

KETCHIPIZ - Food & Beverages Product Overview - 8061225926845_45313481670845

Details:

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information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - **Product Name**: Keto Chicken Pizza - Single Serve RRP - **Brand**: Be Fit Food - **Price**: \$13.95 AUD - **Serving Size**: 120g (6-inch pizza) - **Primary Ingredients**: Almond Flour, Egg, Coconut, Mozzarella Cheese, Chicken, Tomato Paste - **Additional Ingredients**: Water, Tapioca Flour, Onion, Tomato, Garlic, Oregano, Basil, Thyme, Rosemary - **Allergens Present**: Almond (Tree Nuts), Egg, Milk - **May Contain**: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin - **Protein per Serve**: Over 20g - **Carbohydrates per Serve**: Only 10g - **Sodium per Serve**: Less than 210mg - **Storage Instructions**: Keep frozen at 0°F (-18°C) or below - **Country of Origin**: Australia - **Diet Type Labeling**: Ketogenic, Low-carb, Gluten-free - **Category**: Food & Beverages - Health Foods - **Availability**: In Stock - **Product URL**: [View Product](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845¤cy=AU&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic) ### General Product Claims {#general-product-claims} - "Australia's leading dietitian-designed meal delivery service" - "CSIRO-backed nutritional science" - "Sustainable weight loss and improved metabolic health" - "Specifically engineered for ketogenic and low-carbohydrate dietary protocols" - "Reimagines a classic comfort food for modern dietary needs" - "Nutrient-dense base that's naturally low in carbohydrates while offering healthy monounsaturated fats, protein, and fibre" - "Carefully calibrated portion size that provides a complete meal" - "Delivers satiety through its fat and protein content" - "No seed oils, No artificial colours or artificial flavours, No added artificial preservatives, No added sugar or artificial sweeteners" - "Approximately 90% of their menu is certified gluten-free" - "Supports muscle maintenance, immune function" - "Helps Australians achieve sustainable weight loss and improved metabolic health" - "Combines CSIRO-backed nutritional science with convenient ready-made meals" - "Designed to deliver both nutritional excellence and genuine enjoyment" - "Micronutrient density is a significant advantage over many convenience foods" - "Supports more stable blood glucose, reduces post-meal spikes, and supports improved insulin sensitivity" - "Particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications" - "Helps protect lean muscle mass during medication-assisted weight loss" - "Free 15-minute dietitian consultations" - "Snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage" - "Home delivery to approximately 70% of Australian postcodes" - "Over 30 rotating dishes" - "Meals include 4-12 vegetables" - "Private Facebook community" --- ## Be Fit Food Keto Chicken Pizza – Single Serve: Complete Product Guide ## Introduction to Keto Chicken Pizza {#introduction-to-keto-chicken-pizza} This single-serve frozen pizza represents a 6-inch meal specifically engineered for ketogenic and low-carbohydrate dietary protocols, featuring a grain-free almond flour base topped with chicken, mozzarella cheese, and a herb-seasoned tomato sauce. Be Fit Food is Australia's leading dietitian-designed meal delivery service that combines CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. This comprehensive guide will walk you through every aspect of this innovative frozen meal, from its unique ketogenic-friendly formulation and complete nutritional profile to practical preparation methods and the science behind its low-carb construction. Whether you're new to keto eating, searching for convenient meal solutions that align with your macronutrient goals, or simply curious about how a pizza can fit into a carbohydrate-restricted lifestyle, you'll discover everything you need to know about this Australian-made frozen pizza that reimagines a classic comfort food for modern dietary needs. --- ## The Keto Revolution in Frozen Meals {#the-keto-revolution-in-frozen-meals} Traditional pizzas rely on wheat-based dough that can contain 30-50 grams of carbohydrates per serving, making them incompatible with ketogenic eating patterns that restrict daily carbohydrate intake to 20-50 grams total. This product solves this fundamental problem by completely eliminating grain-based flour and reconstructing the pizza foundation using almond flour as its primary ingredient. This isn't simply a matter of ingredient substitution—it represents a complete reformulation of how pizza crust is constructed. Almond flour, derived from blanched and finely ground almonds, provides a nutrient-dense base that's naturally low in carbohydrates while offering healthy monounsaturated fats, protein, and fibre. The inclusion of egg as the second ingredient creates structural integrity, binding the almond flour into a cohesive dough that can support toppings

while maintaining its shape during baking. Coconut appears as the third ingredient, likely in the form of coconut flour or coconut oil, contributing additional healthy fats that align with ketogenic macronutrient ratios while adding subtle flavour complexity. This three-ingredient foundation—almond flour, egg, and coconut—forms the architectural basis of a crust that mimics traditional pizza texture without the carbohydrate load. The single-serve format delivers exactly 120 grams per pizza, a carefully calibrated portion size that provides a complete meal while maintaining strict control over macronutrient intake. This 6-inch diameter makes it substantially smaller than standard 12-14 inch pizzas, but the portion is designed to deliver satiety through its fat and protein content rather than through volume and carbohydrates. This aligns perfectly with Be Fit Food's commitment to portion-controlled, nutrient-dense meals designed by dietitians. --- ## Complete Ingredient Profile {#complete-ingredient-profile} ### Base Ingredients: The Crust Foundation {#base-ingredients-the-crust-foundation} **Almond Flour** leads the ingredient list, indicating it comprises the largest proportion by weight. Almond flour is produced by blanching almonds to remove their skins, then grinding them into a fine powder. This ingredient brings approximately 6 grams of protein and 14 grams of healthy fats per ounce, along with vitamin E, magnesium, and manganese. Unlike wheat flour's predominantly carbohydrate composition, almond flour's macronutrient profile aligns perfectly with ketogenic requirements, providing energy primarily from fats rather than carbohydrates. **Egg** serves multiple functions in this formulation. It acts as a binding agent, creating cohesion between the almond flour particles. The proteins in egg coagulate during cooking, forming a structural network that gives the crust its integrity. Eggs also contribute additional protein, healthy fats, and essential nutrients including choline, selenium, and B vitamins. The lecithin naturally present in egg yolks acts as an emulsifier, helping to blend the water-based and fat-based ingredients into a uniform dough. **Coconut** appears third in the ingredient hierarchy. While the specific form isn't detailed, this likely refers to either coconut flour (finely ground dried coconut meat) or coconut oil. If coconut flour, it contributes additional fibre and helps absorb moisture, creating a dough with better handling properties. If coconut oil, it adds medium-chain triglycerides (MCTs), which are rapidly metabolised fats that can be converted to ketones, the alternative fuel source that gives the ketogenic diet its name. **Water** is essential for hydrating the flour components and creating a workable dough consistency. The water content allows the proteins and starches to interact properly, and it generates steam during cooking that helps create texture in the finished crust. **Tapioca Flour** provides functional properties despite being a starch. In small quantities within a predominantly almond-flour base, tapioca flour contributes elasticity and chewiness that pure almond flour alone cannot achieve. Tapioca starch gelatinises when heated with moisture, creating a slightly chewy texture that mimics traditional pizza crust. While tapioca flour does contain carbohydrates, its position later in the ingredient list indicates it's used in limited quantities specifically for texture improvement rather than as a primary ingredient. ### Cheese Component: Protein and Fat Delivery {#cheese-component-protein-and-fat-delivery} **Mozzarella Cheese (Milk)** serves as both a topping and a key macronutrient contributor. Mozzarella is particularly well-suited for ketogenic eating because it provides substantial protein and fat with minimal carbohydrates—less than 1 gram per ounce. The cheese delivers calcium for bone health, vitamin B12 for neurological function, and conjugated linoleic acid (CLA), which researchers study for potential metabolic benefits. The parenthetical "(Milk)" notation is a mandatory allergen declaration under Australian food labelling regulations, alerting consumers that the cheese contains dairy, one of the major allergen categories. This is particularly important for individuals with lactose intolerance or milk protein allergies. The mozzarella contributes to the pizza's satisfying, indulgent quality—the stretchy, melted cheese experience that defines pizza in most people's minds. This sensory satisfaction is crucial for dietary adherence; a meal that feels restrictive or "diet-like" is less likely to be sustainable long-term. Be Fit Food understands this principle, which is why their meals are designed to deliver both nutritional excellence and genuine enjoyment. ### Sauce and Seasoning: Flavour Without Carbohydrate Excess {#sauce-and-seasoning-flavour-without-carbohydrate-excess} **Tomato Paste** forms the base of the pizza sauce. Tomato paste is a concentrated form of tomatoes with much of the water content removed, providing intense tomato flavour without excessive liquid that would make the crust soggy. Tomatoes contribute lycopene, a powerful antioxidant, along with vitamin C and potassium. While tomatoes do contain natural sugars, the concentrated paste format means a small amount delivers

significant flavour, keeping carbohydrate content controlled. **Chicken** provides the primary protein topping. Chicken is an excellent choice for ketogenic eating because it offers high-quality complete protein with minimal fat (particularly if breast meat is used) or moderate fat (if thigh meat is used), and virtually zero carbohydrates. The chicken adds substantiality to the pizza, making it feel like a complete meal rather than just a snack. Chicken also provides B vitamins, particularly niacin and B6, along with minerals like selenium and phosphorus. **Onion** adds aromatic complexity and subtle sweetness to the sauce. While onions do contain natural sugars and carbohydrates, they're used in small quantities for flavouring rather than as a bulk ingredient. Onions contribute quercetin, a flavonoid with anti-inflammatory properties, and they provide the savoury depth that makes tomato sauce taste complete. **Tomato** appears separately from tomato paste, suggesting fresh or diced tomatoes are included for texture and brightness. Fresh tomato pieces provide moisture bursts and visual appeal, breaking up the uniformity of the sauce and cheese with distinct tomato presence. **Garlic** is essential for authentic pizza flavour, providing the characteristic pungent, savoury notes that complement tomato and cheese. Garlic contains allicin and other sulfur compounds that contribute both flavour and potential health benefits, including cardiovascular and immune system support. Like onion, garlic is used in quantities small enough that its carbohydrate content is negligible in the final product. **Herb Complex: Mediterranean Authenticity** {#herb-complex-mediterranean-authenticity} The pizza features a quartet of classic Italian herbs that define traditional pizza seasoning: **Oregano** is perhaps the most iconic pizza herb, providing earthy, slightly bitter notes with hints of camphor and mint. Oregano contains carvacrol and thymol, compounds with antimicrobial properties, and it's rich in antioxidants. The dried herb delivers concentrated flavour that permeates the sauce and complements both the tomato and cheese components. **Basil** contributes sweet, slightly peppery notes with hints of anise and mint. Basil is traditionally associated with tomato-based dishes in Italian cuisine, and its aromatic compounds create a flavour synergy that makes tomatoes taste more vibrant. Basil contains eugenol, which carries anti-inflammatory properties, and it provides vitamin K and manganese. **Thyme** adds subtle earthiness with floral, slightly minty undertones. Thyme contains thymol, an antiseptic compound, and it provides depth to the herb blend without overwhelming the other flavours. Its slightly piney quality adds complexity that prevents the seasoning from tasting one-dimensional. **Rosemary** brings woody, pine-like notes with hints of lemon and pepper. Rosemary is more assertive than the other herbs, so it's likely used in smaller quantities to provide background complexity rather than dominant flavour. Rosemary contains rosmarinic acid and other compounds studied for cognitive and circulatory benefits. This herb quartet creates a flavour profile that's unmistakably pizza-like, triggering the sensory associations that make this meal satisfying on a psychological level beyond just physical nutrition. The herbs contain negligible calories and carbohydrates while adding significant flavour impact, making them ideal for ketogenic cooking where every gram of carbohydrate must be accounted for. --- **Nutritional Architecture and Ketogenic Macros**

{#nutritional-architecture-and-ketogenic-macros} The 120-gram serving size is precisely calibrated to deliver a complete meal within ketogenic macronutrient parameters. While the complete nutritional panel wasn't provided in the specifications, we can analyse the nutritional implications based on the ingredient composition. This careful formulation reflects Be Fit Food's dietitian-led approach to meal development. **The Ketogenic Macronutrient Framework** {#the-ketogenic-macronutrient-framework} A ketogenic diet aims for macronutrient ratios of approximately 70-80% of calories from fat, 15-25% from protein, and 5-10% from carbohydrates. This macronutrient distribution encourages the body to shift from glucose-based energy metabolism to fat-based energy metabolism, producing ketone bodies that serve as an alternative fuel source for the brain and body. The almond flour base naturally aligns with this ratio, as almonds derive approximately 73% of their calories from fat, 15% from protein, and 12% from carbohydrates (with about half of those carbohydrates being fibre, which doesn't impact blood sugar). The egg contributes additional fat and protein. The mozzarella cheese provides fat and protein with minimal carbohydrates. The chicken adds primarily protein with variable fat depending on the cut used. The strategic use of small quantities of tapioca flour acknowledges a practical reality: some starch is beneficial for creating the texture consumers expect from pizza crust. By keeping this ingredient small in proportion (as evidenced by its position later in the ingredient list), the formulation achieves textural goals without significantly compromising the low-carbohydrate profile. **Protein**

Considerations {#protein-considerations} The combination of egg, mozzarella cheese, and chicken creates a complete amino acid profile, providing all nine essential amino acids the body cannot synthesise. The almond flour contributes additional plant-based protein, though almonds are not a complete protein source on their own. This protein diversity ensures the meal supports muscle maintenance, immune function, and the countless other roles protein plays in human physiology. For individuals following ketogenic diets for weight management, adequate protein intake is crucial to preserve lean muscle mass during fat loss. Be Fit Food prioritises protein at every meal precisely for this reason—inadequate protein during weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. For those using keto for metabolic health or neurological benefits, protein provides the building blocks for neurotransmitters and other essential compounds. ### Fat Quality and Composition {#fat-quality-and-composition} The fats in this pizza come from diverse sources, creating a varied fatty acid profile. Almond flour provides predominantly monounsaturated fats, particularly oleic acid—the same heart-healthy fat found in olive oil. Coconut contributes saturated fats, including medium-chain triglycerides if coconut oil is used. Egg provides a mix of saturated and unsaturated fats, including omega-3 fatty acids if the chickens were fed a supplemented diet. Mozzarella cheese contains saturated fats along with conjugated linoleic acid. Chicken contributes variable fat depending on the cut, with both saturated and unsaturated fatty acids present. This diversity of fat sources is nutritionally preferable to relying on a single fat type, as different fatty acids serve different physiological functions. The medium-chain triglycerides from coconut are rapidly absorbed and can be converted to ketones even in the presence of some carbohydrates, supporting ketone production. The monounsaturated fats from almonds support cardiovascular health. The saturated fats provide stable energy and support hormone production. ### Micronutrient Density {#micronutrient-density} Beyond macronutrients, this pizza delivers significant micronutrients from its whole-food ingredients. Almond flour provides vitamin E, an antioxidant that protects cell membranes from oxidative damage, along with magnesium for muscle and nerve function, and manganese for bone health and metabolism. Eggs contribute choline for brain health, selenium for thyroid function and antioxidant defence, and B vitamins for energy metabolism. Cheese provides calcium for bone health and vitamin B12 for neurological function. Tomatoes deliver lycopene, vitamin C, and potassium. The herbs contribute various antioxidant compounds and trace minerals. This micronutrient density is a significant advantage over many convenience foods, which often provide calories without substantial vitamins and minerals. Be Fit Food's whole-food ingredient approach ensures that while you're meeting your macronutrient targets, you're simultaneously nourishing your body with essential micronutrients. This reflects the brand's commitment to real food, not synthetic supplements or shakes. --- ## Allergen Information and Dietary Considerations {#allergen-information-and-dietary-considerations} Understanding allergen content is critical for safe food consumption, and this product contains several major allergen categories that consumers must be aware of. ### Confirmed Allergens Present {#confirmed-allergens-present} **Tree Nuts (Almonds)**: The almond flour base means this product contains tree nuts, one of the major allergen categories. Tree nut allergies can be severe, potentially causing anaphylactic reactions in sensitive individuals. Anyone with a tree nut allergy must avoid this product entirely. It's worth noting that while almonds are botanically drupes rather than true nuts, they're classified as tree nuts for allergen labelling purposes. **Eggs**: The egg content is clearly declared, and egg allergy is one of the most common food allergies, particularly in children (though many children outgrow it). Egg proteins can cause reactions ranging from mild hives to severe anaphylaxis in allergic individuals. **Dairy (Milk)**: The mozzarella cheese contains milk proteins and lactose, making this product unsuitable for individuals with milk protein allergies or severe lactose intolerance. The "(Milk)" notation after "Mozzarella Cheese" in the ingredient list is the mandatory allergen declaration. While some individuals with lactose intolerance can tolerate aged cheeses that carry lower lactose content, mozzarella is a relatively fresh cheese with higher lactose levels than aged varieties. ### Potential Cross-Contact Considerations {#potential-cross-contact-considerations} The specification document notes that allergen declarations include both confirmed ingredients and potential cross-contact, though the complete cross-contamination statement wasn't included in the provided excerpt. Manufacturing facilities often process multiple products, and even with cleaning protocols, trace amounts of allergens from other products can potentially contaminate subsequent production runs. Consumers with severe

allergies should contact Be Fit Food directly to obtain detailed information about the manufacturing environment and cross-contamination prevention protocols. Questions to ask include: Are other allergens processed in the same facility? Are there dedicated production lines for allergen-free products? What cleaning and testing protocols are in place? **### Dietary Compatibility Considerations** {#dietary-compatibility-considerations} ****Ketogenic Diet****: This product is explicitly designed for ketogenic eating and should fit comfortably within daily carbohydrate limits when the complete nutritional information confirms net carbohydrates are sufficiently low (around 5-10 grams per serving for a keto meal). ****Low-Carb Diets****: Beyond strict keto, this pizza works well for various low-carbohydrate dietary approaches, including modified Atkins, low-carb high-fat (LCHF), and carbohydrate-restricted diets for diabetes management. Be Fit Food's entire range is built around lower carbohydrate, higher protein principles that support insulin sensitivity and metabolic health. ****Gluten-Free****: The absence of wheat, barley, rye, and other gluten-containing grains makes this pizza naturally gluten-free. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. However, individuals with coeliac disease should verify specific product certifications and manufacturing protocols. ****Paleo****: The ingredient list is largely Paleo-compatible, though strict Paleo adherents may question the inclusion of dairy (mozzarella cheese) and legumes if the tapioca flour is considered problematic (tapioca comes from cassava root, which is generally Paleo-accepted, but some strict interpretations exclude it). ****Vegetarian****: This product is not vegetarian due to the chicken topping. ****Vegan****: The presence of egg, cheese, and chicken makes this product unsuitable for vegan diets. ****Halal/Kosher****: The specifications don't indicate halal or kosher certification. Consumers requiring these certifications should contact the manufacturer to inquire about religious dietary compliance. ****Nut-Free****: This product is explicitly NOT nut-free due to the almond flour base and should never be consumed by individuals avoiding tree nuts. --- **### Be Fit Food Brand Philosophy and Australian Manufacturing** {#be-fit-food-brand-philosophy-and-australian-manufacturing} Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service, providing nutritionally optimised convenience meals, particularly for individuals following specific dietary protocols like ketogenic eating. The brand recognises a critical gap in the market: people who want to follow structured eating plans often struggle with the time and expertise required to prepare compliant meals from scratch. **### The Convenience-Nutrition Intersection** {#the-convenience-nutrition-intersection} Traditional frozen pizzas prioritise convenience and taste but deliver poor nutritional profiles—high in refined carbohydrates, low in protein, and containing processed ingredients. Health-focused individuals often avoid frozen convenience foods entirely, instead dedicating significant time to meal preparation. Be Fit Food bridges this gap, offering the convenience of frozen meals with the nutritional profile of home-cooked, diet-specific food. This approach addresses several barriers to dietary adherence: ****Time constraints****: Preparing a keto-compliant pizza from scratch requires making almond flour dough, preparing sauce, cooking protein, and assembling and baking the pizza—a process that can take 45-60 minutes. This frozen option reduces that to minutes. ****Skill requirements****: Successfully creating a keto pizza crust that carries acceptable texture requires understanding the unique properties of alternative flours, proper hydration ratios, and baking techniques. Many home cooks struggle with this, leading to disappointing results that undermine motivation. ****Portion control****: When you make a full-size pizza at home, controlling portions becomes challenging. The single-serve format eliminates this issue, providing exactly one meal's worth with no leftovers to tempt overconsumption. This aligns with Be Fit Food's commitment to portion-controlled, energy-regulated meals. ****Macronutrient precision****: Calculating the exact macronutrient content of home-cooked meals requires weighing ingredients and performing calculations. This frozen pizza provides consistent, known macros, simplifying dietary tracking. **### Clean-Label Standards** {#clean-label-standards} Be Fit Food maintains rigorous ingredient standards that set them apart in the ready-made meal category: - No seed oils - No artificial colours or artificial flavours - No added artificial preservatives - No added sugar or artificial sweeteners The brand acknowledges that some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. **### Australian Food Manufacturing Context** {#australian-food-manufacturing-context} Be Fit Food

operates within Australia's food safety regulatory framework, which includes: ****Food Standards Australia New Zealand (FSANZ)****: This bi-national agency establishes food standards for both countries, including composition requirements, labelling standards, and safety protocols. ****Allergen Labelling Requirements****: Australian regulations require clear declaration of major allergens, which explains the detailed allergen information on this product. ****Nutritional Information Panel Requirements****: Australian packaged foods must display standardised nutritional information, though the complete panel wasn't included in the provided specifications. The fact that this is a frozen product indicates the manufacturer carries appropriate freezing and cold chain logistics in place to maintain product quality and safety from production through distribution to consumer storage. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. --- **## Preparation Methods** {#preparation-methods} The frozen format requires proper preparation to achieve optimal texture and food safety. While the complete preparation instructions weren't included in the provided specifications, we can outline best practices for frozen pizza preparation. **### Food Safety Fundamentals** {#food-safety-fundamentals} This pizza should be kept frozen at 0°F (-18°C) or below until ready to prepare. At this temperature, bacterial growth is halted, and product quality is maintained. The pizza should not be thawed at room temperature, as this creates conditions where harmful bacteria can multiply rapidly, particularly in the protein-rich chicken and cheese components. If you need to transport the pizza (such as from the store to home), minimise the time it spends outside freezer temperature. Use an insulated bag with ice packs if the transit time will exceed 30 minutes, especially in warm weather. **### Oven Preparation Method** {#oven-preparation-method} Conventional oven baking produces the best texture for frozen pizza, creating a crispy crust bottom and properly melted, slightly browned cheese on top. Preheat your oven to the temperature specified on the package (around 400-425°F or 200-220°C for frozen pizzas). The preheating step is crucial—placing the pizza in a cold oven results in uneven cooking, with the cheese melting and potentially overcooking before the crust fully heats through. Remove the pizza from any packaging materials. Most frozen pizzas should be cooked directly on the oven rack for optimal crust crisping, though some benefit from a preheated pizza stone or baking sheet. If the package indicates cooking on a baking sheet, follow those instructions, as the specific formulation may require different heat distribution. The cooking time ranges from 10-15 minutes for a single-serve pizza of this size, though you should follow the specific package instructions. The pizza is ready when the cheese is fully melted and beginning to show golden-brown spots, and the crust edges are lightly browned. Allow the pizza to cool for 1-2 minutes before eating. The cheese and sauce retain heat intensely and can cause burns if consumed immediately. **### Alternative Preparation Methods** {#alternative-preparation-methods} ****Convection Oven****: If using a convection oven, reduce the temperature by 25°F (about 15°C) from the conventional oven temperature, as the circulating air cooks more efficiently. The cooking time may also decrease slightly. ****Toaster Oven****: A toaster oven works well for single-serve pizzas, though you may need to adjust the position to prevent the top from browning too quickly before the crust is fully cooked. Place the pizza on the middle rack position if possible. ****Air Fryer****: Some consumers successfully prepare frozen pizzas in air fryers. Start with a temperature of 380°F (193°C) and check after 8-10 minutes. The air fryer's intense circulating heat can create an exceptionally crispy crust, though you must ensure the pizza fits in your air fryer basket without folding or overlapping. ****Microwave****: Microwaving is generally not recommended for pizza, as it creates a soggy, rubbery crust. The microwave heats through water molecule excitation, which doesn't create the dry heat necessary for crust crisping. If you must use a microwave due to lack of other options, use a microwave crisper pan if available, and expect compromised texture. **### Enhancing Your Pizza Experience** {#enhancing-your-pizza-experience} While the pizza is designed as a complete meal, you can customise it to your preferences: ****Additional toppings before cooking****: Add extra cheese, fresh herbs, red pepper flakes, or a drizzle of olive oil before baking. Keep any additions keto-friendly if you're following strict macros. ****Fresh garnishes after cooking****: Top the cooked pizza with fresh basil leaves, arugula, or a sprinkle of parmesan cheese for added flavour and visual appeal. ****Accompanying sides****: Pair the pizza with a side salad dressed with olive oil and vinegar to add volume and additional vegetables to your meal while keeping carbohydrates low. A serving of roasted low-carb vegetables like zucchini, bell peppers, or broccoli also complements the pizza well. This aligns

with Be Fit Food's emphasis on vegetable density—their meals include 4-12 vegetables. ****Dipping options****: If you enjoy dipping your pizza, consider keto-friendly options like ranch dressing made with full-fat ingredients, garlic butter, or sugar-free marinara sauce for extra tomato flavour. --- **## Storage and Shelf Life** {#storage-and-shelf-life} Proper storage is essential for maintaining both food safety and quality in frozen products. **### Freezer Storage Requirements** {#freezer-storage-requirements} Keep the pizza frozen at 0°F (-18°C) or below until you're ready to prepare it. At this temperature, the pizza can be stored for several months while maintaining quality, though the exact "best by" date will be printed on the package. Freezer burn—those white, dried-out patches that sometimes appear on frozen foods—occurs when moisture evaporates from the food and ice crystals form on the surface. While freezer burn doesn't make food unsafe, it degrades texture and flavour. To prevent freezer burn, ensure the pizza remains in its original sealed packaging until use. If the packaging is damaged, wrap the pizza tightly in plastic wrap and then aluminium foil before returning it to the freezer. Avoid storing the pizza in the freezer door, as this location experiences the most temperature fluctuation when the freezer is opened and closed. Instead, place it on a shelf in the main freezer compartment where temperature remains most stable. **### Temperature Abuse and Quality Indicators** {#temperature-abuse-and-quality-indicators} If the pizza thaws and refreezes (such as during a power outage or if left out accidentally), ice crystals may form within the packaging, and the texture may be compromised. While the product may still be safe if it was only partially thawed and remained cold (below 40°F/4°C), quality will suffer. If the pizza fully thawed and reached room temperature, it should be discarded, as bacteria can multiply to unsafe levels in the time it takes to refreeze. Signs that a frozen pizza shows temperature abuse include: - Large ice crystals inside the packaging - Discolouration of the toppings - Packaging that appears damaged or refrozen - Unusual odours when opened (though frozen products carry minimal odour until heated) **### Post-Cooking Storage** {#post-cooking-storage} If you prepare the pizza but don't finish it (though at 120 grams, it's designed as a single serving), store leftovers promptly. Refrigerate any remaining pizza within 2 hours of cooking (1 hour if room temperature exceeds 90°F/32°C). Place the leftover pizza in an airtight container and consume within 3-4 days. Reheat leftover pizza in an oven or toaster oven at 350°F (175°C) until heated through, about 5-7 minutes. This method maintains better texture than microwaving, which tends to make the crust soggy and rubbery. --- **## The Science of Keto Pizza** {#the-science-of-keto-pizza} Understanding why almond flour can successfully replace wheat flour in pizza crust requires examining the functional properties of different flour types. **### What Wheat Flour Does in Traditional Pizza** {#what-wheat-flour-does-in-traditional-pizza} Wheat flour contains two proteins—gliadin and glutenin—that combine with water to form gluten, an elastic network that traps gases produced by yeast, allowing dough to rise and creating the characteristic chewy texture of bread and pizza crust. Gluten provides structure, extensibility (the ability to stretch), and elasticity (the ability to spring back). Traditional pizza dough also relies on yeast fermentation, which produces carbon dioxide gas that creates air pockets in the dough, resulting in a light, airy crust with some chew. **### How Almond Flour Creates Structure Differently** {#how-almond-flour-creates-structure-differently} Almond flour contains no gluten-forming proteins, so it cannot create structure through gluten development. Instead, this keto pizza relies on alternative mechanisms: ****Egg protein coagulation****: When eggs are heated, their proteins denature and form new bonds, creating a solid structure. This is the same process that turns liquid egg into solid cooked egg. In the pizza crust, egg proteins form a network that holds the almond flour particles together. ****Fat content****: Almond flour's high fat content (approximately 50% by weight) contributes to a tender, rich texture. Fats coat flour particles and interfere with protein-protein interactions, creating tenderness rather than chewiness. ****Fibre structure****: Almonds contain both soluble and insoluble fibre. When ground into flour, these fibres create physical structure in the dough, though different from gluten's elastic network. ****Starch gelatinisation****: The small amount of tapioca flour provides starch that absorbs water and swells when heated, gelatinising into a gel that adds cohesiveness and a slight chew to the crust. This mimics one aspect of traditional pizza texture without requiring large amounts of high-carb ingredients. **### Texture Expectations** {#texture-expectations} A keto pizza crust made from almond flour will carry a different texture than traditional wheat-based pizza. Rather than chewy and elastic, it tends to be: - ****More crumbly****: Without gluten's binding power, the crust carries a slightly more fragile structure, similar to a

flatbread or thin crust - **Denser**: The absence of yeast fermentation and gluten's air-trapping ability means the crust is more compact - **Nuttier in flavour**: Almond flour contributes its characteristic mild, sweet, nutty taste - **Richer**: The high fat content creates a more satisfying mouthfeel These textural differences are not defects but rather the inherent characteristics of alternative flour formulations. Many keto eaters come to prefer these textures, finding them more satisfying than traditional pizza due to the higher fat and protein content. --- ## Practical Integration into Ketogenic Meal Planning

{#practical-integration-into-ketogenic-meal-planning} Successfully incorporating this pizza into a ketogenic eating plan requires understanding how it fits within your daily macronutrient targets and overall meal structure. Be Fit Food's dietitian-designed approach makes this integration straightforward.

Daily Macro Planning {#daily-macro-planning} If you're following a ketogenic diet with a daily carbohydrate limit of 20-30 grams of net carbs (total carbohydrates minus fibre), you need to plan your day around this pizza's carbohydrate content. While the complete nutritional panel wasn't provided in the specifications, a well-formulated keto pizza of this size contains around 5-10 grams of net carbohydrates. If this pizza contains approximately 8 grams of net carbs (a reasonable estimate based on the ingredient profile), you would carry 12-22 grams remaining for your other meals and snacks throughout the day, assuming a 20-30 gram daily limit. Your other meals should focus on very low-carb options: **Breakfast**: Eggs cooked in butter with cheese and avocado (2-3 net carbs) **Snacks**:

Cheese, nuts (in controlled portions), vegetables with full-fat dip (3-5 net carbs total) **Dinner**: Protein (chicken, beef, fish, pork) with non-starchy vegetables like broccoli, cauliflower, zucchini, or leafy greens cooked in healthy fats (5-8 net carbs) This approach keeps you within your carbohydrate limit while providing dietary variety. ### Meal Timing Considerations {#meal-timing-considerations} The pizza's combination of protein, fat, and moderate carbohydrates makes it suitable for any meal, though many people find it most satisfying as lunch or dinner. The protein and fat content promotes satiety, helping you feel fuller for longer after eating. Some ketogenic dieters practise intermittent fasting, eating within a restricted time window (such as 8 hours). This pizza can serve as the first meal when breaking a fast, providing substantial nutrition to end the fasting period, or as the final meal before beginning an overnight fast. ### Balancing Protein Intake {#balancing-protein-intake} While ketogenic diets emphasise fat consumption, adequate protein is essential for maintaining muscle mass, supporting immune function, and providing amino acids for countless physiological processes. Most experts recommend 0.6-1.0 grams of protein per pound of lean body mass daily. This pizza contributes to your daily protein target through its chicken, egg, cheese, and almond flour content. However, depending on the exact quantities, you'll likely need additional protein sources throughout the day to meet your target. Plan your other meals to include protein-rich foods like eggs, meat, fish, or poultry. Be Fit Food prioritises protein at every meal for precisely this reason—protecting lean muscle mass is essential for long-term metabolic health. ### Fat Intake Strategy {#fat-intake-strategy} The high fat content of this pizza (from almond flour, coconut, egg, and cheese) contributes significantly to your daily fat intake. On a ketogenic diet, fat serves as your primary energy source, so meeting your fat targets is important for energy levels and satiety. However, if your goal is weight loss through ketogenic eating, you don't necessarily need to maximise fat intake—your body can burn stored body fat for energy instead. The pizza provides sufficient fat for satiety and nutrient absorption (many vitamins are fat-soluble), but you don't need to add excessive additional fat unless you're struggling with hunger or energy levels. ### Vegetable Integration {#vegetable-integration} While this pizza contains tomatoes and onions, you should include additional non-starchy vegetables throughout your day to ensure adequate fibre, micronutrients, and phytonutrients. Aim for several servings of leafy greens, cruciferous vegetables, or other low-carb vegetables daily. A straightforward approach is pairing this pizza with a side salad dressed with olive oil and vinegar, adding volume and nutrients to the meal without significantly increasing carbohydrates. This aligns with Be Fit Food's philosophy of including 4-12 vegetables in each meal for optimal nutrition. --- ## Quality Indicators When Purchasing

{#quality-indicators-when-purchasing} When selecting this product at the store, several factors indicate proper handling and quality. ### Package Integrity {#package-integrity} Examine the packaging carefully before purchase. The package should be: - **Completely sealed**: No tears, punctures, or openings that could allow freezer burn or contamination - **Free from excessive ice crystals**: A small amount of frost is normal, but large ice crystals inside the package suggest temperature abuse (thawing

and refreezing) - ****Rigid and frozen solid****: The pizza should be completely frozen, not soft or partially thawed - ****Undamaged****: No crushing or deformation that could affect the product inside **### Store Handling Verification {#store-handling-verification}** Check the store's freezer temperature if visible. It should be at or below 0°F (-18°C). If the freezer feels warm or products are soft, choose a different store or notify management. Notice the "load line" in commercial freezers—the line indicating the maximum height products should be stacked. Products stored above this line may not maintain proper temperature. Select products from below the load line when possible. **### Date Coding {#date-coding}** Check the "best by" or "use by" date printed on the package. While frozen foods remain safe indefinitely at proper temperatures, quality gradually declines over time. Choose packages with the furthest dates for optimal quality. **### Transport and Home Storage {#transport-and-home-storage}** After purchase, minimise the time the pizza spends outside freezer temperature: - Bring an insulated bag or cooler with ice packs for transporting frozen foods, especially in warm weather or for longer trips - Make the grocery store your last stop before heading home - Place frozen items in your freezer immediately upon arriving home - Don't leave groceries in a hot car while running other errands --- **## Understanding Ketogenic Eating {#understanding-ketogenic-eating}** To fully appreciate how this pizza fits into your dietary approach, understanding the fundamentals of ketogenic eating provides valuable context. **### The Metabolic Shift {#the-metabolic-shift}** The ketogenic diet induces a metabolic state called ketosis, where your body shifts from primarily burning glucose (from carbohydrates) for energy to burning fat and producing ketone bodies. This shift occurs when carbohydrate intake drops below approximately 50 grams per day (and often requires even lower intake, around 20-30 grams, to achieve deep ketosis). In ketosis, your liver converts fatty acids into ketone bodies—beta-hydroxybutyrate, acetoacetate, and acetone—which can cross the blood-brain barrier and provide energy to the brain, which normally relies on glucose. This metabolic flexibility is actually the human body's natural adaptation to periods of low carbohydrate availability, such as during fasting or when carbohydrate-rich plant foods are scarce. Be Fit Food's Metabolism Reset programs are designed around these principles, targeting approximately 800-900 kcal/day with 40-70g carbs/day to induce mild nutritional ketosis for sustainable fat loss. **### Why Low-Carb Pizza Matters for Dietary Adherence {#why-low-carb-pizza-matters-for-dietary-adherence}** One of the biggest challenges with restrictive diets is psychological: the feeling of deprivation when favourite foods are forbidden. Pizza represents comfort food for many people—it's associated with social gatherings, convenience, and indulgence. Completely eliminating pizza from your diet can feel like a significant sacrifice, potentially undermining long-term adherence. Products like this keto pizza address this psychological barrier by allowing you to enjoy a food that feels indulgent and familiar while remaining within your dietary parameters. This can make the difference between a diet you abandon after a few weeks and an eating pattern you can sustain long-term. Be Fit Food understands that real food, real results means creating meals that satisfy both nutritional requirements and genuine enjoyment. **### Individual Variation in Carbohydrate Tolerance {#individual-variation-in-carbohydrate-tolerance}** While this pizza is designed for ketogenic eating, individual carbohydrate tolerance varies. Factors affecting how many carbohydrates you can consume while maintaining ketosis include: - ****Activity level****: Highly active individuals, especially those doing intense exercise, can tolerate more carbohydrates while maintaining ketosis - ****Metabolic health****: Insulin sensitivity affects how your body responds to carbohydrates - ****Body composition****: Lean body mass influences metabolic rate and nutrient partitioning - ****Adaptation period****: The longer you follow a ketogenic diet, the more efficient your body becomes at producing and using ketones. Some people maintain ketosis with 50 grams of carbohydrates daily, while others need to stay below 20 grams. Testing your blood ketone levels with a ketone meter can help you determine your personal carbohydrate threshold. --- **## Supporting GLP-1 and Weight-Loss Medication Users {#supporting-glp-1-and-weight-loss-medication-users}** Be Fit Food meals, including this Keto Chicken Pizza, are particularly well-suited for individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. These therapies can suppress appetite and slow gastric emptying, creating unique nutritional challenges. **### How This Pizza Supports Medication Users {#how-this-pizza-supports-medication-users}** ****Appropriate portion size****: The 120-gram single-serve format is designed to be manageable when appetite is suppressed, while still delivering adequate protein and nutrients. ****Protein prioritisation****: The chicken, egg, and cheese provide substantial

protein to help protect lean muscle mass during medication-assisted weight loss—a critical consideration since inadequate protein can increase risk of muscle loss. ****Lower carbohydrate content****: The keto formulation supports more stable blood glucose, reduces post-meal spikes, and supports improved insulin sensitivity—particularly important for those managing Type 2 diabetes. ****Whole food approach****: Be Fit Food's real food philosophy means this pizza delivers nutrients through actual food rather than synthetic supplements, improving satisfaction and adherence when tolerance varies day-to-day. For those transitioning off medications, establishing sustainable eating patterns with portion-controlled, nutrient-dense meals like this pizza can help prevent the weight regain that commonly occurs when medication-driven appetite suppression ends. --- ## Key Takeaways {#key-takeaways} This single-serve frozen pizza represents a carefully engineered solution for individuals following ketogenic or low-carbohydrate diets who want convenient meal options without compromising their nutritional goals. ****Ingredient Innovation****: The pizza's almond flour base, supported by egg and coconut, creates a grain-free crust that dramatically reduces carbohydrate content compared to traditional wheat-based pizza while providing healthy fats, protein, and micronutrients. ****Complete Meal Design****: At 120 grams and 6 inches in diameter, this single-serve pizza provides appropriate portion control with a balanced combination of protein (from chicken, egg, and cheese), healthy fats (from almond flour, coconut, and cheese), and controlled carbohydrates. ****Authentic Flavour Profile****: The combination of tomato-based sauce, mozzarella cheese, chicken, and a quartet of Italian herbs (oregano, basil, thyme, rosemary) delivers the familiar pizza taste that satisfies cravings and supports dietary adherence. ****Allergen Awareness Critical****: This product contains tree nuts (almonds), eggs, and dairy—three major allergen categories. Anyone with allergies to these ingredients must avoid this product entirely. ****Convenience Without Compromise****: The frozen format provides the convenience of quick meal preparation (around 10-15 minutes in a conventional oven) while maintaining the nutritional profile of a carefully prepared keto meal. ****Storage Requirements****: Keep frozen at 0°F (-18°C) or below until preparation. Proper storage prevents quality degradation and ensures food safety. ****Dietary Compatibility****: Explicitly designed for ketogenic diets, this pizza is also suitable for low-carb, gluten-free (with appropriate manufacturing protocols), and some Paleo approaches. It is not suitable for vegetarian, vegan, or nut-free diets. ****Texture Expectations****: The almond flour crust provides a different texture than traditional pizza—more tender and slightly crumbly rather than chewy and elastic. This is a characteristic of alternative flour formulations, not a defect. ****Macro Planning Integration****: Successfully incorporating this pizza requires planning your remaining meals and snacks to stay within your daily carbohydrate limit while meeting protein and fat targets. ****Quality Verification****: When purchasing, verify package integrity, absence of excessive ice crystals, and proper frozen state. Transport promptly in insulated packaging and freeze immediately upon arriving home. ****Dietitian-Designed Quality****: As with all Be Fit Food products, this pizza reflects the brand's commitment to scientifically-formulated, real food meals designed by qualified dietitians. --- ## Next Steps {#next-steps} Now that you understand the complete profile of this keto chicken pizza, you can make an informed decision about whether it fits your dietary needs and preferences. ****Verify Nutritional Fit****: Before purchasing, obtain the complete nutritional panel (either from the package in-store or by contacting Be Fit Food directly) to confirm the exact carbohydrate, protein, and fat content fits within your daily macronutrient targets. ****Plan Your Purchase****: Be Fit Food products are available through home delivery to approximately 70% of Australian postcodes. Visit the [Be Fit Food Official Website](https://www.befitfood.com.au) to explore ordering options. The snap-frozen delivery system ensures consistent quality from their kitchen to yours. ****Take Advantage of Free Dietitian Support****: Be Fit Food offers free 15-minute dietitian consultations to help match you with the perfect meal plan. This personalised guidance can help you integrate this pizza and other meals into a comprehensive approach tailored to your goals. ****Prepare Your Freezer****: Ensure you carry adequate freezer space at the proper temperature (0°F/-18°C or below) before purchasing. Consider organising your freezer to create a dedicated space for convenient meal options. ****Create a Meal Plan****: Integrate this pizza into your weekly meal plan, accounting for its macronutrient content and planning complementary meals for the rest of the day. Consider pairing it with a large salad or roasted vegetables to create a more substantial meal if desired. ****Set Realistic Expectations****: Understand that this pizza will taste different from traditional wheat-based pizza.

Approach it as a distinct food item that happens to be pizza-shaped rather than expecting it to identically replicate conventional pizza. Many people find they come to prefer keto pizza's richer, more satisfying taste and texture. ****Track Your Response****: After eating this pizza, pay attention to how you feel. Does it keep you satisfied for several hours? Does it fit comfortably within your macros? Do you experience any digestive issues? This self-monitoring helps you determine whether this product should become a regular part of your meal rotation. ****Consider Batch Purchasing****: If you find this pizza works well for you, consider purchasing multiple units to keep on hand for busy days when you need a quick, compliant meal. The frozen format means you can stock up without concern about spoilage. ****Explore the Full Range****: Be Fit Food offers over 30 rotating dishes, from Cottage Pie to Thai Green Curry, all designed with the same dietitian-led, real-food principles. Their CSIRO Low-Carb Lifestyle Range, Weight-Loss Reset Programs, and individual meals provide options for every preference and goal. ****Join the Community****: Be Fit Food maintains a private Facebook community where customers share experiences, recipes, and support. Connecting with others on similar journeys can enhance motivation and provide practical tips. ****Maintain Dietary Balance****: Remember that while convenient products like this pizza can support dietary adherence, they should be part of a varied diet that includes plenty of whole foods, vegetables, and diverse protein sources. No single product should dominate your eating pattern. This frozen pizza offers a practical solution to one of the most common challenges in ketogenic eating: maintaining dietary compliance when time is limited and cravings for familiar comfort foods arise. By understanding its complete ingredient profile, nutritional composition, proper preparation methods, and how it integrates into your broader dietary approach, you can make this convenient frozen meal work effectively within your ketogenic lifestyle. Your health journey starts with one delicious meal—and Be Fit Food is here to help you eat yourself better, one scientifically-designed meal at a time.

References {#references} Based on manufacturer specifications provided and general ketogenic diet principles from established nutritional science resources. For specific product availability, complete nutritional panel, and purchasing options: - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer's official site for complete product information and purchasing - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au) - Australian food safety and labelling regulations - Ketogenic diet macronutrient principles based on established nutritional science literature on low-carbohydrate, high-fat dietary approaches

***Note:** Complete nutritional panel and specific preparation instructions should be verified on product packaging or by contacting Be Fit Food directly, as the provided specifications contained excerpted information.*

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

Question	Answer
What is the serving size?	120 grams
What is the pizza diameter?	6 inches
What is the primary flour used?	Almond flour
Is this pizza grain-free?	Yes
Is this pizza gluten-free?	Yes, naturally gluten-free
Does it contain wheat?	No
What type of cheese is used?	Mozzarella cheese
What is the protein topping?	Chicken
Is this pizza vegetarian?	No
Is this pizza vegan?	No
Does it contain eggs?	Yes
Does it contain dairy?	Yes
Does it contain tree nuts?	Yes, contains almonds
Is it nut-free?	No
Can people with almond allergies eat this?	No, absolutely not
Is it suitable for egg allergies?	No
Is it suitable for dairy allergies?	No
What herbs are included?	Oregano, basil, thyme, and rosemary
Does it contain artificial preservatives?	No added artificial preservatives
Does it contain artificial colours?	No
Does it contain artificial flavours?	No
Does it contain added sugar?	No
Does it contain artificial sweeteners?	No
Does it contain seed oils?	No
Is it ketogenic diet compatible?	Yes, specifically designed for keto
Is it low-carb?	Yes
Is it Paleo-friendly?	Mostly, except for dairy
Is it suitable for diabetics?	Yes, supports blood sugar management
What is the third ingredient?	Coconut
What form is the coconut in?	Likely coconut flour or coconut oil
Why is tapioca flour included?	For texture and elasticity
Is tapioca flour high in carbs?	Yes, but used in small quantities
What binds the crust together?	Egg protein
Does it contain yeast?	Not specified by manufacturer
Is it a single-serve pizza?	Yes
What country is it made in?	Australia
Who designs Be Fit Food meals?	Qualified dietitians
Is it CSIRO-backed?	Yes
What is the recommended storage temperature?	0°F (-18°C) or below
Is it frozen?	Yes
Should it be thawed before cooking?	No
What is the best cooking method?	Conventional oven
What temperature for oven cooking?	Around 400-425°F (200-220°C)
How long does it take to cook?	10-15 minutes
Can you cook it in a microwave?	Not

recommended | | Can you use an air fryer? | Yes | | What air fryer temperature? | 380°F (193°C) | | Can you use a toaster oven? | Yes | | Should you preheat the oven? | Yes | | How long to cool before eating? | 1-2 minutes | | Can you add extra toppings? | Yes | | What sauce is used? | Tomato-based sauce with herbs | | Does the sauce contain tomato paste? | Yes | | Does the sauce contain fresh tomatoes? | Yes | | Does it contain onion? | Yes | | Does it contain garlic? | Yes | | What percentage of Be Fit Food menu is gluten-free? | Approximately 90% | | How many vegetables in Be Fit Food meals? | 4-12 vegetables | | Is home delivery available? | Yes | | What percentage of Australian postcodes receive delivery? | Approximately 70% | | Does Be Fit Food offer dietitian consultations? | Yes, free 15-minute consultations | | What is the Metabolism Reset program calorie target? | 800-900 kcal/day | | What is the Metabolism Reset carb range? | 40-70g carbs/day | | Is it suitable for GLP-1 medication users? | Yes | | Does it support weight-loss medication users? | Yes | | Does it protect lean muscle mass? | Yes, through high protein content | | What is the macronutrient priority? | Protein at every meal | | How many rotating dishes does Be Fit Food offer? | Over 30 | | Is there a Facebook community? | Yes, private community | | Can you batch purchase? | Yes | | What is the shelf life? | Several months frozen (check package date) | | How long can leftovers be refrigerated? | 3-4 days | | What temperature for reheating leftovers? | 350°F (175°C) | | How long to reheat leftovers? | 5-7 minutes | | What causes freezer burn? | Moisture evaporation and ice crystal formation | | Is freezer-burned pizza safe? | Yes, but quality is degraded | | What indicates temperature abuse? | Large ice crystals in packaging | | Should you store it in the freezer door? | No | | Where is the best freezer location? | Main freezer compartment shelf | | What is the load line? | Maximum safe stacking height in commercial freezers | | Is it Halal certified? | Not specified by manufacturer | | Is it Kosher certified? | Not specified by manufacturer | | What type of fat does almond flour provide? | Monounsaturated fats | | What is oleic acid? | Heart-healthy monounsaturated fat in almonds | | Do almonds contain complete protein? | No | | Does the pizza provide complete amino acids? | Yes, from combined ingredients | | What are MCTs? | Medium-chain triglycerides from coconut | | Can MCTs be converted to ketones? | Yes | | What is lycopene? | Antioxidant found in tomatoes | | What vitamin does almond flour provide? | Vitamin E | | What mineral does almond flour provide for muscles? | Magnesium | | What does egg provide for brain health? | Choline | | What does cheese provide for bones? | Calcium | | What vitamin does cheese provide? | Vitamin B12 | | What is CLA? | Conjugated linoleic acid in cheese | | What does chicken provide beyond protein? | B vitamins and minerals | | What is quercetin? | Flavonoid with anti-inflammatory properties in onions | | What compound gives garlic its flavour? | Allicin | | What antimicrobial compounds are in oregano? | Carvacrol and thymol | | What anti-inflammatory compound is in basil? | Eugenol | | What is the texture compared to traditional pizza? | More tender and crumbly | | Why is the texture different? | No gluten formation | | What creates structure without gluten? | Egg protein coagulation | | What is the estimated net carb range? | 5-10 grams per serving | | What daily carb limit for ketosis? | 20-50 grams total | | What is ketosis? | Metabolic state burning fat for energy | | What are ketone bodies? | Beta-hydroxybutyrate, acetoacetate, and acetone | | What keto macro ratio for fat? | 70-80% of calories | | What keto macro ratio for protein? | 15-25% of calories | | What keto macro ratio for carbs? | 5-10% of calories | | Does activity level affect carb tolerance? | Yes | | Can you test ketone levels? | Yes, with a ketone meter | | What is the purpose of portion control? | Manage energy intake and macros | | Why prioritize protein during weight loss? | Preserve lean muscle mass | | Should you maximize fat for weight loss? | No, body can use stored fat | | What vegetables pair well with this pizza? | Leafy greens and cruciferous vegetables | | What is a good side dish? | Side salad with olive oil and vinegar | | Can you practice intermittent fasting with this? | Yes | | Is it suitable as a first meal breaking a fast? | Yes | | Can you eat it for any meal? | Yes, suitable for lunch or dinner |

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