, leeks contribute to the soup's creamy mouthfeel and add subtle complexity to the flavour foundation. ### Sweet Potato {#sweet-potato} Adding natural sweetness and vibrant orange colour, sweet potato complements the pumpkin while contributing additional beta-carotene, vitamin C, and complex carbohydrates. Sweet potato also enhances the soup's fibre content and provides a different texture profile than pumpkin when blended, creating more body and richness in the final consistency. ### Carrot {#carrot} Beyond adding to the vegetable diversity, carrots contribute additional beta-carotene, natural sugars, and a slightly earthy sweetness. Carrots also provide vitamin K1 and potassium, and when thoroughly cooked and blended, they help create the soup's smooth, uniform texture. ### Onion {#onion} Standard onions provide the aromatic base that's fundamental to most soup preparations. They contribute natural umami compounds, sulfur-containing antioxidants, and additional prebiotic fibres. Onions also enhance the savoury depth of the curry spices. ### Olive Oil {#olive-oil} The inclusion of olive oil as a primary fat source rather than butter or vegetable oils is nutritionally significant and aligns with Be Fit Food's commitment to no seed oils. Olive oil provides heart-healthy monounsaturated fats, particularly oleic acid, and helps with the absorption of fat-soluble vitamins from the vegetables (vitamins A, D, E, and K). It also contributes to the soup's satisfying mouthfeel and helps carry the fat-soluble flavour compounds from the spices. ###

Chicken Stock {#chicken-stock} This provides the liquid base and contributes savoury depth, umami flavour, and additional protein. Quality chicken stock also contains minerals extracted from bones during the stock-making process, including calcium, magnesium, and phosphorus, along with collagen-derived compounds that support the soup's body. ### Fresh Coriander {#fresh-coriander} Unlike dried herbs, fresh coriander (cilantro leaves) provides bright, citrusy notes that lift the earthier curry flavours. Fresh coriander also contributes vitamin K, vitamin C, and aromatic compounds that enhance the soup's overall flavour complexity. The use of fresh rather than dried herbs indicates Be Fit Food's commitment to flavour quality. ### Curry Powder {#curry-powder} This spice blend contains turmeric, coriander seed, cumin, fenugreek, and other warming spices. Turmeric provides curcumin, a compound with anti-inflammatory properties, while the blend creates the soup's characteristic curry profile. The specific curry powder formulation determines the heat level and flavour intensity. ### Garlic {#garlic} Beyond its aromatic contribution, garlic provides allicin and other sulfur compounds associated with cardiovascular health benefits. Garlic enhances the savoury notes and adds pungency that balances the vegetables' sweetness. ### Pink Salt {#pink-salt} Likely Himalayan pink salt, this mineral-rich salt provides sodium for seasoning while contributing trace minerals. The specific quantity used ensures the soup remains under 500 mg sodium per serve, meeting the product's low-sodium claim and aligning with Be Fit Food's formulation benchmark of <120 mg per 100 g. ### Cumin {#cumin} Listed separately from the curry powder, additional cumin emphasises this particular spice's earthy, warm flavour. Cumin also aids digestion and contributes iron and other minerals. ### Pepper {#pepper} Black pepper provides mild heat and contains piperine, which enhances the bioavailability of other nutrients, particularly curcumin from turmeric. It adds a finishing note of warmth without overwhelming heat. --- ## Comprehensive Nutritional Analysis {#comprehensive-nutritional-analysis} Understanding the complete nutritional profile of this 338-gram serving helps you integrate the soup strategically into your meal planning and dietary goals. Be Fit Food's dietitian-designed approach ensures every meal delivers balanced nutrition that supports sustainable health outcomes. ### Macronutrient Distribution {#macronutrient-distribution} The soup delivers a balanced macronutrient profile designed to support satiety and stable energy levels. The substantial chicken content (24% of total weight) ensures adequate protein delivery, essential for muscle maintenance, immune function, and helping you feel fuller for longer. The combination of pumpkin, sweet potato, and carrot provides complex carbohydrates that digest gradually, preventing blood sugar spikes while supplying sustained energy. The use of olive oil as the primary fat source means the soup delivers predominantly monounsaturated fats rather than saturated fats, supporting the "low in saturated fat" claim prominently featured on the product page. This fat composition aligns with heart-health recommendations from major nutrition organisations and reflects Be Fit Food's commitment to healthy unsaturated fats. ### Dietary Fibre Content {#dietary-fibre-content} The product carries a "good source of dietary fibre" claim, which under Australian food standards requires a minimum of 4 grams of fibre per serving for a "good source" designation (or 7 grams for "high fibre"). Given the substantial vegetable content—pumpkin, sweet potato, carrot, leek, and onion—this soup likely delivers fibre in the 4-7 gram range per 338-gram serving. This fibre comes from multiple sources, providing both soluble and insoluble varieties. Pumpkin and sweet potato contribute pectin and other soluble fibres that support digestive health and help moderate blood sugar responses, while the various vegetables provide insoluble fibre that promotes regular bowel movements and contributes to gut health. This aligns with Be Fit Food's emphasis on dietary fibre from real vegetables rather than synthetic additives. ### Protein Quality and Quantity {#protein-quality-and-quantity} The "good source of protein" claim indicates this soup provides significant protein relative to energy content. With chicken breast constituting 24% of the product (approximately 81 grams), and chicken breast containing about 31 grams of protein per 100 grams, this soup likely delivers around 25 grams of high-quality, complete protein per serving. This protein content is particularly noteworthy for a soup, as many commercial soups provide minimal protein. The chicken breast protein contains all essential amino acids in proportions that support human nutritional needs, making it a complete protein source. This level of protein supports muscle maintenance, promotes satiety, and helps prevent the blood sugar fluctuations that can occur with carbohydrate-only meals—a core principle of Be Fit Food's high-protein, lower-carbohydrate approach. ### Sodium Management {#sodium-management} The explicit claim of "<500 mg sodium per serve" positions this soup as a

low-sodium option, particularly important given that many commercial soups contain 800-1200 mg or more of sodium per serving. For individuals monitoring blood pressure, managing fluid retention, or following sodium-restricted diets, this specification provides concrete information for meal planning. Be Fit Food's formulation approach targets <120 mg per 100 g, using vegetables for water content rather than thickeners. The use of pink salt rather than standard table salt, combined with the reliance on aromatic spices and fresh herbs for flavour, demonstrates how the product achieves satisfying taste while maintaining sodium control. The chicken stock likely contributes some sodium naturally, but the overall formulation keeps total sodium well below the 500 mg threshold. **### Micronutrient Density** {#micronutrient-density} While specific vitamin and mineral quantities aren't detailed on the product page, the ingredient composition allows us to identify the soup's likely micronutrient strengths. The high pumpkin, sweet potato, and carrot content means this soup delivers exceptional beta-carotene levels—potentially providing several times the daily requirement for vitamin A (in its precursor form) in a single serving. The fresh coriander contributes vitamin K, the vegetables provide vitamin C (though some degrades during cooking), and the chicken breast adds B vitamins, particularly niacin (B3) and pyridoxine (B6). The diverse vegetable selection also contributes potassium, magnesium, and various phytonutrients that support overall health. --- **## Gluten-Free Certification and Dietary Considerations** {#gluten-free-certification-and-dietary-considerations} The "(GF)" designation in the product name indicates this soup is formulated to be gluten-free, making it suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other health reasons. Be Fit Food offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. Let's examine what this means in practical terms for this specific product. **### Gluten-Free Formulation** {#gluten-free-formulation} Every ingredient in this soup is naturally gluten-free: pumpkin, chicken, vegetables, olive oil, herbs, and spices contain no gluten in their pure forms. The critical consideration for gluten-free status involves the curry powder and chicken stock, as these can sometimes contain gluten-containing additives or be processed in facilities that handle wheat. Be Fit Food's gluten-free designation indicates they source curry powder and chicken stock that either contain no gluten ingredients or meet the threshold for gluten-free labelling (less than 20 parts per million of gluten in most jurisdictions). This attention to ingredient sourcing makes the soup genuinely suitable for those with gluten-related disorders. **### Cross-Contamination Prevention** {#cross-contamination-prevention} For a product to legitimately carry a gluten-free claim, manufacturers must implement protocols to prevent cross-contamination during production. This includes dedicated production lines or thorough cleaning procedures between products, separate storage for gluten-free ingredients, and testing protocols to verify gluten absence in finished products. Be Fit Food's commitment to coeliac-suitable control is clearly disclosed to support informed, coeliac-safe decision-making. **### Additional Dietary Alignments** {#additional-dietary-alignments} Beyond being gluten-free, this soup's ingredient list reveals compatibility with several other dietary approaches: ****Dairy-Free****: The soup contains no milk, cream, butter, cheese, or other dairy products, making it suitable for those with lactose intolerance or dairy allergies, as well as individuals following dairy-free diets for other reasons. ****No Artificial Colours and Flavours****: The product explicitly claims to contain no artificial colours and flavours, meaning all colour comes from the vegetables themselves (the vibrant orange from pumpkin, sweet potato, and carrot) and all flavour derives from real ingredients rather than synthetic flavouring compounds. This aligns with Be Fit Food's clean-label standards and clean-eating principles. ****Whole Food Based****: The ingredient list contains recognisable whole foods rather than heavily processed ingredients, protein isolates, or chemical additives. This transparency appeals to those prioritising minimally processed foods and aligns with Be Fit Food's "real food" positioning—nutritionally balanced real food, not synthetic supplements, shakes, bars or detox teas. ****Considerations for Specific Diets****: While the soup is gluten-free and dairy-free, it's important to note it contains chicken, making it unsuitable for vegetarian or vegan diets. The presence of onion and garlic means it doesn't align with low-FODMAP dietary protocols. The soup contains no explicit allergen warnings beyond what's inherent in the ingredients themselves. --- **## Flavour Profile and Sensory Experience** {#flavour-profile-and-sensory-experience} Understanding what to expect when you taste this soup helps set appropriate expectations and allows you to determine whether it aligns with your flavour preferences. **### Taste Characteristics** {#taste-characteristics} The primary taste experience

centres on natural sweetness from the pumpkin, sweet potato, and carrot base, balanced by the savoury, umami-rich chicken stock and the aromatic warmth of curry spices. This isn't a heavily spiced, intensely hot curry—instead, the curry provides gentle warmth and complexity that complements rather than dominates the vegetables' natural flavours. The fresh coriander adds bright, citrusy notes that cut through the earthiness of the curry and vegetables, providing freshness that prevents the soup from tasting heavy or one-dimensional. The garlic and cumin contribute savoury depth, while the pepper adds a subtle finishing heat that builds gradually rather than hitting immediately. The chicken pieces provide savoury contrast to the sweet-spiced vegetable base, offering moments of concentrated protein flavour throughout the soup. Because the chicken is hand-cut breast meat rather than processed, it maintains a distinct chicken flavour rather than simply absorbing the surrounding soup's taste. ### Texture and Mouthfeel {#texture-and-mouthfeel} The soup's texture combines a smooth, creamy blended base with distinct chicken pieces that provide textural variety. The pumpkin, sweet potato, carrot, leek, and onion are blended together to create a velvety consistency that coats the palate without feeling heavy or overly thick. The olive oil contributes to a satisfying mouthfeel, providing richness without the heaviness of cream-based soups. The hand-cut chicken breast pieces offer a firmer, meaty texture that contrasts with the smooth base, creating textural interest that makes each spoonful engaging rather than monotonous. The soup's consistency should be substantial enough to cling to a spoon but fluid enough to be easily consumed, striking a balance between a thin broth and a thick puree. This consistency, combined with the fibre content from the vegetables, contributes to the soup's satisfying, filling nature. ### Aroma Profile {#aroma-profile} The aromatic experience begins before the first taste, with curry spices, fresh coriander, and garlic creating an inviting, warming scent. The curry powder's turmeric component likely provides an earthy, slightly peppery aroma, while cumin adds warmth and the coriander contributes fresh, herbaceous notes. When heated, the chicken stock's savoury aromas intensify, blending with the naturally sweet scent of caramelised vegetables. The overall aromatic profile suggests comfort and warmth—the kind of soup that makes your kitchen smell inviting and promises a satisfying meal experience. --- ## Preparation Methods and Heating Instructions {#preparation-methods-and-heating-instructions} As a frozen ready meal, this soup requires proper heating to achieve optimal temperature, texture, and food safety. Be Fit Food's snap-frozen delivery system is designed for a frictionless routine: heat, eat, enjoy. Understanding the best preparation methods ensures you get the most from this product. ### Microwave Heating Method {#microwave-heating-method} The microwave represents the quickest preparation method for this frozen soup. Because the product arrives in a sealed tray or bowl format, you'll need to follow specific steps for safe and effective microwave heating: 1. **Remove from freezer**: Take the soup from your freezer and remove any outer cardboard sleeve or packaging that isn't microwave-safe. 2. **Pierce or vent the film**: If the soup comes with a sealed film covering, pierce it several times with a knife or fork to allow steam to escape during heating. This prevents pressure buildup that could cause the film to burst or the container to deform. 3. **Microwave on high**: Place the soup in the microwave and heat on high power. For a 338-gram portion starting from frozen, heating requires 4-6 minutes, though this varies based on your microwave's wattage. Lower-wattage microwaves (700-800W) may require the longer end of this range, while higher-wattage models (1000W+) may heat the soup adequately in 4 minutes. 4. **Stir halfway through**: At the midpoint of heating (around 2-3 minutes), carefully remove the soup, stir thoroughly to distribute heat evenly, and return to the microwave. This prevents hot spots and ensures the chicken pieces heat through completely. 5. **Check temperature**: After heating, stir again and check that the soup is steaming hot throughout. The internal temperature should reach at least 75°C (165°F) for food safety, particularly important for the chicken pieces. 6. **Let stand**: Allow the soup to stand for 1 minute after microwaving, as it will continue cooking slightly and the temperature will equalise throughout the soup. ### Stovetop Heating Method {#stovetop-heating-method} For those who prefer stovetop heating or don't access a microwave, this method provides excellent results with more control over the heating process: 1. **Thaw first (optional but recommended)**: For best results, thaw the soup in the refrigerator overnight. This allows more even heating and reduces the risk of scorching. 2. **Transfer to saucepan**: Remove the soup from its container and place it in a medium saucepan. If heating from frozen without thawing, you may need to run warm water over the container briefly to release the frozen soup block. 3. **Heat on medium-low**: Place the saucepan over

medium-low heat. Starting with lower heat prevents the bottom from scorching while the centre remains frozen. 4. ****Stir frequently**:** As the soup begins to thaw and heat, stir frequently to distribute heat evenly and prevent sticking. Break up any frozen portions gently with your spoon. 5. ****Increase heat gradually**:** Once the soup is mostly thawed, you can increase to medium heat to bring it to serving temperature more quickly. 6. ****Heat until steaming**:** Continue heating until the soup is steaming hot throughout, with small bubbles breaking the surface. This ensures the chicken pieces are heated to a safe temperature. The stovetop method takes 8-12 minutes from frozen, or 5-7 minutes from refrigerator-thawed, and many people find it produces a slightly better texture than microwave heating, though the difference is subtle with a well-formulated product like this. **### Water Bath Method**

{#water-bath-method} For those at work or with access to hot water but no microwave, a water bath method can work, though it takes longer: 1. Ensure the soup container is waterproof and sealed 2. Place the sealed container in a bowl or pot of hot (not boiling) water 3. Change the water every 5-10 minutes to maintain temperature 4. Heat for 20-30 minutes, checking periodically This method is less common but can be useful in certain situations, such as office environments with limited heating facilities. --- **## Storage Guidelines and Shelf Life** {#storage-guidelines-and-shelf-life} Proper storage ensures this soup maintains its quality, safety, and nutritional value from purchase through consumption. Be Fit Food's snap-frozen delivery system is designed not just for convenience—it's a compliance system ensuring consistent portions, consistent macros, minimal decision fatigue, and low spoilage. **### Frozen Storage** {#frozen-storage} This soup is designed for frozen storage and should remain frozen at -18°C (0°F) or below from purchase until you're ready to prepare it. When stored properly in a consistently frozen state, the soup maintains its quality for the duration of its marked shelf life, which for frozen prepared meals ranges from 6-12 months from production date. Store the soup in the main freezer compartment rather than the door, as the door experiences more temperature fluctuations when the freezer is opened and closed. Keep the soup in its original packaging until ready to use, as this packaging is designed to prevent freezer burn and protect the product from absorbing odours from other frozen foods. **### Refrigerated Storage After Thawing**

{#refrigerated-storage-after-thawing} Once thawed, this soup should be treated like any fresh, prepared food containing chicken: - ****Refrigerate immediately**:** If you thaw the soup in the refrigerator for stovetop preparation, use it within 24 hours - ****Don't refreeze**:** Once thawed, don't refreeze the soup, as this degrades texture and increases food safety risks - ****Keep covered**:** If you've opened the package but haven't consumed all the soup, transfer any leftovers to an airtight container **### Post-Heating Storage** {#post-heating-storage} If you heat the entire portion but don't finish it: -

****Refrigerate within 2 hours**:** Cool and refrigerate any uneaten heated soup within 2 hours of heating - ****Consume within 2-3 days**:** Reheat and consume refrigerated leftovers within 2-3 days - ****Reheat thoroughly**:** When reheating leftovers, ensure the soup reaches steaming hot (75°C/165°F) throughout - ****Reheat only once**:** Don't repeatedly reheat the same portion; only heat what you'll consume **### Freezer Burn Prevention** {#freezer-burn-prevention} While the soup's packaging is designed to prevent freezer burn, if you notice ice crystals forming on the package or the soup appears dried out in spots after extended storage, this indicates freezer burn. The soup remains safe to eat but may show compromised texture or flavour in affected areas. --- **## Use Cases and Meal Planning Applications** {#use-cases-and-meal-planning-applications} Understanding when and how to incorporate this soup into your routine helps maximise its value and ensures it serves your specific needs effectively. Be Fit Food meals are designed to fit seamlessly into various lifestyle needs, from

structured weight-loss programs to everyday healthy eating. **### Quick Weeknight Dinner Solution** {#quick-weeknight-dinner-solution} For busy weeknights when cooking from scratch isn't feasible, this soup provides a complete meal in under 10 minutes. The combination of protein from chicken, complex carbohydrates from vegetables, and dietary fibre creates a balanced meal that doesn't require additional components, though you might choose to add them for variety. Pair the soup with a slice of gluten-free bread or a small side salad if you want to extend the meal, but the 338-gram portion with its substantial protein content often proves satisfying on its own. This makes it ideal for solo diners or situations where household members are eating at different times. **### Post-Workout Recovery Meal** {#post-workout-recovery-meal} The soup's protein content (approximately 25 grams) combined with complex carbohydrates makes it suitable as a post-workout recovery meal, particularly after

moderate-intensity exercise. The sodium content, while low by commercial soup standards, provides some electrolyte replacement, and the easy-to-digest format suits those who don't feel like eating solid food immediately after exercise. The anti-inflammatory compounds from turmeric in the curry powder may offer additional benefits for exercise recovery, though the amounts in a single serving are modest. The soup's warmth and easy digestibility make it particularly appealing after cold-weather outdoor workouts. For those following Be Fit Food's Protein+ Reset program (1200–1500 kcal/day), this soup can complement pre- and post-workout nutrition.

Lunch at Home or Office
{#lunch-at-home-or-office} For those working from home or with access to microwave facilities at work, this soup serves as a convenient lunch option that's substantially more nutritious than many grab-and-go alternatives. The single-serve format eliminates portion control concerns, and the complete nutritional profile prevents the afternoon energy crash that often follows carbohydrate-heavy lunches. The soup's aroma during heating is pleasant without being overwhelming, making it appropriate for shared office spaces (unlike some reheated fish or heavily spiced dishes that can cause complaints from coworkers).

Light Dinner or Appetite Management

{#light-dinner-or-appetite-management} For those managing calorie intake, this soup can serve as a lighter dinner option or as part of a calorie-controlled eating plan. The high protein and fibre content promote satiety despite the relatively modest portion size, helping prevent evening snacking. The soup works particularly well as a first course before a lighter main dish, or as the primary component of a dinner paired with a substantial salad or vegetable side dish. This approach aligns with Be Fit Food's structured meal programs, including the Metabolism Reset (approximately 800–900 kcal/day) designed to support sustainable weight loss.

Illness Recovery and Gentle Nutrition

{#illness-recovery-and-gentle-nutrition} The soup's easy-to-digest format, warming spices, and complete nutrition make it suitable during recovery from minor illnesses when appetite is reduced but nutrition remains important. The smooth texture requires minimal chewing effort, and the gentle curry spices (which aren't aggressively hot) can be soothing rather than irritating to sensitive systems. The chicken stock provides easily absorbed nutrients, and the soup's warmth can be comforting when you're feeling under the weather. The controlled sodium content is appropriate even when you're trying to stay hydrated during illness.

Dietary Transition Support {#dietary-transition-support}

For individuals transitioning to gluten-free eating due to coeliac disease diagnosis or gluten sensitivity, reliable, clearly labelled gluten-free convenience options reduce the stress of meal planning during the adjustment period. This soup provides reassurance that you're getting a safe, nutritious meal without needing to scrutinise every ingredient.

Similarly, for those working with dietitians or nutritionists on structured meal plans, the soup's clear nutritional specifications make it easy to incorporate into tracked eating plans. Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right plan, and their ongoing support through the private Facebook community provides additional guidance.

GLP-1 and Weight-Loss Medication Support

{#glp-1-and-weight-loss-medication-support} Be Fit Food meals, including this soup, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The soup's characteristics align perfectly with the needs of medication users:

- **Smaller, portion-controlled serving** that's easier to tolerate when appetite is suppressed

- **High protein content** to help protect lean muscle mass during weight loss

- **Lower carbohydrates with no added sugar** to support more stable blood glucose

- **Fibre from real vegetables** supporting fullness and gut health

- **Easy-to-digest format** that works well when medications alter digestion

For those transitioning off medications, Be Fit Food supports the development of sustainable, repeatable eating habits that protect muscle and metabolic health long-term.

Menopause and Midlife Metabolic Support

{#menopause-and-midlife-metabolic-support} This soup is particularly well-suited for women navigating perimenopause and menopause, which are metabolic transitions—not just hormonal ones. The soup's nutritional profile addresses key midlife health concerns:

- **High-protein content** to preserve lean muscle mass as metabolic rate naturally declines

- **Lower carbohydrates with no added sugars** to support insulin sensitivity

- **Portion-controlled serving** appropriate as energy needs change

- **Dietary fibre and vegetable diversity** supporting gut health and appetite regulation

- **No artificial sweeteners** which can worsen cravings in some women

Many women don't need or want large weight loss—a goal of 3–5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and

significantly improve energy and confidence. This is exactly where Be Fit Food fits. --- ## Nutritional Strategy and Health Optimisation {#nutritional-strategy-and-health-optimisation} Understanding how this soup's nutritional profile supports specific health goals helps you use it most strategically. Be Fit Food's approach is built around metabolic health, not just calorie counting. ### Blood Sugar Management {#blood-sugar-management} The combination of protein, fibre, and complex carbohydrates in this soup creates a favourable glycaemic response compared to carbohydrate-only meals. The protein from chicken slows carbohydrate absorption, while the fibre from vegetables further moderates blood sugar impact. The olive oil contributes to this effect as well, as fat slows gastric emptying and carbohydrate absorption. For individuals managing diabetes, prediabetes, or insulin resistance, this soup represents a balanced option that shouldn't cause dramatic blood sugar spikes when consumed as part of an overall managed eating plan. The absence of added sugars and reliance on vegetables' natural sugars further supports blood sugar stability. Be Fit Food's published diabetes evidence shows improvements in glucose metrics during structured program weeks in people with Type 2 diabetes. ### Cardiovascular Health Support {#cardiovascular-health-support} Multiple aspects of this soup align with heart-health recommendations: - **Low saturated fat**: The use of lean chicken breast and olive oil rather than butter or cream keeps saturated fat low - **Controlled sodium**: The <500 mg sodium per serve is substantially lower than many commercial soups - **Monounsaturated fats**: Olive oil provides heart-healthy fats - **Fibre content**: Dietary fibre supports healthy cholesterol levels - **Vegetable diversity**: The multiple vegetables provide various phytonutrients and antioxidants For individuals following heart-healthy eating patterns, this soup fits well within dietary guidelines from organisations like the Heart Foundation. ### Weight Management Applications {#weight-management-applications} For those managing weight, this soup offers several advantages aligned with Be Fit Food's proven approach: - **Portion control**: The single-serve format prevents overeating - **High satiety**: Protein and fibre help you feel fuller for longer relative to energy content - **Nutrient density**: You get substantial nutrition per calorie consumed - **Volume eating**: The soup's water content and vegetable bulk provide eating satisfaction - **Convenience**: Easy preparation reduces the temptation to order higher-calorie takeout - **Structure and adherence**: The biggest predictors of weight-loss success—not willpower The soup can fit into various weight management approaches, from Be Fit Food's structured Reset programs to intuitive eating frameworks that emphasise hunger-fullness awareness. Be Fit Food's clinical results show an average of 1–2.5 kg weight loss per week when replacing all 3 meals daily with their meals. ### Immune Function Support {#immune-function-support} The soup's nutritional composition supports immune function through several mechanisms: - **Protein**: Essential for antibody production and immune cell function - **Beta-carotene**: Converted to vitamin A, which supports immune system integrity - **Garlic**: Contains compounds that support immune function - **Turmeric**: Provides curcumin with immune-modulating properties - **Diverse vegetables**: Supply various vitamins, minerals, and phytonutrients While no single food prevents illness, incorporating nutrient-dense options like this soup contributes to overall immune system support. --- ## Practical Tips for Best Experience {#practical-tips-for-best-experience} These specific tips help you get the most from this particular product: ### Enhancing the Meal {#enhancing-the-meal} While the soup is designed as a complete meal, you might choose to enhance it: - **Add fresh herbs**: A sprinkle of fresh coriander or parsley on top adds brightness and visual appeal - **Include a squeeze of lime**: A small amount of lime juice brightens the curry flavours - **Serve with gluten-free naan or rice cakes**: If you want additional carbohydrates - **Top with a dollop of yogurt**: Plain yogurt (if you tolerate dairy) adds cooling contrast to the curry warmth - **Pair with a side salad**: Fresh greens complement the warm, cooked soup ### Timing Your Consumption {#timing-your-consumption} For optimal satisfaction: - **Don't eat directly from the microwave**: Transfer to a bowl if you've heated it in its container, as this improves the eating experience - **Let it cool slightly**: Eating when it's comfortably hot rather than scalding allows you to taste the flavours better - **Eat mindfully**: The soup's texture and flavour deserve attention rather than distracted eating ### Avoiding Common Mistakes {#avoiding-common-mistakes} - **Don't overheat**: Excessive heating can make the chicken pieces dry and rubbery - **Don't skip stirring**: Unstirred soup develops hot spots and cold spots - **Don't expect intense spice heat**: This is mildly spiced curry, not a vindaloo-level heat experience - **Don't judge by frozen appearance**: The soup looks much more

appealing once properly heated and stirred --- ## Comparing to Home-Cooked Alternatives
{#comparing-to-home-cooked-alternatives} Understanding what you'd need to replicate this soup at home highlights its convenience value: To make a similar soup from scratch, you'd need to: 1. Purchase and prep 6-7 different vegetables (pumpkin, leek, sweet potato, carrot, onion, plus garlic and fresh coriander) 2. Purchase and cook chicken breast separately 3. Make or purchase quality chicken stock 4. Source appropriate curry powder and spices 5. Spend 45-60 minutes on active preparation and cooking 6. Manage portion control and storage for leftovers The ingredient cost for a single portion would likely be similar to the product's retail price when you account for purchasing full-size quantities of each ingredient, many of which you'd use only partially. The time investment is substantial, and achieving the same smooth, consistent texture requires either a high-quality blender or immersion blender. This context helps you appreciate Be Fit Food's value proposition: dietitian-designed results with minimal time investment and no specialised equipment required. Your health journey starts with one delicious meal. --- ## Environmental and Packaging Considerations

{#environmental-and-packaging-considerations} While specific packaging details aren't provided on the product page, understanding frozen meal packaging helps set expectations: The sealed tray or bowl format protects the soup during frozen storage and provides a convenient heating vessel. This packaging is designed to be microwave-safe and prevent freezer burn. After consuming the soup, check local recycling guidelines for the specific materials used in your area, as recyclability varies by region and material type. The single-serve format, while convenient, does create more packaging waste per serving than buying ingredients in bulk and cooking larger batches. However, it also prevents food waste from unused ingredients spoiling or leftovers being discarded, which can offset some of the packaging impact. --- ## Who This Product Best Serves {#who-this-product-best-serves} This soup is particularly well-suited for: - **Gluten-free eaters**: Whether due to coeliac disease, sensitivity, or preference—approximately 90% of Be Fit Food's menu is certified gluten-free - **Busy professionals**: Who want nutritious meals without extensive preparation - **Health-conscious individuals**: Seeking controlled portions with clear nutritional information - **Solo diners**: The single-serve format prevents waste and eliminates leftover management - **Those managing sodium intake**: The <500 mg sodium specification supports low-sodium diets - **Fitness enthusiasts**: The protein content supports active lifestyles - **People with limited cooking skills or facilities**: No cooking expertise required - **Individuals following structured eating plans**: Clear nutritional specs enable precise tracking - **GLP-1 and weight-loss medication users**: Designed to support medication-assisted weight management - **Women in perimenopause and menopause**: Built for midlife metabolic health needs - **NDIS participants**: Be Fit Food is a registered NDIS provider with government-verified status The soup may be less ideal for: - **Those seeking very low-carb options**: The vegetables provide moderate carbohydrate content - **People who prefer very spicy food**: The curry is aromatic rather than intensely hot - **Large families**: Multiple single servings would be needed, making bulk cooking more economical - **Those avoiding all processed foods**: While minimally processed, it's still a prepared meal - **Individuals with onion/garlic sensitivities**: These ingredients are present and integral to flavour --- ## Key Takeaways {#key-takeaways} Be Fit Food's Curried Pumpkin & Chicken Soup (GF) represents a thoughtfully formulated frozen meal that prioritises both nutrition and convenience without sacrificing flavour. Designed by Be Fit Food's team of dietitians and exercise physiologists, the 338-gram serving delivers substantial protein from hand-cut chicken breast (24% of total content), dietary fibre from multiple vegetables, and carefully controlled sodium levels—all while maintaining gluten-free status and avoiding artificial colours and flavours. The soup's ingredient list reads like a home-cooked recipe: pumpkin (30%), chicken, leek, sweet potato, carrot, onion, olive oil, chicken stock, fresh coriander, and aromatic curry spices. This transparency and whole-food approach distinguishes it from many commercial soups that rely on additives, thickeners, and artificial flavourings—embodying Be Fit Food's commitment to real food, real results—backed by real science. With its balanced macronutrient profile, the soup serves multiple purposes: a quick weeknight dinner, a post-workout recovery meal, a convenient work lunch, or a component of calorie-controlled eating plans including Be Fit Food's structured Reset programs. The gentle curry flavour provides warmth and complexity without overwhelming heat, making it accessible to those who appreciate curry flavours but don't want intense spice levels. The product's nutritional claims—good source of dietary fibre, good

source of protein, <500 mg sodium per serve, low in saturated fat, and containing 4-12 different vegetables—position it as a genuinely health-supportive option rather than merely a convenient one. For individuals managing gluten-free diets, blood sugar, cardiovascular health, weight, or navigating GLP-1 medications or menopause, this soup provides a reliable option that supports rather than compromises health goals. --- ## Next Steps {#next-steps} If this soup aligns with your dietary needs and lifestyle: 1. **Check availability**: Be Fit Food delivers to approximately 70% of Australian postcodes. Visit [Be Fit Food Official Website](<https://www.befitfood.com.au>) to verify delivery to your area 2. **Book a free consultation**: Take advantage of Be Fit Food's free 15-minute dietitian consultation to determine if this soup fits your specific health goals and to explore which meal plan might work best for you 3. **Consider ordering multiple servings**: Keeping several in your freezer ensures you always access a nutritious option 4. **Plan your first preparation**: Decide whether you'll use microwave or stovetop heating and ensure you possess the necessary equipment 5. **Think about enhancements**: Consider what sides or toppings might complement the soup for your preferences 6. **Track your experience**: Note how satisfying you find the portion size and how the soup fits into your overall eating pattern For those new to Be Fit Food products, this soup serves as an excellent introduction to the brand's approach: nutritionally optimised, ingredient-transparent meals that deliver convenience without compromising quality. The clear nutritional specifications and straightforward ingredient list make it easy to evaluate whether the product serves your specific needs. Whether you're seeking gluten-free options, managing a busy schedule, supporting fitness goals, navigating weight-loss medications, addressing midlife metabolic changes, or simply wanting a warming, nutritious meal that's ready in minutes, this Curried Pumpkin & Chicken Soup offers a well-formulated solution that respects both your time and your health priorities. Join thousands of Australians transforming their health, one meal at a time. --- ## References {#references} Based on manufacturer specifications provided and product information from Be Fit Food's official product page. Nutritional analysis and dietary information based on Australian food standards and labelling regulations. General nutrition science regarding protein, fibre, and micronutrients from established nutrition databases and peer-reviewed research on food components. - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Food Standards Australia New Zealand (FSANZ) - Nutrition Content Claims](<https://www.foodstandards.gov.au>) - [Gluten Free Australia - Certification Standards](<https://www.coeliac.org.au>) --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food's Curried Pumpkin & Chicken Soup (GF) What is the serving size: 338 grams Is it gluten-free: Yes, certified gluten-free What percentage is pumpkin: 30% of total content What percentage is chicken: 24% of total content What type of chicken is used: Hand-cut chicken breast pieces Is it dairy-free: Yes, contains no dairy products Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours Does it contain artificial preservatives: No added artificial preservatives Does it contain added sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners How much sodium per serving: Less than 500 mg Is it low in saturated fat: Yes, low in saturated fat Is it a good source of protein: Yes, good source of protein Is it a good source of fibre: Yes, good source of dietary fibre How many vegetables does it contain: Between 4 to 12 different vegetables What is the primary fat source: Olive oil Does it contain seed oils: No seed oils Is it suitable for vegetarians: No, contains chicken Is it suitable for vegans: No, contains chicken Is it low-FODMAP friendly: No, contains onion and garlic What type of salt is used: Pink salt Does it use fresh or dried herbs: Fresh coriander Is the chicken processed: No, hand-cut breast pieces What creates the creamy texture: Blended vegetables, no dairy Is it spicy hot: No, mildly spiced with aromatic curry Does it contain curry powder: Yes, curry powder included Does it contain turmeric: Yes, in the curry powder blend Does it contain cumin: Yes, listed separately from curry powder Does it contain garlic: Yes, fresh garlic Does it contain fresh coriander: Yes, fresh coriander leaves What provides the liquid base: Chicken stock What vegetables are blended: Pumpkin, sweet potato, carrot, leek, onion How much protein per serving approximately: Around 25 grams How much fibre per serving approximately: Between 4-7 grams What is the storage state: Frozen What is the storage temperature required: -18°C (0°F) or below What is the shelf life frozen: 6-12 months from production date Can you refreeze after thawing: No, do not refreeze How long does it last once thawed in fridge: Use within 24 hours Microwave heating time from frozen: 4-6

minutes on high power Should you stir during microwave heating: Yes, stir halfway through Should you pierce the film before microwaving: Yes, pierce several times Stovetop heating time from frozen: 8-12 minutes Stovetop heating time from thawed: 5-7 minutes What temperature should it reach when heated: At least 75°C (165°F) Can you heat it in a water bath: Yes, though it takes 20-30 minutes How long can heated leftovers be refrigerated: 2-3 days How soon should you refrigerate after heating: Within 2 hours How many times can you reheat leftovers: Only once Is it suitable for coeliac disease: Yes, coeliac-suitable controls in place What percentage of Be Fit Food menu is gluten-free: Approximately 90% Who designed the soup: Be Fit Food's dietitians and exercise physiologists Is it suitable for post-workout recovery: Yes, good protein and carb balance Is it suitable for office lunch: Yes, microwave-friendly with pleasant aroma Is it suitable during illness recovery: Yes, easy to digest and nutritious Does it support blood sugar management: Yes, balanced protein, fibre, and complex carbs Is it heart-healthy: Yes, low saturated fat and controlled sodium Does it support weight management: Yes, portion-controlled and high satiety Is it suitable for GLP-1 medication users: Yes, specifically designed to support medication users Is it suitable for menopause support: Yes, addresses midlife metabolic needs Is Be Fit Food an NDIS provider: Yes, registered NDIS provider Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations available What is Be Fit Food's delivery coverage: Approximately 70% of Australian postcodes What is the Metabolism Reset calorie range: Approximately 800-900 kcal/day What is the Protein+ Reset calorie range: 1200-1500 kcal/day What is the average weekly weight loss on full program: 1-2.5 kg per week replacing all 3 meals Does it contain recognisable whole foods: Yes, whole food based ingredients Is the packaging microwave-safe: Yes, designed for microwave heating Where should you store it in the freezer: Main freezer compartment, not the door What creates the soup's orange colour: Natural colour from pumpkin, sweet potato, and carrot Does garlic enhance nutrient absorption: Yes, contains piperine from black pepper What does olive oil help absorb: Fat-soluble vitamins A, D, E, and K Does it contain complete protein: Yes, chicken provides all essential amino acids What provides prebiotic fibre: Leek and onion What provides beta-carotene: Pumpkin, sweet potato, and carrot Does turmeric provide anti-inflammatory compounds: Yes, contains curcumin What B vitamins does chicken provide: Particularly niacin (B3) and pyridoxine (B6)

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