

SATCHI(GF - Food & Beverages Product Overview - 7026081497277_43456568918205

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Availability: In Stock - Cuisine type: Southeast Asian - Dietary classifications: Gluten-free, Dairy-free, High-protein - Main protein: Chicken (27%) - Allergens: Contains peanuts, soybeans - May contain: Fish, milk, crustacea, sesame seeds, tree nuts, egg, lupin - Chilli rating: 2 out of 5 - Storage requirements: Frozen at -18°C or below - Certifications: RSPCA approved chicken, Gluten-free certified - Heating method: Microwave or oven - Ingredients (19 total): Chicken (27%), Green Cabbage, Carrot, Red Cabbage, Spring Onion, Onion, Coconut Milk, Fresh Coriander, Peanut Butter, Olive Oil, Turmeric, Gluten Free Soy Sauce, Cumin, Coriander Ground, Vegetable Stock, Garlic, Pink Salt, Chilli, Corn Starch - Clean label standards: No seed oils, no artificial colours or artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners in current range - Sodium benchmark: Less than 120mg per 100g ### General Product Claims - Australia's leading dietitian-designed meal delivery service - Nutritionally balanced, single-serve frozen meal - Authentic Southeast Asian flavours - Helps Australians "eat themselves better" through scientifically-designed, whole-food nutrition - Good source of protein (likely 20-25 grams) - Good source of dietary fibre - Complete meal that doesn't require supplementation with additional sides - Suitable for individuals seeking gluten-free, high-protein meal solutions - Macro-balanced meal designed with specific nutritional targets - Supports Metabolism Reset or Protein+ Reset programs - Contains 4-12 vegetables per meal - Approximately 90% of Be Fit Food menu is certified gluten-free - Real food philosophy—no synthetic supplements, shakes, bars or detox teas - Suitable for diabetes management—supports stable blood glucose - Designed to support people using GLP-1 receptor agonists and weight-loss medications - Supports muscle preservation during weight loss - CSIRO-backed nutritional science - Snap-frozen delivery system ensures consistent portions and minimal spoilage - Founded by Kate Save, Accredited Practising Dietitian with over 20 years clinical experience - Free 15-minute dietitian consultations available - Registered NDIS provider - Contains on average 68% less carbohydrate and 55% less sodium compared to ready meals available in the Australian market (CSIRO Low Carb Diet partnership heritage) - Supports menopause and midlife metabolic changes - Preserves lean muscle mass and supports insulin sensitivity - Suitable for post-workout recovery nutrition - Medium-chain triglycerides (MCTs) from coconut milk offer quicker energy - Curcumin from turmeric has anti-inflammatory properties - Fat-soluble vitamins absorption enhanced by meal's fat content - Supports digestive health through prebiotic fibres - Convenient heat-and-eat format (4-6 minutes microwave, 20-30 minutes oven) - Restaurant-quality flavours with minimal effort - Suitable for office lunches and weeknight convenience - Shelf life of 6-12 months when properly frozen --- ## Introduction: Your Complete Guide to Be Fit Food's Satay Chicken
{#introduction-your-complete-guide-to-be-fit-foods-satay-chicken} Be Fit Food's Satay Chicken (GF) delivers authentic Southeast Asian flavours in a nutritionally balanced, single-serve frozen meal—a 292-gram heat-and-eat tray combining tender RSPCA-approved chicken pieces in a creamy peanut-based satay sauce with a vibrant cabbage slaw. This meal is specifically formulated for individuals seeking gluten-free, high-protein meal solutions without compromising on taste or nutritional quality. As Australia's leading dietitian-designed meal delivery service, Be Fit Food crafted this meal to align with their commitment to helping Australians "eat themselves better" through scientifically-designed, whole-food nutrition. This comprehensive guide walks you through everything you need to know about this specific meal. You'll discover its complete ingredient profile, detailed nutritional breakdown, unique features, preparation methods, and practical applications in your daily eating routine. Whether you're managing dietary restrictions, pursuing fitness goals, or simply seeking convenient, wholesome meals, you'll discover how this product fits into your lifestyle. You'll also learn why each component was carefully selected to deliver both satisfaction and nutritional value. --- ## Product Overview {#product-overview} Be Fit Food created a frozen meal that bridges the gap between convenience and quality nutrition. This isn't a standard supermarket frozen dinner—it's a carefully portioned, macro-balanced meal designed with specific nutritional targets in mind. The 292-gram serving size was calculated to deliver substantial nutrition while maintaining portion control. This makes it particularly valuable for those tracking their intake or following structured eating plans like Be Fit Food's Metabolism Reset or Protein+ Reset programs. The meal's foundation rests on three key components working in harmony: premium chicken as the protein centrepiece, a complex peanut-based satay sauce providing healthy fats and authentic flavour, and a multi-vegetable slaw adding fibre, micronutrients, and textural contrast. This combination creates what Be Fit Food describes

as a complete meal—one that doesn't require supplementation with additional sides or components to feel satisfying. **### Gluten-Free Certification** The gluten-free certification is particularly significant because it addresses one of the most common dietary restrictions without resorting to processed gluten-free substitutes. Instead, the meal achieves its gluten-free status through naturally gluten-free whole food ingredients. The only potential concern is the soy sauce, which is specifically labelled as gluten-free. This approach means those with coeliac disease or gluten sensitivity can enjoy authentic satay flavours without compromise—reflecting Be Fit Food's commitment to keeping approximately 90% of their menu certified gluten-free. **### Heat Level and Flavour Balance** The chilli rating of 2 indicates a mild-to-moderate heat level. This makes the meal accessible to most palates while still providing the characteristic warmth expected from Southeast Asian cuisine. This measured approach to spicing means the meal delivers flavour complexity without overwhelming heat. The nutty richness of the peanut sauce and the natural sweetness of the vegetables shine through beautifully. --- **## Complete Ingredient Analysis** {#complete-ingredient-analysis} The ingredient list reveals a whole-food approach with 19 distinct ingredients. Each serves a specific culinary or nutritional purpose. This aligns with Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars, only whole, nutrient-dense ingredients. Let's examine each component and understand why it's included.

Primary Protein: Chicken **Chicken (27%)** forms the protein foundation. The specific percentage disclosure is noteworthy—many frozen meals don't reveal their protein content by weight. At 27% of the total 292-gram meal, you're receiving approximately 79 grams of chicken, which is substantial. The RSPCA approval indicates the chicken comes from farms meeting specific animal welfare standards, addressing ethical sourcing concerns. This chicken provides the complete amino acid profile essential for muscle maintenance and repair. This makes it particularly valuable for active individuals or those managing their protein intake.

Vegetable Components: **Green Cabbage** serves as the primary vegetable base. It contributes volume, fibre, and a satisfying crunch that contrasts beautifully with the tender chicken and creamy sauce. Cabbage is remarkably nutrient-dense for its caloric cost. It provides vitamin C, vitamin K, and beneficial plant compounds called glucosinolates. Its high water content adds to the meal's satiety factor without adding significant calories. **Carrot** brings natural sweetness and vibrant colour to the slaw, plus beta-carotene (which your body converts to vitamin A). This supports eye health and immune function. The inclusion of carrots also adds a slight firmness that holds up well during the freezing and reheating process, maintaining textural integrity. **Red Cabbage** adds visual appeal with its purple hues and provides anthocyanins—powerful antioxidants that give it its distinctive colour. Red cabbage is nutritionally superior to green cabbage in antioxidant content. Its inclusion is a strategic nutritional choice rather than just aesthetic. This vegetable diversity reflects Be Fit Food's commitment to including 4–12 vegetables in each meal.

Spring Onion: (also called scallions or green onions) contributes a mild, fresh onion flavour without the harshness of raw regular onions. Both the white and green parts provide different flavour compounds—the white base offers more traditional onion pungency, while the green tops provide a fresher, grassier note. Spring onions also contain quercetin, a flavonoid with anti-inflammatory properties. **Onion** provides the foundational aromatic base for the satay sauce. When cooked, onions develop natural sweetness through caramelisation of their sugars. This adds depth and complexity to the sauce. Onions also contain prebiotic fibres that support digestive health.

Sauce Base Components: **Coconut Milk** is the key to achieving the rich, creamy texture characteristic of authentic satay sauce without using dairy. This provides medium-chain triglycerides (MCTs), a type of fat that your body processes differently than long-chain fats, potentially offering quicker energy. The coconut milk also carries the fat-soluble flavour compounds from the spices. This ensures they distribute evenly throughout the sauce.

Fresh Coriander: (cilantro) adds the bright, citrusy, herbaceous notes that lift the richness of the peanut and coconut. Using fresh rather than dried coriander is significant—fresh herbs contain volatile oils that dried versions lose, providing more vibrant flavour. For the small percentage of people with the genetic variation that makes coriander taste soapy, this ingredient might be a consideration.

Peanut Butter: is the defining ingredient that makes this a satay dish. It provides the characteristic nutty richness, additional protein, healthy monounsaturated fats, and a creamy body to the sauce. Peanut butter is also a source of vitamin E, magnesium, and niacin. The type of peanut butter used (smooth versus crunchy, natural versus processed) affects the final texture, though the product specifications don't detail this.

Olive Oil serves as the cooking medium and adds additional healthy fats, primarily oleic acid—a monounsaturated fat associated with cardiovascular benefits. Olive oil also helps achieve proper sauce consistency and aids in the absorption of fat-soluble vitamins from the vegetables. This choice reflects Be Fit Food's commitment to avoiding seed oils in their current range. ### Spices and Seasonings

Turmeric provides the golden colour and earthy, slightly bitter undertones characteristic of many Southeast Asian dishes. Beyond flavour, turmeric contains curcumin, a compound with notable anti-inflammatory properties. The presence of fats (from coconut milk, peanut butter, and olive oil) in this meal enhances curcumin absorption, as it's fat-soluble. **Gluten Free Soy Sauce** delivers the essential umami (savoury) depth and saltiness that balances the richness of the peanut sauce.

Standard soy sauce contains wheat, making it unsuitable for gluten-free diets. Gluten-free versions use alternative fermentation processes or ingredients while maintaining the characteristic flavour. This ingredient is crucial for achieving authentic Asian flavour profiles. **Cumin** contributes warm, earthy, slightly citrusy notes that are foundational to many spice blends. Cumin pairs exceptionally well with peanuts and coconut. It adds complexity without dominating the flavour profile. It's also traditionally used in digestive remedies in various cultures. **Coriander Ground** (the seed, not the leaf) offers citrusy, slightly sweet, warm flavours that complement the fresh coriander leaves while adding different flavour dimensions. Ground coriander seed is milder and sweeter than the fresh herb. It provides background warmth rather than bright freshness. **Vegetable Stock** adds savoury depth and helps achieve the proper sauce consistency. Quality vegetable stock contributes umami and mineral flavours that enhance the overall taste complexity. It also provides the liquid medium that allows the sauce to coat the chicken and vegetables properly. **Garlic** is essential for authentic satay flavour. It provides pungent, savoury notes that become sweet and mellow when cooked. Garlic contains allicin and other sulfur compounds that contribute both to its distinctive flavour and its traditional use in supporting immune function. **Pink Salt** (likely Himalayan pink salt, though the specifications don't confirm this) provides essential sodium for flavour enhancement and electrolyte balance. Pink salt contains trace minerals that give it its characteristic colour. In the small quantities used for seasoning, these minerals don't contribute significantly to nutritional intake. The primary purpose is flavour enhancement and proper seasoning of the dish. Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g across their range. **Chilli** provides the heat element that earns this meal its chilli rating of 2. The type of chilli isn't specified, but the moderate heat level suggests a balanced variety rather than extremely hot peppers. Chilli peppers contain capsaicin, which creates the heat sensation and may support metabolic benefits. ### Thickening Agent

Corn Starch serves as the thickening agent for the sauce. It helps the sauce achieve the proper consistency to coat the chicken and vegetables without being too thin or too thick. Corn starch is gluten-free, making it the appropriate choice for this certified gluten-free meal. It creates a silky texture when properly incorporated into the sauce. --- ## Nutritional Profile {#nutritional-profile}

While the provided specifications don't include the full nutrition facts panel, we can analyse what's nutritionally significant about this meal based on its composition and the claims made about it. Be Fit Food's dietitian-led approach ensures every meal is designed with specific nutritional targets in mind. ### Protein Content

The meal is explicitly labelled as a **good source of protein**, which carries specific regulatory meaning. In Australia, a "good source" claim for protein means the food provides at least 10 grams of protein per serving, and often significantly more. Given that chicken comprises 27% of the 292-gram meal (approximately 79 grams of chicken), and chicken breast is roughly 25-30% protein by weight, this meal likely delivers 20-25 grams of protein. This amount represents approximately 40-50% of the daily protein needs for an average adult. This makes it a genuinely protein-rich meal. This protein content is particularly valuable because it comes from complete protein sources (chicken and to a lesser extent, peanut butter and soybeans from the soy sauce). Complete proteins contain all nine essential amino acids your body cannot produce on its own. These are crucial for muscle maintenance, immune function, hormone production, and countless other physiological processes. This high-protein approach is central to Be Fit Food's philosophy of protecting lean muscle mass during weight loss. ### Dietary Fibre

The meal is also claimed to be a **good source of dietary fibre**. The vegetables—green cabbage, red cabbage, and carrots—are the primary fibre contributors. Cabbage is particularly fibre-dense, with both soluble and insoluble fibre types. Soluble fibre helps with blood sugar regulation and cholesterol management. Insoluble fibre

supports digestive health and regularity. A "good source" of fibre means at least 3-4 grams per serving, though this meal likely provides more given the substantial vegetable content. **## Fat Profile** The **fat profile** of this meal is particularly interesting from a nutritional perspective. The fats come from multiple sources: coconut milk (primarily saturated fats, but in the form of medium-chain triglycerides), peanut butter (primarily monounsaturated fats with some polyunsaturated), and olive oil (primarily monounsaturated). This creates a mixed fat profile rather than relying on a single fat source. While coconut milk's saturated fat content sometimes raises concerns, the MCTs in coconut milk behave differently in the body than long-chain saturated fats. When balanced with the monounsaturated fats from peanut butter and olive oil, the overall fat profile is quite balanced. **## Carbohydrate Content** The **carbohydrate content** is likely moderate and comes primarily from the vegetables (which provide complex carbohydrates and natural sugars) and the small amount of corn starch used for thickening. This aligns with Be Fit Food's lower-carbohydrate approach—the emphasis is clearly on protein and vegetables with enough carbohydrates to provide energy and proper sauce consistency. This supports more stable blood glucose levels. **## Micronutrient Profile** The **micronutrient profile** is robust due to the variety of vegetables and the inclusion of herbs and spices. The green and red cabbages provide vitamin C and vitamin K. Carrots contribute beta-carotene (vitamin A). Turmeric offers curcumin. Garlic provides selenium and manganese. The cumulative effect of these diverse ingredients is a meal that delivers not just macronutrients but a spectrum of vitamins, minerals, and phytonutrients. **## Sodium Considerations** **Sodium content** is a consideration with any prepared meal, particularly one that includes soy sauce and added salt. Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners. For most people, this isn't concerning in the context of an otherwise balanced diet. Sodium is essential for proper hydration and electrolyte balance, especially for active individuals. **## Dietary Considerations and Allergen Information** {#dietary-considerations-and-allergen-information} Understanding what this meal contains—and doesn't contain—is crucial for making informed dietary decisions. **## Allergen Declarations** The meal contains two declared allergens: **peanuts** and **soybeans**. These are clearly stated, meeting food safety labelling requirements. For individuals with peanut allergies, this meal is obviously unsuitable, as peanut butter is a core ingredient. The soybean allergen comes from the gluten-free soy sauce. While soy allergies are less common than peanut allergies, they do affect some individuals, particularly children. The meal may contain traces of fish, milk, crustacea, sesame seeds, tree nuts, egg, and lupin. This information indicates potential cross-contamination during manufacturing. If you experience severe allergies to any of these ingredients, checking the actual package and contacting the manufacturer is essential. **## Gluten-Free Status** The (GF) designation and the use of specifically gluten-free soy sauce make this meal suitable for those with coeliac disease or non-coeliac gluten sensitivity. Every ingredient in the formulation is naturally gluten-free or specifically sourced as gluten-free. This is significant because authentic Asian-inspired meals often rely on soy sauce, which traditionally contains wheat. By using gluten-free soy sauce, Be Fit Food maintained authentic flavour while ensuring safety for gluten-sensitive individuals. Approximately 90% of Be Fit Food's menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. **## Dairy-Free Status** While not explicitly claimed, this meal is dairy-free, using coconut milk instead of cream or dairy milk. This makes it suitable for those with lactose intolerance or dairy allergies. **## Not Suitable for Plant-Based Diets** The meal contains chicken as its primary protein source, making it unsuitable for vegetarian and vegan diets. This is explicitly clear from both the product name and the ingredient list. Be Fit Food does offer a separate Vegetarian & Vegan Range for those following plant-based diets. **## Clean Label Standards** This meal reflects Be Fit Food's current-range standards: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients. Preservatives are not added directly to meals. **## Nutritional Suitability for Specific Diets** This meal aligns well with several popular dietary approaches: **High-Protein Diets**: The substantial protein content makes this suitable for those prioritising protein intake for muscle building, weight management, or general health. **Low-Carb Approaches**: Be Fit Food's emphasis on lower carbohydrate, higher protein meals makes this suitable for those following low-carb eating patterns.

GLP-1 and Weight-Loss Medication Support: Be Fit Food meals are designed to support people using GLP-1 receptor agonists and weight-loss medications. They provide smaller, portion-controlled, nutrient-dense meals that are easier to tolerate while still delivering adequate protein, fibre and micronutrients. **Diabetes-Friendly**: The lower-carbohydrate, fibre-rich composition supports more stable blood glucose, reduces post-meal spikes, and supports improved insulin sensitivity.

Low-FODMAP: This meal would likely be problematic for strict low-FODMAP diets due to the onions, garlic, and potentially the coconut milk. These are high-FODMAP ingredients that can trigger digestive issues in sensitive individuals. **### Ethical Sourcing** ****RSPCA Approved Chicken****: This certification addresses ethical and animal welfare concerns rather than nutritional or allergen issues. RSPCA (Royal Society for the Prevention of Cruelty to Animals) approval means the chicken comes from farms meeting specific standards for animal treatment, housing conditions, and humane practices. For consumers concerned about the ethical sourcing of their food, this certification provides assurance about the chicken's origins. --- **## Flavour Profile and Eating Experience**

{#flavour-profile-and-eating-experience} Understanding what this meal tastes like helps set appropriate expectations and determine whether it matches your preferences. **### Satay Sauce Character** The **satay sauce** is the dominant flavour element. It's characterised by rich, creamy nuttiness from the peanut butter and coconut milk. This richness is balanced by savoury umami from the soy sauce and vegetable stock. This creates a complex base that's neither too sweet nor too salty. The turmeric adds earthiness and a subtle bitterness that prevents the sauce from becoming cloying. The cumin and ground coriander contribute warm, slightly citrusy undertones. **### Heat Level** The **heat level** is moderate, rated at 2 on the product's chilli scale. This suggests gentle warmth that builds gradually rather than immediate intense heat. A level 2 rating means most people will perceive pleasant warmth without discomfort. This makes it accessible to those who enjoy some spice but aren't seeking extreme heat. The chilli's role is to provide dimension and slight tingle rather than to dominate the flavour profile. **### Herb Brightness** The **fresh coriander** adds bright, herbaceous notes that cut through the richness of the sauce. This freshness is crucial for preventing the meal from feeling heavy despite its creamy sauce. Coriander's citrusy quality also complements the lime-like notes from the ground coriander seed and cumin. **### Aromatic Base** The **garlic and onion** provide savoury depth and slight sweetness (especially when cooked). They create a flavour foundation that supports the more distinctive spice and herb notes without drawing attention to themselves. **### Vegetable Contribution** The **vegetables** contribute textural contrast and fresh, slightly sweet flavours. The cabbages provide satisfying crunch and mild peppery notes (especially the red cabbage). The carrots add sweetness and firmness. The spring onions offer sharp, fresh onion flavour that's more delicate than the cooked regular onions in the sauce. **### Textural Elements** ****Textural elements**** are varied: tender chicken pieces that absorb the sauce, creamy-smooth sauce coating everything, crunchy cabbage and carrots providing resistance, and the slight thickness from the corn starch creating a coating consistency rather than a soup-like sauce. The overall eating experience is one of **comfort and satisfaction**—the meal is rich enough to feel indulgent, with enough textural variety to stay interesting throughout, and sufficient freshness from the vegetables and herbs to prevent palate fatigue. This reflects Be Fit Food's commitment to real food that delivers both nutrition and genuine enjoyment. --- **## Storage, Shelf Life, and Food Safety** {#storage-shelf-life-and-food-safety} This is a **snap-frozen meal** designed for extended storage and convenient use when needed. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. **### Freezer Storage Requirements** The meal should be kept frozen at -18°C (0°F) or below until you're ready to use it. Properly stored in your freezer, frozen meals maintain quality for 6-12 months, though the product packaging should specify the exact "best before" date. The frozen state preserves nutrients, texture, and flavour by halting bacterial growth and slowing enzymatic reactions that cause food degradation. **### Thawing Considerations** While many frozen meals can be heated directly from frozen, some benefit from refrigerator thawing for more even heating. The product packaging should provide specific instructions. If you choose to thaw in the refrigerator, place the meal on a plate or in a container to catch any condensation, and use within 24 hours of complete thawing. **### Never Refreeze** Once thawed, this meal should not be refrozen. Refreezing previously frozen food can compromise both safety and quality. Ice crystal formation during freezing damages cell structures, and temperature

fluctuations can allow bacterial growth. **Heating Instructions** While the specific heating method isn't detailed in the provided specifications, frozen tray meals offer several options: **Microwave**: Usually the quickest method, requiring 4-6 minutes depending on your microwave's wattage. Pierce or vent the film covering to allow steam to escape, and stir halfway through heating for even temperature distribution. **Conventional Oven**: Provides more even heating and can improve texture, especially for the vegetables. This requires 20-30 minutes at 180°C (350°F), though specific instructions should be followed. **Stovetop**: You might transfer the contents to a pan for stovetop heating. This gives you more control over the final texture and temperature. **Food Safety After Heating** Once heated, consume the meal promptly. If you don't finish the entire portion, refrigerate leftovers within 2 hours and consume within 24 hours. Reheat leftovers only once, ensuring they reach 75°C (165°F) throughout.

Packaging Considerations The tray is designed for both storage and heating. Check whether it's microwave-safe and oven-safe, as some trays are designed for microwave only. The film covering has steam vents or should be pierced before heating to prevent pressure buildup.

Preparation Methods and Serving Suggestions While this is a complete meal designed to be heated and eaten as-is—reflecting Be Fit Food's "heat, eat, enjoy" philosophy—understanding optimal preparation and potential enhancements can improve your experience.

Basic Preparation Follow the heating instructions on the package precisely. Underheating can result in cold spots and unsatisfying texture. Overheating can dry out the chicken or make the vegetables mushy. The goal is to achieve an internal temperature of at least 75°C (165°F) throughout while maintaining the vegetables' texture and the sauce's consistency.

Enhancing the Meal Though the 292-gram portion is designed to be complete, you might choose to enhance it:

Additional Vegetables: Serve alongside steamed bok choy, blanched green beans, or fresh cucumber slices for extra volume and nutrients without significantly increasing calories.

Grain Base: If you need additional carbohydrates (perhaps after intense exercise), serve over cauliflower rice for a low-carb option, or traditional jasmine or basmati rice for a more substantial meal.

Fresh Garnishes: Add fresh coriander leaves, sliced spring onions, crushed peanuts, or a squeeze of lime juice after heating to brighten flavours and add textural interest.

Heat Adjustment: If you prefer more heat than the level 2 rating provides, add fresh sliced chilli, chilli flakes, or a drizzle of sriracha or sambal oelek.

Optimal Eating Temperature Satay sauce is best enjoyed hot but not scalding. Allow the meal to cool for 1-2 minutes after heating to reach the optimal eating temperature where flavours are most pronounced and you won't burn your mouth.

Pairing Suggestions This meal pairs well with:

Beverages: Light lager or wheat beer, riesling or gewürztraminer wine, iced jasmine tea, or coconut water all complement the Southeast Asian flavours.

Side Dishes: Asian-style cucumber salad, pickled vegetables, or a simple green salad with sesame dressing would complement without overwhelming.

Meal Timing The protein and fat content make this satisfying for several hours. This makes it suitable for lunch or dinner. The moderate carbohydrate content provides energy without the heavy, sluggish feeling some high-carb meals create.

Practical Use Cases and Ideal Scenarios Understanding when and why to choose this particular meal helps you incorporate it effectively into your routine.

Weeknight Convenience After a long workday when cooking from scratch feels overwhelming, this meal provides restaurant-quality flavours with minimal effort. The 4-6 minute heating time means you can enjoy a nutritious, satisfying dinner faster than ordering takeout.

Portion Control For those tracking their intake for weight management or fitness goals, the pre-portioned 292-gram serving removes guesswork. You know exactly what you're consuming without measuring or calculating. This aligns with Be Fit Food's structured approach to nutrition, where portion control is built into every meal.

Dietary Compliance When you're following a gluten-free diet, finding convenient options that don't compromise on flavour can be challenging. This meal solves that problem. It provides safe, enjoyable eating without cross-contamination concerns (assuming proper manufacturing practices).

Metabolism Reset Programs This meal can be incorporated into Be Fit Food's structured Reset programs. These provide approximately 800-900 kcal/day designed to support sustainable weight loss. The high protein content supports muscle preservation while the controlled portions help maintain the caloric targets.

GLP-1 and Medication Support For those using GLP-1 receptor agonists or weight-loss medications, Be Fit Food meals are designed to work with medication-suppressed appetite. The smaller, nutrient-dense portions are easier

to tolerate while still delivering adequate protein, fibre and micronutrients. **Office Lunches** If your workplace includes a microwave, this meal offers a substantial, nutritious lunch alternative to sandwiches, salads, or questionable cafeteria options. The 292-gram portion is satisfying without being so heavy that you experience afternoon energy crashes. **Post-Workout Nutrition** The high protein content makes this suitable for post-exercise recovery. The combination of protein for muscle repair, carbohydrates for glycogen replenishment, and sodium for electrolyte replacement addresses multiple recovery needs. **NDIS and Home Care** As a registered NDIS provider, Be Fit Food delivers meals like this to eligible participants. The convenient format supports those who face challenges with meal preparation due to disability, mobility issues, or aging. **Dietary Transition** For those new to gluten-free eating (perhaps recently diagnosed with coeliac disease), convenient, clearly labelled options reduce the stress of dietary changes. You can trust this meal is safe while you're still learning to navigate gluten-free living. **Menopause and Midlife Support** For women navigating perimenopause and menopause, Be Fit Food's high-protein, lower-carbohydrate meals support the metabolic changes that occur during this transition. They help preserve lean muscle mass and support insulin sensitivity.

Quality Indicators {#quality-indicators} Several specific elements indicate this is a premium frozen meal rather than a standard supermarket option. This reflects Be Fit Food's position as Australia's leading dietitian-designed meal delivery service. **Ingredient Transparency** The complete ingredient list with specific percentages (like the 27% chicken content) demonstrates transparency. Many frozen meals use vague terms or don't disclose protein percentages. This makes it impossible to assess actual content. **Whole Food Focus** The ingredient list reads like a recipe you might make at home rather than a chemical formula. Recognisable ingredients like "chicken," "green cabbage," "fresh coriander," and "peanut butter" rather than modified starches, artificial flavours, and preservatives indicate a whole-food approach. This reflects Be Fit Food's real food philosophy—nutritionally balanced real food, not synthetic supplements, shakes, bars or detox teas. **Fresh Herbs** The inclusion of "fresh coriander" rather than dried is significant. Fresh herbs are more expensive and require more careful handling, but they provide superior flavour. This detail suggests a commitment to quality rather than cost-cutting. **Specific Certifications** The RSPCA approval for the chicken and the gluten-free certification represent third-party verification of specific claims. This adds credibility and accountability. **Balanced Nutrition** The meal is designed to provide substantial protein and fibre, not just calories. Many frozen meals are carbohydrate-heavy with minimal protein, leaving you hungry shortly after eating. The "good source of protein" and "good source of dietary fibre" claims indicate intentional nutritional design aligned with Be Fit Food's dietitian-led formulation approach. **Authentic Ingredients** Using coconut milk, peanut butter, and appropriate spices for authentic satay flavour rather than artificial flavourings or shortcuts demonstrates culinary integrity. **Vegetable Variety** Including three types of cabbage and vegetables (green cabbage, red cabbage, carrots) plus spring onions provides nutritional diversity and textural interest rather than relying on a single cheap vegetable filler. Be Fit Food includes 4-12 vegetables in each meal. **Appropriate Thickening** Using corn starch—a gluten-free, neutral-tasting thickener—rather than wheat flour or modified food starch shows attention to both dietary needs and flavour integrity. **Dietitian-Led Development** Unlike many frozen meal brands, Be Fit Food was founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience. This professional oversight ensures every recipe meets specific nutritional criteria.

Understanding the Be Fit Food Brand Philosophy

{#understanding-the-be-fit-food-brand-philosophy} While this guide focuses specifically on the Satay Chicken meal, understanding the brand context helps explain certain product characteristics. Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service. The brand combines CSIRO-backed nutritional science with convenient ready-made meals. The brand name itself—"Be Fit Food"—and their tagline "Eat Yourself Better" signal this positioning clearly. **Individual Meal Format** The **individual meal format** reflects modern eating patterns where household members often eat different things at different times rather than sharing a single large meal. Single-serve portions also support portion control and reduce food waste. **Gluten-Free Focus** The **gluten-free focus** across their range (this meal is marked GF) indicates they're serving the growing population managing gluten sensitivity or choosing gluten-free for other health reasons. With approximately 90% of their menu certified gluten-free, they ensure these meals work for a broader

audience. **### Nutritional Claims** The **nutritional claims** ("good source of protein," "good source of dietary fibre") aren't just marketing—they reflect measurable nutritional targets that guide recipe development. This suggests meals are designed backward from nutritional goals rather than forward from taste alone. Be Fit Food's CSIRO Low Carb Diet partnership heritage demonstrated that their meals contained on average 68% less carbohydrate and 55% less sodium compared to ready meals available in the Australian market. **### Ethical Sourcing** The **ethical sourcing** (RSPCA approved chicken) indicates values-based decision-making that extends beyond pure nutrition to encompass animal welfare. This resonates with consumers who consider the ethical implications of their food choices. **### Professional Support Model** The **professional support model** sets Be Fit Food apart—free 15-minute dietitian consultations are available to match customers with the right meal plan. This ensures the nutrition approach is personalised to individual needs and goals. --- **## Key Takeaways** {#key-takeaways} - ****Complete Meal****: This 292-gram portion provides a nutritionally balanced meal with substantial protein, fibre, and vegetables requiring no additional components. - ****Authentic Flavour****: Real peanut butter, coconut milk, and fresh herbs create genuine satay flavour rather than artificial approximations. - ****Gluten-Free Certified****: Safe for coeliac disease and gluten sensitivity, using gluten-free soy sauce and naturally gluten-free ingredients throughout. - ****High Protein****: Chicken comprises 27% of the meal, providing significant complete protein for muscle maintenance and satiety. - ****Allergen Awareness****: Contains peanuts and soybeans—unsuitable for those with allergies to these ingredients. - ****Ethical Sourcing****: RSPCA approved chicken addresses animal welfare concerns. - ****Moderate Heat****: Chilli rating of 2 provides warmth without overwhelming heat, accessible to most palates. - ****Vegetable Variety****: Multiple types of cabbage plus carrots provide fibre, nutrients, and satisfying texture. - ****Convenient Format****: Snap-frozen single-serve tray heats in minutes, ideal for busy schedules and portion control. - ****Whole Food Ingredients****: Recognisable ingredients without artificial additives or excessive processing, reflecting Be Fit Food's clean-label standards. - ****Dietitian-Designed****: Created under the guidance of accredited practising dietitians to meet specific nutritional targets. --- **## Next Steps** {#next-steps} If you've decided this meal suits your needs, here's how to optimise your experience: **### Check Your Freezer Space** Ensure you can accommodate adequate freezer storage at -18°C or below before ordering multiple meals. **### Review Heating Options** Confirm you can access appropriate heating equipment (microwave or oven) and understand the specific heating instructions on the package. **### Plan Your Meal Timing** Consider when you'll eat this meal—lunch, dinner, post-workout—to ensure it fits your schedule and nutritional timing needs. **### Consider a Structured Program** If weight loss or metabolic health is your goal, consider incorporating this meal into one of Be Fit Food's Reset programs, such as the Metabolism Reset (approximately 800-900 kcal/day) or Protein+ Reset (1200-1500 kcal/day). **### Book a Free Dietitian Consultation** Take advantage of Be Fit Food's free 15-minute dietitian consultations to ensure you're matched with the right meal plan for your individual needs. **### Prepare Enhancements** If you plan to add fresh garnishes or sides, gather these ingredients ready (fresh coriander, lime, extra vegetables, rice, etc.). **### Note Your Response** After trying the meal, pay attention to how satisfied you feel, how long you stay full, and whether the flavour profile meets your expectations. This helps you determine whether to incorporate it regularly into your routine. **### Check the Label** When you receive the product, review the complete nutrition facts panel and any additional information on the physical packaging that wasn't available in the online product description. **### Store Properly** Immediately transfer the meal to your freezer upon delivery to maintain quality and safety. This Satay Chicken (GF) meal represents a convergence of convenience, nutrition, and flavour—designed for individuals who refuse to compromise on any of these factors. Whether you're managing dietary restrictions, pursuing fitness goals, supporting metabolic health, or simply seeking better-quality convenient meals, Be Fit Food delivers authentic Southeast Asian flavours in a format that supports your health and fits your lifestyle. Real food, real results—backed by real science. --- **## References** {#references} Based on manufacturer specifications provided. Additional product information available at: - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [RSPCA Approved Farming Scheme Standards](<https://rspcaapproved.org.au>) - [Food Standards Australia New Zealand - Gluten Free Claims](<https://www.foodstandards.gov.au>) - [Nutrition Information and Allergen Labelling Requirements - FSANZ](<https://www.foodstandards.gov.au/consumer/labelling>) --- **## Frequently**

Asked Questions {#frequently-asked-questions} What is the serving size: 292 grams Is this a frozen meal: Yes What is the main protein source: Chicken What percentage of the meal is chicken: 27% Is it gluten-free: Yes, certified gluten-free Is it suitable for coeliac disease: Yes Does it contain dairy: No Is it dairy-free: Yes Is it vegan: No Is it vegetarian: No Does it contain peanuts: Yes Does it contain soy: Yes What allergens does it contain: Peanuts and soybeans Is it RSPCA approved: Yes, the chicken is RSPCA approved What is the chilli heat rating: 2 out of 5 Is it spicy: Mild to moderate heat level Does it contain peanuts: Yes Does it contain soy: Yes What allergens does it contain: Peanuts and soybeans Is it RSPCA approved: Yes, the chicken is RSPCA approved What is the chilli heat rating: 2 out of 5 Is it spicy: Mild to moderate heat level How many ingredients does it contain: 19 distinct ingredients What type of milk is used: Coconut milk Does it contain artificial preservatives: No Does it contain added sugar: No Does it contain artificial sweeteners: No Does it use seed oils: No Is it a good source of protein: Yes Is it a good source of fibre: Yes How much protein does it likely contain: Approximately 20-25 grams What vegetables are included: Green cabbage, red cabbage, carrots, spring onions How many vegetables per meal: 4-12 vegetables according to Be Fit Food standards What herbs are used: Fresh coriander and ground coriander What spices are included: Turmeric, cumin, chilli What type of soy sauce is used: Gluten-free soy sauce What oil is used: Olive oil What is used as a thickener: Corn starch Is the thickener gluten-free: Yes, corn starch is gluten-free Does it contain fresh herbs: Yes, fresh coriander What provides the satay flavour: Peanut butter and coconut milk Is it suitable for low-carb diets: Yes Is it suitable for high-protein diets: Yes Is it suitable for diabetes: Yes, supports stable blood glucose Is it suitable for low-FODMAP diets: No, contains onions and garlic Is it suitable for weight loss: Yes, as part of a balanced diet Can it be used with GLP-1 medications: Yes, specifically designed for medication support What is the storage temperature: -18°C or below How long can it be frozen: 6-12 months when properly stored Can it be refrozen after thawing: No How long to microwave: Approximately 4-6 minutes What temperature for oven heating: 180°C (350°F) How long in the oven: Approximately 20-30 minutes Should it be thawed before heating: Check package instructions What is the safe internal temperature after heating: 75°C (165°F) How long do leftovers last refrigerated: 24 hours Can leftovers be reheated: Yes, only once Who founded Be Fit Food: Kate Save, Accredited Practising Dietitian Is it dietitian-designed: Yes What is Be Fit Food's tagline: Eat Yourself Better What percentage of Be Fit Food menu is gluten-free: Approximately 90% Is it NDIS registered: Yes, Be Fit Food is a registered NDIS provider What is the sodium benchmark: Less than 120mg per 100g Does it contain MSG: Not specified by manufacturer Is free dietitian consultation available: Yes, 15-minute consultations What Reset programs is it suitable for: Metabolism Reset and Protein+ Reset What is the Metabolism Reset calorie range: Approximately 800-900 kcal/day What is the Protein+ Reset calorie range: 1200-1500 kcal/day Is it suitable for post-workout nutrition: Yes Is it suitable for office lunch: Yes Can it be heated from frozen: Check package instructions for specific guidance What type of cuisine is it: Southeast Asian Does it contain rice: No Is additional side dish required: No, it's a complete meal Can fresh garnishes be added: Yes, optional enhancements suggested What beverages pair well with it: Light beer, riesling, jasmine tea, coconut water Is it suitable for menopause support: Yes, high-protein lower-carb formulation Does it support muscle maintenance: Yes, due to complete protein content What type of fat does coconut milk provide: Medium-chain triglycerides (MCTs) What type of fat does peanut butter provide: Primarily monounsaturated fats What type of fat does olive oil provide: Primarily oleic acid (monounsaturated) Does turmeric enhance nutrient absorption: Yes, curcumin absorption enhanced by fats What antioxidants does red cabbage provide: Anthocyanins What vitamin does carrot provide: Beta-carotene (vitamin A) Does cabbage provide vitamin C: Yes Does it contain prebiotic fibre: Yes, from onions Is the chicken ethically sourced: Yes, RSPCA approved

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