

SPILENDAH - Food & Beverages

Product Overview -

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Details:

Table of Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview and Philosophy](#product-overview-and-philosophy) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Dietary Certifications and Allergen Information](#dietary-certifications-and-allergen-information) - [Nutritional Profile and Health Considerations](#nutritional-profile-and-health-considerations) - [Flavour Profile and Sensory Experience](#flavour-profile-and-sensory-experience) - [Storage Guidelines and Shelf Life Management](#storage-guidelines-and-shelf-life-management) - [Comprehensive Reheating Instructions](#comprehensive-reheating-instructions) - [Serving Suggestions and Meal Pairing Ideas](#serving-suggestions-and-meal-pairing-ideas) - [Practical Tips and Best Practices](#practical-tips-and-best-practices) - [Product Context and Be Fit Food Brand Philosophy](#product-context-and-be-fit-food-brand-philosophy) - [Sustainability and Ethical Considerations](#sustainability-and-ethical-considerations) - [Comparing Home Preparation vs. This Product](#comparing-home-preparation-vs-this-product) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary
Product: Spiced Lentil Dahl (GF) (VG) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals (Frozen) **Primary Use:** A dietitian-designed, plant-based frozen meal providing complete nutrition with Indian-inspired flavours for convenient, healthy eating. ### Quick Facts - **Best For:** Health-conscious consumers seeking convenient, gluten-free, vegan meals with high protein and lower carbohydrates - **Key Benefit:** Delivers 15-20g plant-based protein in a nutritionally balanced, portion-controlled meal ready in 5-10 minutes - **Form Factor:** Frozen single-serve tray meal (273 grams) - **Application Method:** Heat in microwave for 3-4 minutes or oven at 180°C for 25-35 minutes until internal temperature reaches 74°C ### Common Questions This Guide Answers 1. Is this meal suitable for vegans and people with celiac disease? → Yes, the product is certified both vegan and gluten-free, containing no animal products or gluten-containing ingredients 2. What is the protein source in this plant-based dahl? → Tofu (primary), red lentils (11%), and faba bean protein provide complementary plant-based proteins totaling 15-20g per serving 3. How spicy is this dahl? → Chilli rating of 1 (mild) - provides gentle warmth without intense heat, suitable for sensitive palates and customizable with added spices --- ## 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 | | Serving size | 273 grams | | Diet | Gluten Free, Vegan, Vegetarian | | Chilli rating | 1 (mild) | | Primary protein | Tofu | | Red lentils | 11% | | Vegetables | 4-12 different vegetables | | Key ingredients | Tofu, Red Lentils, Broccoli, Cauliflower, Mushroom, Diced Tomato, Coconut Milk | | Spices | Cumin, Curry Powder, Turmeric, Ginger, Garam Masala, Cinnamon, Chilli Powder | | Contains | Soybeans | | May contain | Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin | | Free from | Artificial colours, Artificial flavours, Artificial preservatives, Added sugar, Seed oils | | Storage | Keep frozen at -18°C or below | | Reheating | Microwave 3-4 minutes or oven 180°C for 25-35 minutes | | Safe temperature | 74°C (165°F) internal temperature | | Product URL | [View Product](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic) | --- ## Label Facts Summary {#label-facts-summary} >
Disclaimer: All facts and statements below are general product information, not professional advice.

Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Spiced Lentil Dahl (GF) (VG) MP7 - Brand: Be Fit Food - GTIN: 9358266000670 - Serving size: 273 grams - Diet certifications: Gluten Free, Vegan, Vegetarian - Chilli rating: 1 (mild) - Primary protein source: Tofu - Red lentils content: 11% - Ingredients: Tofu, Red Lentils, Broccoli, Cauliflower (Cauliflower, Turmeric), Mushroom, Diced Tomato (Tomato, Citric Acid), Coconut Milk, Onion, Faba Bean Protein, Vegetable Stock, Olive Oil, Gluten Free Soy Sauce, Garlic, Fresh Coriander, Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Garam Masala, Cinnamon, Chilli Powder - Contains: Soybeans - May contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin - Free from: Artificial colours, Artificial flavours, Artificial preservatives, Added sugar, Seed oils - Storage instructions: Keep frozen at -18°C or below - Reheating instructions: Microwave 3-4 minutes or oven 180°C for 25-35 minutes - Safe internal temperature: 74°C (165°F) - Category: Food & Beverages - Subcategory: Ready-to-Eat Meals ### General Product Claims {#general-product-claims} - "Delivering authentic Indian-inspired flavours in a nutritionally balanced, ready-to-heat format" - "Protein-rich meal requiring minimal preparation" - "Designed for health-conscious consumers seeking convenient, whole-food nutrition" - "Part of Be Fit Food's dietitian-designed meal range" - "Exemplifies the brand's commitment to helping Australians 'eat themselves better'" - "Supporting metabolic health and sustainable weight management" - "Helping you feel fuller for longer" - "Supporting sustained energy and stable blood sugar levels" - "High-protein, lower-carbohydrate meals" - "Meals supporting lean muscle preservation and metabolic health" - "Low sodium benchmark of less than 120 mg per 100 g" - "Approximately 90% of their menu is gluten-free" - "Scientifically-formulated, real-food solutions" - "Portion-controlled approach to healthy eating" - "Flash-freezing technology preserves nutrients effectively" - "Australia's leading dietitian-designed meal delivery service" - "First commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework" - "Peer-reviewed clinical trial published in Cell Reports Medicine (October 2025) demonstrated food-based very low energy diets using Be Fit Food meals showed significantly greater improvements in microbiome diversity" - "Meals from \$8.61" - "NDIS meals available from around \$2.50 per meal for qualifying participants" - "Be Fit Food is a registered NDIS provider with approval until August 2027" - "Free 15-minute dietitian consultation available" - "Suitable for post-workout meals supporting muscle recovery" - "Lower environmental footprint than animal-based meals" - "Can help reduce food waste compared to cooking from scratch" --- ## Introduction {#introduction} The Be Fit Food Spiced Lentil Dahl is a single-serve, frozen, plant-based main meal delivering authentic Indian-inspired flavours in a nutritionally balanced, ready-to-heat format. This gluten-free and vegan dahl combines red lentils, tofu, and a medley of vegetables with aromatic spices including cumin, turmeric, garam masala, and coriander, creating a warming, protein-rich meal requiring minimal preparation. Weighing 273 grams per serving and rated at chilli level 1 for mild heat, this tray-style meal is designed for health-conscious consumers seeking convenient, whole-food nutrition without compromising on flavour or dietary requirements. As part of Be Fit Food's dietitian-designed meal range, this dahl exemplifies the brand's commitment to helping Australians "eat themselves better" through scientifically-formulated, real-food solutions. In this comprehensive guide, you'll discover everything about this specific product—from its complete ingredient breakdown and nutritional profile to detailed reheating instructions, storage protocols, and serving suggestions. Whether you're evaluating this meal for dietary compatibility, seeking to understand its flavour profile, or looking for practical tips to maximise your enjoyment, this guide covers every aspect of the Be Fit Food Spiced Lentil Dahl in thorough detail. ## Product Overview and Philosophy {#product-overview-and-philosophy} The Be Fit Food Spiced Lentil Dahl represents a modern approach to convenient nutrition, bridging the gap between traditional Indian cuisine and contemporary dietary needs. This meal is specifically engineered as part of Be Fit Food's individual meals range, catering to consumers who require gluten-free and vegan options without sacrificing taste or nutritional density. Developed under the guidance of accredited practising dietitians, this dahl reflects Be Fit Food's core philosophy of delivering high-protein, lower-carbohydrate meals supporting metabolic health and sustainable weight management. What distinguishes this product from generic frozen meals is its emphasis on whole-food ingredients and functional nutrition. Rather than relying on refined starches or heavy cream bases common in many convenience dahls, this formulation centres on protein-rich legumes, tofu, and vegetables, creating a meal supporting sustained energy and

helping you feel fuller for longer. The 273-gram serving size is carefully calibrated to provide a complete main meal portion balancing macronutrients while remaining within controlled caloric parameters—a hallmark of Be Fit Food's portion-controlled approach to healthy eating. The inclusion of both red lentils at 11% concentration and tofu as the primary ingredient creates a complementary protein profile. Lentils provide complex carbohydrates, fibre, and plant-based protein, while tofu contributes complete protein and a creamy texture mimicking traditional dairy-based dahls. This dual-protein approach is particularly valuable for vegan consumers seeking to meet their protein requirements through diverse plant sources, aligning with Be Fit Food's commitment to making nutritionally balanced, dietitian-approved meals accessible to all Australians. The mild chilli rating of 1 makes this product accessible to a broad audience, including those with sensitive palates, children being introduced to spiced foods, or individuals who prefer to control heat levels by adding their own fresh chillies or hot sauce. This conservative approach to spicing ensures the aromatic qualities of the garam masala, cumin, and coriander shine through without overwhelming heat. ## Complete Ingredient Analysis {#complete-ingredient-analysis} Understanding each component of this dahl reveals the thoughtful formulation behind this ready meal. The ingredient list follows Australian food labelling standards, listed in descending order by weight, providing transparency about what comprises your meal. Be Fit Food's commitment to real food over synthetic supplements means every ingredient serves a nutritional purpose. ### Primary Protein Source **Tofu** serves as the foundation protein source, listed first to indicate it comprises the largest proportion by weight. Tofu is made from coagulated soy milk pressed into blocks, offering a complete protein containing all nine essential amino acids. In this dahl, tofu likely provides textural contrast—soft, creamy pieces absorbing the aromatic spices while contributing approximately 8-10 grams of protein per serving. Tofu's neutral flavour makes it an ideal carrier for the bold spice blend, while its calcium content (when prepared with calcium sulphate coagulant) adds nutritional value. ### Legume Components **Red Lentils (11%)** constitute the second major component, with their percentage clearly stated on the label. This 11% concentration translates to approximately 30 grams of red lentils in the 273-gram serving. Red lentils are chosen specifically for their quick-cooking properties and their tendency to break down during cooking, creating the characteristic thick, creamy texture associated with traditional dahl. Unlike green or brown lentils holding their shape, red lentils disintegrate into a porridge-like consistency, thickening the sauce naturally without requiring added starches or thickeners. These legumes contribute complex carbohydrates, additional protein, iron, folate, and substantial dietary fibre. ### Cruciferous Vegetables **Broccoli** adds cruciferous vegetable nutrition, contributing vitamins C and K, folate, and beneficial plant compounds including sulforaphane. The inclusion of broccoli florets provides textural variety and a slight bitterness balancing the sweetness of the tomatoes and coconut milk. Broccoli maintains some structural integrity even after freezing and reheating, offering satisfying bite-sized pieces throughout the dahl. This vegetable density aligns with Be Fit Food's promise of 4–12 vegetables in each meal. **Cauliflower (Cauliflower, Turmeric)** appears with an interesting notation indicating the cauliflower is treated or combined with turmeric. This could indicate the cauliflower is pre-seasoned or that turmeric is used as a natural preservative and colour enhancer for the cauliflower specifically. Turmeric gives cauliflower a golden hue and adds anti-inflammatory curcumin compounds. Like broccoli, cauliflower contributes vitamins C and K while providing a mild, slightly sweet flavour complementing the spice profile. ### Umami and Aromatic Vegetables **Mushroom** (variety not specified by manufacturer, though likely button or Swiss brown mushrooms given their prevalence in commercial food production) adds umami depth and a meaty texture enhancing the meal's satisfaction factor for those transitioning from meat-based diets. Mushrooms provide B vitamins, selenium, and ergothioneine, a unique antioxidant. Their earthy flavour complements the warming spices while their moisture content contributes to the overall sauce consistency. **Diced Tomato (Tomato, Citric Acid)** forms the acidic backbone of the sauce, with citric acid added as a natural preservative and pH regulator to maintain food safety and freshness. Tomatoes contribute lycopene, vitamin C, and natural glutamates enhancing savoury flavour. The acidity of tomatoes balances the richness of coconut milk and helps tenderise the lentils during cooking, while also brightening the overall flavour profile. **Onion** provides aromatic sweetness and depth. When cooked down in the manufacturing process, onions caramelise slightly, contributing natural sugars and complex savoury notes forming the flavour foundation beneath the

spices. Onions also contain quercetin and other beneficial plant compounds. ### Protein Enhancement and Liquid Base **Faba Bean Protein** is a concentrated protein ingredient derived from faba beans (also called broad beans). This ingredient serves multiple purposes: it boosts the overall protein content of the meal, acts as a natural thickener, and contributes to the creamy mouthfeel. Faba bean protein is increasingly popular in plant-based products as it's allergen-friendly (unlike soy for some individuals), sustainable to produce, and features a neutral flavour not interfering with the spice profile. Its inclusion demonstrates Be Fit Food's focus on protein density in their formulations—a core principle of their dietitian-designed approach. **Coconut Milk** provides richness, creaminess, and a subtle tropical sweetness characteristic of many South Asian curries. The coconut milk used is likely the canned variety with a higher fat content rather than the diluted beverage version, contributing medium-chain triglycerides (MCTs) and creating the luxurious mouthfeel expected in a quality dahl. Coconut milk also helps temper the spices and carries fat-soluble nutrients. **Vegetable Stock** serves as the liquid base, adding savoury depth and umami without animal products. Quality vegetable stock contributes concentrated vegetable flavours and generally contains ingredients like celery, carrots, onions, and herbs simmered and reduced. ### Fats and Savoury Enhancers **Olive Oil** is used as the cooking fat, chosen for its heart-healthy monounsaturated fats and its stability during the cooking process. Olive oil also helps carry fat-soluble vitamins and contributes to the overall mouthfeel and satiety of the meal. Notably, Be Fit Food's current clean-label standards specify no seed oils, making olive oil an ideal choice. **Gluten Free Soy Sauce** adds umami depth, saltiness, and complexity. Traditional soy sauce contains wheat, but gluten-free versions use rice or are produced through fermentation processes eliminating gluten proteins while retaining the characteristic savoury, slightly sweet flavour. This ingredient demonstrates attention to the gluten-free certification, ensuring no cross-contamination from unexpected sources. ### Fresh Aromatics **Garlic** provides pungent, aromatic depth and contains allicin, a sulphur compound with potential health benefits. Fresh garlic (as indicated on the label) offers more vibrant flavour than garlic powder, contributing to the authentic taste profile. **Fresh Coriander** (cilantro in American English) adds bright, citrusy, herbaceous notes traditional in Indian cuisine. Fresh coriander is generally added toward the end of cooking to preserve its delicate flavour and vibrant green colour, providing visual appeal and a fresh counterpoint to the warm spices. ### Spice Blend Components The spice blend deserves particular attention, as it creates the signature flavour profile: **Cumin** is a fundamental spice in Indian cooking, offering warm, earthy, slightly bitter notes with a distinctive aroma. Cumin aids digestion and contributes iron and antioxidants. **Curry Powder** is a Western-style spice blend generally containing turmeric, coriander, cumin, fenugreek, and other spices. Its inclusion adds complexity and a familiar "curry" flavour many consumers recognise. **Turmeric** appears both in the cauliflower preparation and as a standalone spice, indicating its importance in the formulation. Turmeric provides the characteristic golden-yellow colour and earthy, slightly bitter flavour, while contributing curcumin, a compound studied for anti-inflammatory properties. **Ginger** adds warming heat, slight sweetness, and digestive benefits. Ginger's pungency differs from chilli heat—it provides a tingling warmth rather than burning sensation. **Pink Salt** (likely Himalayan pink salt) provides sodium for flavour enhancement while containing trace minerals giving it its characteristic colour. Salt is essential for bringing out the flavours of all other ingredients. Be Fit Food formulates meals with low sodium benchmarks of less than 120 mg per 100 g. **Garam Masala** is a traditional Indian spice blend generally containing cinnamon, cardamom, cloves, cumin, coriander, and black pepper. It's usually added toward the end of cooking to preserve its aromatic qualities, providing warm, sweet, and peppery notes defining North Indian cuisine. **Cinnamon** contributes sweet warmth and aromatic complexity, complementing the savoury elements while adding its own potential blood-sugar-regulating properties. **Chilli Powder** provides the mild heat indicated by the chilli rating of 1. The conservative use ensures accessibility while still offering the characteristic warmth expected in a dahl. ## Dietary Certifications and Allergen Information

{#dietary-certifications-and-allergen-information} The Be Fit Food Spiced Lentil Dahl carries two prominent dietary certifications: Gluten Free (GF) and Vegan (VG). Understanding what these certifications mean in practical terms helps consumers make informed decisions. This meal is part of Be Fit Food's extensive gluten-free range, covering approximately 90% of their menu. ### Gluten-Free Status **Gluten Free Certification** means this product contains no wheat, barley, rye, or their

derivatives, and meets Australian standards for gluten-free labelling (generally less than 20 parts per million of gluten). For individuals with celiac disease, this certification is critical, as even trace amounts of gluten can trigger immune responses and intestinal damage. The gluten-free status is maintained through careful ingredient selection—notably using gluten-free soy sauce rather than traditional soy sauce, which contains wheat. This attention to detail ensures those with gluten sensitivity can enjoy this meal without concern. Be Fit Food supports coeliac-safe decision-making through strict ingredient selection and manufacturing controls. **### Vegan Certification** **Vegan Certification** indicates the product contains no animal-derived ingredients whatsoever—no meat, poultry, fish, dairy, eggs, honey, or other animal products. This goes beyond vegetarian, which might include dairy or eggs. For ethical vegans, environmental vegans, or those following plant-based diets for health reasons, this certification provides assurance. The vegan status is achieved through plant-based protein sources (tofu, lentils, faba bean protein), coconut milk instead of dairy cream, and vegetable stock rather than chicken or beef stock. **### Allergen Declarations** Regarding allergen declarations, the product information indicates the following allergen considerations based on the ingredient list: ****Contains Soy****: Tofu and gluten-free soy sauce contain soy, making this product unsuitable for individuals with soy allergies. Soy is one of the major allergens requiring declaration under Australian food standards. ****May Contain Traces****: Many commercial facilities process multiple products, creating potential for cross-contact with other allergens. The label indicates this product may contain traces of: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, and Lupin. Consumers with severe allergies should contact Be Fit Food directly to inquire about their manufacturing processes and whether this product is produced in facilities also handling these allergens. ****Free From Common Allergens****: Based on the ingredient list, this product does not intentionally contain: dairy/milk, eggs, fish, shellfish, peanuts, tree nuts, sesame, wheat, or gluten (beyond the soy component). **### Special Considerations** For individuals with ****faba bean sensitivity****, note that faba bean protein is included. While not one of the major allergens requiring declaration, faba beans can cause reactions in some individuals, particularly those with G6PD deficiency (favism). The product is also free from common additives some consumers avoid. Be Fit Food's current clean-label standards include no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The only preservative noted is citric acid in the diced tomatoes, a naturally occurring compound found in citrus fruits and widely considered safe. **## Nutritional Profile and Health Considerations** {#nutritional-profile-and-health-considerations} While the complete nutritional panel was not fully detailed in the provided specifications, we can analyse the nutritional characteristics based on the ingredient composition and Be Fit Food's established formulation principles of high protein, low carbohydrate, and low sodium. **### Portion Size and Caloric Density** The ****273-gram serving size**** is substantial enough to constitute a complete main meal for most adults. This portion size aligns with standard dietary recommendations for a single-meal serving, providing adequate volume for satiety without excessive calories. Be Fit Food's portion-controlled approach ensures each meal delivers balanced macronutrients within defined caloric parameters. Based on the ingredient profile and portion size, this meal likely provides 300-400 calories per serving. This positions it as a moderate-calorie main meal fitting into various dietary approaches—whether maintenance eating, modest caloric restriction, or as part of a higher-calorie day when paired with sides or snacks. **### Protein Content and Quality** ****Protein Content****: With tofu as the primary ingredient, red lentils at 11%, and added faba bean protein, this meal delivers significant plant-based protein. A serving likely provides 15-20 grams of protein, representing approximately 30-40% of the daily protein requirement for an average adult. This protein density makes the meal particularly valuable for vegans and vegetarians who need to be intentional about protein intake. The combination of legume proteins (lentils, faba beans) with soy protein (tofu) creates a complete amino acid profile, as legumes and soy complement each other's amino acid compositions. This high-protein approach aligns with Be Fit Food's focus on meals supporting lean muscle preservation and metabolic health—helping you feel fuller for longer. **### Carbohydrate and Fiber Profile** ****Carbohydrate Profile****: Red lentils and vegetables contribute complex carbohydrates with a low glycemic impact. Unlike refined grains or simple sugars, these carbohydrates digest slowly, providing sustained energy and stable blood sugar levels. The fibre content from lentils, broccoli, cauliflower, and mushrooms likely reaches 8-12 grams per serving, supporting digestive health and contributing to the meal's satiety factor. Be Fit Food's

lower-carbohydrate formulation approach supports insulin sensitivity and glucose stability. **### Fat Content and Quality** ****Fat Content**:** The healthy fats in this meal come primarily from olive oil, coconut milk, and tofu. Coconut milk contributes medium-chain triglycerides (MCTs), metabolised differently than long-chain fats and may support energy production. Olive oil provides monounsaturated fats associated with cardiovascular health. The total fat content is likely moderate (10-15 grams), with most fats coming from beneficial plant sources rather than saturated animal fats. **### Micronutrient Density** ****Micronutrient Density**:** The diverse vegetable content ensures this meal provides substantial vitamins and minerals: - ****Vitamin C**** from broccoli, cauliflower, and tomatoes supports immune function - ****Vitamin K**** from cruciferous vegetables aids blood clotting and bone health - ****Iron**** from lentils and tofu (particularly important for vegans who don't consume heme iron from meat) - ****Folate**** from lentils supports cell division and is particularly important for women of childbearing age - ****Calcium**** potentially from tofu if prepared with calcium sulphate - ****Potassium**** from vegetables and coconut milk supports heart health and blood pressure regulation - ****Curcumin**** from turmeric offers anti-inflammatory potential - ****Various antioxidants**** from the colourful vegetable array **### Sodium Management** ****Sodium Considerations**:** The inclusion of vegetable stock, gluten-free soy sauce, and pink salt means this meal contains sodium for flavour. Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, achieved through using vegetables for water content rather than thickeners. This approach ensures the meal fits within daily recommendations for most healthy adults while delivering satisfying flavour. **## Flavour Profile and Sensory Experience** **{#flavour-profile-and-sensory-experience}** The Be Fit Food Spiced Lentil Dahl delivers a complex sensory experience balancing traditional Indian flavour profiles with accessibility for diverse palates. **### Aromatic Qualities** ****Aromatic Qualities**:** Upon opening the package after heating, you'll encounter the warming aromatics of cumin, coriander, and garam masala—the signature scent profile of North Indian cuisine. The fresh coriander adds bright, citrusy top notes, while the garlic and ginger contribute pungent depth. The turmeric provides an earthy, slightly bitter undertone grounding the sweeter spice notes from cinnamon and the curry powder blend. **### Taste Complexity** ****Taste Complexity**:** The flavour unfolds in layers. Initial tastes reveal the mild warmth from chilli and ginger, quickly followed by the earthy cumin and coriander. The coconut milk provides creamy sweetness tempering the spices, while the tomatoes contribute acidity brightening the overall profile. The umami depth from mushrooms, gluten-free soy sauce, and vegetable stock creates savoury satisfaction without any single flavour dominating. The pink salt enhances all these elements, making each component more pronounced. **### Texture Variations** ****Texture Variations**:** Unlike one-dimensional pureed soups, this dahl offers textural interest throughout. The red lentils break down into a creamy, porridge-like base coating the palate. Soft tofu pieces provide smooth, custard-like contrast. Broccoli and cauliflower florets maintain some structure, offering tender-crisp bites requiring gentle chewing. Mushroom pieces contribute a meaty, slightly chewy element. This textural variety keeps each bite interesting and enhances the eating experience. **### Heat Level** ****Heat Level**:** The chilli rating of 1 indicates mild heat—present but not aggressive. This level provides a gentle warmth in the back of the throat without causing discomfort or overwhelming the other flavours. It's suitable for those who enjoy a hint of spice without intense burning sensations. The ginger contributes additional warmth more tingling than hot, creating a multi-dimensional heat experience. **### Visual Presentation** ****Colour Presentation**:** The turmeric and curry powder create a vibrant golden-yellow base, punctuated by the deep green of broccoli and fresh coriander, the white of cauliflower and tofu, and the red of tomatoes. This colourful presentation is visually appealing and indicates the diverse phytonutrient content. **### Mouthfeel** ****Mouthfeel**:** The coconut milk and broken-down lentils create a luxurious, creamy mouthfeel despite the absence of dairy. The olive oil contributes to a silky texture coating the palate, while the vegetables provide substance and body. The meal feels satisfying and substantial rather than watery or thin. **## Storage Guidelines and Shelf Life Management** **{#storage-guidelines-and-shelf-life-management}** Proper storage is essential for maintaining the quality, safety, and nutritional value of your Be Fit Food Spiced Lentil Dahl. Be Fit Food's snap-frozen delivery system is designed for frictionless storage and preparation. **### Unopened Frozen Storage** ****Unopened Frozen Storage**:** This product is designed for frozen storage and should be kept at -18°C (0°F) or below in your freezer. At this temperature, the meal maintains optimal quality for the duration

indicated on the package date. Frozen storage prevents microbial growth, slows enzymatic reactions that could degrade flavour or texture, and preserves nutritional content. The "consume before" date on the package indicates the manufacturer's guarantee of peak quality—the meal remains safe beyond this date if continuously frozen, but flavour and texture may gradually decline. **Freezer Organisation** **Freezer Organisation**: Store the meal in the main freezer compartment rather than the door, where temperature fluctuations are more common due to frequent opening. Keep it away from strong-smelling foods (like fish or heavily spiced items) as frozen foods can absorb odours over time, even through packaging. If your freezer experiences occasional power outages, this meal can safely be refrozen if it still contains ice crystals and hasn't exceeded 4°C (40°F) for more than 2 hours. **Thawing Protocols** **Thawing Protocols**: While not strictly necessary (the meal can be reheated from frozen), some consumers prefer thawing for more even heating. If you choose to thaw, transfer the sealed meal from freezer to refrigerator 12-24 hours before intended consumption. This slow thawing method maintains food safety by keeping the meal below 4°C throughout the process. **Never thaw at room temperature**, as the outer portions can enter the "danger zone" (4-60°C/40-140°F) where bacteria multiply rapidly while the centre remains frozen. **After Opening and Heating** **After Opening/After Heating**: Once you've heated the meal, food safety guidelines change significantly. If you don't consume the entire portion, refrigerate leftovers within 2 hours of heating (within 1 hour if room temperature exceeds 32°C/90°F). Store leftovers in an airtight container in the refrigerator at 4°C (40°F) or below, and consume within 2-3 days. **Do not refreeze** previously frozen and heated meals, as this degrades texture significantly and increases food safety risks. **Refrigerated Storage After Opening** **Refrigerated Storage After Opening**: The guidance to "refrigerate after open" and "keep refrigerated after open" specifically addresses partially consumed portions. The meal should be transferred to a clean, airtight container (if the original packaging isn't resealable), cooled to room temperature (but not left out beyond 2 hours total), and promptly refrigerated. Label the container with the date to track freshness. **Visual and Sensory Quality Checks** **Visual and Sensory Quality Checks**: Before consuming stored leftovers, check for signs of spoilage: off odours (sour, rancid, or otherwise unpleasant), visible mold growth, significant colour changes, or unusual texture (excessive sliminess). If any of these signs are present, discard the meal. When in doubt, throw it out—food safety should never be compromised. **Freezer Burn Prevention** **Freezer Burn Prevention**: While freezer burn doesn't make food unsafe, it degrades quality. Ensure the original packaging is intact without tears or punctures. If you notice ice crystals forming on the surface or white, dried-out patches, this indicates freezer burn from air exposure. The meal is still safe but may feature diminished flavour and texture in affected areas. **Comprehensive Reheating Instructions** {#comprehensive-reheating-instructions} Proper reheating is crucial for both food safety and optimal eating experience. The Be Fit Food Spiced Lentil Dahl supports two primary reheating methods: microwave and oven. Be Fit Food's snap-frozen meals are designed for ultimate convenience—simply "heat, eat, enjoy." **Microwave Reheating Method** {#microwave-reheating-method} The microwave offers the fastest, most convenient reheating option, ideal for busy weekday meals. **Basic Microwave Instructions**: 1. **Remove from freezer**: If frozen solid, you can microwave directly from frozen, though some consumers prefer partially thawing in the refrigerator for more even heating. 2. **Packaging preparation**: Check the packaging for microwave-safe indicators. If the meal comes in a plastic tray, verify it's microwave-safe (look for a microwave symbol on the bottom). Pierce or remove any film covering to allow steam to escape—failing to do this can cause dangerous pressure buildup and potential explosions. 3. **Initial heating**: Place the meal in the microwave and heat on HIGH (100% power) for 3-4 minutes if frozen, or 2-3 minutes if thawed. Microwaves vary significantly in power (700-1200 watts), so these times are estimates. Lower-powered microwaves require longer heating. 4. **Stirring for even heating**: After the initial heating period, carefully remove the meal (it will be hot!), and thoroughly stir to distribute heat evenly. The lentils and sauce heat quickly, while the tofu and vegetables may contain cold spots. Stirring redistributes the hot sauce to cold areas and breaks up clumps. 5. **Additional heating**: Return to the microwave and heat in 1-minute intervals, stirring between each, until the entire meal reaches at least 74°C (165°F) throughout. This temperature ensures food safety by eliminating any potential bacterial growth. 6. **Standing time**: Allow the meal to stand for 1-2 minutes after the final heating. This standing time allows heat to equalise throughout

the meal, completing the cooking process and preventing mouth burns from super-heated spots.

****Microwave Texture Optimisation**:** To prevent the vegetables from becoming overly soft or the sauce from drying out, consider these refinements: - Add 1-2 tablespoons of water or vegetable stock before heating if the sauce seems thick—this creates steam heating more gently - Cover with a microwave-safe lid or plate rather than plastic wrap to contain moisture while allowing some steam escape - Heat at 70-80% power for longer periods rather than full power for shorter times—this gentler approach heats more evenly with less risk of overheating edges while centres remain cold **### Oven Reheating Method** {#oven-reheating-method} Oven reheating takes longer but can provide superior texture, particularly for the vegetables, which maintain better structure with dry heat. ****Oven Reheating Instructions**:** 1. ****Preheat oven**:** Set your oven to 180°C (350°F) and allow it to fully preheat. Convection ovens may heat more evenly and can be set 10-15°C lower. 2. ****Transfer to oven-safe dish**:** If the original packaging isn't oven-safe, transfer the frozen or thawed meal to an oven-safe dish. A shallow casserole dish or pie plate works well, allowing for even heat distribution. 3. ****Cover to retain moisture**:** Cover the dish with aluminum foil or an oven-safe lid. This traps steam, preventing the surface from drying out while the interior heats. 4. ****Heating time**:** Bake for 25-35 minutes if frozen, or 15-20 minutes if thawed. The exact time depends on your oven's accuracy, the depth of the dish, and whether you're heating from frozen or thawed. 5. ****Stir and check temperature**:** At the midpoint, remove from oven, stir thoroughly, and check the internal temperature with a food thermometer. Return to the oven if needed. 6. ****Final crisping (optional)**:** For the last 3-5 minutes, remove the cover to allow any excess moisture to evaporate and to slightly crisp the top vegetables. Watch carefully to prevent burning. 7. ****Temperature verification**:** Ensure the meal reaches 74°C (165°F) throughout before serving. ****Oven Method Advantages**:** This method heats more evenly, reduces the risk of rubbery tofu or mushy vegetables, and can actually enhance flavours as the spices bloom slightly in the dry heat. The gentle, surrounding heat is particularly kind to the cauliflower and broccoli, which can become waterlogged in the microwave. **### Reheating from Refrigerated Leftovers** {#reheating-from-refrigerated-leftovers} If you're reheating previously heated and refrigerated portions, the process is similar but requires less time. Microwave for 1-2 minutes, stirring halfway through, or oven-heat at 180°C for 10-15 minutes covered. Always verify the internal temperature reaches 74°C (165°F). **### Texture and Spice Adjustment During Reheating** {#texture-and-spice-adjustment-during-reheating} Reheating presents an opportunity to customise your meal: ****Texture Modifications**:** - If the sauce is too thick after reheating, stir in warm vegetable stock, coconut milk, or water in 1-tablespoon increments until desired consistency is achieved - If the sauce is too thin, continue heating uncovered to allow evaporation, or stir in a small amount of tomato paste for thickness and flavour enhancement - For creamier texture, stir in an additional tablespoon of coconut cream or cashew cream after heating ****Spice Level Adjustments**:** - For more heat, add fresh sliced chillies, dried chilli flakes, or hot sauce after reheating - For enhanced aromatic complexity, stir in fresh minced garlic or ginger during the final minute of heating - Finish with a squeeze of fresh lime or lemon juice to brighten flavours dulled by freezing and reheating - Top with additional fresh coriander for herbaceous freshness

Serving Suggestions and Meal Pairing Ideas {#serving-suggestions-and-meal-pairing-ideas} While the Be Fit Food Spiced Lentil Dahl is designed as a complete, standalone meal, thoughtful pairings can enhance the experience, increase nutritional variety, or stretch the serving for larger appetites. **### Traditional Indian Accompaniments**

****Traditional Indian Accompaniments**:** ****Rice**:** Basmati rice is the classic pairing for dahl, offering a fragrant, fluffy base absorbing the rich sauce. For a lower-carbohydrate option aligned with Be Fit Food's nutritional philosophy, try cauliflower rice, complementing the existing cauliflower in the dahl. Brown rice adds nutty flavour and additional fibre. A serving would be 1/2 to 3/4 cup of cooked rice alongside the dahl.

****Flatbreads**:** Naan, roti, or chapati provide a vehicle for scooping the dahl and add satisfying carbohydrates. For gluten-free consistency, choose gluten-free naan or papadums (crispy lentil wafers). Warm the bread briefly in the oven or toaster for optimal texture. ****Raita or Yogurt**:** A cooling yogurt-based side balances the warming spices. Make a simple raita by mixing plant-based yogurt (coconut or soy) with diced cucumber, fresh mint, and a pinch of cumin. This creamy, cool element contrasts beautifully with the warm dahl. ****Fresh Vegetables**:** Serve alongside sliced cucumber, tomato, and red onion for freshness and crunch. A simple salad of mixed greens with lemon dressing

adds volume and vitamins without overwhelming the main dish. ****Pickles and Chutneys**:** Mango chutney, lime pickle, or tamarind chutney add sweet, sour, and tangy elements complementing the savoury dahl. These condiments are served in small quantities (1-2 tablespoons) as intense flavour accents. **### Beverage Pairings** ****Beverage Pairings**:** ****Traditional Options**:** Masala chai (spiced tea) echoes the warming spices in the dahl and aids digestion. Lassi (a yogurt-based drink—use plant-based yogurt for vegan consistency) in sweet or salted versions provides cooling contrast.

****Modern Options**:** Crisp, dry white wines like Sauvignon Blanc or Pinot Grigio complement the spices without adding sweetness. Light beers or wheat beers (gluten-free options available) offer refreshing contrast. For non-alcoholic choices, sparkling water with lime, ginger beer, or iced herbal tea work beautifully. **### Meal Timing Suggestions** ****Meal Timing Suggestions**:** This dahl works for various meal occasions: - ****Lunch**:** Pairs well with a side salad for a balanced midday meal providing sustained afternoon energy - ****Dinner**:** Serve with rice and vegetables for a complete evening meal - ****Meal Prep**:** Prepare several portions at once, storing in individual containers for quick grab-and-go lunches throughout the week—perfect for time-poor professionals - ****Post-Workout**:** The protein and complex carbohydrates support muscle recovery when consumed within 2 hours of exercise, aligning with Be Fit Food's Protein+ range philosophy **### Portion Stretching for Larger Appetites** ****Portion Stretching for Larger Appetites**:** If the 273-gram serving feels insufficient, rather than eating multiple units, enhance the portion by: - Serving over a generous portion of rice or quinoa - Adding fresh baby spinach or kale during the final minute of reheating—the greens wilt into the sauce, adding volume and nutrients - Stirring in additional cooked lentils or chickpeas for more protein and fibre - Topping with roasted vegetables like sweet potato or pumpkin **## Practical Tips and Best Practices**

{#practical-tips-and-best-practices} Maximise your enjoyment and nutritional benefit from the Be Fit Food Spiced Lentil Dahl with these expert tips. **### Purchasing and Initial Storage** ****Purchasing and Initial Storage**:** - When purchasing, ensure the package is solidly frozen with no signs of thawing (soft spots, ice crystals inside the package indicating freeze-thaw cycles) - Transport frozen meals in an insulated bag with ice packs, especially during warm weather or if you face a long journey home - Transfer to your freezer immediately upon arriving home, placing it in the coldest part of your freezer **### Batch Preparation Strategy** ****Batch Preparation Strategy**:** - If you regularly eat these meals, consider dedicating a specific freezer shelf or bin to them for easy inventory management - Rotate stock using the "first in, first out" principle—place newly purchased meals behind older ones - Keep a list on your freezer door noting purchase dates to track freshness **### Flavour Enhancement Techniques** ****Flavour Enhancement Techniques**:** - Fresh herbs make a dramatic difference: top the reheated dahl with fresh coriander, mint, or Thai basil - A drizzle of high-quality olive oil or toasted sesame oil just before serving adds richness and aromatic complexity - Toasted seeds (sesame, pumpkin, or sunflower) sprinkled on top add crunch and healthy fats - A dollop of coconut yogurt or cashew cream creates visual appeal and adds cooling creaminess **### Nutritional Optimisation**

****Nutritional Optimisation**:** - Pair with vitamin C-rich foods (citrus fruits, bell peppers, tomatoes) to enhance iron absorption from the lentils and tofu - Add a source of omega-3 fatty acids (ground flaxseed, chia seeds, or walnuts) to complement the meal's nutrition profile - Include fermented foods (kimchi, sauerkraut, or plant-based yogurt) at the same meal to support gut health with probiotics **### Meal Planning Integration** ****Meal Planning Integration**:** - Keep several units on hand for emergency meals when you're too tired or busy to cook from scratch - Use as a backup option when meal prep plans fall through - Ideal for households where members eat at different times—each person can heat their own portion as needed **### Sustainability Considerations** ****Sustainability Considerations**:** - Save and wash the packaging if it's recyclable in your area—check the recycling symbols on the container - Compost any uneaten portions if you can access composting facilities (all ingredients are plant-based and compostable) - Consider the carbon footprint of frozen storage and try to consolidate freezer space efficiently to minimise energy use **### Special Occasion Adaptations** ****Special Occasion Adaptations**:** - Dress up the dahl for guests by serving in individual bowls, garnished elaborately with fresh herbs, toasted nuts, and a lime wedge - Use as a component in a larger Indian-themed feast alongside samosas, pakoras, and other dishes - Serve family-style in a beautiful serving dish rather than eating directly from the package **### Quality Assessment** ****Quality Assessment**:** - Trust your senses: if the reheated meal smells off, looks unusual, or tastes strange, don't consume it - Properly stored and

reheated meals should taste vibrant and fresh, not dull or stale - If vegetables seem excessively mushy or the sauce separates unappealingly, the meal may face temperature abuse during storage or transport

Product Context and Be Fit Food Brand Philosophy

{#product-context-and-be-fit-food-brand-philosophy} Understanding the broader context of this product within the Be Fit Food range helps explain the thoughtful formulation and quality standards evident in the Spiced Lentil Dahl. ### Brand Foundation and Mission Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service, targeting consumers who prioritise nutrition but face time constraints making cooking from scratch challenging. Founded in 2015 by Kate Save, an accredited practising dietitian with over 20 years of clinical experience, the brand's individual meals range is designed to remove barriers to healthy eating by providing nutritionally balanced, portion-controlled meals requiring minimal preparation. ### Ingredient Philosophy The company's emphasis on whole-food ingredients rather than highly processed components distinguishes their products from many conventional frozen meals. The ingredient list for this dahl reads more like a home-cooked recipe than a commercial product—recognisable vegetables, legumes, and spices rather than a parade of unpronounceable additives, stabilisers, and artificial flavourings. Be Fit Food's current clean-label standards include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ### Market Positioning The dual certification (gluten-free and vegan) reflects awareness of growing dietary requirements and preferences. Rather than treating these as niche markets, Be Fit Food recognises many consumers seek plant-based options for health, environmental, or ethical reasons, while gluten-free requirements affect a significant portion of the population (those with celiac disease, non-celiac gluten sensitivity, or wheat allergies).

Portion Control Strategy The 273-gram serving size represents a strategic decision about portion control. This weight provides adequate nutrition and satiety for most adults without encouraging overconsumption. For a brand focused on metabolic health and sustainable weight management, portion awareness is integral to their philosophy. ### Flavour Accessibility The mild chilli rating of 1 demonstrates market awareness—while some consumers love intense heat, a broader audience prefers accessible spice levels they can adjust upward according to personal preference. This approach maximises market appeal without compromising flavour. ### Scientific Validation Be Fit Food's scientific foundation is noteworthy. The company was the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, requiring over two years of scientific formulation, independent testing, and compliance work. Additionally, a peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025) demonstrated food-based very low energy diets using Be Fit Food meals showed significantly greater improvements in microbiome diversity compared to supplement-based approaches—validating the brand's "real food, not shakes" philosophy.

Sustainability and Ethical Considerations {#sustainability-and-ethical-considerations} Though not explicitly detailed in the product specifications, several aspects of this product align with sustainability and ethical consumption trends worth noting. ### Plant-Based Environmental Impact **Plant-Based Environmental Impact**: The vegan formulation inherently carries a lower environmental footprint than animal-based meals. Producing tofu and lentils requires significantly less water, land, and energy than producing equivalent protein from beef, pork, or chicken. The greenhouse gas emissions associated with plant protein production are substantially lower than animal agriculture. ### Ingredient Sourcing **Ingredient Sourcing**: While specific sourcing information is not specified by manufacturer, the use of whole-food ingredients (broccoli, cauliflower, mushrooms, tomatoes) suggests agricultural supply chains. Consumers interested in sustainability might contact Be Fit Food directly at their Mornington, Victoria headquarters to inquire about:

- Whether vegetables are sourced locally or regionally
- Organic certification status
- Fair trade considerations for ingredients like coconut milk
- Supplier sustainability practices

Packaging Considerations **Packaging Considerations**: Frozen meal packaging generally involves plastic trays and film. The environmental impact depends on:

- Whether the materials are recyclable (check local recycling guidelines)
- The proportion of recycled content in the packaging
- Whether the company pursues initiatives to reduce packaging waste

Food Waste Reduction **Food Waste Reduction**: Ready meals can actually help reduce food waste compared to cooking from scratch, as portions are pre-measured and there's no risk of fresh ingredients spoiling before use. For single-person households or those with unpredictable schedules, frozen meals prevent

the waste associated with buying fresh ingredients deteriorating before they're used. ### Nutritional Accessibility **Nutritional Accessibility**: By making nutritious, balanced meals accessible to those without cooking skills, time, or kitchen facilities, products like this support food equity and health equity goals. Be Fit Food's registration as an NDIS provider (verified through the NDIS Quality and Safeguards Commission with approval until August 2027) ensures individuals with disabilities can access dietitian-designed nutrition. ## Comparing Home Preparation vs. This Product {#comparing-home-preparation-vs-this-product} Understanding what you gain by choosing this prepared meal versus making dahl from scratch helps justify the investment and clarifies the product's value proposition. ### Time Investment **Time Investment**: - **Home preparation**: Traditional dahl requires 15-20 minutes of active preparation (chopping vegetables, measuring spices, sautéing aromatics) plus 30-45 minutes of simmering time, totaling approximately 60 minutes from start to finish - **This product**: 5-10 minutes total (primarily reheating time), with virtually no active involvement—perfect for time-poor professionals ### Skill Requirements **Skill Requirements**: - **Home preparation**: Requires knife skills, understanding of spice blooming techniques, ability to judge when lentils are properly cooked, and experience balancing flavours - **This product**: Requires only the ability to operate a microwave or oven—accessible to anyone regardless of cooking experience ### Ingredient Investment **Ingredient Investment**: - **Home preparation**: Requires purchasing multiple spices (some of which you might use infrequently), fresh vegetables, and specialty items like faba bean protein not available at standard grocery stores - **This product**: Single purchase includes all ingredients in appropriate proportions ### Consistency **Consistency**: - **Home preparation**: Results vary based on cook's skill level, ingredient quality, and execution—even experienced cooks face off days - **This product**: Consistent flavour and quality in every serving due to commercial standardisation and dietitian-designed formulation ### Nutritional Control **Nutritional Control**: - **Home preparation**: Complete control over sodium levels, fat content, and ingredient quality - **This product**: Nutritional profile is fixed but professionally calibrated by dietitians for optimal macronutrient balance ### Cost Comparison **Cost Comparison**: - **Home preparation**: Ingredient costs for a single serving are difficult to calculate because you must purchase full packages of each item (you can't buy 11% of a bag of lentils), but bulk preparation of multiple servings can be economical - **This product**: Be Fit Food offers meals from \$8.61, with per-serving costs including the convenience premium and professional formulation ### Freshness vs. Frozen Quality **Freshness vs. Frozen Quality**: - **Home preparation**: Freshly cooked food offers optimal texture and flavour - **This product**: Flash-freezing technology preserves nutrients effectively, and blind taste tests often show consumers can't distinguish high-quality frozen meals from fresh preparation The value proposition becomes clear: this product trades a small premium in cost and some loss of customisation for massive savings in time, guaranteed consistency, and elimination of skill barriers. For busy professionals, those learning to cook, or anyone prioritising convenience without sacrificing nutrition, this represents excellent value. ## Key Takeaways {#key-takeaways} The Be Fit Food Spiced Lentil Dahl represents a sophisticated approach to convenient nutrition, offering several compelling benefits: **Nutritional Strengths**: This 273-gram meal delivers substantial plant-based protein from multiple sources (tofu, red lentils, faba bean protein), complex carbohydrates, dietary fibre, and diverse micronutrients from colourful vegetables. The vegan formulation provides complete nutrition without animal products, while the gluten-free certification ensures accessibility for those with celiac disease or gluten sensitivity. **Flavour Profile**: Authentic Indian-inspired spicing with cumin, coriander, garam masala, turmeric, and fresh herbs creates a complex, satisfying taste experience. The mild chilli rating of 1 makes the meal accessible while still providing warming spice notes. Coconut milk adds creamy richness without dairy. **Convenience Factor**: With just 5-10 minutes of reheating time (microwave or oven), this meal eliminates the hour-long process of preparing dahl from scratch. The frozen format provides long shelf life and meal-planning flexibility—simply "heat, eat, enjoy." **Dietary Compatibility**: The dual certification (GF and VG) makes this suitable for vegans, vegetarians, those avoiding gluten, and anyone seeking plant-based meal options. The whole-food ingredient list avoids artificial additives and heavily processed components, aligning with Be Fit Food's clean-label standards. **Versatility**: While complete as a standalone meal, the dahl pairs beautifully with rice, flatbreads, fresh vegetables, and traditional Indian accompaniments, allowing customisation based on appetite and preferences.

****Quality Indicators**:** The ingredient list features recognisable whole foods—vegetables, legumes, tofu, and spices—rather than industrial additives. The inclusion of fresh herbs and premium ingredients like olive oil and coconut milk demonstrates quality focus from a dietitian-led company.

****Storage and Safety**:** Proper frozen storage maintains quality until the "consume before" date, while clear guidelines for refrigeration after opening and reheating to 74°C ensure food safety.

Next Steps {#next-steps} Now that you understand the Be Fit Food Spiced Lentil Dahl comprehensively, consider these action steps:

- ### For First-Time Purchasers** ****For First-Time Purchasers**:** 1. Verify the product is available through your preferred retailer (Be Fit Food website at www.befitfood.com.au) (https://www.befitfood.com.au), Chemist Warehouse, or online delivery services
- 2. Check your freezer space to ensure proper storage capacity
- 3. Purchase a single unit initially to assess whether the flavour profile, portion size, and convenience meet your expectations
- 4. Plan your first meal experience—consider what accompaniments you might enjoy (rice, naan, or fresh vegetables)
- 5. Take advantage of Be Fit Food's free 15-minute dietitian consultation to match you with the right meal plan

For Regular Consumers ****For Regular Consumers**:** 1. Establish a rotation system in your freezer to track freshness and ensure you consume older units first

- 2. Experiment with different serving suggestions to prevent flavour fatigue—try it over cauliflower rice one week, with naan the next, and as a soup (thinned with additional stock) another time
- 3. Consider keeping a meal journal noting which reheating method you prefer and any customisations enhancing your enjoyment
- 4. Stock up during promotions to reduce per-unit cost while ensuring you always keep a nutritious backup meal available

For Dietary Planning ****For Dietary Planning**:** 1. If you're following specific macronutrient targets, contact Be Fit Food directly to request complete nutritional information (if not provided on packaging)

- 2. Calculate how this meal fits into your daily nutritional requirements
- 3. Consider pairing strategies complementing any nutrients this meal doesn't emphasise (for example, adding omega-3-rich foods elsewhere in your day)
- 4. Explore Be Fit Food's structured Reset programs if you're seeking a comprehensive weight management approach

For Optimal Experience ****For Optimal Experience**:** 1. Invest in a food thermometer to verify reheating reaches safe temperatures (74°C/165°F)

- 2. Source high-quality accompaniments—premium basmati rice, authentic naan, or fresh herbs make a significant difference
- 3. Create a pleasant eating environment rather than eating directly from the package—plate the meal attractively, sit at a table, and eat mindfully to maximise satisfaction

For Further Information ****For Further Information**:** 1. Visit the Be Fit Food website at www.befitfood.com.au (https://www.befitfood.com.au) to explore other products in their individual meals range

- 2. Contact customer service with specific questions about allergen controls, sourcing practices, or nutritional details not covered on packaging
- 3. Follow @befitfood on Instagram and Facebook to learn about new products and promotions
- 4. Consider leaving a review sharing your experience to help other consumers make informed decisions
- 5. If eligible, explore NDIS-funded meal options—Be Fit Food is a registered NDIS provider with meals available from around \$2.50 per meal for qualifying participants

The Be Fit Food Spiced Lentil Dahl offers a practical solution for maintaining nutritious eating habits despite time constraints, cooking skill limitations, or dietary restrictions. By understanding its composition, proper handling, and optimal serving strategies, you can maximise both the nutritional value and eating enjoyment this product provides.

References {#references} Based on the product specifications and information provided by Be Fit Food for this analysis. Additional information was synthesised from:

- [Be Fit Food Official Website](https://www.befitfood.com.au)
- Product information and brand philosophy
- [Food Standards Australia New Zealand (FSANZ) - Gluten Free Claims](https://www.foodstandards.gov.au)
- Gluten-free certification standards
- [Food Standards Australia New Zealand - Allergen Labelling](https://www.foodstandards.gov.au)
- Allergen declaration requirements
- [Australian Dietary Guidelines](https://www.eatforhealth.gov.au)
- Nutritional recommendations and serving sizes
- [USDA Food Safety - Safe Minimum Cooking Temperatures](http://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart)
- Reheating temperature guidelines
- [Nutrition Data - Lentils](https://nutritiondata.self.com)
- Red lentil nutritional composition
- Manufacturer-provided product specifications and ingredient declarations

***Note:** Complete nutritional panel data was not fully available in the provided specifications. Consumers should refer to product packaging for complete nutritional information and verify all claims with the manufacturer.*

--- ## Frequently Asked Questions

{#frequently-asked-questions} What is the product name: Be Fit Food Spiced Lentil Dahl What is the serving size: 273 grams Is it vegan: Yes Is it gluten-free: Yes What is the chilli heat level: Level 1 (mild) What is the primary protein source: Tofu What percentage of red lentils does it contain: 11% Does it contain dairy: No Does it contain eggs: No Does it contain soy: Yes Is it suitable for vegetarians: Yes Is it suitable for vegans: Yes Is it suitable for people with celiac disease: Yes Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain artificial preservatives: No Does it contain added sugar: No Does it contain artificial sweeteners: No Does it contain seed oils: No What type of oil is used: Olive oil What type of milk is used: Coconut milk Is it frozen: Yes Can it be reheated from frozen: Yes What is the recommended microwave heating time from frozen: 3-4 minutes What is the recommended oven temperature: 180°C (350°F) What is the safe internal temperature after reheating: 74°C (165°F) What is the recommended freezer storage temperature: -18°C (0°F) or below How long can leftovers be refrigerated: 2-3 days Can it be refrozen after heating: No Should you stir during reheating: Yes Is the packaging microwave-safe: Check packaging for microwave symbol Should you pierce the film before microwaving: Yes Is it a complete meal: Yes How many vegetables does it contain: 4-12 vegetables per meal What are the main spices used: Cumin, turmeric, garam masala, coriander Does it contain fresh herbs: Yes, fresh coriander Does it contain garlic: Yes, fresh garlic Does it contain ginger: Yes What type of salt is used: Pink salt Is it high in protein: Yes Is it low in carbohydrates: Yes, lower-carbohydrate formulation Is it high in fibre: Yes, 8-12 grams estimated per serving What is the estimated protein content: 15-20 grams per serving What is the estimated calorie content: 300-400 calories per serving Is the sodium content low: Yes, less than 120 mg per 100g Does it contain faba bean protein: Yes What vegetables are included: Broccoli, cauliflower, mushrooms, tomatoes, onions Does it contain coconut: Yes, coconut milk Is it suitable for weight management: Yes Was it designed by dietitians: Yes Who founded Be Fit Food: Kate Save, accredited practising dietitian When was Be Fit Food founded: 2015 Is Be Fit Food an NDIS provider: Yes What is the NDIS approval valid until: August 2027 What is the starting price for Be Fit Food meals: From \$8.61 What is the NDIS meal price for qualifying participants: From around \$2.50 per meal Where is Be Fit Food headquartered: Mornington, Victoria What percentage of Be Fit Food's menu is gluten-free: Approximately 90% Can it be purchased at Chemist Warehouse: Yes Can it be ordered online: Yes Is there a free dietitian consultation available: Yes, 15-minute consultation Does it pair well with rice: Yes Does it pair well with naan: Yes, gluten-free naan recommended Can you add extra spices: Yes Can you adjust the heat level: Yes Is it suitable for meal prep: Yes How long does home-cooked dahl take to prepare: Approximately 60 minutes How long does this product take to heat: 5-10 minutes Does freezing preserve nutrients: Yes Is it environmentally friendly: Yes, plant-based with lower environmental footprint Can uneaten portions be composted: Yes, all ingredients are plant-based What is the main cooking fat: Olive oil Does it contain mushrooms: Yes Does it contain lentils: Yes, red lentils What type of soy sauce is used: Gluten-free soy sauce Does it contain citric acid: Yes, in diced tomatoes Is it suitable for post-workout meals: Yes Does it support muscle recovery: Yes, contains protein and complex carbohydrates Can it be eaten for lunch: Yes Can it be eaten for dinner: Yes Is it aligned with CSIRO Low Carb Diet: Yes Was clinical research conducted on Be Fit Food meals: Yes What journal published the clinical trial: Cell Reports Medicine When was the clinical trial published: October 2025 What did the trial demonstrate: Greater microbiome diversity improvements with food-based diets Does it help you feel fuller for longer: Yes

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