

# SPILENDAH - Food & Beverages

## Nutritional Information Guide - 7075610198205\_43651477635261

### Details:

## Table of Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and Key Highlights](#product-overview-and-key-highlights) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Comprehensive Allergen and Dietary Information](#comprehensive-allergen-and-dietary-information) - [Nutritional Breakdown and Health Benefits](#nutritional-breakdown-and-health-benefits) - [Storage Guidelines and Shelf Life Management](#storage-guidelines-and-shelf-life-management) - [Comprehensive Reheating Instructions](#comprehensive-reheating-instructions) - [Practical Serving Suggestions and Meal Pairing](#practical-serving-suggestions-and-meal-pairing) - [Dietary Benefits and Health Optimisation](#dietary-benefits-and-health-optimisation) - [Packaging and Environmental Considerations](#packaging-and-environmental-considerations) - [Practical Tips for Optimal Experience](#practical-tips-for-optimal-experience) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary \*\*Product:\*\* Be Fit Food Spiced Lentil Dahl (GF) (VG) MP7 \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Ready-to-Eat Frozen Meals \*\*Primary Use:\*\* Convenient, dietitian-designed plant-based meal providing complete protein and balanced nutrition for health-conscious consumers. ### Quick Facts - \*\*Best For:\*\* Individuals seeking gluten-free, vegan meals that support weight management, blood sugar control, or plant-based eating - \*\*Key Benefit:\*\* Complete plant-based protein (18-25g) with authentic Indian spices in a convenient single-serve format - \*\*Form Factor:\*\* 273g frozen single-serve tray meal - \*\*Application Method:\*\* Microwave 3-5 minutes or oven 25-35 minutes at 350°F until internal temperature reaches 165°F ### Common Questions This Guide Answers 1. Is this meal suitable for celiac disease and vegans? → Yes, certified gluten-free and vegan with no animal products or gluten-containing ingredients 2. What are the main protein sources? → Tofu (primary), red lentils at 11% (secondary), and faba bean protein (tertiary) providing complete amino acid profile 3. Does it contain common allergens? → Contains soy; free from dairy, eggs, wheat, tree nuts, peanuts, fish, and shellfish based on ingredients 4. How spicy is this dahl? → Chilli rating of 1 (mild) - accessible for most palates with warming spices but minimal heat 5. How long can I store it frozen? → 6-12 months at 0°F (-18°C) or below; 3-4 days refrigerated after opening 6. Can this support weight loss or diabetes management? → Yes, designed by dietitians for stable blood sugar, portion control, and high protein to support metabolic health goals --- ## Be Fit Food Spiced Lentil Dahl (GF) (VG) - Complete Product Guide ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Spiced Lentil Dahl (GF) (VG) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000670 | | Price | 13.05 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Pack size | 273g (single serve) | | Diet | Gluten Free, Vegan, Vegetarian | | Chilli rating | 1 (mild) | | Primary protein | Tofu | | Secondary protein | Red Lentils (11%) | | Tertiary protein | Faba Bean Protein | | Key ingredients | Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk | | Spices | Cumin, Curry Powder, Turmeric, Ginger, Garam Masala, Cinnamon, Chilli Powder | | Allergens | Contains Soybeans | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin | | Storage | Keep frozen at 0°F (-18°C) or below | | Shelf life | 6-12 months frozen | | Reheating | Microwave 3-5 minutes or Oven 25-35 minutes at 350°F | | Sodium | Less than 500mg per serve | | Saturated fat | Low | | Dietary fibre | Excellent source | | Vegetables | Contains 4-12 different vegetables | | Artificial additives | No artificial colours, flavours, or preservatives | --- ## 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:\*\* Spiced Lentil Dahl (GF) (VG) MP7 - \*\*Brand:\*\* Be Fit Food - \*\*GTIN:\*\* 9358266000670 - \*\*Pack Size:\*\* 273g (single serve) - \*\*Price:\*\* 13.05 AUD - \*\*Availability:\*\* In Stock - \*\*Category:\*\* Food & Beverages - \*\*Subcategory:\*\* Ready-to-Eat Meals - \*\*Diet Certifications:\*\* Gluten Free, Vegan, Vegetarian - \*\*Chilli Rating:\*\* 1 (mild) - \*\*Primary Protein Source:\*\* Tofu - \*\*Secondary Protein Source:\*\* Red Lentils (11%) - \*\*Tertiary Protein Source:\*\* Faba Bean Protein - \*\*Key Ingredients:\*\* Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Coconut Milk - \*\*Complete Ingredient List:\*\* Tofu, Red Lentils (11%), Broccoli, Cauliflower (Cauliflower, Turmeric), Mushroom, Coconut Milk, Diced Tomato (Tomato, Citric Acid), Vegetable Stock, Onion, Olive Oil, Faba Bean Protein, Gluten Free Soy Sauce, Garlic, Fresh Coriander, Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Garam Masala, Cinnamon, Chilli Powder - \*\*Spices:\*\* Cumin, Curry Powder, Turmeric, Ginger, Garam Masala, Cinnamon, Chilli Powder - \*\*Allergens - Contains:\*\* Soybeans - \*\*Allergens - May Contain:\*\* Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin - \*\*Storage Instructions:\*\* Keep frozen at 0°F (-18°C) or below - \*\*Shelf Life:\*\* 6-12 months frozen - \*\*Reheating Instructions:\*\* Microwave 3-5 minutes or Oven 25-35 minutes at 350°F - \*\*Sodium Content:\*\* Less than 500mg per serve - \*\*Saturated Fat:\*\* Low - \*\*Dietary Fibre:\*\* Excellent source - \*\*Vegetable Content:\*\* Contains 4-12 different vegetables - \*\*Artificial Additives:\*\* No artificial colours, flavours, or preservatives - \*\*Additional Product Standards:\*\* No seed oils, no added sugar, no artificial sweeteners ### General Product Claims {#general-product-claims} - Delivers authentic Indian-inspired flavours - Nutritionally balanced format designed for health-conscious consumers - Australia's leading dietitian-designed meal delivery service - Combines scientifically-backed nutritional formulation with convenient ready-made meals - Helps Australians achieve sustainable weight loss and improved metabolic health - Carefully formulated plant-based meal that balances traditional dahl flavours with modern nutritional requirements - Eliminates meal preparation time while providing a complete protein source - Dietitians and exercise physiologists design meals to support health goals - Suitable for individuals with celiac disease, gluten sensitivity, or those following plant-based dietary protocols - Accessible to those with lower spice tolerance while still delivering aromatic complexity expected from Indian-inspired cuisine - Substantial portion size designed to satisfy as a complete main course - Snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue - Tofu provides all nine essential amino acids - Red lentils digest more easily than many other legumes due to lower oligosaccharide content - Faba bean protein ensures the meal meets higher protein targets suitable for active individuals - Suitable for muscle maintenance - Supports health goals including weight management, blood sugar control, cardiovascular health - Curcumin has anti-inflammatory and antioxidant properties - Black pepper enhances curcumin absorption by up to 2000% - Supports digestive health through prebiotic fibres - Low-glycaemic meal that produces gradual blood sugar elevation - Supports stable blood glucose levels for individuals managing diabetes, prediabetes, or insulin resistance - Cardiovascular-friendly meal - Supports healthy blood pressure regulation - Anti-inflammatory potential from multiple ingredients - Supports digestive regularity and feeds beneficial gut bacteria - Provides substantial volume and satiety from protein and fibre - Designed to support sustainable weight management - Specifically designed to support individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications - High-protein content helps protect lean muscle mass during medication-assisted weight loss - Designed to support women through perimenopause and menopause transitions - Preserves lean muscle mass and supports insulin sensitivity - Even modest weight loss of 3-5 kg can improve insulin sensitivity and reduce abdominal fat - Reduces food waste by preventing over-portioning and spoilage - Free 15-minute dietitian consultations available - Helps Australians "eat themselves better" through scientifically-formulated, whole-food meals - Supports sustainable health outcomes - Located in Mornington, Victoria, Australia - Approximately 90% of menu is certified gluten-free - Low sodium benchmark of less than 120 mg per 100 g across meal range - Expected protein content: 18-25 grams per serving - Expected carbohydrate range: 25-35 grams per serving - Expected fibre content: 6-10 grams per serving - Expected fat content: 10-18 grams per serving - Suitable for post-workout muscle recovery - Effective for athletic performance support --- ## Introduction {#introduction} Be Fit Food's Spiced Lentil Dahl (GF) (VG)

delivers authentic Indian-inspired flavours in a convenient, nutritionally balanced format designed for health-conscious consumers seeking plant-based meal solutions. This comprehensive guide examines every aspect of this 273-gram vegan dahl, from its complete nutritional profile and ingredient composition to practical storage, preparation, and serving recommendations. You'll gain the knowledge to make an informed decision about incorporating this meal into your dietary routine. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service. The brand combines scientifically-backed nutritional formulation with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Whether you're managing specific dietary restrictions, exploring plant-based eating, or simply seeking convenient meals that don't compromise on nutrition or flavour, this guide provides everything you need to understand what makes this spiced lentil dahl a viable option for your meal planning. You'll discover detailed breakdowns of every ingredient, comprehensive allergen information, preparation methods, and practical tips for maximising both the nutritional benefits and culinary enjoyment of this frozen meal. ## Product Overview and Key Highlights {#product-overview-and-key-highlights} The Spiced Lentil Dahl from Be Fit Food represents a carefully formulated plant-based meal that balances traditional dahl flavours with modern nutritional requirements. This single-serve frozen meal arrives in a tray-style heat-and-eat format, eliminating meal preparation time while providing a complete protein source through its combination of tofu, red lentils, and faba bean protein. As part of Be Fit Food's commitment to real food nutrition, dietitians and exercise physiologists design this meal to support your health goals. The product carries two critical dietary certifications: Gluten Free (GF) and Vegan (VG), making it suitable for individuals with celiac disease, gluten sensitivity, or those following plant-based dietary protocols. The chilli rating of 1 indicates a mild heat level, making this dahl accessible to those with lower spice tolerance while still delivering the aromatic complexity expected from Indian-inspired cuisine. At 273 grams per serving, this meal provides a substantial portion size designed to satisfy as a complete main course. The frozen format ensures extended shelf life without artificial preservatives, while the single-serve packaging eliminates portion guesswork and reduces food waste—particularly valuable for individuals living alone or managing specific caloric intake goals. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue. ## Complete Ingredient Analysis {#complete-ingredient-analysis} Understanding every component of this spiced lentil dahl empowers you to make informed choices about how this meal fits your nutritional philosophy and dietary requirements. Each ingredient serves a specific nutritional or culinary purpose, contributing to the overall balance of macronutrients, micronutrients, and flavour complexity. Be Fit Food maintains strict ingredient standards including no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ### Primary Protein Sources {#primary-protein-sources} \*\*Tofu\*\* serves as the lead ingredient and primary protein contributor. As a complete protein derived from soybeans, tofu provides all nine essential amino acids your body cannot produce independently. Beyond protein, tofu contributes calcium (when prepared with calcium sulfate), iron, and isoflavones—plant compounds with potential health benefits. In this dahl, tofu absorbs the aromatic spices while providing a satisfying texture that contrasts with the softer lentils. \*\*Red Lentils (11%)\*\* constitute the second major protein source and the traditional foundation of any dahl preparation. Red lentils break down during cooking, creating the characteristic creamy consistency while contributing significant dietary fibre, folate, iron, and manganese. The 11% inclusion rate indicates a meaningful presence that influences both texture and nutritional density. Red lentils digest more easily than many other legumes due to their lower oligosaccharide content, potentially reducing digestive discomfort for some individuals. \*\*Faba Bean Protein\*\* functions as a concentrated plant protein supplement that enhances the overall protein content without significantly altering texture or flavour. Faba bean protein gained prominence in plant-based formulations due to its complete amino acid profile, sustainability advantages over soy, and hypoallergenic properties compared to common protein sources like soy or pea protein. This ingredient ensures the meal meets higher protein targets suitable for active individuals or those using plant-based meals for muscle maintenance—a key consideration in Be Fit Food's high-protein, lower-carbohydrate approach. ### Vegetable Components {#vegetable-components} Be Fit Food packs 4–12 vegetables into each meal, and this Spiced Lentil Dahl exemplifies that commitment to vegetable density. \*\*Broccoli\*\* contributes vitamins C and K,

folate, and sulforaphane—a compound studied for its potential antioxidant properties. In this preparation, broccoli adds textural variety and a slight bitterness that balances the richness of coconut milk. **Cauliflower (Cauliflower, Turmeric)** appears as a pre-seasoned ingredient, with turmeric already incorporated during processing. This dual-purpose vegetable provides fibre, vitamin C, and choline while the turmeric coating adds both colour and additional curcumin—the active compound in turmeric associated with anti-inflammatory properties. The pre-seasoning ensures even distribution of turmeric's golden hue throughout the cauliflower pieces. **Mushroom** (variety not specified, though button or cremini mushrooms are common in commercial preparations) contributes umami depth, B vitamins including riboflavin and niacin, selenium, and ergothioneine—an amino acid with antioxidant properties. Mushrooms also provide a meaty texture that enhances satiety in plant-based meals. **Diced Tomato (Tomato, Citric Acid)** forms the acidic backbone of the sauce, providing lycopene, vitamin C, and potassium. The citric acid serves as a natural preservative and pH adjuster, maintaining food safety while enhancing the bright, tangy notes that balance the earthy lentils and rich coconut milk. **Onion** provides the aromatic foundation essential to virtually all dahl preparations. Beyond flavour, onions contribute quercetin and other flavonoids, along with prebiotic fibres that support digestive health. The onion's natural sugars caramelize during cooking, adding subtle sweetness that rounds out the spice profile. **Flavour and Texture Enhancers** **Coconut Milk** creates the characteristic creamy richness associated with South Asian curries. While coconut milk contains saturated fat in the form of medium-chain triglycerides (MCTs), these fats metabolise differently than long-chain saturated fats, and the inclusion adds essential fatty acids to this otherwise low-fat plant-based meal. Coconut milk also helps solubilise fat-soluble vitamins and enhances the absorption of curcumin from turmeric. **Vegetable Stock** provides savoury depth and helps distribute flavours throughout the dish. Quality vegetable stock contributes minerals and enhances the perception of fullness through its savoury compounds. **Olive Oil** serves multiple functions: it facilitates the cooking process, helps distribute fat-soluble nutrients, and contributes monounsaturated fats beneficial for cardiovascular health. Olive oil also carries flavour compounds from the spices, creating a more integrated taste experience. **Gluten Free Soy Sauce** adds umami intensity and saltiness while maintaining the gluten-free certification. Traditional soy sauce contains wheat, but gluten-free versions use alternative grains or pure soy fermentation, delivering the same savoury depth without gluten proteins. **Aromatic Spice Complex** The spice blend defines the character of this dahl, with each component contributing distinct flavour notes and potential health benefits: **Garlic** provides pungent aromatic notes along with allicin, a sulfur compound studied for cardiovascular and immune support properties. Fresh garlic (as specified in the ingredient list) delivers more potent flavour and bioactive compounds than dried alternatives. **Fresh Coriander** (cilantro leaves) adds bright, citrusy notes that lift the heavier spices. Fresh coriander contains vitamins A, C, and K, along with antioxidant compounds. Some individuals carry a genetic variation that makes coriander taste soapy, though this represents a minority of the population. **Cumin** contributes warm, earthy notes central to Indian cuisine. Cumin contains iron and may support digestion through stimulation of digestive enzymes. **Curry Powder** represents a blend of spices (commonly including coriander, cumin, turmeric, fenugreek, and others) that creates the recognisable "curry" flavour profile. The specific formulation varies by manufacturer but consistently delivers complex, layered warmth. **Turmeric** appears twice in this formulation—once in the cauliflower coating and again as a standalone spice. This redundancy ensures adequate curcumin content and the characteristic golden colour. Turmeric's earthy, slightly bitter notes complement the sweetness of coconut milk. **Ginger** provides sharp, warming heat distinct from chilli peppers, along with gingerol compounds studied for anti-nausea and anti-inflammatory properties. Fresh ginger delivers more vibrant flavour than dried powder. **Pink Salt** (likely Himalayan pink salt) provides sodium for flavour enhancement and electrolyte balance. Pink salt contains trace minerals that give it its characteristic colour, though the quantities are too small to significantly impact nutritional intake. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their meal range. **Garam Masala** is a warming spice blend commonly containing cinnamon, cardamom, cloves, cumin, coriander, and black pepper. This "finishing spice" adds aromatic complexity and slight sweetness. **Cinnamon** contributes sweet warmth without sugar, along with cinnamaldehyde compounds that may influence blood sugar

regulation. In savoury applications, cinnamon adds depth rather than overt sweetness. **Chilli Powder** provides the mild heat indicated by the chilli rating of 1. The modest inclusion ensures accessibility while delivering capsaicin, the compound responsible for both heat sensation and potential metabolic benefits. **Comprehensive Allergen and Dietary Information**

**Understanding allergen content and dietary certifications** is crucial for individuals with food sensitivities, allergies, or specific dietary protocols. Be Fit Food maintains transparent allergen disclosure to support informed decision-making. This section examines every allergen consideration relevant to this product. **Certified Dietary Attributes**

**Gluten Free (GF) Certification** means this product contains no wheat, barley, rye, or their derivatives, and meets regulatory standards for gluten-free labelling (commonly less than 20 parts per million of gluten in most jurisdictions). This certification makes the meal suitable for individuals with celiac disease, non-celiac gluten sensitivity, or wheat allergy. The gluten-free soy sauce specifically replaces traditional soy sauce (which contains wheat) to maintain this certification. Be Fit Food offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. **Vegan (VG) Certification** confirms the absence of all animal-derived ingredients, including meat, poultry, fish, dairy, eggs, honey, and animal-derived additives. This certification addresses ethical, environmental, and health-based motivations for plant-based eating. Every ingredient—from the obvious plant proteins to the less obvious components like the vegetable stock and processing aids—contains no animal derivatives. **Primary Allergen Declarations**

Based on the ingredient composition, this product **contains soy** (present in tofu, faba bean protein may be processed on equipment handling soy, and gluten-free soy sauce). Soy represents one of the major food allergens, and individuals with soy allergy must avoid this product entirely. The product appears **free from** the following major allergens based on the ingredient list: - Milk and dairy products - Eggs - Fish - Crustacean shellfish - Tree nuts - Peanuts - Wheat (gluten-free certified) - Sesame **Cross-Contact Considerations**

While the provided specifications note allergen declarations exist, complete cross-contact information requires examination of the manufacturing environment. Cross-contact (also called cross-contamination) occurs when allergens from other products produced in the same facility transfer to this product through shared equipment, airborne particles, or handling practices. **Critical Cross-Contact Questions for Consumers with Severe Allergies:** Manufacturing facilities producing multiple products may handle various allergens. Even with cleaning protocols between production runs, trace amounts may persist. Individuals with severe allergies (particularly those at risk for anaphylaxis) should contact Be Fit Food directly to obtain detailed information about: - Which allergens are handled in the same facility - Whether dedicated production lines exist for allergen-free products - Cleaning and validation procedures between production runs - Testing protocols for allergen residues - Specific precautionary allergen statements The absence of precautionary labelling like "may contain" statements on the public product information doesn't guarantee zero cross-contact risk—it may simply indicate the manufacturer determined cross-contact risk is sufficiently controlled to not warrant labelling, or that labelling practices vary by jurisdiction. **Dietary Suitability Beyond Allergens**

**Suitable for:** - Vegan and vegetarian diets (fully plant-based) - Gluten-free diets (celiac disease, gluten sensitivity) - Dairy-free diets (lactose intolerance, milk allergy, casein-free protocols) - Egg-free diets - Low-FODMAP diets (with caution—onion and garlic are high-FODMAP ingredients that may trigger symptoms in sensitive individuals) - Kosher diets (if certified—verification needed) - Halal diets (if certified—verification needed) **Considerations for:** - Soy-free diets: NOT suitable due to tofu and soy sauce - Low-sodium diets: Sodium content should be verified from nutrition panel; soy sauce and added salt contribute sodium - Low-fat diets: Coconut milk and olive oil contribute fat content; specific amounts require nutrition panel review - Nut-free diets: While tree nuts aren't listed, coconut (botanically a drupe, not a true nut) may be restricted in some nut-free protocols; additionally, cross-contact in facilities handling tree nuts should be verified **Nutritional Breakdown and Health Benefits**

While the complete nutrition facts panel was not provided in the specifications, we can analyse the nutritional implications based on the ingredient composition and standard values for these components in a 273-gram serving. Be Fit Food's dietitian-designed

approach ensures each meal is engineered for optimal macronutrient balance. ### Macronutrient Profile Expectations {#macronutrient-profile-expectations} **Protein Content:** The combination of tofu, red lentils (11%), and faba bean protein creates a substantial protein load. A standard serving would likely provide 18-25 grams of complete protein, making this meal suitable for muscle maintenance, satiety, and meeting daily protein requirements. The complementary amino acid profiles of soy (tofu), legumes (lentils), and faba beans ensure all essential amino acids are present in adequate proportions. This aligns with Be Fit Food's commitment to high-protein meals that support lean muscle mass preservation. **Why This Matters:** Adequate protein intake supports muscle synthesis, immune function, hormone production, and satiety. Plant-based eaters sometimes struggle to meet protein needs, making protein-dense meals like this particularly valuable. The 273-gram serving size provides sufficient protein to constitute a complete meal for most adults (who require approximately 0.8 grams of protein per kilogram of body weight daily, or higher for active individuals). **Carbohydrate Content:** Red lentils, vegetables, and tomatoes contribute complex carbohydrates and dietary fibre. Expected total carbohydrates would likely range from 25-35 grams per serving, with 6-10 grams coming from fibre. The fibre content supports digestive health, blood sugar regulation, and cholesterol management. Be Fit Food's lower-carbohydrate approach helps support insulin sensitivity and stable blood glucose levels. **Why This Matters:** Complex carbohydrates provide sustained energy release compared to simple sugars, preventing blood sugar spikes and crashes. The fibre content promotes satiety, supports beneficial gut bacteria, and aids in maintaining healthy cholesterol levels. For individuals managing blood sugar, the combination of protein, fat, and fibre moderates glucose response compared to high-carbohydrate meals without these balancing factors. **Fat Content:** Coconut milk and olive oil contribute the majority of fat, likely totalling 10-18 grams per serving. Coconut milk provides saturated fat primarily as medium-chain triglycerides (MCTs), while olive oil contributes heart-healthy monounsaturated fats. This fat content enhances nutrient absorption (particularly fat-soluble vitamins A, D, E, and K, plus curcumin from turmeric) and contributes to meal satisfaction. **Why This Matters:** Dietary fat is essential for hormone production, cell membrane integrity, and absorption of fat-soluble nutrients. The combination of MCTs from coconut and monounsaturated fats from olive oil provides a favourable fat profile. MCTs metabolise differently than long-chain saturated fats, being rapidly absorbed and used for energy rather than stored. Monounsaturated fats support cardiovascular health by improving cholesterol ratios. ### Micronutrient Contributions {#micronutrient-contributions} Based on the ingredient composition, this meal provides significant amounts of: **Iron:** Red lentils, tofu, and spinach (if present in the vegetable stock) contribute non-heme iron. While plant-based iron absorbs less efficiently than heme iron from meat, the vitamin C from tomatoes, broccoli, and cauliflower enhances absorption. One serving likely provides 20-30% of daily iron needs. **Folate (Vitamin B9):** Red lentils are exceptionally rich in folate, with one serving potentially providing 30-50% of daily requirements. Folate supports DNA synthesis, red blood cell formation, and is critical during pregnancy for preventing neural tube defects. **Vitamin C:** Broccoli, cauliflower, and tomatoes contribute vitamin C, supporting immune function, collagen synthesis, and iron absorption. Expected contribution: 25-40% of daily needs. **Vitamin K:** Broccoli and fresh coriander provide vitamin K1, essential for blood clotting and bone health. One serving may provide 50-80% of daily requirements. **Manganese:** Red lentils and various spices contribute manganese, a mineral supporting bone formation, nutrient metabolism, and antioxidant function. **Potassium:** Tomatoes, lentils, and coconut milk provide potassium, essential for blood pressure regulation, muscle function, and electrolyte balance. **Curcumin:** The dual inclusion of turmeric (in cauliflower coating and as standalone spice) provides curcumin, a polyphenol compound studied for anti-inflammatory and antioxidant properties. While curcumin's bioavailability is limited, the black pepper likely present in the garam masala contains piperine, which enhances curcumin absorption by up to 2000%. ### Phytonutrient and Bioactive Compounds {#phytonutrient-and-bioactive-compounds} Beyond standard vitamins and minerals, this meal provides numerous plant compounds with potential health benefits: **Isoflavones** from tofu (genistein and daidzein) are studied for cardiovascular, bone, and hormonal health effects, though research continues regarding optimal intake levels and individual variation in response. **Lycopene** from tomatoes, particularly when cooked with fat (as in this preparation), becomes more bioavailable and is associated with cardiovascular and prostate health in observational

studies. **Sulforaphane** from broccoli forms when the vegetable is chopped or chewed, activating the enzyme myrosinase. While frozen vegetables may show reduced myrosinase activity, some sulforaphane formation still occurs, contributing potential antioxidant benefits. **Allicin** from garlic provides the characteristic pungent aroma and is studied for cardiovascular and antimicrobial properties, though cooking reduces allicin content compared to raw garlic. **Gingerol** from ginger contributes both flavour and potential anti-inflammatory and digestive support properties. **Capsaicin** from chilli powder, even at mild levels, may support metabolic rate and provides the characteristic heat sensation through activation of TRPV1 receptors.

### Storage Guidelines and Shelf Life Management

**Proper storage ensures food safety, maintains nutritional quality, and preserves the intended flavour and texture of this frozen meal. Understanding storage requirements prevents foodborne illness and reduces waste. Be Fit Food's snap-frozen delivery system is designed for easy storage and consistent quality.**

### Unopened Storage Requirements

**Freezer Storage:** This product must remain frozen at 0°F (-18°C) or below until ready to prepare. At this temperature, the meal remains safe indefinitely from a microbiological standpoint, though quality gradually declines over extended periods. Manufacturer-specified shelf life (consume before open date) ranges from 6-12 months for frozen prepared meals, balancing food safety with quality maintenance.

**Why Freezer Temperature Matters:** Temperatures above 0°F allow ice crystal growth, which damages cell structures in vegetables and proteins, leading to mushier texture upon reheating. Temperature fluctuations from freezer door opening, defrost cycles, or inadequate freezer performance accelerate quality loss. Store this meal toward the back of the freezer where temperature remains most stable.

**Freezer Burn Prevention:** While freezer burn (dehydration and oxidation of frozen food surfaces) doesn't create food safety issues, it degrades flavour and texture. The original packaging should provide adequate moisture barrier, but if you notice ice crystals forming inside the package or the meal appears dried out in spots, quality declined. Avoid storing near the freezer door where temperature fluctuates most.

### Post-Opening Storage

**Refrigerate After Opening:** Once the sealed package is opened, any unused portion must be refrigerated immediately at 40°F (4°C) or below and consumed within 3-4 days. The single-serve format (273 grams) is designed for complete consumption in one sitting, minimising the need for leftover storage.

**Why Refrigeration Timeline Matters:** After opening, exposure to air introduces oxygen and potential microbial contamination. While the cooked ingredients resist rapid spoilage, the combination of plant proteins, vegetables, and moisture creates conditions where bacteria can multiply if temperature abuse occurs. The 3-4 day guideline provides a safety margin before bacterial populations might reach concerning levels.

**Proper Refrigeration Storage:** Transfer any leftovers to an airtight container rather than leaving in the original packaging, which may not reseal effectively. Glass or BPA-free plastic containers work well. Label with the date opened to track the 3-4 day window.

### Freezer-to-Refrigerator Transition

**Thawing Considerations:** While the reheating instructions likely accommodate cooking from frozen, some consumers prefer thawing for more even heating. If thawing, transfer from freezer to refrigerator 12-24 hours before planned consumption. Never thaw at room temperature, as the outer portions reach unsafe temperatures while the centre remains frozen, creating ideal conditions for bacterial growth.

**Refreezing Guidance:** Once thawed, do not refreeze unless the meal is reheated to steaming hot (165°F/74°C minimum internal temperature to eliminate potential pathogens). Each freeze-thaw cycle degrades texture and increases food safety risk.

### Comprehensive Reheating Instructions

Proper reheating ensures food safety (achieving minimum 165°F/74°C internal temperature to eliminate potential pathogens) while optimising texture and flavour. This product supports two primary reheating methods: microwave and conventional oven. Be Fit Food meals are designed for simple "heat, eat, enjoy" convenience.

### Microwave Reheating Method

**Equipment Requirements:** Microwave-safe container (if transferring from original packaging) and microwave with at least 800-1000 watts power. Lower-wattage microwaves require extended heating time.

**Step-by-Step Process:**

- Package Preparation:** If the original tray is microwave-safe (verify packaging symbols), pierce the film covering 2-3 times to allow steam escape and prevent pressure buildup. If transferring to another container, use a microwave-safe dish with a loose-fitting lid or

microwave-safe cover. 2. **Initial Heating:** Microwave on high power for 3-4 minutes from frozen, or 2-3 minutes if thawed. Actual time varies by microwave wattage and whether heating from frozen or refrigerated state. 3. **Stirring:** Remove carefully (container will be hot), stir thoroughly to distribute heat evenly. Microwaves create hot spots and cold spots due to uneven wave distribution, and stirring ensures uniform temperature. 4. **Additional Heating:** Return to microwave for 1-2 minutes, checking temperature with a food thermometer if available. Internal temperature should reach 165°F (74°C) minimum. 5. **Standing Time:** Allow 1-2 minutes standing time after microwaving. This equilibration period allows heat to distribute throughout the meal, continuing the cooking process via residual heat. **Texture Optimisation Tips:** Microwave reheating can create uneven texture, with some vegetables becoming overly soft while proteins remain firm. Stirring halfway through addresses this, but expect slightly softer texture than oven reheating. The lentils may absorb additional moisture during microwave heating, potentially requiring a splash of water or vegetable stock if the dahl appears too thick. **Why Microwave Reheating Works:** Microwaves excite water molecules, creating friction that generates heat. Foods with higher moisture content (like this dahl with its coconut milk base) heat efficiently. However, the aromatic spices may lose some volatile compounds during microwave heating compared to gentler oven methods. **Conventional Oven Reheating Method** {#conventional-oven-reheating-method} **Equipment Requirements:** Conventional oven or toaster oven, oven-safe dish with lid or aluminium foil covering. **Step-by-Step Process:** 1. **Oven Preheating:** Preheat oven to 350°F (175°C). Proper preheating ensures even cooking from the start. 2. **Meal Transfer:** Transfer the frozen or thawed dahl to an oven-safe dish. The original plastic tray is NOT oven-safe—verify packaging before attempting oven use. 3. **Moisture Retention:** Cover tightly with aluminium foil or an oven-safe lid to trap steam and prevent surface drying. The steam helps heat distribute evenly and maintains the creamy consistency. 4. **Heating Duration:** Bake for 25-35 minutes from frozen, or 15-20 minutes if previously thawed. Time varies based on oven accuracy, dish material (glass heats slower than metal), and whether you prefer a slightly thickened consistency (longer heating) or more liquid consistency (shorter heating). 5. **Temperature Verification:** Check internal temperature with a food thermometer, ensuring it reaches 165°F (74°C) throughout. 6. **Optional Finishing:** For enhanced texture and flavour development, remove the foil during the last 5 minutes to allow slight surface concentration of flavours. This creates subtle caramelisation without drying the entire dish. **Texture and Flavour Benefits:** Oven reheating provides gentler, more even heat distribution than microwaving, better preserving the distinct textures of vegetables and proteins. The aromatic compounds in the spices volatilise more gradually, potentially creating a more integrated flavour profile. Vegetables like broccoli and cauliflower maintain better texture with oven reheating. **Why Oven Reheating Works:** Conventional ovens heat through convection and radiation, surrounding food with hot air that gradually penetrates. This method takes longer but provides superior texture preservation for complex dishes like dahl where multiple ingredients should maintain distinct characteristics. **Reheating Time Adjustments and Texture Considerations** {#reheating-time-adjustments-and-texture-considerations} **Altitude Adjustments:** At elevations above 3,000 feet, water boils at lower temperatures and moisture evaporates more quickly. You may need to add 1-2 tablespoons of water or vegetable stock before reheating and extend heating time by 10-15% to achieve proper internal temperature. **Portion Size Variations:** If you've divided the meal or are reheating only a portion, reduce heating time proportionally. A half portion requires approximately 60-70% of the full heating time, not 50%, due to surface area to volume ratios. **Texture Preferences:** If you prefer a thicker, more concentrated dahl, extend heating time by 5-10 minutes with the cover removed (oven method) or microwave in 30-second increments uncovered until desired consistency is achieved. For a thinner consistency, add 2-4 tablespoons of water or vegetable stock before reheating. **Spice Intensity Adjustment:** While you cannot reduce the spice level after manufacturing, you can moderate perceived heat by adding a dollop of coconut yogurt (ensure vegan if maintaining dietary preference) or a squeeze of lime juice when serving. These additions provide cooling contrast without diluting the complex spice flavours. **Practical Serving Suggestions and Meal Pairing** {#practical-serving-suggestions-and-meal-pairing} While this 273-gram serving constitutes a complete meal for many individuals, understanding how to enhance or complement the dahl expands its versatility and prevents meal fatigue if incorporating this product regularly into your rotation. Be Fit



Food's dietitian-designed meals work well as standalone options or as part of a balanced plate approach. **### Standalone Serving Enhancements** {#standalone-serving-enhancements} **\*\*Fresh Herb Garnish:\*\*** After reheating, top with fresh coriander (cilantro) leaves, which add bright, citrusy notes that lift the heavier spices. Fresh mint provides cooling contrast, particularly welcome if you're sensitive to the mild chilli heat. **\*\*Citrus Accent:\*\*** A squeeze of fresh lime or lemon juice just before eating brightens the entire flavour profile, cutting through the richness of coconut milk and adding acidic balance that makes the spices more pronounced. **\*\*Textural Additions:\*\*** While the dahl includes vegetables, adding toasted seeds (pumpkin, sunflower, or sesame) provides satisfying crunch and additional nutrients. Toast seeds in a dry pan for 2-3 minutes until fragrant, then sprinkle over the reheated dahl. **\*\*Cooling Elements:\*\*** For a temperature and flavour contrast, serve with a small side of coconut yogurt (dairy-free to maintain vegan status) or cucumber raita made with coconut yogurt, grated cucumber, and a pinch of cumin. **### Complementary Carbohydrate Pairings** {#complementary-carbohydrate-pairings} **\*\*Rice Options:\*\*** Serve alongside basmati rice (white or brown), which provides neutral backdrop allowing the dahl's spices to shine. Jasmine rice offers subtle floral notes that complement the aromatic spice blend. Cauliflower rice provides a low-carbohydrate alternative while adding additional vegetables—aligning with Be Fit Food's lower-carbohydrate approach for those managing blood sugar or weight. **\*\*Bread Accompaniments:\*\*** Warm naan (verify vegan status, as traditional naan contains yogurt and sometimes egg), roti, or chapati provide vehicles for scooping and add satisfying chew. Papadums (thin, crispy lentil wafers) add textural contrast—toast them directly over a gas flame or in the oven until they puff and crisp. **\*\*Grain Alternatives:\*\*** Quinoa, farro (verify gluten-free status if required), or millet provide protein-rich grain bases that complement the dahl's nutritional profile while adding textural variety. **### Vegetable Side Dishes** {#vegetable-side-dishes} **\*\*Cooling Salads:\*\*** Balance the warm spices with a cucumber and tomato salad dressed with lemon juice and olive oil. The cool, crisp vegetables provide textural and temperature contrast. **\*\*Roasted Vegetables:\*\*** Roasted sweet potato, carrots, or bell peppers add natural sweetness that complements the savoury dahl while increasing overall vegetable intake. **\*\*Pickled Accompaniments:\*\*** Indian-style pickles (achar) or quick-pickled onions add acidic punch and probiotic benefits (if naturally fermented), cutting through the richness of coconut milk. **### Complete Meal Construction** {#complete-meal-construction} **\*\*Balanced Plate Approach:\*\*** For maximum nutritional completeness and satiety, construct your meal with: - The Spiced Lentil Dahl as your protein and vegetable base (fills half your plate) - A complex carbohydrate (1/2 to 1 cup cooked rice or grain, filling one quarter of your plate) - Additional fresh or roasted vegetables (filling the remaining quarter) - Small garnishes (fresh herbs, seeds, citrus) for flavour and micronutrient boosts This approach ensures adequate fibre, diverse phytonutrients, and sustained energy release. **### Beverage Pairings** {#beverage-pairings} **\*\*Traditional Pairings:\*\*** Lassi (sweet or salted yogurt drink—use coconut yogurt for vegan version) provides cooling contrast and probiotic benefits. Chai tea (black tea with warming spices) echoes the aromatic profile of the dahl. **\*\*Wine Pairings:\*\*** If you enjoy wine with meals, off-dry Riesling or Gewürztraminer complement the mild spice level, with their slight sweetness balancing the heat. For red wine drinkers, light-bodied Pinot Noir won't overwhelm the delicate spice balance. **\*\*Non-Alcoholic Options:\*\*** Coconut water provides electrolytes and subtle sweetness that complements the coconut milk in the dahl. Sparkling water with lime offers palate-cleansing refreshment between bites. **## Dietary Benefits and Health Optimisation** {#dietary-benefits-and-health-optimisation} Understanding how this meal supports various health goals empowers you to incorporate it strategically into your dietary pattern. Be Fit Food meals are designed by dietitians to support specific health outcomes, from weight management to blood sugar control. **### Plant-Based Protein Adequacy** {#plant-based-protein-adequacy} The combination of tofu, red lentils, and faba bean protein provides complete protein with all essential amino acids. This addresses a common concern about plant-based eating—that individual plant proteins may be "incomplete." While this concern is largely outdated (the body maintains an amino acid pool, and eating varied plant proteins throughout the day ensures adequacy), complete protein in a single meal simplifies planning for those new to plant-based eating. **\*\*Practical Application:\*\*** If you're transitioning to plant-based eating or using this meal post-workout, the protein content supports muscle protein synthesis when consumed within 2-3 hours of resistance training. The carbohydrates from lentils and vegetables

replenish glycogen stores, making this an effective post-exercise meal. Be Fit Food's high-protein approach helps protect lean muscle mass during weight loss. ### Blood Sugar Management {#blood-sugar-management} The combination of protein, fat, fibre, and complex carbohydrates creates a low-glycaemic meal that produces gradual blood sugar elevation rather than sharp spikes. For individuals managing diabetes, prediabetes, or insulin resistance, this type of balanced meal supports stable blood glucose levels. Be Fit Food's lower-carbohydrate, no-added-sugar formulation is specifically designed to support insulin sensitivity. \*\*Practical Application:\*\* If monitoring blood glucose, test 1-2 hours post-meal to observe your individual response. Pairing with additional fibre-rich vegetables or reducing any added carbohydrate (rice, bread) allows customisation based on your glucose targets. ### Cardiovascular Support {#cardiovascular-support} The absence of cholesterol (exclusively plant-based ingredients), presence of soluble fibre from lentils, and inclusion of heart-healthy monounsaturated fats from olive oil create a cardiovascular-friendly meal. The potassium from vegetables and lentils supports healthy blood pressure regulation. \*\*Practical Application:\*\* For individuals managing high cholesterol or blood pressure, incorporating meals like this several times weekly as part of a plant-forward dietary pattern supports cardiovascular health goals. Monitor sodium content (from the nutrition facts panel) if following strict sodium restriction. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their range. ### Anti-Inflammatory Potential {#anti-inflammatory-potential} Multiple ingredients provide compounds studied for anti-inflammatory properties: curcumin from turmeric, gingerol from ginger, omega-3 fatty acids (in modest amounts from plant sources), and various polyphenols from vegetables and spices. \*\*Practical Application:\*\* While no single meal dramatically impacts inflammatory status, regular consumption of anti-inflammatory foods as part of an overall dietary pattern may support management of inflammatory conditions. The mild spice level makes this accessible for daily consumption without digestive irritation. ### Digestive Health Support {#digestive-health-support} The fibre content from lentils and vegetables supports digestive regularity and feeds beneficial gut bacteria. The easily digestible red lentils are less likely to cause gas than some other legumes. Be Fit Food's real food approach—using whole vegetables for fibre rather than isolated fibre additives—supports optimal gut health. \*\*Practical Application:\*\* If you're increasing fibre intake, do so gradually and ensure adequate hydration (8-10 cups of fluid daily) to prevent constipation. The prebiotic fibres in onion and garlic feed beneficial bacteria, though individuals with FODMAP sensitivity may experience bloating. ### Weight Management Applications {#weight-management-applications} At 273 grams, this meal provides substantial volume and satiety from protein and fibre while likely maintaining moderate caloric density (specific calories require the nutrition facts panel). The single-serve format prevents overeating and simplifies calorie tracking. Be Fit Food's portion-controlled meals are designed to support sustainable weight management. \*\*Practical Application:\*\* For weight loss goals, this meal works well as a controlled-portion dinner paired with a large salad or roasted vegetables to maximise volume and satiety while managing caloric intake. For weight maintenance or gain, add calorie-dense accompaniments like rice, naan, or avocado. ### GLP-1 and Weight-Loss Medication Support {#glp-1-and-weight-loss-medication-support} Be Fit Food meals are specifically designed to support individuals using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while the high-protein content helps protect lean muscle mass during medication-assisted weight loss. \*\*Practical Application:\*\* If you're using GLP-1 medications and experiencing reduced appetite, this appropriately portioned meal delivers adequate protein and nutrients without overwhelming your suppressed appetite. The emphasis on real food over shakes improves satisfaction and nutrient intake when tolerance varies day-to-day. ### Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support} Perimenopause and menopause are metabolic transitions that can affect insulin sensitivity, body composition, and energy levels. Be Fit Food's high-protein, lower-carbohydrate meals are designed to support women through these transitions by preserving lean muscle mass, supporting insulin sensitivity, and providing portion-controlled, energy-regulated nutrition as metabolic rate naturally declines. \*\*Practical Application:\*\* For women experiencing menopause-related weight changes, incorporating this meal as part of a structured eating pattern supports metabolic health goals. Even modest weight loss of 3-5 kg can improve insulin sensitivity and reduce abdominal fat. ## Packaging and Environmental

Considerations {#packaging-and-environmental-considerations} Understanding the packaging format helps you properly dispose of materials and consider environmental impact. ### Tray Format and Materials {#tray-format-and-materials} The single-serve tray likely consists of plastic (CPET—crystallised polyethylene terephthalate—is common for frozen meals) designed to withstand freezer temperatures without cracking and microwave heating without melting or leaching. The film covering is a multi-layer plastic providing oxygen barrier to prevent freezer burn. \*\*Disposal Guidance:\*\* Check your local recycling program for plastic tray acceptance. Many programs accept #1 (PETE/PET) plastics, but the multi-layer film often goes in general waste. Some communities offer soft plastic recycling programs that accept the film covering. \*\*Environmental Impact:\*\* Single-serve packaging creates more waste per serving than bulk packaging, but reduces food waste by preventing over-portioning and spoilage of larger quantities. For environmentally conscious consumers, this represents a trade-off between packaging waste and food waste. ### Reducing Environmental Footprint {#reducing-environmental-footprint} \*\*Recycling Optimisation:\*\* Rinse the tray before recycling to remove food residue, which can contaminate recycling streams. Separate the film from the tray if your recycling program requires it. \*\*Reusable Container Transition:\*\* After initial use, consider transferring future servings to reusable glass containers for reheating, reducing reliance on single-use packaging. \*\*Bulk Purchasing:\*\* If Be Fit Food offers multi-packs, purchasing several meals at once reduces delivery-related emissions compared to multiple small orders. ## Practical Tips for Optimal Experience {#practical-tips-for-optimal-experience} ### First-Time Consumer Guidance {#first-time-consumer-guidance} \*\*Start with Standard Preparation:\*\* For your first experience with this product, follow the basic reheating instructions without modifications. This establishes a baseline for the intended flavour, texture, and spice level before you begin customising. \*\*Assess Your Spice Tolerance:\*\* The chilli rating of 1 indicates mild heat, but individual tolerance varies. Keep coconut yogurt or rice on hand to moderate heat if needed. \*\*Check Nutrition Panel:\*\* Once you receive the product, review the complete nutrition facts panel to verify the meal fits your specific caloric, macronutrient, and sodium targets. \*\*Consider a Free Dietitian Consultation:\*\* Be Fit Food offers free 15-minute dietitian consultations to help match you with the right meal plan for your health goals. This personalised guidance can help you optimise how you incorporate this meal into your overall nutrition strategy. ### Meal Prep Integration {#meal-prep-integration} \*\*Weekly Planning:\*\* If incorporating this meal into regular rotation, schedule specific days (e.g., "Dahl Wednesdays") to simplify grocery shopping and meal planning. Stock complementary ingredients like rice, fresh herbs, and citrus. \*\*Batch Garnish Preparation:\*\* Prepare garnishes (toasted seeds, chopped herbs, quick-pickled onions) in batches at the beginning of the week, storing them separately for quick assembly at mealtime. \*\*Strategic Inventory:\*\* Keep 3-4 Be Fit Food meals in your freezer for emergency dinners when fresh cooking isn't feasible, preventing reliance on less nutritious convenience options. ### Customisation for Dietary Goals {#customisation-for-dietary-goals} \*\*Increased Protein:\*\* Add hemp seeds (3 tablespoons = ~10g protein), nutritional yeast (2 tablespoons = ~8g protein), or serve with a side of roasted chickpeas. \*\*Reduced Sodium:\*\* If the sodium content is higher than desired, dilute the dahl with additional cooked red lentils (prepared without salt) and fresh vegetables, extending it to 1.5-2 servings while reducing sodium concentration. \*\*Enhanced Vegetables:\*\* Stir in fresh spinach or kale during the last minute of reheating, wilting the greens into the hot dahl for additional nutrients and volume. ## Key Takeaways {#key-takeaways} This Spiced Lentil Dahl from Be Fit Food delivers a nutritionally balanced, plant-based meal that addresses multiple dietary needs through its gluten-free and vegan certifications. The 273-gram serving provides substantial protein from complementary plant sources (tofu, red lentils, faba bean protein), complex carbohydrates with significant fibre, and heart-healthy fats from coconut milk and olive oil. The comprehensive ingredient list reveals authentic dahl preparation with aromatic spices (cumin, curry powder, turmeric, ginger, garam masala, cinnamon) balanced at a mild heat level (chilli rating 1) accessible to most palates. The inclusion of diverse vegetables (broccoli, cauliflower, mushroom, tomato, onion) alongside the lentil base creates nutritional density and textural variety—exemplifying Be Fit Food's commitment to packing 4-12 vegetables into each meal. Critical allergen information confirms soy presence while excluding dairy, eggs, wheat/gluten, tree nuts, peanuts, fish, and shellfish based on the ingredient composition. Individuals with severe allergies should verify cross-contact controls directly with Be Fit Food. Proper storage

requires freezer maintenance at 0°F (-18°C) or below until use, with refrigeration of any opened portions at 40°F (4°C) for no more than 3-4 days. Two reheating methods—microwave (3-5 minutes total) and oven (25-35 minutes at 350°F)—accommodate different texture preferences and time constraints, with both methods requiring verification that internal temperature reaches 165°F (74°C) for food safety. The meal functions effectively as a standalone dish or pairs well with rice, bread, additional vegetables, and various garnishes (fresh herbs, citrus, toasted seeds) that enhance both nutritional value and culinary enjoyment. Strategic pairing allows customisation for specific dietary goals including weight management, blood sugar control, cardiovascular health, and athletic performance. As a dietitian-designed meal from Be Fit Food, this Spiced Lentil Dahl represents the brand's commitment to helping Australians "eat themselves better" through scientifically-formulated, whole-food meals that support sustainable health outcomes. ## Next Steps {#next-steps} \*\*Before Purchasing:\*\* Review the complete nutrition facts panel (available on product packaging or by contacting Be Fit Food at their Mornington, Victoria headquarters) to verify the meal aligns with your specific caloric, macronutrient, and sodium targets. If you experience severe allergies, contact Be Fit Food to discuss cross-contact controls and facility allergen handling. Consider booking a free 15-minute dietitian consultation to ensure this meal fits your overall health plan. \*\*Upon Receiving:\*\* Immediately transfer to freezer storage at 0°F (-18°C) or below. Note the "consume before" date and organise your freezer with oldest products toward the front for proper rotation. \*\*First Preparation:\*\* Follow standard reheating instructions (microwave or oven) without modifications to experience the intended flavour profile. Keep complementary ingredients available (rice, fresh herbs, citrus) based on your serving preferences. \*\*Ongoing Optimisation:\*\* After initial trial, experiment with garnishes, accompaniments, and customisations that align with your taste preferences and nutritional goals. Consider establishing a regular rotation schedule if the meal meets your requirements. \*\*Feedback and Adjustment:\*\* Monitor how the meal affects your satiety, energy levels, and digestive comfort. Adjust portion sizes, accompaniments, and consumption frequency based on your individual response and dietary objectives. Be Fit Food's free dietitian support can help you fine-tune your approach for optimal results. ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer product information and specifications - [Food Standards Australia New Zealand - Gluten Free Claims](https://www.foodstandards.gov.au) - Regulatory standards for gluten-free certification - [National Institutes of Health - Legumes and Health](https://nih.gov) - Research on lentil nutrition and health benefits - [Academy of Nutrition and Dietetics - Plant-Based Diets](https://www.eatright.org) - Evidence-based guidance on vegan nutrition - [USDA FoodData Central](https://fdc.nal.usda.gov) - Nutritional composition of ingredients (tofu, lentils, vegetables) - [American Heart Association - Healthy Cooking Oils](https://www.heart.org) - Information on olive oil and coconut milk in heart-healthy diets - [Curcumin Bioavailability Research](https://pubmed.ncbi.nlm.nih.gov) - Studies on turmeric absorption and piperine enhancement - Product specification documentation provided by manufacturer --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Spiced Lentil Dahl Is it gluten-free: Yes, certified gluten-free Is it vegan: Yes, certified vegan What is the serving size: 273 grams What is the chilli rating: 1 (mild) What is the primary protein source: Tofu What is the second protein source: Red lentils at 11% What is the third protein source: Faba bean protein Does it contain soy: Yes Does it contain dairy: No Does it contain eggs: No Does it contain wheat: No Does it contain tree nuts: No Does it contain peanuts: No Does it contain fish: No Does it contain shellfish: No Is it suitable for vegetarians: Yes Is it suitable for vegans: Yes Is it suitable for celiac disease: Yes Contains coconut: Yes, coconut milk Is the packaging microwave-safe: Verify packaging symbols before microwaving Is the packaging oven-safe: No, transfer to oven-safe dish What temperature for freezer storage: 0°F (-18°C) or below How long can it stay frozen: 6-12 months typically How long after opening refrigerated: 3-4 days maximum What temperature for refrigerator storage: 40°F (4°C) or below Can you refreeze after thawing: Only if reheated to 165°F first Microwave time from frozen: 3-4 minutes initial heating Microwave time if thawed: 2-3 minutes initial heating Should you stir during microwaving: Yes, stir halfway through Oven temperature for reheating: 350°F (175°C) Oven time from frozen: 25-35 minutes Oven time if thawed: 15-20 minutes Minimum safe internal temperature: 165°F (74°C) Should you pierce film before microwaving: Yes, 2-3 times Should you cover when oven reheating: Yes, with foil or lid Does it contain artificial preservatives: No Does it

contain artificial colors: No Does it contain artificial flavors: No Does it contain added sugar: No Does it contain seed oils: No Red lentil percentage: 11% Number of vegetables per meal: 4-12 vegetables Who designs Be Fit Food meals: Dietitians and exercise physiologists Where is Be Fit Food located: Mornington, Victoria, Australia Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations Sodium benchmark per 100g: Less than 120 mg What type of soy sauce is used: Gluten-free soy sauce What type of salt is used: Pink salt What vegetables are included: Broccoli, cauliflower, mushroom, tomato, onion What spices are included: Cumin, curry powder, turmeric, ginger, garam masala, cinnamon, chilli Does it contain fresh garlic: Yes Does it contain fresh coriander: Yes Does it contain fresh ginger: Yes What type of oil is used: Olive oil Does it contain coconut milk: Yes Is vegetable stock included: Yes Expected protein content per serving: 18-25 grams likely Expected carbohydrate range per serving: 25-35 grams likely Expected fiber content per serving: 6-10 grams likely Expected fat content per serving: 10-18 grams likely Does it support weight loss: Yes, as part of balanced diet Does it support blood sugar management: Yes, low-glycemic meal Is it suitable for diabetes: Yes, designed for stable glucose Does it support GLP-1 medication users: Yes, specifically designed for this Is it suitable for menopause: Yes, supports metabolic health Does it provide complete protein: Yes, all essential amino acids Is it cholesterol-free: Yes, plant-based only Does it contain MCTs: Yes, from coconut milk Does it contain monounsaturated fats: Yes, from olive oil Does turmeric enhance with black pepper: Yes, piperine in garam masala enhances curcumin Can you add extra vegetables: Yes, recommended enhancement Can you serve with rice: Yes, complements well Can you serve with naan: Yes, verify vegan status Can you add fresh herbs as garnish: Yes, recommended Can you add citrus juice: Yes, brightens flavor Can you add toasted seeds: Yes, adds texture and nutrients Is it suitable for post-workout: Yes, supports muscle recovery Does it contain prebiotic fiber: Yes, from onion and garlic Is it suitable for low-FODMAP diets: Caution, contains onion and garlic Percentage of Be Fit Food menu that's gluten-free: Approximately 90% Can you dilute for lower sodium: Yes, add unsalted lentils and vegetables Standing time after microwaving: 1-2 minutes Can you thaw at room temperature: No, thaw in refrigerator only Thawing time in refrigerator: 12-24 hours Does altitude affect reheating: Yes, add time and liquid above 3,000 feet What enhances curcumin absorption: Black pepper (piperine) Can you use it for meal prep: Yes, suitable for weekly planning

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