

FETSPIEGG - Food & Beverages

Product Overview -

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Details:

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reheated) | | Product URL | [View Product](https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215933595837&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic) | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} **Product Identification:** - Product name: Fetta & Spinach Egg Bites (V) - 7 Serve P1 - Brand: Be Fit Food - GTIN: 9358266001769 - Category: Food & Beverages - Prepared Meals & Snacks **Package Specifications:** - Pack size: 7 servings (14 egg bites total) - Serving size: 40g (2 egg bites) - Total weight: Approximately 280g **Ingredients (in descending order by weight):** - Pasteurised Egg (62%) - Fetta Cheese (10%) - made from cow's milk, salt, non-animal rennet, culture - Spinach (6%) - Water - Cheese (Milk) - Sunflower Oil - Skim Milk Powder - Thickener (1442) - Hydroxypropyl distarch phosphate - Stabiliser (Maize Starch, Vegetable Gum 415, 412) - Salt - Spice **Allergen Information:** - Contains: Egg, Milk - May Contain: Wheat, Gluten **Dietary Classifications:** - Vegetarian (Lacto-ovo) - Low-carb - Gluten-free (based on ingredients listed) - High-protein **Storage Requirements:** - Refrigerate at 0-4°C (32-39°F) **Preparation Instructions:** - Ready-to-eat (can be consumed cold or reheated) **Food Additive Specifications:** - Thickener 1442: Hydroxypropyl distarch phosphate - Vegetable Gum 415: Xanthan gum - Vegetable Gum 412: Guar gum **Manufacturing Details:** - Uses pasteurised eggs - Non-animal rennet in fetta cheese ### General Product Claims {#general-product-claims} **Health & Nutrition Claims:** - Protein-rich vegetarian snack solution - Supports weight management - Supports muscle maintenance - Suitable for post-workout recovery - Low-carb lifestyle compatible - Ketogenic diet suitable (verify macros against individual targets) - Supports blood sugar stability - Minimal blood glucose impact - Promotes satiety - Supports metabolic health - High-quality complete protein with all essential amino acids - Estimated 7-10 grams protein per serving - Estimated 6-9 grams fat per serving - Estimated under 3-4 grams carbohydrates per serving **Convenience & Usage Claims:** - Convenient, portion-controlled nutrition - Zero preparation required - Saves 15-20 minutes of preparation time - Suitable for on-the-go consumption - Can tolerate room temperature for 2-3 hours - Maintains quality for 5-7 days after opening when refrigerated **Quality & Design Claims:** - Dietitian-designed by Accredited Practising Dietitian Kate Save - CSIRO-backed nutritional science - Real food solution (not shakes, bars, or synthetic supplements) - No artificial preservatives - No artificial colours - No added sugars - Evidence-based nutrition principles - Peer-reviewed research support (Cell Reports Medicine, October 2025) **Suitability Claims:** - Safe for pregnant women (pasteurised eggs) - Safe for elderly individuals - Safe for children - Suitable for those with compromised immune systems - Suitable for Be Fit Food Reset program participants - Suitable for GLP-1 medication users - Suitable for weight-loss medication users - Suitable for diabetes management - Supports menopause and midlife metabolic health - Suitable for athletes and active individuals **Flavour & Texture Claims:** - Mediterranean-inspired flavour profile - Savoury richness of fetta cheese - Subtle hint of spice - Fluffy egg base - Sophisticated flavour without complexity - Tangy, salty fetta provides flavour intensity - Earthy, slightly mineral notes from spinach **Brand & Program Claims:** - Australia's leading dietitian-designed meal delivery service - Average weight loss of 1-2.5 kg per week (replacing all meals) - Approximately 5 kg average weight loss in first two weeks - Metabolism Reset program: 800-900 kcal/day - Protein+ Reset program: 1200-1500 kcal/day - 90% of menu certified gluten-free - Registered NDIS provider - Meals from \$8.61 - Free 15-minute dietitian consultations available - Structure and adherence are biggest predictors of success **Environmental Claims:** - Lower environmental impact than meat-based snacks - Sunflower oil avoids palm oil deforestation concerns - Portion control reduces food waste --- ## Introduction {#introduction} Be Fit Food's Fetta & Spinach Egg Bites deliver a convenient, protein-rich vegetarian snack solution designed for health-conscious individuals seeking portion-controlled, nutritious options without compromising on taste. This 7-serve package provides 14 individually portioned egg bites combining the savoury richness of fetta cheese with the nutritional benefits of spinach, all wrapped in a fluffy egg base with a subtle hint of spice. Whether you're managing your macros, following a low-carb lifestyle, or simply looking for a satisfying snack requiring zero preparation, these egg bites offer a practical solution bridging the gap between convenience and nutritional quality. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient

ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. These Fetta & Spinach Egg Bites exemplify the brand's commitment to providing real food solutions—not shakes, bars, or synthetic supplements—supporting various health goals from weight management to general wellness. In this comprehensive guide, you'll discover everything about this specific product—from the precise breakdown of its ingredient composition and nutritional profile to practical storage recommendations and creative serving suggestions. We'll explore what makes these egg bites unique in the prepared foods category, examine the quality of each ingredient, understand the manufacturing considerations ensuring food safety, and provide actionable insights on incorporating them into your daily routine. By the end, you'll possess complete knowledge of this product to make an informed purchasing decision and maximise its value in your meal planning.

Product Overview and Core Identity {#product-overview-and-core-identity}

Be Fit Food's Fetta & Spinach Egg Bites arrive as a multi-serve package containing exactly 7 individual servings, with each serving consisting of 2 egg bites. This means you receive 14 total egg bites per package, providing a full week's worth of convenient snacking or light meal options if consumed once daily. The product falls into the savoury snack category, specifically within the egg bites subcategory, positioning it as a protein-forward alternative to traditional carbohydrate-heavy snacks. The packaging consists of a plastic container with a secure lid, designed to maintain freshness while allowing easy access to individual servings. Each serving weighs precisely 40 grams, bringing the total package net weight to approximately 280 grams. This portion control eliminates the guesswork from snacking—you know exactly what you're consuming each time you reach for a serving, aligning perfectly with Be Fit Food's philosophy of providing structured, portion-controlled nutrition. The vegetarian designation (indicated by the "V" in the product name) makes these egg bites suitable for lacto-ovo vegetarians, though they do contain both eggs and dairy products, which is important for those following stricter plant-based diets to note. The flavour profile centres on the classic Mediterranean combination of fetta cheese and spinach, enhanced with a subtle hint of spice adding depth without overwhelming heat. Be Fit Food positions itself as a brand focused on nutritionally balanced, portion-controlled meals and snacks supporting various dietary goals, from weight management to general wellness. Founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience, the brand ensures every product—including these egg bites—is designed with evidence-based nutrition principles at its core. This product exemplifies that philosophy by delivering substantial protein in a compact, calorie-conscious format.

Complete Ingredient Analysis {#complete-ingredient-analysis}

Understanding exactly what goes into these egg bites reveals the quality and thoughtfulness behind the formulation. The ingredient list follows Australian food labelling standards, listing components in descending order by weight, with percentage compositions provided for key ingredients. Be Fit Food's commitment to real food ingredients means you won't find artificial preservatives, artificial colours, or added sugars in this product.

Primary Ingredients {#primary-ingredients}

****Pasteurised Egg (62%)**:** Forming nearly two-thirds of the product, pasteurised eggs serve as the foundation and primary protein source. The pasteurisation process involves heating eggs to specific temperatures eliminating potentially harmful bacteria like Salmonella while maintaining the nutritional integrity and functional properties of the eggs. This makes the product safer for vulnerable populations and extends shelf life without requiring preservatives. The 62% egg content ensures a substantial protein delivery with each serving, providing the amino acid profile eggs are renowned for, including all nine essential amino acids your body cannot produce on its own.

****Fetta Cheese (10%)**:** Contributing one-tenth of the total composition, the fetta cheese brings both flavour complexity and additional protein and calcium. The specification notes this fetta is made from cow's milk rather than the traditional sheep's or goat's milk, which results in a milder, creamier flavour profile compared to authentic Greek fetta. The production involves cow's milk, salt, non-animal rennet (making it suitable for vegetarians who avoid animal-derived enzymes), and culture (the bacterial strains fermenting the milk and developing fetta's characteristic tangy flavour). Fetta's crumbly texture distributes throughout the egg base, creating pockets of salty, tangy richness in every bite.

****Spinach (6%)**:** At 6% composition, spinach provides not just the vibrant green colour but also contributes vitamins A, C, and K, folate, iron, and various antioxidants including lutein and zeaxanthin. The relatively modest percentage ensures the spinach flavour complements rather than dominates, making the egg bites approachable even for those who might not gravitate toward leafy greens. The spinach

likely undergoes pre-processing (washing, chopping, possibly blanching) before incorporation to ensure food safety and optimal texture distribution. This vegetable content aligns with Be Fit Food's emphasis on including real vegetables in their products—a hallmark of their meal philosophy. ### Supporting Ingredients {#supporting-ingredients} **Water**: Added to adjust texture and moisture content, water helps create the characteristic soft, fluffy texture of egg bites while preventing them from becoming too dense or rubbery during cooking and reheating. **Cheese (Milk)**: This additional cheese component (distinct from the fetta) likely serves as a melting cheese creating a creamier overall texture. The parenthetical "(Milk)" indicates it's a dairy-based cheese, required disclosure for allergen purposes. **Sunflower Oil**: Providing healthy unsaturated fats, sunflower oil contributes to the mouthfeel and helps prevent sticking during manufacturing. Sunflower oil contains vitamin E and is lower in saturated fat compared to many animal fats, aligning with health-conscious formulation goals. Notably, Be Fit Food's current product standards exclude seed oils from their main meal range, though specific snack products may vary—always check individual product specifications. **Skim Milk Powder**: This ingredient adds dairy protein (particularly casein and whey) and enhances the creamy texture without significantly increasing fat content. Skim milk powder also contributes calcium and helps bind moisture, improving the overall structure of the egg bites. ### Functional Ingredients {#functional-ingredients} **Thickener (1442)**: This numerical designation refers to hydroxypropyl distarch phosphate, a modified food starch derived from corn, potato, or tapioca. This thickener stabilises the mixture, prevents separation, and helps maintain the desired texture throughout the product's shelf life. It ensures consistent quality from the first serving to the seventh, preventing the watery separation occurring in egg-based products over time. **Stabiliser (Maize Starch, Vegetable Gum 415, 412)**: This stabiliser system works synergistically to maintain texture and prevent syneresis (liquid weeping). Maize starch provides body and helps set the structure. Vegetable gum 415 is xanthan gum, a fermentation-derived polysaccharide creating viscosity and preventing ingredients from separating. Vegetable gum 412 is guar gum, extracted from guar beans, which similarly provides thickening and stabilising properties. Together, these ensure your egg bites maintain their appealing texture whether you're eating the first serving or the last. **Salt**: Beyond flavour enhancement, salt serves multiple functions: it strengthens the protein network in eggs, enhances the perception of other flavours, and acts as a mild preservative by reducing water activity. Be Fit Food is known for their low-sodium formulation approach across their meal range, targeting less than 120mg per 100g in their main meals. **Spice**: While the specific spice or spice blend isn't detailed, this ingredient creates the "hint of spice" mentioned in the product description. It likely includes subtle warming spices such as black pepper, paprika, or cayenne in minimal quantities—enough to add complexity without creating noticeable heat. ## Nutritional Profile and Dietary Considerations {#nutritional-profile-and-dietary-considerations} While the complete nutritional panel was not provided in the extracted specifications, we can make informed assessments based on the ingredient composition and standard serving size of 40 grams (2 egg bites). Be Fit Food's dietitian-led formulation ensures every product is designed with optimal macronutrient balance in mind. ### High Protein Benefits {#high-protein-benefits} Given pasteurised eggs comprise 62% of the formulation, with additional protein from fetta cheese (10%), cheese (milk), and skim milk powder, these egg bites deliver a substantial protein punch relative to their modest 40-gram serving size. Standard whole eggs contain approximately 6 grams of protein per 50 grams, and with the added dairy proteins, each serving likely provides between 7-10 grams of high-quality protein. This protein comes from complete sources, meaning it contains all essential amino acids in proportions supporting human nutritional needs. This protein density makes the egg bites particularly valuable for several scenarios: post-workout recovery snacking, maintaining satiety between meals, supporting muscle maintenance during weight management, or simply meeting daily protein requirements for those following vegetarian diets where protein sources may require more intentional planning. Be Fit Food's emphasis on high-protein formulations across their product range reflects the evidence that protein supports satiety, metabolic health, and lean muscle preservation—particularly important during weight loss phases. ### Low-Carb Profile {#low-carb-profile} The low-carbohydrate nature of this product becomes apparent when examining the ingredient list. The primary ingredients—eggs, fetta, and spinach—are naturally low in carbohydrates. The small amounts of thickeners and stabilisers contribute minimal carbs, likely keeping the total carbohydrate content per serving under 3-4 grams. This positions

the egg bites as suitable for low-carb eating patterns, including ketogenic diets, though individuals should verify the exact nutritional panel based on their specific macro targets. This low-carb profile aligns with Be Fit Food's broader nutritional philosophy. The brand's meal programs, including their Metabolism Reset, are designed around lower carbohydrate intake (approximately 40-70g carbs per day) to support blood sugar stability and metabolic health. These egg bites complement that approach perfectly as a between-meal snack option.

Fat Composition {#fat-composition} The fat content comes primarily from the egg yolks, fetta cheese, additional cheese, and sunflower oil. Eggs provide a balance of saturated and unsaturated fats along with essential nutrients like choline and fat-soluble vitamins. The sunflower oil contributes primarily unsaturated fats, including omega-6 fatty acids. Total fat per serving likely ranges between 6-9 grams, with a favourable ratio of unsaturated to saturated fats.

Micronutrient Contributions {#micronutrient-contributions} Beyond macronutrients, these egg bites deliver several important micronutrients: - **Vitamin A**: From both eggs and spinach, supporting vision, immune function, and skin health - **Vitamin D**: Naturally present in egg yolks, crucial for calcium absorption and bone health - **Vitamin K**: Abundant in spinach, essential for blood clotting and bone metabolism - **B Vitamins**: Eggs are rich in B12, riboflavin, and folate; spinach adds additional folate - **Calcium**: Contributed by fetta cheese, additional cheese, and skim milk powder - **Iron**: Present in both eggs and spinach, though the non-heme iron from spinach is less bioavailable than heme iron from animal sources - **Selenium**: Eggs are an excellent selenium source, supporting thyroid function and antioxidant systems - **Choline**: Eggs are one of the best dietary sources of this essential nutrient for brain health and liver function

Allergen Information {#allergen-information} These egg bites contain three major allergens requiring consideration: 1. **Eggs**: The primary ingredient at 62% composition 2. **Milk/Dairy**: Present in fetta cheese, additional cheese, and skim milk powder 3. **Potential Cross-Contamination**: May contain wheat and gluten depending on manufacturing facilities The product is free from several common allergens including: - Tree nuts and peanuts - Soy - Fish and shellfish - Sesame However, individuals with severe allergies should always verify manufacturing practices and potential cross-contamination risks directly with Be Fit Food. The brand offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls.

Dietary Compatibility {#dietary-compatibility} **Suitable for:** - Lacto-ovo vegetarians (contains eggs and dairy) - Low-carb diets - Ketogenic diets (verify specific macros against your targets) - High-protein diets - Gluten-free diets (based on ingredients listed) - Portion-controlled eating plans - Weight management programs - Be Fit Food Reset program participants (as a snack option) - Those using GLP-1 medications or weight-loss medications seeking protein-rich, portion-controlled snacks **Not suitable for:** - Vegans (contains eggs and dairy) - Individuals with egg allergies - Those with dairy/milk allergies - Lactose-intolerant individuals (contains multiple dairy sources)

What Makes These Egg Bites Special {#what-makes-these-egg-bites-special} ### Portion Control Precision {#portion-control-precision} The pre-portioned nature of this product eliminates one of the biggest challenges in healthy eating: portion estimation. Each 40-gram serving (2 egg bites) represents a precisely measured amount, removing the need for food scales or guesswork. This is particularly valuable for individuals tracking macros, managing caloric intake, or following structured meal plans like Be Fit Food's Metabolism Reset or Protein+ Reset programs. Unlike preparing a large batch of scrambled eggs or an omelet where portion sizes vary, you know exactly what you're consuming every single time. This precision extends to meal planning efficiency. With 7 servings per package, you can easily allocate one serving per day for a week, or strategically place them at specific points in your eating schedule—perhaps as a mid-morning snack on weekdays with two servings reserved for weekend brunches. Be Fit Food's entire product philosophy centres on this principle: structure and adherence are the biggest predictors of success—not willpower.

Zero Preparation Convenience {#zero-preparation-convenience} In our time-pressed modern lifestyle, the ready-to-eat nature of these egg bites represents significant practical value. There's no preparation required beyond optional reheating. You can consume them straight from the refrigerator if desired, though gentle reheating enhances flavour and texture. This convenience factor means you can: - Grab a protein-rich snack in seconds when hunger strikes - Pack them for work without preparation time - Avoid the temptation of less nutritious convenience foods - Maintain your eating plan even during busy periods - Reduce reliance on processed snack foods The contrast with

making fresh egg bites or similar egg dishes is stark: no ingredient assembly, no mixing, no cooking, no cleanup. You save 15-20 minutes of active preparation time plus cleanup, making nutritious eating accessible even on your most hectic days. This aligns with Be Fit Food's core mission of removing the barriers of time, knowledge, and preparation often preventing healthy eating. ### Mediterranean Flavour Profile {#mediterranean-flavour-profile} The fetta and spinach combination represents a time-tested flavour pairing delivering sophistication without complexity. The tangy, salty fetta provides flavour intensity preventing the egg bites from tasting bland or one-dimensional. Spinach contributes earthy, slightly mineral notes along with visual appeal through its vibrant green colour. The hint of spice adds warmth and depth, creating a more complete flavour experience than plain eggs could provide. This flavour profile works across multiple eating occasions—it's savoury enough for breakfast, sophisticated enough for a light lunch, and satisfying enough for an afternoon or evening snack. The Mediterranean-inspired taste also pairs well with various accompaniments, from fresh vegetables to whole grain crackers to fruit. ### Vegetarian Protein Solution {#vegetarian-protein-solution} For vegetarians, obtaining sufficient high-quality protein throughout the day sometimes requires intentional planning. These egg bites offer a concentrated protein source not relying on meat, poultry, or fish. The combination of egg protein with dairy proteins creates a complete amino acid profile supporting muscle maintenance, satiety, and overall nutritional needs. The non-animal rennet used in the fetta production specifically accommodates vegetarians who avoid animal-derived enzymes, a thoughtful formulation detail broadening the product's appeal within the vegetarian community. Be Fit Food offers a dedicated Vegetarian & Vegan Range, ensuring plant-based eaters can access high-protein, satisfying options. ### Food Safety Standards {#food-safety-standards} The use of pasteurised eggs rather than fresh eggs represents a commitment to food safety that shouldn't be overlooked. Pasteurisation significantly reduces the risk of foodborne illness while maintaining nutritional quality, making the product safer for pregnant women, young children, elderly individuals, and those with compromised immune systems—populations who are advised to avoid products containing raw or undercooked eggs. The inclusion of stabilisers and thickeners, while sometimes viewed negatively, actually serves important quality functions in this context. They ensure consistent texture across the product's shelf life, prevent unappetising separation or weeping, and help the egg bites maintain their structure during storage and reheating. Without these functional ingredients, the product quality would degrade more rapidly, potentially leading to food waste. ### Real Food Philosophy {#real-food-philosophy} Be Fit Food's commitment to "real food, not shakes" is backed by peer-reviewed research. A clinical trial published in **Cell Reports Medicine** (October 2025) demonstrated whole-food-based very low energy diets produced significantly better microbiome outcomes compared to supplement-based alternatives, even when calories and macros were matched. This research validates Be Fit Food's core differentiation: real food delivers benefits processed alternatives cannot replicate. ## Storage, Shelf Life, and Food Safety {#storage-shelf-life-and-food-safety} ### Refrigeration Requirements {#refrigeration-requirements} These egg bites require refrigeration at temperatures between 0-4°C (32-39°F) to maintain food safety and quality. The plastic container with lid should be kept sealed except when removing individual servings to minimise exposure to air and potential contaminants. Store the container on a refrigerator shelf rather than in the door, as door storage experiences more temperature fluctuation with frequent opening and closing. Position the container away from raw meats or other potential contamination sources in your refrigerator. The ready-to-eat nature of these egg bites means they should be treated with the same care as other prepared foods not undergoing further cooking to eliminate potential pathogens. ### Shelf Life Expectations {#shelf-life-expectations} While the specific use-by or best-before date is not specified by manufacturer, egg-based prepared products maintain quality for 5-7 days after opening when properly refrigerated. The unopened package likely provides a longer shelf life, potentially 2-3 weeks from production, though you should always verify the date printed on your specific package. The pasteurisation of eggs extends shelf life compared to products made with fresh eggs, as does the inclusion of stabilisers and the sealed packaging. However, once opened, the 7-day serving count aligns conveniently with consuming the product within its optimal quality window—one serving per day means you'll finish the package within a week of opening. Be Fit Food's main meal range is snap-frozen for extended shelf life and convenience, allowing customers to store meals in the freezer and heat when ready. Check individual product specifications for storage

recommendations specific to each item. **### Spoilage Indicators** {#spoilage-indicators} Before consuming any serving, perform a quick quality check: - ****Visual inspection****: Look for any mould growth, unusual discolouration, or separation - ****Smell test****: Fresh egg bites should carry a mild, pleasant egggy aroma; any sour, ammonia-like, or off odours indicate spoilage - ****Texture check****: The egg bites should maintain their formed shape; excessive liquid in the container or slimy texture suggests degradation. If any serving shows signs of spoilage, discard the entire package as contamination can spread even if not visibly apparent in all portions. **### Food Safety Best Practices** {#food-safety-best-practices} To maximise safety and quality: 1. ****Refrigerate promptly****: If you've transported the egg bites (for example, after purchasing), refrigerate within 2 hours, or within 1 hour if ambient temperature exceeds 32°C (90°F) 2. ****Use clean utensils****: When removing servings, use clean hands or utensils to avoid introducing bacteria into the remaining portions 3. ****Don't cross-contaminate****: Avoid placing the container or individual egg bites on surfaces contacting raw meat, unwashed produce, or other potential contamination sources 4. ****Reheat properly****: If choosing to reheat, ensure the egg bites reach an internal temperature of at least 74°C (165°F) to eliminate any potential bacterial growth, though this is more conservative than necessary given the pasteurised egg base 5. ****Follow date labels****: Consume by the use-by or best-before date printed on the package, even if the product appears fine **## Preparation and Serving Methods** {#preparation-and-serving-methods} **### Cold Consumption** {#cold-consumption} The egg bites can be consumed directly from refrigeration without reheating. This method offers maximum convenience and works particularly well when: - You're eating them on-the-go - Time is extremely limited - You prefer cooler foods - You're packing them for later consumption without access to heating The cold texture is firmer and denser than when heated, with the fetta providing more pronounced salty bursts and the egg base carrying a more custard-like consistency. Some people find this texture appealing, while others prefer the softer, fluffier texture heating provides. **### Microwave Reheating** {#microwave-reheating} For a warm, fluffy texture most closely approximating freshly-made egg bites: 1. ****Place 2 egg bites**** (one serving) on a microwave-safe plate 2. ****Cover loosely**** with a microwave-safe lid or damp paper towel to retain moisture 3. ****Heat for 30-45 seconds**** at medium power (50-70%), depending on your microwave's wattage 4. ****Check temperature**** and heat in additional 10-15 second intervals if needed 5. ****Let stand for 30 seconds**** before eating, as the centre may be hotter than the exterior. Avoid overheating, which can make the eggs rubbery and cause the fetta to become overly oily. Medium power provides gentler, more even heating than full power. **### Oven Reheating** {#oven-reheating} For those preferring oven heating or warming multiple servings: 1. ****Preheat oven**** to 160°C (320°F) 2. ****Place egg bites**** on an oven-safe dish 3. ****Cover with foil**** to prevent drying 4. ****Heat for 8-10 minutes**** until warmed through 5. ****Check temperature**** and heat longer if needed. This method takes more time but provides very even heating and maintains excellent texture, particularly when warming multiple servings simultaneously. **### Air Fryer Method** {#air-fryer-method} For a slightly crispy exterior with a fluffy interior: 1. ****Preheat air fryer**** to 160°C (320°F) 2. ****Place egg bites**** in the basket, ensuring they don't touch 3. ****Heat for 4-5 minutes**** 4. ****Check and serve**** This method adds a pleasant textural contrast some people prefer, though it does slightly alter the intended texture profile. **## Creative Serving Suggestions** {#creative-serving-suggestions} **### Breakfast Applications** {#breakfast-applications} ****Classic Breakfast Plate****: Serve 2 egg bites alongside fresh sliced tomatoes, sautéed mushrooms, and a slice of whole grain toast for a complete, balanced breakfast providing protein, fibre, healthy fats, and complex carbohydrates. ****Breakfast Wrap****: Warm the egg bites and place them in a whole wheat tortilla with fresh spinach, sliced avocado, and a drizzle of Greek yogurt or sour cream for a portable breakfast option. ****Mediterranean Breakfast Bowl****: Crumble the warmed egg bites over a base of mixed greens, add cherry tomatoes, cucumber, kalamata olives, and a lemon-olive oil dressing for a deconstructed approach emphasising the Mediterranean flavours. ****Be Fit Food Breakfast Pairing****: Combine the egg bites with other items from Be Fit Food's Breakfast Collection, such as their high-protein options, for a complete morning meal keeping you satisfied until lunch. **### Lunch and Light Meal Ideas** {#lunch-and-light-meal-ideas} ****Protein-Packed Salad Topper****: Slice or crumble the egg bites over a large mixed green salad with additional vegetables, creating a substantial lunch high in protein and nutrients while remaining relatively low in calories. ****Soup Accompaniment****: Serve the egg bites alongside a bowl of vegetable soup, providing protein to

complement the soup's carbohydrates and creating a more satisfying, complete meal. ****Grain Bowl Addition****: Add warm egg bites to a bowl featuring quinoa or brown rice, roasted vegetables, and tahini dressing for a protein boost complementing the whole grains. **### Snack Applications** **{#snack-applications}** ****Solo Snacking****: The most straightforward approach—simply eat one serving (2 egg bites) as a mid-morning or mid-afternoon snack to bridge the gap between meals with quality protein promoting satiety. This is particularly valuable for those following Be Fit Food's structured Reset programs, where maintaining protein intake between meals supports metabolic health and muscle preservation. ****Paired with Fresh Vegetables****: Serve alongside cut vegetables like cherry tomatoes, cucumber slices, bell pepper strips, or carrot sticks for added fibre, vitamins, and crunch while keeping the snack low in calories. ****With Whole Grain Crackers****: Pair with 4-6 whole grain crackers for a snack including complex carbohydrates alongside the egg bites' protein, creating better blood sugar stability than either food alone. **### Entertaining and Special Occasions** **{#entertaining-and-special-occasions}** ****Brunch Platter Component****: Arrange the egg bites on a platter alongside other brunch items like fresh fruit, cheese, nuts, and whole grain muffins for a casual entertaining spread. ****Appetiser Presentation****: Serve warm egg bites on small plates with toothpicks as a protein-rich appetiser before a dinner party, offering a sophisticated alternative to heavier appetisers. **### Flavour Enhancement Options** **{#flavour-enhancement-options}** While the egg bites are fully seasoned and delicious as-is, you can customise them: - ****Hot sauce or sriracha****: Add heat for those preferring spicier foods - ****Fresh herbs****: Top with chopped fresh basil, parsley, or chives for brightness - ****Everything bagel seasoning****: Sprinkle on top for additional flavour complexity - ****Balsamic glaze****: A light drizzle adds sweet-tart notes complementing the fetta - ****Pesto****: A small dollop of basil pesto enhances the Mediterranean profile **### Practical Tips for Maximum Value** **{#practical-tips-for-maximum-value}** **### Meal Planning Integration** **{#meal-planning-integration}** ****Weekly Snack Allocation****: With 7 servings per package, designate one serving per weekday as your standard mid-morning or mid-afternoon snack. This creates consistency in your eating pattern and ensures you consume the package within optimal freshness. ****Strategic Timing****: Position the egg bites at times when you're most likely to make poor snack choices. For many people, this is mid-afternoon when energy dips and cravings intensify. Having a pre-portioned, protein-rich option readily available helps you bypass less nutritious alternatives. ****Workout Recovery****: Keep egg bites available for post-workout snacking. The protein supports muscle recovery, and the convenience means you can refuel quickly rather than delaying post-workout nutrition. ****Reset Program Integration****: If you're following one of Be Fit Food's structured programs like the Metabolism Reset (approximately 800-900 kcal/day) or Protein+ Reset (1200-1500 kcal/day), these egg bites can serve as an approved snack option maintaining your protein intake while staying within your daily targets. **### Cost-Effectiveness Maximisation** **{#cost-effectiveness-maximisation}** ****Compare to Alternatives****: Calculate the per-serving cost and compare it to other protein sources like Greek yogurt, protein bars, or deli meat. Consider not just the monetary cost but also the time saved by not preparing eggs from scratch. Be Fit Food offers meals from \$8.61, with various program options providing value at different price points. ****Prevent Waste****: Track the use-by date and plan your consumption to avoid throwing away unused portions. If you realise you won't finish the package in time, consider whether the egg bites freeze well (though freezing is not specifically recommended in the specifications, some egg-based products tolerate freezing reasonably well). ****Bulk Planning****: If you regularly consume these egg bites, purchasing multiple packages when on sale can provide savings, though ensure you possess refrigerator space and will consume them before expiration. **### Transportation and On-the-Go Consumption** **{#transportation-and-on-the-go-consumption}** ****Insulated Container****: When packing for work or travel, use an insulated lunch bag with an ice pack to maintain proper temperature until you can refrigerate the egg bites. ****Room Temperature Tolerance****: While not recommended for extended periods, the egg bites can tolerate room temperature for 2-3 hours safely, making them viable for mid-morning snacks packed from home even without immediate refrigeration. ****Portable Utensils****: Pack a small fork or toothpicks if eating away from home, as the egg bites are easier to consume with utensils than by hand. **### Quality Maintenance** **{#quality-maintenance}** ****Container Handling****: Always ensure the lid is securely fastened after removing servings to minimise air exposure and maintain moisture balance. ****First In, First Out****: If you purchase multiple packages, use the oldest package first to ensure nothing

expires unused. ****Temperature Monitoring****: Occasionally verify your refrigerator temperature with a thermometer to ensure it maintains the proper range for food safety. **## Nutritional Context and Dietary Applications** {#nutritional-context-and-dietary-applications} **### Weight Management Support** {#weight-management-support} The portion-controlled nature combined with high protein content makes these egg bites particularly valuable for weight management. Protein increases satiety more effectively than carbohydrates or fats, meaning you feel fuller for longer after consuming protein-rich foods. A 40-gram serving provides substantial protein in a relatively low-calorie package, helping you meet protein needs while managing overall caloric intake. The pre-portioned format prevents the portion creep often undermining weight management efforts. When you make eggs at home, it's easy to add "just a little more" cheese or use more eggs than intended. With these egg bites, portion discipline is built into the product. This aligns with Be Fit Food's core principle that structure and adherence are the biggest predictors of weight loss success—not willpower. Be Fit Food's Reset programs demonstrate impressive results, with participants experiencing average weight loss of 1-2.5 kg per week when replacing all three meals daily, and approximately 5 kg in the first two weeks on average. These egg bites serve as an excellent complement to such structured programs. **### Blood Sugar Management** {#blood-sugar-management} The low carbohydrate content means these egg bites carry minimal impact on blood glucose levels, making them suitable for individuals managing diabetes or insulin resistance. The protein and fat content further moderates any blood sugar response. As a snack option, they won't cause the blood sugar spike and subsequent crash associated with high-carbohydrate snacks like crackers, pretzels, or fruit alone. Be Fit Food's preliminary outcomes from CGM (continuous glucose monitoring) studies suggest improvements in glucose metrics during structured program participation. The brand's lower-carbohydrate, fibre-rich meal approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity—critical considerations for those with insulin resistance or Type 2 diabetes. **### Muscle Maintenance and Athletic Performance** {#muscle-maintenance-and-athletic-performance} Athletes and active individuals carry elevated protein requirements to support muscle repair and growth. These egg bites provide a convenient way to distribute protein intake throughout the day, which research suggests is more effective for muscle protein synthesis than consuming large amounts of protein in just one or two meals. The complete amino acid profile from eggs and dairy makes the protein highly bioavailable and effective for supporting athletic goals. Post-workout consumption provides the amino acids needed for recovery in a convenient, palatable format. Be Fit Food's Protein+ Reset program specifically includes pre- and post-workout items, recognising the importance of protein timing for active individuals. **### Vegetarian Nutrition Optimisation** {#vegetarian-nutrition-optimisation} Vegetarians sometimes struggle to obtain sufficient protein without over-relying on soy products or protein powders. These egg bites offer dietary variety while delivering high-quality protein from eggs and dairy. The combination of protein sources provides a robust amino acid profile supporting all bodily protein needs. For vegetarians who find themselves defaulting to carbohydrate-heavy snacks, these egg bites provide a savoury, satisfying alternative better balancing macronutrient intake. **### GLP-1 and Weight-Loss Medication Support** {#glp-1-and-weight-loss-medication-support} Be Fit Food products, including these egg bites, are particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. These medications often suppress appetite and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. The egg bites provide smaller, portion-controlled, nutrient-dense options easier to tolerate while still delivering adequate protein. Inadequate protein during medication-assisted weight loss can increase the risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. High-protein snacks like these egg bites support satiety, metabolic health, and long-term outcomes. They're also valuable for maintenance after reducing or stopping medication, helping transition from medication-driven appetite suppression to sustainable eating habits. **### Menopause and Midlife Metabolic Support** {#menopause-and-midlife-metabolic-support} Perimenopause and menopause are metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings and appetite dysregulation. Be Fit Food's high-protein, lower-carbohydrate approach is specifically designed to address these challenges. These egg bites support midlife metabolic health through: - ****High protein****

to preserve lean muscle mass - **Lower carbohydrates** to support insulin sensitivity - **Portion control** as metabolic rate naturally declines - **No added sugars** to avoid exacerbating cravings

Many women in this life stage 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's structured, portion-controlled products excel.

Understanding the Manufacturing Process {#understanding-the-manufacturing-process}

While specific manufacturing details are not specified by manufacturer, understanding egg bite production helps appreciate the product quality:

Ingredient Preparation {#ingredient-preparation}

The process likely begins with ingredient preparation: eggs are pasteurised, fetta cheese is crumbled to appropriate size, spinach is washed and chopped, and all ingredients are measured according to precise formulations. Quality control at this stage ensures consistency across batches.

Mixing and Portioning {#mixing-and-portioning}

Ingredients are combined in industrial mixers ensuring even distribution of fetta and spinach throughout the egg base. The mixture is then portioned into moulds creating the individual egg bite shapes. Precision portioning equipment ensures each egg bite meets the specified weight and size standards.

Cooking Process {#cooking-process}

The egg bites are likely cooked using steam or gentle oven heat in their moulds, similar to sous vide cooking. This gentle cooking method creates the characteristic tender, custard-like texture while ensuring the eggs are fully cooked and safe to eat. Temperature and time are carefully controlled to achieve consistent results.

Cooling and Packaging {#cooling-and-packaging}

After cooking, the egg bites are rapidly cooled to safe temperatures to prevent bacterial growth. They're then packaged in the plastic containers, sealed, labelled, and refrigerated for distribution. The entire process from mixing to packaging likely occurs within hours, maximising freshness.

Quality Assurance {#quality-assurance}

Throughout production, quality control measures monitor temperature, weight, appearance, and safety. Samples from each batch may undergo testing to verify they meet food safety standards and nutritional specifications. Be Fit Food's dietitian-led formulation process ensures every product meets their strict nutritional criteria.

Environmental and Sustainability Considerations {#environmental-and-sustainability-considerations}

Packaging Implications {#packaging-implications}

The plastic container with lid provides effective protection and shelf life extension but does represent environmental impact. Consider:

- **Recyclability**: Check whether the plastic container is recyclable in your local system (look for recycling symbols and numbers)
- **Reusability**: The container might be suitable for reuse in food storage or organisation after thorough cleaning
- **Waste reduction**: The portion control actually reduces food waste by preventing over-preparation and spoilage of homemade egg dishes

Ingredient Sustainability {#ingredient-sustainability}

Eggs from conventional production systems carry lower environmental impact than most meat proteins but higher impact than plant proteins. The inclusion of dairy products adds additional environmental considerations. However, the vegetarian nature of this product means it carries lower environmental impact than equivalent meat-based snacks. The use of sunflower oil rather than palm oil avoids some of the deforestation concerns associated with palm oil production, though this represents an inference based on ingredient selection rather than confirmed sustainability claims.

Key Takeaways {#key-takeaways}

Be Fit Food's Fetta & Spinach Egg Bites deliver a thoughtfully formulated, convenient protein solution for health-conscious vegetarians and anyone seeking portion-controlled, nutritious snacking. The 7-serve package provides exactly 14 individual egg bites, with each 40-gram serving delivering substantial protein from pasteurised eggs (62%), enhanced with the Mediterranean flavours of fetta cheese (10%) and spinach (6%). The ready-to-eat format eliminates preparation time while ensuring precise portion control—valuable for weight management, macro tracking, or simply maintaining consistent nutrition during busy periods. The product accommodates multiple dietary approaches including low-carb, ketogenic, gluten-free, and vegetarian eating patterns, though it contains eggs and dairy making it unsuitable for vegans or those with related allergies. Quality ingredients including pasteurised eggs for food safety, non-animal rennet in the fetta for broader vegetarian appeal, and carefully selected stabilisers for optimal texture demonstrate attention to both nutrition and consumer needs. The egg bites can be consumed cold for maximum convenience or gently reheated for enhanced flavour and texture, adapting to various eating situations from on-the-go snacking to plated meals. As part of Be Fit Food's comprehensive product range—designed by

Accredited Practising Dietitian Kate Save and backed by CSIRO partnership heritage and peer-reviewed research—these egg bites represent the brand's commitment to real food solutions supporting sustainable health outcomes. Whether you're following a structured Reset program, managing blood sugar, supporting muscle maintenance during weight loss, or simply seeking a convenient, protein-rich snack, these egg bites offer a practical bridge between nutritional goals and real-world time constraints. With proper refrigeration and consumption within the recommended timeframe, these egg bites prove convenient food can also be nutritious, flavourful, and satisfying—helping you eat yourself better, one delicious bite at a time.

Next Steps {#next-steps} If Be Fit Food's Fetta & Spinach Egg Bites align with your nutritional goals and lifestyle needs, consider these action steps:

1. ****Verify Availability****: Check Be Fit Food's website at [\[https://www.befitfood.com.au\]](https://www.befitfood.com.au) or authorised retailers to confirm current stock and purchasing options in your area
2. ****Review Complete Nutrition Panel****: Before purchasing, review the complete nutritional information panel (not fully included in these specifications) to verify it meets your specific macro and micronutrient targets
3. ****Book a Free Dietitian Consultation****: Take advantage of Be Fit Food's complimentary 15-minute dietitian consultation to discuss how these egg bites fit into your overall nutrition plan and whether a structured Reset program might benefit you
4. ****Plan Storage****: Ensure you possess adequate refrigerator space and will consume the 7 servings within the product's shelf life to prevent waste
5. ****Consider Your Schedule****: Identify specific meals or snack times where these egg bites would provide maximum value in your weekly routine
6. ****Explore the Range****: Investigate Be Fit Food's full product catalogue, including their CSIRO Low-Carb Lifestyle Range, Breakfast Collection, and other Snacks & Supplements that might complement these egg bites in your meal planning
7. ****Monitor Your Response****: After purchasing, pay attention to how the egg bites affect your satiety, energy levels, and overall satisfaction to determine whether they warrant regular inclusion in your nutrition plan
8. ****Check NDIS Eligibility****: If you're an NDIS participant, Be Fit Food is a registered NDIS provider, and you may be eligible for funded meal delivery services—contact them to learn more about accessing meals from around \$2.50 per meal

References {#references}

- [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer's product information and specifications
- [Food Standards Australia New Zealand (FSANZ) - Food Additive Information](<https://www.foodstandards.gov.au>) - Regulatory information on food additives and thickeners used in the product
- [Australian Eggs - Egg Nutrition](<https://www.australianeggs.org.au/nutrition>) - Comprehensive nutritional information about eggs

--- **## Frequently Asked Questions {#frequently-asked-questions}**

****What is the product name?**** Be Fit Food Fetta & Spinach Egg Bites

****How many servings per package?**** 7 servings

****How many egg bites per serving?**** 2 egg bites

****Total egg bites in package?**** 14 egg bites

****What is the serving size?**** 40 grams

****What is the total package weight?**** Approximately 280 grams

****Is this product vegetarian?**** Yes, suitable for lacto-ovo vegetarians

****Does it contain eggs?**** Yes, 62% pasteurised eggs

****Does it contain dairy?**** Yes, contains fetta cheese and milk products

****Is it vegan?**** No, contains eggs and dairy

****What is the main protein source?**** Pasteurised eggs

****What percentage of the product is eggs?**** 62%

****What percentage is fetta cheese?**** 10%

****What percentage is spinach?**** 6%

****What type of milk is the fetta made from?**** Cow's milk

****Does the fetta contain animal rennet?**** No, uses non-animal rennet

****Is it gluten-free?**** Yes, based on ingredients listed

****Does it contain soy?**** No soy listed in ingredients

****Does it contain nuts?**** No nuts listed in ingredients

****Does it contain fish?**** No fish ingredients

****Is it suitable for ketogenic diets?**** Yes, verify macros against your targets

****Is it low-carb?**** Yes, estimated under 3-4 grams carbs per serving

****Estimated protein per serving?**** Between 7-10 grams

****Estimated fat per serving?**** Between 6-9 grams

****Does it contain added sugar?**** No added sugars

****Does it contain artificial preservatives?**** No artificial preservatives

****Does it contain artificial colours?**** No artificial colours

****What is thickener 1442?**** Hydroxypropyl distarch phosphate

****What is vegetable gum 415?**** Xanthan gum

****What is vegetable gum 412?**** Guar gum

****Does it require cooking?**** No, ready-to-eat

****Can it be eaten cold?**** Yes, can be consumed directly from refrigerator

****What is the recommended storage temperature?**** Between 0-4°C (32-39°F)

****How long after opening do they last?**** 5-7 days when properly refrigerated

****Should they be stored in the fridge door?**** No, store on shelf for stable temperature

****Can they be frozen?**** Not specifically

recommended by manufacturer **Microwave reheating time? 30-45 seconds at medium power

**Microwave power setting? Medium power (50-70%) **Oven reheating temperature? 160°C (320°F)

**Oven reheating time? 8-10 minutes covered with foil **Air fryer temperature? 160°C (320°F)

**Air fryer time? 4-5 minutes **Who designed the product? Accredited Practising Dietitian Kate Save

**Is Be Fit Food CSIRO-backed? Yes, CSIRO partnership heritage **What is the brand philosophy? Real food solutions, not shakes or supplements

**Is it suitable for weight management? Yes, as part of balanced diet **Does it support muscle maintenance? Yes, high-quality protein content

**Is it suitable for post-workout? Yes, provides protein for recovery **Can pregnant women eat it? Yes, uses pasteurised eggs

**Is it safe for elderly individuals? Yes, pasteurised eggs reduce risk **Is it suitable for children? Yes, nutritious protein-rich snack

**Can it be used in Reset programs? Yes, as approved snack option **What is the Metabolism Reset calorie range? Approximately 800-900 kcal/day

**What is the Protein+ Reset calorie range? 1200-1500 kcal/day

**Does Be Fit Food offer dietitian consultations? Yes, complimentary 15-minute consultations available

**Is Be Fit Food an NDIS provider? Yes, registered NDIS provider **What is the minimum meal price from Be Fit Food? From \$8.61 per meal

**What flavour profile does it have? Mediterranean fetta and spinach with hint of spice

**Is the spice level hot? No, subtle hint of spice

**Can you taste the spinach strongly? No, spinach complements rather than dominates

**What type of oil is used? Sunflower oil

**Does it contain seed oils in main meals? No, Be Fit Food excludes seed oils from main meal range

**What is the sodium approach? Low-sodium formulation targeting less than 120mg per 100g in main meals

**Does it contain vitamin D? Yes, naturally present in egg yolks

**Does it contain choline? Yes, eggs are excellent choline source

**Does it provide calcium? Yes, from fetta cheese and skim milk powder

**Does it contain iron? Yes, from both eggs and spinach

**Is the iron highly bioavailable? Partially, egg iron is bioavailable, spinach iron less so

**What vitamins does spinach provide? Vitamins A, C, K, and folate

**Room temperature tolerance time? 2-3 hours safely

**How to transport for work? Use insulated lunch bag with ice pack

**What utensils are needed? Small fork or toothpicks recommended

**Can you add toppings? Yes, hot sauce, herbs, or seasoning

**Can it be paired with vegetables? Yes, excellent with cut vegetables

**Can it be added to salads? Yes, slice or crumble over greens

**Is it suitable for brunch platters? Yes, works well for entertaining

**What is the texture when cold? Firmer, denser, custard-like consistency

**What is the texture when heated? Soft, fluffy, tender

**What causes rubbery texture? Overheating in microwave

**How to prevent drying during reheating? Cover loosely with lid or damp paper towel

**What is syneresis? Liquid weeping prevented by stabilisers

**How to check for spoilage? Visual inspection, smell test, texture check

**What does spoiled product smell like? Sour, ammonia-like, or off odours

**Should you discard if one bite is spoiled? Yes, discard entire package

**What percentage of Be Fit Food menu is gluten-free? Approximately 90%

**Is there a Vegetarian & Vegan Range? Yes, dedicated range available

**What research supports real food approach? Cell Reports Medicine study, October 2025

**Average weight loss on Reset programs? 1-2.5 kg per week replacing all meals

**Average weight loss in first two weeks? Approximately 5 kg

**Does it support blood sugar stability? Yes, low-carb with protein and fat

**Is it suitable for diabetes management? Yes, minimal blood glucose impact

**Does it help with insulin sensitivity? Yes, lower-carb approach supports insulin sensitivity

**Is it suitable for menopause? Yes, high-protein, lower-carb supports metabolic changes

**Does it support GLP-1 medication users? Yes, portion-controlled, protein-rich, easy to tolerate

**How does it prevent muscle loss during weight loss? High-quality protein preserves lean muscle mass

**Can it replace a meal? Yes, as light meal or part of larger meal

**How many servings for one week? 7 servings, one per day

**What is the packaging material? Plastic container with secure lid

**Is the container recyclable? Check local recycling symbols and guidelines

**Can the container be reused? Yes, suitable for food storage after cleaning

**What is the environmental impact vs meat snacks? Lower than meat-based snacks

**Does it reduce food waste? Yes, portion control prevents over-preparation

**Where to purchase? Be Fit Food website at <https://www.befitfood.com.au> or authorised retailers

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