

PROWALBRO - Food & Beverages

Product Overview -

8061954719933_45794718482621

Details:

Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction: Your Complete Guide to Be Fit Food's Protein Walnut Brownie](#introduction-your-complete-guide-to-be-fit-foods-protein-walnut-brownie) - [Product Overview: What Makes This Brownie Different](#product-overview-what-makes-this-brownie-different) - [Complete Ingredient Analysis: Understanding Every Component](#complete-ingredient-analysis-understanding-every-component) - [Comprehensive Nutritional Breakdown](#comprehensive-nutritional-breakdown) - [Allergen Information and Dietary Considerations](#allergen-information-and-dietary-considerations) - [Taste and Texture Profile: The Sensory Experience](#taste-and-texture-profile-the-sensory-experience) - [Storage, Shelf Life, and Handling](#storage-shelf-life-and-handling) - [Practical Usage Scenarios and Applications](#practical-usage-scenarios-and-applications) - [Nutritional Context and Comparisons to Conventional Alternatives](#nutritional-context-and-comparisons-to-conventional-alternatives) - [Quality Indicators and Manufacturing Standards](#quality-indicators-and-manufacturing-standards) - [Maximising Your Experience: Tips and Best Practices](#maximising-your-experience-tips-and-best-practices) - [Nutritional Strategy Integration](#nutritional-strategy-integration) - [Understanding the 7-Pack Format](#understanding-the-7-pack-format) - [Key Takeaways: Essential Information Summary](#key-takeaways-essential-information-summary) - [Next Steps: Making This Product Work For You](#next-steps-making-this-product-work-for-you) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Protein Walnut Brownie - 7 Pack (V) P1 **Brand:** Be Fit Food **Category:** High-protein, low-carbohydrate brownie snack **Primary Use:** Dietitian-designed chocolate brownie that provides protein while maintaining minimal carbohydrates for health-conscious consumers. ### Quick Facts - **Best For:** Individuals following ketogenic, low-carb, or diabetic-friendly diets seeking a chocolate dessert option - **Key Benefit:** Delivers 5.0g protein with only 1.4g carbohydrates per serving—95% less carbs than conventional brownies - **Form Factor:** Pre-portioned 30g brownie pieces, 7 per pack - **Application Method:** Ready-to-eat snack; consume at room temperature, chilled, or warmed ### Common Questions This Guide Answers 1. How many carbohydrates does each brownie contain? → Just 1.4g total carbohydrates with only 0.6g sugar per 30g serving 2. Is this suitable for ketogenic diets? → Yes, with minimal net carbs (0.2-0.8g) and 9.6g fat per serving, it fits keto macronutrient targets 3. What allergens does it contain? → Contains almonds, walnuts, eggs, and milk; may contain traces of gluten, fish, soy, crustacea, sesame, peanuts, tree nuts, and lupin --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Protein Walnut Brownie - 7 Pack (V) P1 | | Brand | Be Fit Food | | Pack size | 7 brownies | | Serving size | 30g per brownie | | Price | \$18.00 AUD | | Availability | Out Of Stock | | GTIN | 9358266002155 | | Energy per serve | 473 kJ (113 cal) | | Protein per serve | 5.0g | | Total fat per serve | 9.6g | | Saturated fat per serve | 3.2g | | Carbohydrates per serve | 1.4g | | Sugars per serve | 0.6g | | Dietary fibre per serve | 1.2g | | Sodium per serve | 92mg | | Primary ingredients | Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut | | Allergens | Contains: Almond, Egg, Milk, Walnut | | May contain | Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin | | Dietary suitability | Vegetarian, Ketogenic, Low-carb, Gluten-free ingredients | | Special features | High protein, Less than 2g carbs, No added sugar, No artificial sweeteners, No artificial colours or flavours | | Manufacturer | Be Fit Food Pty Ltd (ABN 14 294

903 397) | | Country of origin | Australia | --- ## Label Facts Summary {#label-facts-summary} >
Disclaimer: All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} -
Product Name: Protein Walnut Brownie - 7 Pack (V) P1 - **Brand**: Be Fit Food - **Manufacturer**: Be Fit Food Pty Ltd (ABN 14 294 903 397) - **Country of Origin**: Australia - **GTIN**: 9358266002155 - **Pack Size**: 7 brownies - **Serving Size**: 30g per brownie - **Price**: \$18.00 AUD - **Availability**: Out Of Stock **Nutrition Information (per 30g serving)**: Energy: 473 kJ (113 cal) - Protein: 5.0g - Total Fat: 9.6g - Saturated Fat: 3.2g - Carbohydrates: 1.4g - Sugars: 0.6g - Dietary Fibre: 1.2g - Sodium: 92mg **Ingredients**: Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut **Allergen Information**: - Contains: Almond, Egg, Milk, Walnut - May Contain: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin
Dietary Suitability: Vegetarian, Ketogenic, Low-carb, Gluten-free ingredients **Special Features**: High protein, Less than 2g carbs, No added sugar, No artificial sweeteners, No artificial colours or flavours ### General Product Claims {#general-product-claims} - "Carefully formulated high-protein, low-carbohydrate sweet snack designed to satisfy chocolate cravings while supporting your nutritional goals" - "Sophisticated approach to guilt-free indulgence" - "Nutrient-dense treat" - "Australia's leading dietitian-designed meal and snack provider" - "CSIRO-partnered meal development" - "Satisfying, real-food treat" - "Dramatically reduces carbohydrate content while increasing protein density" - "Calorie-conscious snack option" - "Supports both routine snacking habits and occasional indulgence" - "Impressive protein content" - "Helps achieve the brownie's impressive protein content while simultaneously keeping net carbohydrates remarkably low" - "Heart-healthy fat found in olive oil" - "Satiety-promoting lipids that help these small portions feel fuller for longer" - "Complete protein containing all nine essential amino acids in optimal ratios for human nutrition" - "Enhances the product's micronutrient density beyond its macronutrient profile" - "Rich, indulgent mouthfeel" - "Beneficial components like conjugated linoleic acid (CLA), butyrate, and fat-soluble vitamins" - "Characteristic 'melt-in-your-mouth' sensation" - "Commitment to traditional, recognisable ingredients rather than processed substitutes" - "No seed oils policy across their product range" - "Remarkably rich in flavonoids, particularly flavanols" - "Research associates these with cardiovascular benefits and cognitive function support" - "Polyphenol content in cocoa contributes antioxidant capacity" - "Makes this indulgent treat carry some functional benefits beyond basic nutrition" - "Mild stimulant related to caffeine—may contribute subtle mood-enhancing effects" - "One of the most sophisticated aspects of this formulation" - "Exceptionally well-tolerated" - "Produces minimal laxative effects even at higher doses compared to other sugar alcohols" - "Creates a cleaner sugar-like taste profile" - "Directly enables the brownie's remarkable nutritional profile" - "Helps prevent the crumbly texture that can plague nut-flour-based baked goods" - "Exceptional among tree nuts for their omega-3 fatty acid content" - "Support anti-inflammatory processes" - "Beneficial components like conjugated linoleic acid (CLA)" - "Increases the brownie's satiety factor" - "Helps this small 30-gram portion provide genuine satisfaction rather than triggering immediate cravings for more" - "Deliberately chosen portion that balances satisfying treat experience with nutritional restraint" - "Genuinely moderate snack that fits easily into various daily caloric targets" - "Modest caloric impact" - "Impressive 16.7% protein by weight" - "Reflects Be Fit Food's dietitian-led approach to product development" - "Contributes to satiety through multiple mechanisms" - "Helps stabilise blood sugar response by slowing digestion and glucose absorption" - "Convenient protein source in an unexpected format" - "High" protein quality - "Aligns with heart-health recommendations" - "Moderate saturated fat contribution comes within a whole-food context" - "Enables absorption of fat-soluble vitamins and phytonutrients" - "Provides the creamy mouthfeel and flavour-carrying capacity that makes these brownies genuinely satisfying" - "Helps prevent the psychological deprivation that can undermine dietary adherence" - "The brownie's most distinctive nutritional feature" - "Ultra-low carbohydrate profile" - "Minimal glucose impact" - "Potentially helps maintain stable energy levels and reduces cravings throughout the day" - "Aligns perfectly with Be Fit Food's broader mission to support Australians in managing metabolic health" - "Relatively modest amount" - "Low enough to fit comfortably into sodium-conscious eating patterns" - "Consistent with Be Fit Food's formulation standards" - "Quality-focused formulation consistent with Be Fit Food's brand standards" - "Recognisable, minimally processed components" - "Premium sweetener

choice" - "Suggests prioritisation of quality and tolerability over cost minimisation" - "Superior flavour profiles" - "Commitment to traditional ingredients" - "Strict standards administered by Food Standards Australia New Zealand (FSANZ)" - "Provides assurance of safety and labelling accuracy" - "Protein-forward breakfast component" - "More satisfying than traditional sweet breakfast options" - "Far better blood sugar impact" - "Provides protein and fat to stabilise energy" - "Controlled, portion-managed dessert that satisfies sweet cravings" - "Provides satiety that may support better sleep" - "Minimal carbohydrates avoid blood sugar disturbances that can affect sleep quality" - "Creates a traditional milk-and-cookies experience with minimal additional carbohydrates" - "Sophisticated dessert experience" - "More substantial snack with additional protein" - "Sustainable treat routine" - "Valuable 'fat bombs' that help ketogenic dieters meet high fat requirements" - "Aligns perfectly with keto macronutrient targets" - "Proof that low-carb eating doesn't require complete dessert elimination" - "Supports long-term dietary adherence through psychological satisfaction" - "Contributes meaningfully to daily protein targets" - "Particularly valuable for individuals who struggle with traditional protein sources" - "Approved snack option within the 800-950 kcal/day framework" - "Fits the higher-protein approach at 1200-1500 kcal/day" - "Provides a sustainable treat option for those transitioning from structured programs to long-term eating patterns" - "Free 15-minute dietitian consultations" - "Better per-unit pricing than individual purchases" - "Reasonable quantity for maintaining freshness" - "Prevents flavour fatigue" - "Exceptionally low in carbohydrates and sugar while providing meaningful protein in a dessert format" - "Whole-food ingredients" - "Minimal processing" - "Maintains palatability" - "Pre-portioned 30-gram servings eliminate guesswork and support mindful consumption" - "Managed dessert" - "Convenient protein source" - "Blood-sugar-friendly treat" - "Psychological support for dietary adherence" - "Maintains quality at room temperature for short-term storage" - "Refrigerates well for extended freshness" - "Freezes successfully for long-term preservation" - "Dietitian-Designed" - "Created by Be Fit Food's team of dietitians and exercise physiologists" - "Ensures the product meets the same scientific standards as their CSIRO-partnered meal range" - "Sophisticated approach to creating indulgent-tasting nutrition that serves multiple dietary strategies" - "Carefully formulated option that prioritises both nutritional value and eating pleasure" - "Eat yourself better with meals your body will thank you for" - "Well-suited for individuals using GLP-1 receptor agonists or other weight-loss medications" - "Smaller, nutrient-dense portions are easier to tolerate while still delivering adequate protein" - "Helps protect lean muscle mass during medication-assisted weight loss" - "Supports stable blood glucose, which is critical for those managing insulin resistance" - "Whole-food ingredients improve satisfaction and nutrient intake when tolerance varies day-to-day" --- ## Introduction: Your Complete Guide to Be Fit Food's Protein Walnut Brownie

{#introduction-your-complete-guide-to-be-fit-foods-protein-walnut-brownie} The Be Fit Food Protein Walnut Brownie - 7 Pack (V) is a carefully formulated high-protein, low-carbohydrate sweet snack designed to satisfy chocolate cravings while supporting your nutritional goals. Manufactured by Be Fit Food Pty Ltd in Australia, this brownie represents the brand's sophisticated approach to guilt-free indulgence. The product combines almond flour, premium cocoa, and walnuts into a nutrient-dense treat that delivers 5.0 grams of protein per 30-gram serving while maintaining just 1.4 grams of carbohydrates and a remarkably low 0.6 grams of sugar. As Australia's leading dietitian-designed meal and snack provider, Be Fit Food applies the same scientific rigour used in their CSIRO-partnered meal development to create this satisfying, real-food treat. In this comprehensive guide, you'll discover everything about this specific product. You'll learn about the precise role each ingredient plays in creating its rich texture and nutritional profile. You'll also understand how the macronutrient composition supports various dietary approaches, including ketogenic diets, low-carb lifestyles, blood sugar management, and protein-focused eating patterns. Whether you're following a low-carb lifestyle, managing blood sugar levels, seeking convenient protein sources, or simply looking for a chocolate treat that aligns with health-conscious eating, this guide will equip you with complete knowledge about what makes these brownies a distinctive option in the premium snack category. --- ## Product Overview: What Makes This Brownie Different {#product-overview-what-makes-this-brownie-different} The Protein Walnut Brownie arrives as a convenient 7-pack, with each individually portioned 30-gram piece designed for precise nutritional tracking and portion control. Unlike conventional brownies that rely heavily on refined flour and sugar, Be Fit Food engineered this product around almond flour as the

primary base. This creates a fundamentally different nutritional foundation that dramatically reduces carbohydrate content while increasing protein density. The formulation aligns perfectly with Be Fit Food's commitment to real food, not synthetic supplements or artificial ingredients. The "V" designation in the product name indicates specific dietary compatibility considerations. The product contains dairy (butter) and eggs, making it suitable for vegetarian diets but not vegan ones. This distinction is important for understanding exactly who this product serves within the broader health-conscious consumer market. Each 30-gram serving delivers 473 kilojoules (113 calories), positioning it as a satisfying yet calorie-conscious snack option. The energy density of approximately 1,577 kilojoules per 100 grams reflects the higher fat content inherent in nut-based formulations. This fat profile comes predominantly from nutrient-dense sources like almonds, walnuts, and butter rather than refined oils or trans fats. The multi-pack format provides exactly one week's worth of daily treats if consumed at a rate of one per day. It also offers flexibility for those who prefer to enjoy them less frequently. This packaging approach supports both routine snacking habits and occasional indulgence. The sealed packaging helps maintain freshness throughout the consumption period. --- ## Complete Ingredient Analysis: Understanding Every Component

{#complete-ingredient-analysis-understanding-every-component} ### Primary Base: Almond Flour {#primary-base-almond-flour} Almond flour stands as the foundational ingredient, appearing first to indicate its predominant proportion in the formulation. This ingredient choice fundamentally transforms the brownie's nutritional character compared to wheat-flour alternatives. Almond flour contributes approximately 6 grams of protein per ounce in standard formulations, helping achieve the brownie's impressive protein content while simultaneously keeping net carbohydrates remarkably low. Beyond macronutrients, almond flour provides vitamin E, a fat-soluble antioxidant that supports cellular health. It also contains magnesium, which plays roles in over 300 enzymatic reactions in the human body. The flour's natural fat content—predominantly monounsaturated oleic acid, the same heart-healthy fat found in olive oil—contributes to the brownie's moist, fudgy texture. It also provides satiety-promoting lipids that help these small portions feel fuller for longer. The choice of almond flour also creates a naturally gluten-free base. The product carries cross-contamination warnings for gluten due to manufacturing facility practices. The fine particle size of almond flour allows it to create a tender crumb structure that mimics traditional baked goods despite the absence of gluten's binding properties. ### Protein Source: Eggs {#protein-source-eggs} Eggs appear second in the ingredient list, serving multiple critical functions beyond protein contribution. Each egg provides approximately 6 grams of complete protein containing all nine essential amino acids in optimal ratios for human nutrition. In this brownie formulation, eggs contribute to the overall 5.0 grams of protein per serving while also acting as the primary binding agent that holds the brownie's structure together. The lecithin naturally present in egg yolks functions as an emulsifier, helping blend the fat and water components into a homogeneous batter. Eggs also contribute to the brownie's characteristic texture through protein coagulation during baking, creating the set structure that distinguishes a brownie from raw batter. From a nutritional perspective, eggs bring B vitamins—particularly B12, riboflavin, and folate—along with choline, a nutrient essential for brain health and cellular membrane integrity. The egg yolks also contribute fat-soluble vitamins A and D, enhancing the product's micronutrient density beyond its macronutrient profile. ### Fat Component: Butter (Milk) {#fat-component-butter-milk} Butter appears as the third ingredient, with explicit notation of its milk origin for allergen transparency. This traditional dairy fat serves multiple purposes in the brownie's formulation. Butter contributes to the rich, indulgent mouthfeel that makes these brownies satisfying despite their small 30-gram portion size. It coats the palate with fat-soluble flavour compounds that create lasting taste impressions. The saturated fat content of 3.2 grams per serving derives primarily from this butter component. While saturated fat remains subject to nutritional debate, current research recognises that saturated fats from dairy sources exist within a complex food matrix that includes beneficial components like conjugated linoleic acid (CLA), butyrate, and fat-soluble vitamins. Butter's melting point—just below human body temperature—creates the characteristic "melt-in-your-mouth" sensation that contributes significantly to the eating experience. This physical property means the brownie's fats literally melt on the tongue, releasing flavour compounds and creating textural contrast between the firmer brownie structure and the creamy fat component. From a practical baking perspective, butter contributes moisture and aids in

creating tender texture by coating flour proteins (though less relevant in this almond-flour formulation). It also provides flavour depth that neutral oils cannot match. The choice of butter over alternative fats reflects Be Fit Food's commitment to traditional, recognisable ingredients rather than processed substitutes, remaining consistent with their no seed oils policy across their product range. ### Moisture and Structure: Water {#moisture-and-structure-water} Water appears as a distinct ingredient, indicating its deliberate addition to achieve optimal batter consistency. In low-carb, nut-flour-based baking, moisture balance becomes particularly critical since nut flours absorb liquid differently than grain flours. The water content helps achieve the proper batter viscosity for even distribution of ingredients and appropriate spreading during baking. Water also participates in crucial chemical reactions during the baking process, including starch gelatinisation (from the tapioca flour component) and protein denaturation. Steam generation from water during baking contributes to the brownie's internal structure, creating the characteristic slightly dense yet tender crumb. ### Flavour Foundation: Cocoa {#flavour-foundation-cocoa} Cocoa provides the chocolate character that defines this brownie's identity. Listed as "Cocoa" without qualification as "cocoa powder" or "cocoa butter," this likely refers to unsweetened cocoa powder, contributing intense chocolate flavour with minimal fat and carbohydrate compared to chocolate bars or chips. Cocoa powder brings more than just flavour—it's remarkably rich in flavonoids, particularly flavanols, which research associates with cardiovascular benefits and cognitive function support. The polyphenol content in cocoa contributes antioxidant capacity, making this indulgent treat carry some functional benefits beyond basic nutrition. The natural bitterness of unsweetened cocoa balances against the sweetener blend to create complexity in the flavour profile. Cocoa also contributes to the brownie's dark colour and provides trace minerals including iron, magnesium, and zinc. The theobromine naturally present in cocoa—a mild stimulant related to caffeine—may contribute subtle mood-enhancing effects that complement the psychological satisfaction of enjoying chocolate. ### Sweetening System: Erythritol and Stevia Blend {#sweetening-system-erythritol-and-stevia-blend} The sweetener blend represents one of the most sophisticated aspects of this formulation, combining erythritol and stevia to achieve sweetness without the carbohydrate load of sugar. This dual-sweetener approach addresses the limitations of each sweetener individually while leveraging their complementary strengths. Importantly, this aligns with Be Fit Food's commitment to no added sugar or artificial sweeteners across their product range. Erythritol is a sugar alcohol (polyol) that provides approximately 70% of sugar's sweetness with essentially zero metabolic calories. Unlike other sugar alcohols, erythritol is absorbed in the small intestine and excreted unchanged in urine, meaning it doesn't reach the colon where other polyols can cause digestive discomfort. This makes erythritol exceptionally well-tolerated, producing minimal laxative effects even at higher doses compared to other sugar alcohols. Erythritol contributes bulk and texture similar to sugar, helping achieve proper batter consistency and mouthfeel. It provides some cooling sensation on the tongue—a characteristic of polyols—though this effect is less pronounced in baked goods than in applications like mints or gums. Importantly for the nutritional panel, erythritol contributes minimal net carbohydrates because it's not metabolised for energy, though it may appear in total carbohydrate counts depending on labelling regulations. Stevia refers to sweet compounds (steviol glycosides) extracted from the Stevia rebaudiana plant. Stevia provides intense sweetness—approximately 200-300 times sweeter than sugar—allowing tiny quantities to contribute significant sweetness without adding bulk or calories. By blending stevia with erythritol, the formulation achieves both the sweetness intensity and the physical bulk needed for proper texture. The combination also helps mask potential off-flavours. Some individuals detect bitter or licorice-like notes from stevia alone, while erythritol can produce slight cooling effects. Used together in optimised ratios, these effects minimise while the sweetness synergises, creating a cleaner sugar-like taste profile. This sweetener strategy directly enables the brownie's remarkable nutritional profile. Just 0.6 grams of sugar per serving represents naturally occurring sugars from ingredients like nuts rather than added sweeteners. The total carbohydrate count of 1.4 grams per serving—extraordinarily low for a baked good—results directly from replacing sugar (which would contribute 15-20 grams of carbohydrates in a conventional brownie) with this non-metabolised sweetener blend. ### Binding Agent: Tapioca Flour {#binding-agent-tapioca-flour} Tapioca flour (also called tapioca starch) appears in smaller quantities as indicated by its position lower in the ingredient list. Derived from cassava root, tapioca flour serves

primarily as a binding and texturing agent in gluten-free baking applications. Tapioca starch gelatinises when heated in the presence of moisture, creating a gel structure that helps bind ingredients together and contributes to the brownie's cohesive texture. This starch provides "chew" and helps prevent the crumbly texture that can plague nut-flour-based baked goods. The elastic quality of gelatinised tapioca starch mimics some of gluten's functional properties without introducing gluten proteins. From a nutritional perspective, tapioca flour is nearly pure carbohydrate. The small quantity used (as evidenced by its lower position in the ingredient hierarchy) means its contribution to the total carbohydrate count remains limited. The formulation balances the functional benefits of tapioca flour's binding properties against the goal of maintaining low overall carbohydrate content. **### Textural and Nutritional Feature: Walnuts** {#textural-and-nutritional-feature-walnuts} Walnuts appear as the final ingredient, providing both textural contrast and nutritional enhancement. The crunchy walnut pieces create textural interest against the softer brownie matrix, delivering satisfying bite variation that makes the eating experience more engaging. Nutritionally, walnuts are exceptional among tree nuts for their omega-3 fatty acid content, specifically alpha-linolenic acid (ALA). While ALA conversion to the longer-chain omega-3s (EPA and DHA) found in fish is limited, walnuts still contribute valuable plant-based omega-3s that support anti-inflammatory processes. Walnuts also provide additional protein, fibre, vitamin E, magnesium, and polyphenolic compounds with antioxidant properties. The walnut inclusion increases the brownie's satiety factor through added protein, fat, and fibre. This helps this small 30-gram portion provide genuine satisfaction rather than triggering immediate cravings for more. The distinctive flavour of walnuts—slightly tannic with subtle bitterness—complements the chocolate notes from cocoa, creating flavour complexity.

--- **## Comprehensive Nutritional Breakdown**

{#comprehensive-nutritional-breakdown} **### Serving Size and Energy Content**
{#serving-size-and-energy-content} Each brownie piece weighs exactly 30 grams—a deliberately chosen portion that balances satisfying treat experience with nutritional restraint. This serving delivers 473 kilojoules or 113 calories, positioning it as a genuinely moderate snack that fits easily into various daily caloric targets. To contextualise this energy content: 113 calories represents approximately 5-6% of a 2,000-calorie daily intake, or about 7-8% of a 1,500-calorie weight management plan. This modest caloric impact means the brownie can be incorporated into most eating patterns without requiring significant adjustments to other meals. The energy density of approximately 377 calories per 100 grams (calculated from the per-serve data) reflects the product's nut and fat content. While this might seem high compared to, for example, fresh fruit at 50-80 calories per 100 grams, it's actually moderate for confectionery products and significantly lower than conventional brownies, which often exceed 450-500 calories per 100 grams due to higher sugar and refined flour content. **### Protein Content: Building Block Analysis** {#protein-content-building-block-analysis} The 5.0 grams of protein per 30-gram serving translates to an impressive 16.7% protein by weight—a protein density more common in protein bars than traditional baked treats. This protein content derives from the synergistic contribution of multiple ingredients: almond flour (approximately 21% protein by weight), eggs (approximately 13% protein), and walnuts (approximately 15% protein). This high-protein formulation reflects Be Fit Food's dietitian-led approach to product development, where protein prioritisation supports satiety, metabolic health, and lean muscle preservation. For practical context, 5 grams of protein equals approximately one medium egg's protein content, the protein in 30 grams of cooked chicken breast, or about one-sixth of the daily protein requirement for a 60-kilogram adult following general health recommendations (0.8g/kg body weight). This protein content contributes to satiety through multiple mechanisms. Protein triggers release of satiety hormones including peptide YY and GLP-1, while also producing the highest thermic effect of feeding among macronutrients—meaning your body expends more energy digesting protein compared to fats or carbohydrates. The protein content also helps stabilise blood sugar response by slowing digestion and glucose absorption. For individuals following higher-protein eating patterns—whether for muscle maintenance during weight loss, athletic performance, or metabolic health—these brownies provide a convenient protein source in an unexpected format. The protein quality is high, with eggs providing complete protein and almonds offering a complementary amino acid profile. **### Fat Profile: Understanding the 9.6 Grams**
{#fat-profile-understanding-the-96-grams} Total fat content of 9.6 grams per serving represents 32% of the brownie by weight. This might initially seem high but reflects the nut-based formulation. Importantly,

this fat composition differs dramatically from conventional brownies that derive fat primarily from butter and chocolate. The fat breakdown includes 3.2 grams of saturated fat, meaning approximately 6.4 grams consists of unsaturated fats—the monounsaturated fats from almonds and walnuts, plus the polyunsaturated omega-3s from walnuts. This unsaturated-to-saturated ratio of roughly 2:1 aligns with heart-health recommendations emphasising unsaturated fat predominance. The 3.2 grams of saturated fat represents approximately 13-16% of standard daily saturated fat limits, based on recommendations to keep saturated fat below 10% of total calories in a 2,000-calorie diet (which equals about 20-22 grams). This moderate saturated fat contribution comes within a whole-food context including fibre, protein, and micronutrients rather than isolated fat. Fat serves crucial functional roles beyond energy provision. The fat content enables absorption of fat-soluble vitamins and phytonutrients, including the vitamin E from almonds and the flavonoids from cocoa. Fat also provides the creamy mouthfeel and flavour-carrying capacity that makes these brownies genuinely satisfying, helping prevent the psychological deprivation that can undermine dietary adherence.

Carbohydrate Content: The Low-Carb Advantage {#carbohydrate-content-the-low-carb-advantage}

The total carbohydrate content of just 1.4 grams per serving represents the brownie's most distinctive nutritional feature. To appreciate this achievement, consider that conventional brownies contain 20-30 grams of carbohydrates per similar serving, with most coming from refined flour and added sugar. Within this 1.4 grams, only 0.6 grams consists of sugars—naturally occurring sugars from ingredients rather than added sweeteners. The remaining 0.8 grams includes the small amount of digestible starch from tapioca flour and naturally occurring carbohydrates in nuts. The dietary fibre content of 1.2 grams per serving contributes to the total carbohydrate count but doesn't impact blood glucose because fibre passes through the digestive system without breaking down into sugar. This fibre derives from almond flour and walnuts, contributing to digestive health and satiety. For individuals calculating "net carbohydrates" (total carbs minus fibre and non-metabolised sugar alcohols), this brownie provides minimal net impact—potentially as low as 0.2-0.8 grams depending on how one accounts for erythritol, which appears in the total carbohydrate count under some labelling systems despite not being metabolised. This ultra-low carbohydrate profile makes the brownie compatible with ketogenic diets (limiting carbs to 20-50 grams daily), low-carb eating patterns (generally under 100-150 grams daily), blood sugar management strategies for diabetes or prediabetes, insulin resistance protocols, and metabolic health optimisation approaches. The minimal glucose impact means these brownies can satisfy sweet cravings without triggering the blood sugar spikes and subsequent crashes associated with high-sugar treats. This potentially helps maintain stable energy levels and reduces cravings throughout the day, aligning perfectly with Be Fit Food's broader mission to support Australians in managing metabolic health through scientifically-designed nutrition.

Sodium Content: The 92-Milligram Consideration {#sodium-content-the-92-milligram-consideration}

Each serving contains 92 milligrams of sodium—a relatively modest amount representing approximately 4% of the 2,300-milligram daily limit recommended for general health, or about 6% of the more restrictive 1,500-milligram target suggested for individuals with hypertension or cardiovascular concerns. This sodium derives from naturally occurring sodium in ingredients like eggs and butter, plus any salt added during formulation for flavour enhancement. Salt doesn't appear as a separate ingredient, suggesting its use in small quantities. The sodium level remains low enough to fit comfortably into sodium-conscious eating patterns while providing sufficient salt to enhance flavour perception—a crucial consideration in reduced-sugar formulations where salt helps amplify other flavours. For context, 92 milligrams of sodium equals less than the sodium in two slices of bread (usually 100-150 mg each) and far less than most processed snacks, which often deliver 200-400 milligrams per serving. This low-sodium approach is consistent with Be Fit Food's formulation standards, which target less than 120mg per 100g across their meal range.

--- ## Allergen Information and Dietary Considerations {#allergen-information-and-dietary-considerations}

Declared Allergens {#declared-allergens}

The Protein Walnut Brownie explicitly contains four major allergens, each clearly identified on the packaging:

Almond: As the primary ingredient, almond flour permeates the entire product. Individuals with tree nut allergies must avoid this product entirely. Almond allergy can range from mild oral itching to severe anaphylactic reactions, making it a critical exclusion for affected individuals.

Egg: Eggs serve as both protein source and binding agent, integral to the formulation. Egg allergy

affects approximately 1-2% of children (though many outgrow it) and a smaller percentage of adults. Those with egg allergies cannot safely consume this product. ****Milk**:** Present through the butter component, milk allergens affect individuals with true milk protein allergy (distinct from lactose intolerance). The butter's processing concentrates milk fat while reducing milk protein content compared to fluid milk, but sufficient allergenic proteins remain to trigger reactions in sensitive individuals. ****Walnut**:** As a distinct tree nut variety from almonds, walnuts represent an additional allergen. Some individuals allergic to one tree nut can tolerate others, while others react to multiple varieties. The explicit walnut inclusion requires careful attention from anyone managing tree nut allergies. **### Cross-Contamination Warnings** {#cross-contamination-warnings} The product carries comprehensive "may contain" warnings for potential cross-contact with additional allergens during manufacturing: ****Gluten**:** Despite the gluten-free ingredient profile, the manufacturing facility processes gluten-containing products, creating cross-contamination risk. Individuals with celiac disease or severe gluten sensitivity should evaluate their personal risk tolerance. Many with moderate gluten sensitivity successfully consume products with such warnings. ****Fish, Soy, Crustacea, Sesame, Peanuts, Lupin**:** These warnings indicate the facility's diverse product manufacturing, where shared equipment or production spaces potentially transfer trace amounts. For most individuals without allergies to these ingredients, the warnings pose no concern. Those with severe allergies should consider the cross-contact risk. ****Tree Nuts (general)**:** Beyond the almonds and walnuts intentionally included, the facility likely processes additional tree nut varieties, potentially introducing traces of pecans, cashews, hazelnuts, or others. These precautionary allergen statements reflect responsible manufacturing transparency rather than indicating likely contamination. Individuals with severe allergies should make informed decisions based on their sensitivity levels and risk tolerance. **### Vegetarian Compatibility** {#vegetarian-compatibility} The "(V)" designation indicates vegetarian suitability. The product contains no meat, poultry, fish, or ingredients derived from animal slaughter. It does contain animal products from living animals—specifically eggs and dairy (butter)—making it appropriate for lacto-ovo vegetarians but unsuitable for vegans. **### Dietary Pattern Compatibility** {#dietary-pattern-compatibility} ****Ketogenic Diet**:** With just 1.4 grams of total carbohydrates and potentially less than 1 gram of net carbs, this brownie fits easily into ketogenic macronutrient targets. The high fat content (9.6g) and moderate protein (5.0g) align well with keto ratios, making it an ideal occasional treat for those following strict ketogenic protocols. This compatibility extends to Be Fit Food's Metabolism Reset programs, designed to induce mild nutritional ketosis through approximately 40-70g of carbohydrates daily. ****Low-Carb/Atkins-Style Diets**:** The minimal carbohydrate content makes this product highly compatible with any carbohydrate-restricted eating pattern, ranging from moderate low-carb (under 100g daily) to very low-carb approaches. ****Paleo Diet**:** The ingredient list's focus on nuts, eggs, and butter with minimal processing aligns reasonably well with paleo principles. Some strict paleo adherents avoid dairy. The absence of grains, legumes, and refined sugars supports paleo compatibility for those who include dairy. ****Diabetic Diets**:** The minimal sugar content (0.6g) and low total carbohydrates make this brownie an excellent option for individuals managing blood glucose levels. The protein and fat content further moderate any glucose response, potentially making this treat far more blood-sugar-friendly than conventional alternatives. ****Gluten-Free Diets**:** The ingredient formulation contains no gluten-containing ingredients. The cross-contamination warning requires consideration by those with celiac disease versus those with gluten sensitivity or preference. This is consistent with Be Fit Food's broader range, where approximately 90% of meals are certified gluten-free. ****Weight Management Programs**:** At 113 calories per precisely portioned serving, these brownies can fit into calorie-controlled eating plans while providing the psychological benefit of permitted treats, potentially supporting long-term dietary adherence. --- **## Taste and Texture Profile: The Sensory Experience** {#taste-and-texture-profile-the-sensory-experience} **### Flavour Characteristics** {#flavour-characteristics} The Protein Walnut Brownie delivers a complex chocolate flavour profile that balances richness against the constraints of sugar reduction. The cocoa provides authentic chocolate notes—earthy, slightly bitter, with the characteristic depth of dark chocolate rather than the one-dimensional sweetness of milk chocolate confections. The sweetener blend creates clean sweetness without the cloying intensity of sugar-heavy treats. The erythritol and stevia combination avoids the bitter aftertaste that can plague single-sweetener formulations. Individuals particularly

sensitive to stevia might detect subtle differences from sugar-sweetened products, but the overall sweetness level trends toward moderate rather than intensely sweet, allowing the chocolate and nut flavours to shine prominently. Butter contributes creamy, dairy-rich notes that add dimension beyond simple chocolate flavour. The milk solids in butter provide subtle caramel-like undertones that complement the cocoa's bitterness, creating flavour complexity. Walnuts introduce their distinctive flavour—slightly tannic, earthy, with subtle bitterness that harmonises with the cocoa rather than competing. The walnut pieces provide flavour bursts where they appear, creating variation within each bite. The overall flavour impression leans toward sophisticated, adult-oriented chocolate rather than candy-like sweetness. Those accustomed to conventional brownies may notice the reduced sugar immediately, while those adapted to low-sugar eating will likely find the sweetness satisfying and the chocolate flavour more pronounced than in sugar-heavy alternatives.

Texture and Mouthfeel
{#texture-and-mouthfeel} The texture achieves the delicate balance crucial to brownie identity—dense and fudgy rather than cake-like, with substantial chew that makes the small 30-gram portion feel satisfying. The almond flour base creates a tender, slightly moist crumb that avoids the dryness sometimes associated with nut-flour baking. The butter content contributes crucial moisture and the characteristic brownie "melt" quality. As the fats warm to mouth temperature, they soften and release flavour compounds, creating a creamy element within the denser brownie matrix. Walnut pieces provide textural contrast—crunchy elements that require chewing and create interest against the softer brownie background. These textural variations engage the eating experience, making consumption more mindful and potentially more satisfying than homogeneous textures that can be consumed quickly without attention. The overall density means these brownies feel substantial rather than airy. Each 30-gram piece carries heft and presence, contributing to satiety despite the modest portion size. The mouthfeel is rich rather than light, with the fat content coating the palate and extending flavour perception beyond the moments of active chewing.

--- ## Storage, Shelf Life, and Handling
{#storage-shelf-life-and-handling} ### Optimal Storage Conditions {#optimal-storage-conditions} The shelf life information is not specified by manufacturer, but nut-flour-based baked goods with butter content require appropriate storage to maintain quality and prevent spoilage. The high fat content from almonds, walnuts, and butter makes these brownies susceptible to oxidation if stored improperly.

Room Temperature Storage: For consumption within several days, storing the brownies in their original packaging at room temperature (ideally below 25°C/77°F) in a cool, dry location away from direct sunlight maintains optimal texture. The individually portioned format helps maintain freshness of unopened pieces even after the package is opened. **Refrigeration**: For extended storage or in warm climates, refrigeration preserves freshness by slowing oxidation of the nut oils and preventing butter from becoming rancid. Refrigerated brownies firm up considerably but return to ideal texture within 10-15 minutes at room temperature. Some consumers prefer the firmer, almost fudge-like texture of chilled brownies, while others favour room-temperature softness. **Freezing**: For maximum shelf life extension, these brownies freeze excellently. The low moisture content and high fat content make them resistant to freezer burn and textural degradation. Individually wrapping pieces before freezing allows single-serving removal. Frozen brownies thaw within 30-60 minutes at room temperature or can be enjoyed partially frozen for a different textural experience. This approach aligns with Be Fit Food's snap-frozen delivery system used across their meal range, prioritising freshness and convenience.

Package Integrity {#package-integrity} The 7-pack format suggests sealed packaging that protects against moisture, oxygen, and contamination. Once opened, transferring unused brownies to an airtight container or resealing the original package prevents moisture absorption (which could make them soggy) and exposure to air (which accelerates oxidation of the nut oils). --- ## Practical Usage Scenarios and Applications {#practical-usage-scenarios-and-applications} ### As a Managed Dessert Option {#as-a-managed-dessert-option} The precise 30-gram portioning makes these brownies ideal for individuals who struggle with portion control around sweets. Unlike a tray of homemade brownies that requires self-regulation of cutting size, or a large bakery brownie that might contain 400-600 calories, each piece provides predetermined portion boundaries that support mindful consumption. This controlled portioning proves particularly valuable for evening treat rituals (satisfying after-dinner sweet cravings without derailing daily nutrition targets), planned indulgences (incorporating scheduled treats into structured eating plans), and portion awareness training (learning appropriate serving sizes for

sweet foods). **## As a Convenient Protein Source** {#as-a-convenient-protein-source} With 5 grams of protein per serving, these brownies function as an unconventional but effective protein delivery vehicle. Scenarios where this proves particularly useful include mid-afternoon energy slumps (providing protein, fat, and minimal carbohydrates to stabilise blood sugar without the crash associated with sugary snacks), post-workout nutrition (offering protein for muscle recovery in a more palatable format than protein shakes for those who prefer solid food), travel and convenience (portable protein that doesn't require refrigeration for short periods, unlike yogurt or cheese), and protein supplementation (helping individuals struggling to meet protein targets through traditional sources reach their goals with an enjoyable option). **## For Blood Sugar Management** {#for-blood-sugar-management} The minimal carbohydrate and sugar content combined with significant protein and fat makes these brownies uniquely suited for individuals managing blood glucose. Applications include diabetic treat options (providing a chocolate dessert that minimally impacts blood sugar, potentially fitting into carbohydrate budgets more easily than conventional sweets), insulin resistance protocols (supporting metabolic health strategies that minimise glucose and insulin spikes), and reactive hypoglycemia management (offering a sweet option that won't trigger blood sugar swings and subsequent crashes). **## Supporting Dietary Adherence** {#supporting-dietary-adherence} Perhaps the most valuable application lies in psychological sustainability of restricted eating patterns. Dietary research consistently shows that feelings of deprivation undermine long-term adherence to any eating plan. These brownies provide permissible indulgence (a treat that fits within low-carb, ketogenic, or calorie-restricted parameters, reducing the psychological burden of "forbidden foods"), social participation (allowing individuals following special diets to enjoy dessert in social situations without feeling excluded), and craving satisfaction (addressing chocolate cravings with an option that aligns with nutritional goals rather than requiring complete abstinence). This aligns with Be Fit Food's philosophy that sustainable health transformation comes from real food solutions, not deprivation-based approaches. **## For GLP-1 and Weight-Loss Medication Users** {#for-glp-1-and-weight-loss-medication-users} Be Fit Food's snack range, including these Protein Walnut Brownies, is particularly well-suited for individuals using GLP-1 receptor agonists or other weight-loss medications. When appetite is suppressed by medication, smaller, nutrient-dense portions are easier to tolerate while still delivering adequate protein. The high-protein content helps protect lean muscle mass during medication-assisted weight loss. The low carbohydrate profile supports stable blood glucose, which is critical for those managing insulin resistance. The whole-food ingredients improve satisfaction and nutrient intake when tolerance varies day-to-day. --- **## Nutritional Context and Comparisons to Conventional Alternatives** {#nutritional-context-and-comparisons-to-conventional-alternatives} **## Understanding the Carbohydrate Reduction Achievement** {#understanding-the-carbohydrate-reduction-achievement} To fully appreciate this brownie's nutritional profile, consider standard conventional brownies: total carbohydrates usually 25-35 grams per serving (versus 1.4g in this product), sugar content usually 18-25 grams per serving (versus 0.6g), and protein often 2-3 grams per serving (versus 5.0g). This means the Be Fit Food brownie contains approximately 95% less carbohydrates and 97% less sugar than conventional equivalents while providing 60-150% more protein. This dramatic nutritional repositioning transforms the product from a carbohydrate-dense treat to a protein-forward snack that happens to taste like dessert. **## Calorie Density Considerations** {#calorie-density-considerations} At 113 calories per 30-gram serving (approximately 377 calories per 100g), this brownie's calorie density sits moderately high due to nut and fat content. Conventional brownies often range from 450-500 calories per 100 grams, meaning this product achieves approximately 20-25% calorie reduction while dramatically improving macronutrient composition. More importantly, the satiety provided by protein and fat content means these calories deliver greater satisfaction per calorie than sugar-based alternatives, potentially reducing total caloric intake through improved satiety signalling. --- **## Quality Indicators and Manufacturing Standards** {#quality-indicators-and-manufacturing-standards} **## Ingredient Quality Signals** {#ingredient-quality-signals} Several aspects of the ingredient list suggest quality-focused formulation consistent with Be Fit Food's brand standards: ****Whole food ingredients****: The list contains recognisable, minimally processed components—almond flour, eggs, butter, walnuts—rather than long chains of additives, preservatives, and artificial ingredients. ****Absence of fillers****: No maltodextrin, modified starches, or other common bulking agents that add carbohydrates

without nutritional benefit. ****Premium sweetener choice**:** The erythritol-stevia blend represents a more expensive sweetening approach than cheaper alternatives, suggesting prioritisation of quality and tolerability over cost minimisation. ****Real butter**:** The use of butter rather than vegetable oils or margarine indicates commitment to traditional ingredients with superior flavour profiles. ****No seed oils**:** Consistent with Be Fit Food's current clean-label standards, which prohibit seed oils across their product range. ****No artificial colours or flavours**:** Aligned with Be Fit Food's commitment to no artificial colours or artificial flavours in their formulations. **### Australian Manufacturing**
{#australian-manufacturing} Be Fit Food Pty Ltd operates as an Australian company (ABN 14 294 903 397), with manufacturing adhering to Australian food safety standards and regulations. Australian food manufacturing operates under strict standards administered by Food Standards Australia New Zealand (FSANZ), providing assurance of safety and labelling accuracy. Be Fit Food is headquartered at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia. --- **## Maximising Your Experience: Tips and Best Practices** {#maximising-your-experience-tips-and-best-practices} **### Consumption Timing Strategies** {#consumption-timing-strategies} ****Morning option**:** While unconventional, pairing a brownie with morning coffee provides a protein-forward breakfast component that some individuals find more satisfying than traditional sweet breakfast options like pastries or sweetened cereal, with far better blood sugar impact. ****Afternoon energy**:** Consuming a brownie during the standard 2-4 PM energy dip provides protein and fat to stabilise energy, avoiding the blood sugar spike and crash of traditional afternoon snacks like cookies or candy. ****Evening dessert**:** The classic application—enjoying after dinner as a controlled, portion-managed dessert that satisfies sweet cravings without excessive calories or carbohydrates. ****Pre-bedtime option**:** For those who experience nighttime hunger, the protein and fat content provides satiety that may support better sleep than going to bed hungry, while the minimal carbohydrates avoid blood sugar disturbances that can affect sleep quality. **### Pairing Suggestions** {#pairing-suggestions} ****Beverage pairings**:** Black coffee (the bitterness of coffee complements the chocolate while the brownie's sweetness balances coffee's astringency), unsweetened almond milk (adds calcium and creates a traditional milk-and-cookies experience with minimal additional carbohydrates), herbal tea (peppermint or chamomile tea provides flavour contrast while keeping the combination low-calorie), and red wine (for adults, a small glass of dry red wine pairs with the chocolate notes for a sophisticated dessert experience, though adding alcohol calories). ****Complementary foods**:** Fresh berries (a handful of raspberries or strawberries adds fibre, vitamin C, and antioxidants while keeping carbohydrates modest), Greek yogurt (pairing with high-protein, unsweetened Greek yogurt creates a more substantial snack with additional protein), and nut butter (a small amount of almond or peanut butter adds healthy fats and protein for those needing more substantial energy). **### Portion Awareness**
{#portion-awareness} While each brownie is pre-portioned at 30 grams, the 7-pack format requires mindful consumption patterns: ****One-per-day approach**:** Consuming one brownie daily creates a sustainable treat routine that fits easily into most nutritional plans, making the 7-pack last exactly one week. ****Occasional indulgence**:** Some individuals prefer less frequent consumption—perhaps 2-3 times weekly—making the pack last 2-3 weeks. This approach works well for those who find daily sweets trigger cravings or who prefer to "save" treat calories for other indulgences. ****Situational use**:** Keeping the pack available for specific situations—stressful days, social gatherings, travel—rather than scheduled consumption provides flexibility while maintaining the product as a special option rather than daily expectation. --- **## Nutritional Strategy Integration** {#nutritional-strategy-integration} **### For Ketogenic Dieters** {#for-ketogenic-dieters} These brownies serve as valuable "fat bombs" that help ketogenic dieters meet high fat requirements while enjoying chocolate flavour. With 9.6 grams of fat and minimal carbohydrates, they align perfectly with keto macronutrient targets. The 5 grams of protein fits within moderate protein parameters without excessive protein that might interfere with ketosis in particularly sensitive individuals. ****Keto application**:** Use as a daily dessert option, pre-workout fuel (providing fat for energy without carbohydrates), or emergency option when dining out and dessert offerings are all high-carb. **### For Low-Carb Dieters** {#for-low-carb-dieters} Those following less restrictive low-carb approaches (50-100 grams daily) can easily accommodate these brownies without concern. The 1.4 grams of carbohydrates represents such a minimal portion of daily allowance that multiple servings could theoretically fit, though calorie considerations might limit this. ****Low-carb**

application**: Use as proof that low-carb eating doesn't require complete dessert elimination, supporting long-term dietary adherence through psychological satisfaction. ### For Calorie-Conscious Individuals {#for-calorie-conscious-individuals} At 113 calories per serving, these brownies fit into calorie-restricted plans ranging from aggressive weight loss (1,200-1,400 calories daily) to moderate deficits (1,500-1,800 calories daily). The key lies in accounting for the calories within daily targets rather than treating them as "free" foods. **Calorie-counting application**: Log the brownie in your tracking system and adjust other food choices accordingly. The protein content may allow slight reduction in protein from other sources, while the fat content might reduce need for added fats like cooking oils. ### For Protein Seekers {#for-protein-seekers} While 5 grams of protein per serving isn't enormous, it contributes meaningfully to daily protein targets. For someone targeting 100 grams of protein daily, this brownie provides 5% of the goal—equalling protein in one egg or one ounce of meat. **Protein strategy**: Count the brownie's protein toward daily targets, particularly valuable for individuals who struggle with traditional protein sources or need variety to maintain adequate intake. ### Integration with Be Fit Food Programs {#integration-with-be-fit-food-programs} These brownies complement Be Fit Food's structured meal programs: Metabolism Reset (can serve as an approved snack option within the 800-950 kcal/day framework), Protein+ Reset (fits the higher-protein approach at 1200-1500 kcal/day), and Maintenance phase (provides a sustainable treat option for those transitioning from structured programs to long-term eating patterns). For personalised guidance on incorporating these snacks into your nutrition plan, Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right approach. --- ## Understanding the 7-Pack Format {#understanding-the-7-pack-format} ### Economic Considerations {#economic-considerations} The multi-pack format offers better per-unit pricing than individual purchases while creating commitment to the product. Seven servings provides enough to evaluate whether the product suits your taste preferences and nutritional needs without excessive investment. ### Freshness Management {#freshness-management} Seven servings represents a reasonable quantity for maintaining freshness without requiring preservation beyond standard packaging. For single-person households, one week of daily consumption or 2-3 weeks of occasional consumption keeps the product fresh without requiring freezing. For multi-person households, the 7-pack might last only 2-3 days if multiple family members enjoy them, potentially requiring purchase of multiple packs for weekly supply. ### Variety Planning {#variety-planning} Some consumers prefer purchasing multiple Be Fit Food products to create variety rather than eating the same brownie daily for a week. The 7-pack format allows rotation among several products if you explore Be Fit Food's broader snack and breakfast range, preventing flavour fatigue. --- ## Key Takeaways: Essential Information Summary {#key-takeaways-essential-information-summary} **Nutritional Foundation**: The Be Fit Food Protein Walnut Brownie delivers 113 calories, 5.0g protein, 9.6g fat, and just 1.4g carbohydrates per 30-gram serving—exceptionally low in carbohydrates and sugar while providing meaningful protein in a dessert format. **Ingredient Quality**: The product relies on whole-food ingredients—almond flour, eggs, butter, walnuts, cocoa—with minimal processing and an erythritol-stevia sweetener blend that avoids sugar while maintaining palatability. This aligns with Be Fit Food's no seed oils, no artificial colours, no artificial flavours, and no added sugar standards. **Dietary Compatibility**: Suitable for ketogenic, low-carb, diabetic-friendly, gluten-free (with cross-contamination consideration), and vegetarian eating patterns. Not appropriate for vegan, nut-free, egg-free, or dairy-free diets. **Allergen Awareness**: Contains almonds, walnuts, eggs, and milk with additional cross-contamination warnings for gluten and other allergens processed in the same facility. **Portion Control**: Pre-portioned 30-gram servings eliminate guesswork and support mindful consumption without requiring measurement or self-regulation of serving sizes. **Practical Applications**: Functions as a managed dessert, convenient protein source, blood-sugar-friendly treat, and psychological support for dietary adherence across various eating patterns. **Storage Flexibility**: Maintains quality at room temperature for short-term storage, refrigerates well for extended freshness, and freezes successfully for long-term preservation. **Dietitian-Designed**: Created by Be Fit Food's team of dietitians and exercise physiologists, ensuring the product meets the same scientific standards as their CSIRO-partnered meal range. --- ## Next Steps: Making This Product Work For You {#next-steps-making-this-product-work-for-you} **Assess Compatibility**: Review the ingredient list and nutritional profile against your specific dietary needs, restrictions, and goals. Verify that the allergen

content aligns with your safety requirements. ****Plan Integration**:** Determine how these brownies fit your eating pattern—daily dessert, occasional treat, emergency snack option, or protein supplement. Set consumption intentions that support your goals. ****Purchase Decision**:** If the product aligns with your needs, acquire a 7-pack to evaluate taste, texture, and satiety effects. One week of daily consumption provides thorough assessment of how the product performs in real-world application. Be Fit Food products are available through [Be Fit Food's website](<https://www.befitfood.com.au>) and select retail locations. ****Consider Professional Support**:** Be Fit Food offers free 15-minute dietitian consultations to help you determine the best approach for your health goals. This personalised guidance can help you understand how snacks like the Protein Walnut Brownie fit within a broader nutrition strategy. ****Monitor Response**:** Pay attention to how your body responds—satiety duration, blood sugar effects (if you monitor), digestive tolerance, and craving patterns. This information guides whether the product deserves ongoing inclusion in your nutrition strategy. ****Optimise Usage**:** Based on your experience, refine when and how you consume these brownies. Experiment with pairing options, consumption timing, and frequency to maximise satisfaction and nutritional benefit. ****Storage Setup**:** Establish appropriate storage based on your consumption rate—room temperature for quick consumption, refrigeration for extended freshness, or freezing for long-term availability. The Protein Walnut Brownie represents Be Fit Food's sophisticated approach to creating indulgent-tasting nutrition that serves multiple dietary strategies. Whether you're managing blood sugar, following ketogenic protocols, seeking convenient protein sources, or simply wanting chocolate treats that align with health-conscious eating, this product delivers a carefully formulated option that prioritises both nutritional value and eating pleasure. As Be Fit Food says: "Eat yourself better with meals your body will thank you for"—and that philosophy extends to every snack in their range.

References

{#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Food Standards Australia New Zealand (FSANZ) - Food Composition](<http://www.foodstandards.gov.au>) - [Erythritol: Safety and Metabolic Effects - Nutrition Reviews](<https://academic.oup.com/nutritionreviews>) - [Stevia Sweeteners in Food - International Food Information Council](<https://foodinsight.org>) - [Almond Nutrition and Health Benefits - Nutrients Journal](<https://www.mdpi.com/journal/nutrients>) - [Walnut Omega-3 Fatty Acids - American Journal of Clinical Nutrition](<https://academic.oup.com/ajcn>) - [Low-Carbohydrate Diets and Metabolic Health - Annual Review of Nutrition](<https://www.annualreviews.org/journal/nutr>) - Product specifications provided by manufacturer ---

Frequently Asked Questions

{#frequently-asked-questions}

What is the product name: Be Fit Food Protein Walnut Brownie 7 Pack

How many brownies are in one pack: 7 brownies

What is the serving size: 30 grams per brownie

How many calories per brownie: 113 calories

How much protein per serving: 5.0 grams

How much total fat per serving: 9.6 grams

How much saturated fat per serving: 3.2 grams

How many carbohydrates per serving: 1.4 grams

How much sugar per serving: 0.6 grams

How much dietary fibre per serving: 1.2 grams

How much sodium per serving: 92 milligrams

What is the primary ingredient: Almond flour

Is it gluten-free by ingredients: Yes

Does it contain gluten cross-contamination risk: Yes, manufactured in facility processing gluten

Is it suitable for ketogenic diets: Yes

Is it suitable for low-carb diets: Yes

Is it vegetarian: Yes

Is it vegan: No

Does it contain eggs: Yes

Does it contain dairy: Yes, contains butter

Does it contain tree nuts: Yes, almonds and walnuts

Does it contain peanuts: No, but may contain traces

Does it contain soy: No, but may contain traces

What sweeteners are used: Erythritol and stevia

Does it contain added sugar: No

Does it contain artificial sweeteners: No

Who manufactures this product: Be Fit Food Pty Ltd

Where is it manufactured: Australia

What is the company ABN: 14 294 903 397

Where is Be Fit Food headquartered: 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia

Is it suitable for diabetics: Yes, minimal impact on blood sugar

What is the net carb content: Approximately 0.2-0.8 grams

Does it contain seed oils: No

Does it contain artificial colours: No

Does it contain artificial flavours: No

What type of texture does it have: Dense and fudgy

What flavour profile does it have: Rich chocolate with walnut notes

Can it be frozen: Yes

How long does it last frozen: Not specified by manufacturer

How should it be stored at room temperature: Cool, dry place below 25°C

Should it be refrigerated: Optional, for extended freshness

How long to thaw from frozen: 30-60 minutes at room temperature

Is it suitable for weight loss diets: Yes, as part of calorie-controlled plan

What percentage protein by weight: 16.7%

What is the energy density per 100g: Approximately 377 calories

Is it suitable for post-workout nutrition: Yes

Can

children consume this product: Yes, if no allergies present Is it suitable for pregnant women: Yes, if no allergies present Does it contain caffeine: Minimal from cocoa Does it contain theobromine: Yes, from cocoa What vitamins does it contain: Vitamin E, B vitamins, vitamin A, vitamin D What minerals does it contain: Magnesium, iron, zinc Does it contain omega-3 fatty acids: Yes, from walnuts What type of omega-3: Alpha-linolenic acid (ALA) Is it high in protein: Yes, for a brownie Is it low in sugar: Yes, only 0.6g per serving What is the ratio of unsaturated to saturated fat: Approximately 2:1 Does it contain preservatives: Not specified by manufacturer Does it contain emulsifiers: Natural lecithin from eggs What is the shelf life: Not specified by manufacturer Is it suitable for celiac disease: Consider cross-contamination risk Is it paleo-friendly: Yes, for those who include dairy Does it support ketosis: Yes Can it be consumed daily: Yes, within calorie targets Is it suitable for GLP-1 medication users: Yes Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Are Be Fit Food products CSIRO-partnered: Yes, meal range developed with CSIRO What percentage of Be Fit Food meals are gluten-free: Approximately 90% Does it contain conjugated linoleic acid: Yes, from butter Does it contain butyrate: Yes, from butter Is it suitable for insulin resistance: Yes Does it cause blood sugar spikes: No, minimal glucose impact What is the primary fat source: Almonds, walnuts, and butter Does it contain monounsaturated fats: Yes, from almonds Does it contain polyunsaturated fats: Yes, from walnuts Is portion control built-in: Yes, individually portioned at 30g Can multiple servings fit into keto diet: Yes, due to low carbs How does it compare to conventional brownies in carbs: 95% less carbohydrates How does it compare to conventional brownies in sugar: 97% less sugar How does it compare to conventional brownies in protein: 60-150% more protein How does it compare to conventional brownies in calories: 20-25% fewer calories

Source Data (JSON):

"\n \"_type\": \"article\", \n \"title\": \"PROWALBRO - Food & Beverages Product Overview - 8061954719933_4\"