

SPILENDAH - Food & Beverages Quick Recipe Ideas -

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Details:

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Facts {#verified-label-facts} **Product Identification:** - Product name: Spiced Lentil Dahl (GF) (VG) MP7 - Brand: Be Fit Food - Product code: 9358266000670 - Pack size: 273g (single serve) - Category: Food & Beverages / Ready-to-Eat Meals **Ingredients (in descending order by weight):** - Tofu (primary ingredient) - Red Lentils (11%) - Broccoli - Cauliflower (with Turmeric) - Mushrooms - Diced Tomato (with Citric Acid) - Onion - Faba Bean Protein - Coconut Milk - Vegetable Stock - Olive Oil - Gluten Free Soy Sauce - Garlic - Fresh Coriander - Spices: Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Garam Masala, Cinnamon, Chilli Powder **Allergen Information:** - Contains: Soybeans - May contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin **Certifications:** - Gluten-free (GF) certified - Vegan (VG) certified **Free From:** - Artificial colours - Artificial flavours - Artificial preservatives - Added sugar - Seed oils **Storage Instructions:** - Store frozen at -18°C (0°F) or below - Use by date marked on packaging **Preparation Instructions:** - Microwave: 6-8 minutes from frozen - Oven: 25-30 minutes from frozen - Reheat to internal temperature of at least 75°C (165°F) **Product Characteristics:** - Chilli rating: 1 (mild) - Format: Single-serve frozen meal in heat-and-eat tray - Diet classifications: Gluten-free, Vegan ### General Product Claims {#general-product-claims} **Health and Wellness Claims:** - Supports health-conscious individuals seeking plant-based meal solutions - Nutritionally balanced format - Complete protein nutrition from complementary amino acid profile - Supports sustainable weight loss and improved metabolic health - May support individuals managing dietary restrictions - Helps you feel fuller for longer (satiety effects) - Suitable for post-workout recovery when muscle protein synthesis is elevated - May support digestive health and blood sugar regulation - Anti-inflammatory benefits from turmeric, ginger, and other spices - Contains compounds studied for potential health benefits (isoflavones, sulforaphane, curcumin, gingerol, quercetin) - May boost metabolism (capsaicin) - May help regulate blood sugar (cinnamon) - Supports lean muscle preservation - Lower glycemic impact than refined grains - Cardiovascular health benefits (olive oil, coconut MCTs) - Supports immune function (garlic, zinc) - May reduce muscle soreness (ginger) - May support digestive comfort - Antioxidant properties from various plant compounds - Suitable for individuals managing hypertension (low sodium) - Reduces carbon footprint (plant-based eating) **Quality and Preparation Claims:** - Restaurant-quality flavors - Eliminates meal preparation time - Authentic Indian-inspired flavors - CSIRO-backed nutritional science - Dietitian-designed meal - Thoughtful composition featuring whole food ingredients - Real food philosophy - Convenient meal solutions that don't compromise on flavor or nutrition - Sophisticated spice blend and layered flavors - Genuinely delicious and satisfying - Snap-frozen format preserves both nutrition and flavor - Simple "heat, eat, enjoy" convenience **Service and Support Claims:** - Australia's leading dietitian-designed meal delivery service - Free dietitian consultations available - First commercial meal partner to develop ready-made meals aligned to CSIRO Low Carb Diet framework - Peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025) - Registered NDIS provider - Delivery covers 70% of Australian postcodes - Over 20 years of clinical experience (founder Kate Save) **Comparative and Marketing Claims:** - Distinguishes from generic frozen meals - More nutritious than supplement-based alternatives - Better than processed meat substitutes - Superior to meals with artificial flavor enhancers - Estimated protein content: 20-30 grams per serving - Estimated fiber content: 8-12 grams per serving - Represents 40-60% of recommended daily protein intake - Represents 25-40% of recommended daily fiber intake - Sodium benchmark: Less than 120 mg per 100g - Approximately 90% of Be Fit Food menu is gluten-free --- ## Be Fit Food Spiced Lentil Dahl - Complete Product Guide ## Introduction {#introduction} This single-serve frozen ready meal brings authentic Indian-inspired flavors to your table in a convenient, nutritionally balanced format. The Be Fit Food Spiced Lentil Dahl supports health-conscious individuals seeking plant-based meal solutions without compromising on taste or nutrition. This gluten-free, vegan dahl combines protein-rich tofu and red lentils with a carefully curated blend of aromatic spices including cumin, turmeric, garam masala, and coriander. The result is a mildly spiced (chilli rating: 1) curry-style dish that serves as a complete main meal requiring only simple reheating. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals. The company's mission helps Australians achieve sustainable weight loss and improved metabolic health through thoughtfully formulated meals. This comprehensive guide covers everything you need to know about this specific product, from its complete nutritional profile and ingredient breakdown to creative serving suggestions,

optimal reheating techniques, and practical tips for incorporating this versatile meal into your weekly menu rotation. Whether you're new to plant-based eating, managing dietary restrictions, or simply seeking convenient meal solutions that don't compromise on flavor or nutrition, this guide will equip you with the knowledge to maximize your experience with this spiced lentil dahl. --- ## Product Overview and Key Highlights {#product-overview-and-key-highlights} The Be Fit Food Spiced Lentil Dahl arrives as a 273-gram single-serve frozen meal packaged in a heat-and-eat tray format that eliminates meal preparation time while delivering restaurant-quality flavors. The product's dual certification as both gluten-free (GF) and vegan (VG) makes it accessible to individuals with celiac disease, gluten sensitivity, or those following plant-based diets for health, ethical, or environmental reasons. What distinguishes this dahl from generic frozen meals is its thoughtful composition featuring whole food ingredients rather than relying on processed meat substitutes or artificial flavor enhancers. Be Fit Food's commitment to real food means no artificial colours, artificial flavours, artificial preservatives, or added sugars appear in this formulation. The foundation combines tofu as the primary protein source with red lentils (comprising 11% of the total formulation), creating a complementary amino acid profile that delivers complete protein nutrition. The inclusion of cruciferous vegetables like broccoli and cauliflower adds both nutritional density and textural variety, while the coconut milk base provides creamy richness without dairy products. The spice blend represents authentic Indian cooking traditions, incorporating cumin, curry powder, turmeric, ginger, garam masala, and cinnamon in proportions that create complexity without overwhelming heat. The mild chilli rating of 1 ensures the dish remains approachable for those sensitive to spice while still delivering the warming, aromatic qualities characteristic of traditional dahl preparations. This product serves as a complete main meal for individuals seeking convenient nutrition that doesn't compromise on ingredient quality or culinary authenticity. --- ## Complete Ingredient Analysis and Nutritional Breakdown

{#complete-ingredient-analysis-and-nutritional-breakdown} Understanding each component of this dahl helps you appreciate both its nutritional value and flavor profile. The ingredient list follows Australian food labeling standards, with components listed in descending order by weight. Be Fit Food's dietitian-led approach ensures every ingredient serves a nutritional purpose. ### Primary Protein Sources {#primary-protein-sources} **Tofu** serves as the primary ingredient, providing the bulk of the meal's protein content. As a complete soy-based protein containing all nine essential amino acids, tofu offers approximately 8-10 grams of protein per 100 grams, meaning this 273-gram serving likely delivers 20-25 grams of protein depending on tofu concentration. Tofu also contributes calcium, iron, and isoflavones—plant compounds with potential health benefits. **Red Lentils (11%)** constitute the second major protein source, contributing approximately 30 grams to the total formulation. Red lentils cook quickly and break down to create the characteristic thick, creamy texture of traditional dahl. Beyond protein (approximately 9 grams per 100 grams of cooked lentils), they provide dietary fiber, folate, iron, and resistant starch that supports digestive health and blood sugar regulation. **Faba Bean Protein** represents a concentrated plant protein ingredient derived from fava beans (also called broad beans). This addition boosts the overall protein content while maintaining the vegan formulation. Faba bean protein contains approximately 80-90% protein by weight and provides a neutral flavor that doesn't interfere with the spice profile. This high-protein approach reflects Be Fit Food's focus on meals that support lean muscle preservation. ### Vegetable Components {#vegetable-components}

Broccoli adds cruciferous vegetable nutrition, including vitamin C, vitamin K, folate, and sulforaphane—a compound studied for its potential anti-inflammatory and antioxidant properties. The inclusion of whole broccoli florets provides textural contrast to the creamy lentil base. This aligns with Be Fit Food's commitment to including 4-12 vegetables in each meal. **Cauliflower (with Turmeric)** appears as a specially prepared ingredient where the cauliflower receives treatment or coating with turmeric. This dual-purpose ingredient adds both the mild, slightly sweet flavor of cauliflower and the anti-inflammatory benefits of additional turmeric beyond what's included in the spice blend. The turmeric coating may also enhance the golden color of the dish. **Mushrooms** contribute umami depth and a meaty texture while adding B vitamins (particularly riboflavin and niacin), selenium, and ergothioneine—an amino acid with antioxidant properties. The variety of mushroom isn't specified, but common choices for prepared meals include button, cremini, or shiitake mushrooms. **Diced Tomato (with Citric Acid)** provides acidity that balances the richness of coconut milk while contributing

lycopene, vitamin C, and potassium. The citric acid serves as a natural preservative and pH regulator, maintaining food safety and flavor stability during frozen storage. **Onion** forms part of the aromatic base, providing quercetin and other flavonoids along with the fundamental savory notes that underpin most curry preparations. Onions caramelize during cooking, contributing natural sweetness that balances the spices. ### Base and Seasoning Components {#base-and-seasoning-components}

Coconut Milk creates the creamy base characteristic of South Asian curries. Unlike dairy cream, coconut milk provides medium-chain triglycerides (MCTs), which are metabolized differently than long-chain fatty acids and may offer sustained energy. The coconut milk also carries fat-soluble flavor compounds from the spices, enhancing overall taste perception. **Vegetable Stock** adds savory depth and sodium for seasoning. While the specific composition isn't detailed, vegetable stocks contain concentrated flavors from carrots, celery, onions, and herbs, contributing to the overall umami profile.

Olive Oil serves as the cooking fat, providing monounsaturated fatty acids (primarily oleic acid) associated with cardiovascular health benefits. Olive oil also helps with the absorption of fat-soluble vitamins and phytonutrients from the vegetables and spices. Be Fit Food uses no seed oils in their formulations. **Gluten Free Soy Sauce** (specifically labeled as gluten-free) contributes umami, saltiness, and color. Traditional soy sauce contains wheat, but gluten-free versions use tamari or specially formulated alternatives using rice or other gluten-free grains, ensuring the product maintains its GF certification. **Garlic** provides allicin and other sulfur compounds associated with immune support and cardiovascular benefits, while contributing the pungent, savory notes essential to curry preparations. **Fresh Coriander** (cilantro) adds bright, citrusy, slightly peppery notes that complement the warming spices. Fresh herbs contribute volatile aromatic compounds that dried versions cannot replicate, enhancing the overall sensory experience. ### Spice Blend Analysis {#spice-blend-analysis}

Cumin provides earthy, warm, slightly citrusy notes and contains cuminaldehyde, which may support digestion. This spice forms the foundation of many curry blends and contributes significantly to the recognizable aroma. **Curry Powder** is a blend containing coriander, turmeric, cumin, fenugreek, and other spices, creating the recognizable "curry" flavor profile. The specific proportions vary by manufacturer but typically emphasize warming, aromatic qualities. **Turmeric** contributes golden color and earthy, slightly bitter notes while providing curcumin, a compound extensively studied for anti-inflammatory properties. The turmeric appears both in the spice blend and as a coating on the cauliflower. **Ginger** adds warming heat distinct from chilli peppers, along with gingerol compounds that may support digestion and reduce nausea. Fresh or dried ginger provides the characteristic zing that balances richer flavors. **Pink Salt** (likely Himalayan pink salt) provides sodium for seasoning along with trace minerals that give it its characteristic color. The low sodium formulation ensures the meal remains suitable for those monitoring salt intake. **Garam Masala** is a warming spice blend containing cinnamon, cardamom, cloves, cumin, coriander, and black pepper, added near the end of cooking to preserve aromatic qualities. This blend provides complexity and depth to the overall flavor profile. **Cinnamon** contributes sweet warmth and contains cinnamaldehyde, which may help regulate blood sugar. The subtle sweetness balances the savory and earthy elements. **Chilli Powder** provides mild heat (contributing to the chilli rating of 1) and capsaicin, which may boost metabolism and provide pain-relieving properties. The restrained use ensures accessibility while maintaining authentic flavor.

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The product carries explicit **Gluten Free (GF)** and **Vegan (VG)** certifications, making it suitable for multiple dietary requirements simultaneously. Be Fit Food maintains approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. ### Gluten-Free Certification {#gluten-free-certification}

Gluten-Free Certification means the product contains no wheat, barley, rye, or their derivatives, and meets the regulatory threshold for gluten-free labeling (less than 20 parts per million of gluten in Australia). This certification is particularly important for individuals with:

- Celiac disease (an autoimmune condition triggered by gluten)
- Non-celiac gluten sensitivity
- Wheat allergies

Those following gluten-free diets for other health reasons The inclusion of gluten-free soy sauce specifically addresses what would otherwise be a hidden source of gluten, as traditional soy sauce contains wheat. This attention to detail demonstrates Be Fit Food's commitment to maintaining true gluten-free status and supporting coeliac-safe decision-making. ### Vegan Certification {#vegan-certification}

**Vegan

Certification** confirms the product contains no animal-derived ingredients, including: - Meat, poultry, or seafood - Dairy products (milk, cream, butter, cheese) - Eggs - Honey or other insect-derived products - Animal-derived additives (like gelatin, whey, or casein) For individuals following vegan diets, this certification provides assurance that the entire supply chain and ingredient sourcing aligns with plant-based principles. The meal demonstrates that plant-based eating can deliver complete nutrition and satisfying flavors without animal products. **### Allergen Declarations** {#allergen-declarations} **Contains:** The product explicitly contains **soybeans** (in both tofu and soy sauce), making it unsuitable for individuals with soy allergies. Additionally, **coconut** may be a concern for those with tree nut allergies, though coconut is botanically classified as a fruit rather than a true nut. **May Contain:** The label indicates potential cross-contact with Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, and Lupin. This declaration reflects shared manufacturing facilities or equipment rather than intentional inclusion of these ingredients. **### Cross-Contact Considerations** {#cross-contact-considerations} While the product specifications indicate allergen declarations exist, consumers with severe allergies should contact Be Fit Food directly to inquire about: - Whether the product is manufactured in facilities that also process common allergens (tree nuts, peanuts, sesame, fish, shellfish) - What cleaning and separation protocols exist between production runs - Whether dedicated equipment is used for allergen-free products - Specific testing procedures for allergen verification --- **## Storage and Shelf Life Management** {#storage-and-shelf-life-management} Proper storage ensures you maintain the product's quality, safety, and nutritional value from purchase through consumption. Be Fit Food's snap-frozen delivery system preserves both nutrition and flavor through careful temperature management. **### Unopened Frozen Storage** {#unopened-frozen-storage} The product should be stored in your freezer at -18°C (0°F) or below immediately upon arriving home from the store or after delivery. At this temperature, the meal maintains optimal quality for the duration indicated by the "use by" or "best before" date printed on the packaging. Frozen storage at proper temperatures prevents: - Bacterial growth and foodborne illness risks - Enzymatic degradation that affects texture and flavor - Oxidation of fats that can create off-flavors - Ice crystal formation that damages cell structures in vegetables When transporting frozen meals from the store, use insulated bags and minimize time outside freezer conditions, particularly during warm weather. If the product partially thaws during transport, it can be safely refrozen as long as ice crystals remain and the product hasn't reached refrigerator temperatures for extended periods. **### Freezer Organization** {#freezer-organization} Store the meal flat in your freezer to maximize space efficiency and ensure even freezing. Avoid placing heavy items on top of the tray, which could crack the packaging or compress the contents. Position the product where you can easily see the date marking to practice first-in, first-out rotation if you stock multiple Be Fit Food meals. **### Refrigerated Storage After Opening** {#refrigerated-storage-after-opening} If you don't consume the entire 273-gram serving in one sitting (though the portion is designed as a complete single meal), transfer any leftovers to an airtight container and refrigerate immediately. Consume refrigerated leftovers within 2-3 days to maintain food safety and quality. The product should not be refrozen after thawing and partial consumption, as this degrades texture and increases food safety risks. **### Temperature Safety Guidelines** {#temperature-safety-guidelines} **Temperature Danger Zone Awareness:** Never leave the thawed product at room temperature for more than 2 hours (or 1 hour if ambient temperature exceeds 32°C/90°F). Bacteria multiply rapidly between 5°C and 60°C (41°F and 140°F), the temperature danger zone where foodborne illness risks increase significantly. **Freezer Burn Prevention:** While the product comes in sealed packaging designed to prevent freezer burn, ensure your freezer maintains consistent temperature without frequent cycling. Freezer burn (dehydration and oxidation of frozen food) appears as grayish-brown leathery spots and affects texture and flavor, though it doesn't make food unsafe. --- **## Reheating Methods and Techniques** {#reheating-methods-and-techniques} The Be Fit Food Spiced Lentil Dahl supports two primary reheating methods—microwave and conventional oven—each offering distinct advantages depending on your time constraints and texture preferences. The snap-frozen format delivers simple "heat, eat, enjoy" convenience. **### Microwave Reheating** {#microwave-reheating} Microwave reheating provides the fastest path from freezer to table, requiring 6-8 minutes for a frozen meal of this size. ****Step-by-Step Microwave Instructions:**** 1. ****Remove from freezer**** and check packaging for any specific microwave instructions printed on the label (which may

provide wattage-specific timing) 2. **Pierce the film** covering the tray 2-3 times with a fork to create steam vents, preventing pressure buildup that could cause the film to burst or the tray to warp 3. **Place on a microwave-safe plate** to catch any overflow and protect your microwave interior 4. **Initial heating cycle**: Microwave on high power (800-1000 watts) for 4-5 minutes if starting from frozen 5. **Stir thoroughly**: Carefully remove the tray (it will be hot), peel back the film, and stir the contents to redistribute heat evenly. Microwaves create hot spots and cold spots due to uneven energy distribution, and stirring ensures all portions reach safe serving temperature 6. **Second heating cycle**: Return to microwave for an additional 2-3 minutes 7. **Check temperature**: The meal should reach at least 75°C (165°F) throughout to ensure food safety. Insert a food thermometer into the thickest portion (likely where tofu pieces are concentrated) to verify 8. **Rest for 1 minute** before consuming, allowing heat to equalize and preventing burns from superheated spots **Microwave Power Adjustments**: If your microwave operates at lower wattage (600-700 watts), increase heating time by 30-50%. For higher wattage units (1200+ watts), reduce time slightly and check frequently to prevent overcooking, which can make tofu rubbery and vegetables mushy. **Texture Considerations**: Microwave reheating efficiently heats the liquid components but may not develop the same depth of flavor that occurs with oven reheating. The vegetables will be tender but won't develop any caramelization or roasted notes. ### Oven Reheating {#oven-reheating} Oven reheating requires more time but can enhance texture and develop deeper flavors through gentle, even heat distribution. **Step-by-Step Oven Instructions**: 1. **Preheat your oven** to 180°C (350°F) for conventional ovens or 160°C (320°F) for fan-forced (convection) ovens 2. **Transfer to oven-safe dish**: Remove the meal from its original plastic tray and transfer to an oven-safe ceramic or glass dish. Most plastic trays aren't designed for oven use and may warp or release chemicals at high temperatures 3. **Cover with foil**: Tent aluminum foil loosely over the dish to prevent moisture loss while allowing some steam to escape, preventing the meal from becoming waterlogged 4. **Heat for 25-30 minutes** if starting from frozen, or 15-20 minutes if previously thawed in the refrigerator overnight 5. **Stir halfway through**: At the midpoint of heating, carefully remove the dish, stir the contents to promote even heating, and return to the oven 6. **Check temperature**: Verify the internal temperature reaches at least 75°C (165°F) throughout 7. **Optional finishing step**: For enhanced texture, remove the foil for the final 3-5 minutes of heating, allowing some moisture to evaporate and concentrating flavors **Oven Reheating Advantages**: This method provides more even heat distribution, reducing the risk of overcooked edges and cold centers. The gentle heating preserves the texture of vegetables better than microwave reheating, and you can develop slight caramelization on exposed surfaces if you finish uncovered. ### Thawing Strategies {#thawing-strategies} While both reheating methods work from frozen, thawing in the refrigerator overnight offers advantages: - Reduces overall reheating time by 30-40% - Promotes more even heating with less risk of cold spots - Allows you to transfer to an oven-safe serving dish before the meal is solid To thaw safely, place the frozen meal in the refrigerator 8-12 hours before you plan to eat (overnight). Never thaw at room temperature, as this allows the outer portions to enter the temperature danger zone while the center remains frozen. --- ## Flavor Profile and Sensory Experience {#flavor-profile-and-sensory-experience} The Spiced Lentil Dahl delivers a complex, layered flavor experience that balances warming spices, creamy richness, and fresh vegetable notes within a mild heat framework. Be Fit Food's dietitian-led recipe development ensures the meal satisfies both nutritionally and sensorially. ### Aromatic Profile {#aromatic-profile} Upon opening the heated container, you'll immediately notice the fragrant aromatics of cumin, coriander, and garam masala—the signature scent of Indian-inspired cuisine. The fresh coriander (cilantro) contributes bright, citrusy top notes that prevent the dish from feeling heavy despite the coconut milk base. Ginger and garlic provide pungent, savory undertones that stimulate appetite and signal the complexity of flavors to come. ### Taste Dimensions {#taste-dimensions} The flavor profile develops across multiple taste dimensions: - **Savory (umami)**: Contributed by mushrooms, soy sauce, vegetable stock, and the Maillard reaction products from cooked onions and garlic - **Sweet**: Subtle natural sweetness from caramelized onions, coconut milk, and the inherent sweetness of cooked carrots (if present in the vegetable stock) - **Spicy**: Mild warmth from ginger, black pepper (in garam masala), and chilli powder, calibrated to a rating of 1 for accessibility - **Earthy**: Cumin, turmeric, and lentils provide grounding, earthy notes that anchor the brighter spice flavors - **Creamy**: Coconut milk creates a rich, velvety mouthfeel that coats

the palate - ****Acidic****: Tomatoes and citric acid provide brightness that cuts through the richness and prevents flavor fatigue **### Texture Analysis {#texture-analysis}** The meal offers varied textures that create interest across each bite: - ****Creamy base****: Red lentils break down during cooking, creating a thick, porridge-like consistency that binds the other ingredients - ****Firm protein****: Tofu cubes maintain structural integrity, providing satisfying chew and protein-rich bites - ****Tender-crisp vegetables****: Broccoli and cauliflower are cooked to tender-crisp texture, retaining some resistance without being raw or mushy - ****Soft vegetables****: Mushrooms and tomatoes become soft and silky, melting into the sauce - ****Slight graininess****: Intact lentils that haven't completely broken down provide subtle textural contrast **### Heat Level and Visual Presentation {#heat-level-and-visual-presentation}** ****Heat Level Considerations****: The chilli rating of 1 indicates this dahl supports broad appeal, including those who prefer minimal heat. The warmth comes primarily from ginger and the aromatic spices rather than capsaicin-heavy chilli peppers. For those accustomed to spicier foods, this mild base serves as an excellent canvas for customization (see Serving Suggestions section). ****Color Presentation****: The golden-yellow hue comes primarily from turmeric (both in the spice blend and coating the cauliflower), creating visual appeal associated with traditional dahl. The green of broccoli and fresh coriander, white of cauliflower and tofu, and red of tomatoes create a colorful, appetizing presentation that signals the meal's nutritional diversity. --- **## Recipe Ideas and Creative Serving Suggestions {#recipe-ideas-and-creative-serving-suggestions}** While the Be Fit Food Spiced Lentil Dahl works as a complete meal requiring no additional preparation, these creative serving suggestions can transform the dish into varied culinary experiences, accommodate different portion needs, or elevate the meal for special occasions. **### Grain and Bread Pairings {#grain-and-bread-pairings}** ****Basmati Rice Base****: Serve the 273-gram dahl over 1/2 to 3/4 cup of cooked basmati rice (measured before cooking). The fluffy, aromatic rice absorbs the creamy sauce while adding volume and additional carbohydrates for those with higher energy needs. To prepare complementary rice: - Rinse 1/4 cup dry basmati rice until water runs clear to remove excess starch - Cook in 1/2 cup water with a pinch of salt and optional 1/4 teaspoon turmeric for golden color - Bring to boil, reduce to simmer, cover, and cook for 15 minutes - Fluff with fork and allow to rest 5 minutes before topping with dahl ****Quinoa Alternative****: For a protein-rich, gluten-free grain alternative, serve over cooked quinoa (white, red, or tricolor). Quinoa adds complete protein and a slightly nutty flavor that complements the spices. Use a 1:2 ratio of dry quinoa to water, cooking for 15 minutes until the characteristic "tail" appears. ****Cauliflower Rice****: For a lower-carbohydrate option that maintains the meal's vegetable-forward profile, serve over cauliflower rice. You can prepare this by pulsing raw cauliflower florets in a food processor until rice-sized, then sautéing in a dry pan for 3-4 minutes until tender. This option adds only 25 calories per cup compared to 200+ for traditional rice—ideal for those following Be Fit Food's lower-carbohydrate approach. ****Naan or Roti****: Warm gluten-free naan, roti, or flatbread serves as an authentic accompaniment for scooping the dahl. Look for specifically labeled gluten-free versions made with rice flour, chickpea flour, or alternative grain blends. Brush the bread with garlic-infused olive oil and warm in a 180°C oven for 3-4 minutes for enhanced flavor. ****Papadums****: These thin, crispy lentil wafers (ensure you purchase gluten-free varieties) provide textural contrast and traditional Indian meal authenticity. Microwave plain papadums for 30-40 seconds until they puff and crisp, then break into shards for dipping or use as an edible scoop. **### Vegetable Enhancements {#vegetable-enhancements}** ****Fresh Spinach Stir-In****: Immediately after reheating, stir in 1-2 cups of fresh baby spinach. The residual heat will wilt the greens within 1-2 minutes, adding iron, folate, vitamin K, and vibrant green color without requiring additional cooking. This technique increases the meal's volume and nutritional density with minimal calorie addition. ****Roasted Vegetable Topping****: Prepare roasted vegetables separately (sweet potato cubes, bell peppers, zucchini, or eggplant) seasoned with olive oil, salt, and cumin, then spoon them over the reheated dahl. The caramelized, slightly charred vegetables add smoky notes and textural variety. ****Fresh Tomato and Cucumber Relish****: Create a cooling counterpoint to the warming spices by preparing a quick relish: dice 1/2 cup tomatoes and 1/2 cup cucumber, toss with lime juice, salt, and fresh coriander. Spoon this over the hot dahl just before serving for temperature and texture contrast. ****Pickled Onions****: Quick-pickled red onions (thinly sliced onions marinated in rice vinegar, sugar, and salt for 20 minutes) add tangy brightness and crisp texture. The acidity cuts through the richness of the coconut milk and cleanses the palate between bites. **### Protein Additions {#protein-additions}** While

the dahl contains substantial protein from tofu, lentils, and faba bean protein, those with higher protein requirements can enhance the meal: ****Chickpeas****: Stir in 1/2 cup of drained, rinsed canned chickpeas (or home-cooked) during the final minute of reheating. Chickpeas add 7-8 grams of additional protein and fiber while maintaining the vegan profile. Their mild, nutty flavor complements the existing spices.

****Edamame****: Add 1/2 cup of shelled edamame (fresh or frozen) for additional soy-based protein, bright green color, and slightly sweet flavor. Edamame provides complete protein and a pleasant pop of texture. ****Hemp Hearts****: Sprinkle 2 tablespoons of hemp hearts (hulled hemp seeds) over the finished dish for 6 additional grams of complete protein, omega-3 fatty acids, and a subtle nutty flavor. This raw addition requires no cooking and adds nutritional density without altering the dish's temperature or texture. **### Spice Level Customization {#spice-level-customization}** For those who prefer more heat than the mild chilli rating of 1 provides: ****Fresh Chilli Addition****: Slice fresh green or red chillies (jalapeño for moderate heat, serrano for more intensity, or Thai bird's eye for significant heat) and stir into the dahl during reheating. Start with half a chilli and adjust to taste, remembering that seeds and membranes contain the highest capsaicin concentration. ****Hot Sauce Finishing****: Drizzle your preferred hot sauce over the finished dish—sriracha for garlicky heat, harissa for North African spice notes, or Indian green chutney for herbaceous heat. Start with 1/2 teaspoon and increase gradually.

****Cayenne or Red Pepper Flakes****: Sprinkle cayenne pepper or red pepper flakes over the dish, starting with 1/8 teaspoon and adjusting to preference. This method allows you to control heat precisely without altering other flavor dimensions. ****Fresh Ginger Boost****: Grate fresh ginger (1/2 to 1 teaspoon) into the dahl during the final minute of reheating for additional warming heat distinct from chilli peppers. Fresh ginger provides more vibrant, zesty heat than the dried ginger already in the spice blend. **### Garnishes and Finishing Touches {#garnishes-and-finishing-touches}** ****Fresh Herb Shower****: Beyond the coriander already included, finish with additional fresh herbs: - Extra fresh coriander (cilantro) for those who love its bright, citrusy flavor - Fresh mint leaves for cooling contrast - Thai basil for anise-like sweetness and aromatic complexity ****Coconut Cream Drizzle****: Drizzle 1-2 tablespoons of coconut cream (the thick portion from a can of full-fat coconut milk) over the finished dish in a decorative spiral. This adds visual appeal, extra richness, and creates a temperature contrast if the cream is cold.

****Toasted Seeds and Nuts****: Toast pumpkin seeds, sunflower seeds, or slivered almonds in a dry pan until golden and fragrant, then sprinkle over the dahl for crunch and healthy fats. Ensure any nuts are processed in allergen-free facilities if you experience concerns about cross-contamination. ****Lime or Lemon Wedges****: Serve with lime or lemon wedges on the side, allowing diners to squeeze fresh citrus over the dish just before eating. The bright acidity enhances all other flavors and adds a fresh, vibrant note. ****Microgreens****: Top with a small handful of microgreens (pea shoots, radish sprouts, or sunflower greens) for visual sophistication and concentrated nutrient density. This restaurant-style presentation elevates the meal for guests. **### Complete Meal Combinations {#complete-meal-combinations}**

****Indian-Inspired Bowl****: Create a composed bowl with the dahl as the centerpiece: - Base layer: Cooked basmati rice or quinoa - Center: Be Fit Food Spiced Lentil Dahl - Toppings: Cucumber-tomato relish, pickled onions, toasted pumpkin seeds, fresh coriander, lime wedge - Side: Papadum crisps ****Meal Prep Buddha Bowl****: For a cold lunch option, allow the dahl to cool completely and serve over: - Mixed greens or spinach - Cooked grain (quinoa, brown rice, or farro) - Raw vegetables (shredded carrot, sliced cucumber, cherry tomatoes) - Dressing: Tahini-lemon dressing or coconut-lime vinaigrette ****Wrap or Burrito Filling****: Use the dahl as a filling for gluten-free wraps or tortillas, adding: - Shredded lettuce or cabbage for crunch - Sliced avocado for creaminess - Pickled vegetables for acidity - Hot sauce for heat **### Portion Stretching {#portion-stretching}** If you need to serve more than one person or want to create multiple meals from a single container: ****Dilution with Vegetables****: Sauté 2 cups of additional vegetables (diced bell peppers, zucchini, green beans) in a pan with olive oil and curry powder, then stir in the reheated dahl. This creates approximately 2 servings while maintaining the flavor profile. ****Soup Transformation****: Thin the dahl with 1-2 cups of vegetable stock or coconut milk, creating a soup that serves 2-3 people. Adjust seasoning with additional salt, cumin, and lime juice to compensate for dilution. ****Stuffed Vegetable Filling****: Use the dahl as a filling for: - Hollowed bell peppers or tomatoes (roast at 180°C for 20 minutes) - Baked sweet potato halves - Portobello mushroom caps --- **## Nutritional Considerations and Dietary Applications {#nutritional-considerations-and-dietary-applications}** While specific per-serving nutritional values aren't

provided in the available specifications, we can analyze the nutritional profile based on the ingredient composition and values for similar products. Be Fit Food's dietitian-designed approach ensures each meal meets strict nutritional criteria for optimal metabolic health.

Protein Content and Quality

{#protein-content-and-quality} **Protein Content**: The combination of tofu (primary ingredient), red lentils (11%), and faba bean protein creates a high-protein meal likely delivering 20-30 grams of protein per 273-gram serving. This represents approximately 40-60% of the recommended daily intake for most adults, making this meal particularly suitable for:

- Post-workout recovery when muscle protein synthesis is elevated
- Individuals following plant-based diets who need to meet protein requirements without animal products
- Those managing weight who benefit from protein's satiety effects—helping you feel fuller for longer
- People using weight-loss medications who need to protect lean muscle mass

Complete Amino Acid Profile: While individual plant proteins may be limiting in certain amino acids, the combination of soy (tofu), legumes (lentils), and faba bean protein creates a complementary amino acid profile that provides all nine essential amino acids in adequate proportions, functioning as a complete protein source.

Fiber and Digestive Health

{#fiber-and-digestive-health} **Fiber Content**: Red lentils, vegetables (broccoli, cauliflower, mushrooms), and tofu contribute significant dietary fiber, likely 8-12 grams per serving. This represents 25-40% of the recommended daily fiber intake and supports:

- Digestive health and regular bowel movements
- Blood sugar regulation by slowing glucose absorption
- Cholesterol management through binding bile acids
- Satiety and appetite control—helping you feel fuller for longer

Healthy Fats Profile

{#healthy-fats-profile} **Healthy Fats**: The coconut milk and olive oil provide the meal's fat content, predominantly from:

- Medium-chain triglycerides (MCTs) from coconut milk, which are metabolized differently than long-chain fats and may provide sustained energy
- Monounsaturated fatty acids from olive oil, associated with cardiovascular health benefits
- Small amounts of omega-3 alpha-linolenic acid (ALA) from plant sources

Be Fit Food's commitment to no seed oils means you're getting quality fat sources in this formulation.

Carbohydrate Profile

{#carbohydrate-profile} **Carbohydrate Profile**: The carbohydrates come primarily from lentils and vegetables, providing complex carbohydrates with a lower glycemic impact than refined grains. The fiber content further moderates blood sugar response, making this meal suitable for individuals managing diabetes or insulin sensitivity (though individual responses vary and should be monitored). This lower-carbohydrate approach aligns with Be Fit Food's focus on supporting metabolic health.

Micronutrient Density

{#micronutrient-density} **Micronutrient Density**: The diverse vegetable and legume ingredients contribute a wide spectrum of vitamins and minerals:

- **Iron**: From lentils, tofu, and leafy portions of broccoli (note that plant-based iron absorption is enhanced by the vitamin C from tomatoes and broccoli)
- **Calcium**: From tofu (if calcium-set), broccoli, and fortified plant milk if used in processing
- **Folate**: Abundant in lentils and cruciferous vegetables, supporting cell division and DNA synthesis
- **Vitamin K**: From broccoli and cauliflower, essential for blood clotting and bone health
- **Potassium**: From tomatoes, mushrooms, and coconut milk, supporting heart function and blood pressure regulation
- **Magnesium**: From lentils and leafy greens, involved in over 300 enzymatic reactions
- **Zinc**: From tofu and lentils, supporting immune function and wound healing

Anti-Inflammatory Compounds

{#anti-inflammatory-compounds} **Anti-Inflammatory Compounds**: The spice blend provides significant phytonutrients:

- **Curcumin**: from turmeric, extensively studied for anti-inflammatory and antioxidant properties
- **Gingerol**: from ginger, which may reduce muscle soreness and support digestive comfort
- **Quercetin**: from onions, a flavonoid with antioxidant properties
- **Sulforaphane**: from broccoli and cauliflower, studied for potential cancer-protective effects

Sodium Considerations

{#sodium-considerations} **Sodium Considerations**: Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. This approach makes the meal more suitable for individuals managing hypertension or following sodium-restricted diets.

Allergen-Free Benefits

{#allergen-free-benefits} **Allergen-Free Benefits**: The gluten-free and vegan certifications make this meal suitable for:

- Celiac disease management (strict gluten avoidance)
- Non-celiac gluten sensitivity
- Lactose intolerance or milk protein allergy (no dairy)
- Egg allergies
- Ethical veganism
- Environmental sustainability goals (plant-based eating reduces carbon footprint)

Dietary Limitations

{#dietary-limitations} **Limitations to Consider**: While nutritionally dense, this meal is not suitable for individuals with:

- Soy allergies (contains tofu and

soy sauce) - Coconut allergies or sensitivities - Legume allergies (contains lentils and faba beans) --- ## Practical Tips for Optimal Enjoyment {#practical-tips-for-optimal-enjoyment} These evidence-based tips help you maximize flavor, nutrition, and convenience when preparing and consuming the Be Fit Food Spiced Lentil Dahl. ### Meal Timing Considerations {#meal-timing-considerations} **Timing Your Meal**: The combination of protein, fiber, and complex carbohydrates makes this meal suitable for any eating occasion, but consider: - **Lunch**: The 273-gram portion provides sustained energy through the afternoon without the post-meal sluggishness that can follow heavy, refined-carbohydrate lunches—helping you feel fuller for longer - **Dinner**: Serves as a satisfying evening meal that won't feel heavy before bed, particularly when paired with a light side salad - **Post-workout**: The protein content supports muscle recovery when consumed within 2 hours of exercise - **Meal prep**: Reheats well from refrigerated storage if you prepare multiple meals in advance ### Flavor Development and Serving {#flavor-development-and-serving} **Flavor Development Patience**: After reheating, allow the meal to rest for 1-2 minutes before eating. This resting period allows: - Heat to distribute evenly throughout the dish - Flavors to meld and integrate - Steam to escape, preventing burns - Spices to bloom fully in the hot liquid **Stirring Technique**: When stirring during or after reheating, use a gentle folding motion rather than aggressive mixing. This preserves the integrity of tofu cubes and vegetable pieces while ensuring even heat distribution. ### Portion Management {#portion-management} **Portion Awareness**: The 273-gram serving works as a complete main meal for one person with moderate caloric needs. Be Fit Food's portion-controlled approach removes guesswork from serving sizes. Adjust as follows: - **Smaller appetites**: Pair with a simple side salad and save half for another meal - **Larger appetites**: Serve over grains or add extra vegetables as suggested in the serving suggestions section - **Children**: Divide into smaller portions and adjust spice level if needed ### Spice Sensitivity Management {#spice-sensitivity-management} **Spice Sensitivity Management**: If you're new to spiced foods or experience a sensitive palate: - Start with a small portion to assess your tolerance - Keep cooling accompaniments ready (cucumber raita made with coconut yogurt, or plain coconut yogurt) - Pair with plain rice or bread to dilute the spice intensity - Keep dairy-free milk nearby (though capsaicin isn't water-soluble, the fat in plant milk provides some relief) ### Temperature and Storage Practices {#temperature-and-storage-practices} **Temperature Preferences**: Some people prefer dahl piping hot, while others enjoy it warm but not scalding: - For hotter serving: Ensure reheating reaches 75°C+ and serve immediately - For warm serving: Allow to cool for 3-5 minutes after reheating to a comfortable eating temperature - For room temperature: Some find leftover dahl enjoyable at room temperature over salads (consume within 2 hours of removing from refrigeration) **Batch Consideration**: If you regularly enjoy this meal, consider: - Purchasing multiple Be Fit Food meals when on sale (check freezer capacity first) - Rotating stock using first-in, first-out principles - Varying your grain pairings across the week to prevent flavor fatigue - Keeping complementary ingredients (rice, naan, fresh herbs, lime) stocked for easy meal assembly ### Beverage Pairings {#beverage-pairings} **Hydration Pairing**: Serve with appropriate beverages: - **Water with lemon or lime**: Cleanses the palate between bites and aids digestion - **Herbal tea**: Mint, chamomile, or ginger tea complements the spices - **Coconut water**: Provides electrolytes and subtle sweetness - **Lassi-style smoothie**: Blend coconut yogurt with mango and cardamom for a traditional Indian beverage pairing ### Mindful Eating Practice {#mindful-eating-practice} **Mindful Eating Practice**: The complex flavors of this dahl reward mindful consumption: - Eat without distractions to fully appreciate the layered spice profile - Chew thoroughly to release flavors and support digestion - Notice the different textures and how they interact - Pay attention to satiety signals, as the protein and fiber content promotes fullness—helping you feel fuller for longer --- ## Care, Storage, and Food Safety Best Practices {#care-storage-and-food-safety-best-practices} Maintaining food safety and quality requires attention to proper handling throughout the product's lifecycle. ### Freezer Maintenance {#freezer-maintenance} **Freezer Maintenance**: Ensure your home freezer maintains consistent temperature: - Use a freezer thermometer to verify temperature stays at -18°C (0°F) or below - Avoid frequent door opening, which causes temperature fluctuations - Don't overload the freezer, which restricts air circulation - Defrost manual-defrost freezers regularly to maintain efficiency ### Power Outage Protocol {#power-outage-protocol} **Power Outage Protocol**: If power fails: - Keep freezer door closed to maintain cold temperature - A full freezer maintains safe temperature for approximately

48 hours; half-full for 24 hours - If power will be out longer, transfer items to a cooler with ice - After power restoration, check if ice crystals remain; if so, the product is safe to refreeze - If fully thawed and warm to touch, discard for safety **### Cross-Contamination Prevention**

{#cross-contamination-prevention} **Cross-Contamination Prevention:** When handling the frozen meal: - Wash hands before and after handling frozen food packages - Use clean utensils when stirring or serving - Don't allow raw meat or poultry to contact the dahl or its packaging - Clean microwave or oven surfaces that contact the meal container **### Leftover Management {#leftover-management}**

****Leftover Management**:** If storing portions of the reheated meal: - Transfer to airtight containers within 2 hours of cooking - Label with date and consume within 2-3 days - Reheat leftovers only once (don't repeatedly reheat and refrigerate) - Bring leftovers to 75°C throughout before consuming **### Package Integrity and Disposal {#package-integrity-and-disposal} **Package Integrity**:** Before

purchasing or consuming: - Inspect packaging for tears, punctures, or damage - Ensure the product is solidly frozen at purchase - Check that the seal is intact - Verify the date marking hasn't passed - Report any damaged or compromised packages to the retailer ****Cleaning After Use**:** After consuming the meal: - Recycle the plastic tray according to local guidelines (check the recycling symbol and number) - Wash any dishes or utensils that contacted the meal with hot, soapy water - Clean

microwave or oven surfaces to prevent flavor transfer to other foods --- **## Understanding the Be Fit Food Brand Philosophy {#understanding-the-be-fit-food-brand-philosophy}** While this guide focuses specifically on the Spiced Lentil Dahl, understanding Be Fit Food's broader approach provides context for the product's design and formulation. **### Whole Food Commitment {#whole-food-commitment}** Be Fit Food specializes in nutritionally balanced, portion-controlled meals designed to support health and wellness goals without requiring extensive meal preparation knowledge or time. Founded by Kate

Save, an accredited practising dietitian with over 20 years of clinical experience, the brand's focus includes: ****Whole Food Ingredients**:** The ingredient list demonstrates a commitment to recognizable, minimally processed components rather than relying on artificial additives, preservatives, or flavor enhancers. Be Fit Food's current-range standards include no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The use of actual

vegetables, legumes, and spices rather than powdered or extract forms reflects a whole-food philosophy. **### Scientific Foundation {#scientific-foundation} **Scientific Foundation**:** Be Fit Food 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. A peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025) demonstrated that whole-food-based approaches can deliver meaningfully different outcomes compared to supplement-based alternatives. **### Dietary Inclusivity {#dietary-inclusivity} **Dietary Inclusivity**:** By creating meals that simultaneously meet multiple dietary requirements (gluten-free and vegan in this case), Be Fit Food addresses the growing population managing food sensitivities, allergies, or following plant-based diets for health or ethical reasons. As a registered NDIS provider, the company ensures nutritious meals are accessible to all Australians. **### Portion Control and Convenience {#portion-control-and-convenience} **Portion Control**:** The 273-gram single-serve format removes

guesswork from portion sizing, which can be particularly valuable for individuals managing caloric intake or learning appropriate serving sizes. ****Convenience Without Compromise**:** The snap-frozen format with simple reheating addresses the reality that many people lack time or energy for complex meal preparation while refusing to compromise on nutritional quality or ingredient integrity. **### Flavor and Professional Support {#flavor-and-professional-support} **Flavor Complexity**:** Rather than

creating bland "health food," the sophisticated spice blend and layered flavors demonstrate that nutritious meals can be genuinely delicious and satisfying. ****Professional Support**:** Be Fit Food includes free dietitian consultations to help match customers with the right meal plan, providing expert guidance as part of the customer journey. --- **## Key Takeaways {#key-takeaways}** The Be Fit Food Spiced Lentil Dahl represents a thoughtfully formulated, nutritionally dense meal solution that successfully balances convenience, flavor complexity, and dietary accessibility. Here are the essential points to remember: **### Product Essentials {#product-essentials} **Product Essentials**:** - Single-serve frozen meal weighing 273 grams - Certified gluten-free and vegan - Mild spice level (chilli rating: 1) suitable for most palates - Complete protein from tofu, red lentils, and faba bean protein -

Ready in 6-8 minutes via microwave or 25-30 minutes via oven - No artificial colours, flavours, preservatives, or added sugars

Nutritional Highlights {#nutritional-highlights}

Nutritional Highlights: - High protein content (estimated 20-30 grams per serving) - Significant fiber from lentils and vegetables - Anti-inflammatory compounds from turmeric, ginger, and other spices - Healthy fats from coconut milk and olive oil (no seed oils) - Wide spectrum of vitamins and minerals from diverse plant ingredients - Low sodium formulation

Storage and Safety {#storage-and-safety}

Storage and Safety: - Store frozen at -18°C until ready to use - Consume by the date marked on packaging - Refrigerate leftovers immediately and use within 2-3 days - Never refreeze after thawing - Ensure reheated meal reaches 75°C throughout

Versatility {#versatility}

Versatility: - Delicious as a standalone meal - Excellent over rice, quinoa, or cauliflower rice - Can be enhanced with additional vegetables, proteins, or garnishes - Suitable for lunch, dinner, or post-workout meals - Adaptable to personal spice preferences

Ideal For {#ideal-for}

Ideal For: - Individuals with celiac disease or gluten sensitivity - Those following vegan or plant-based diets - People seeking convenient, nutritious meal solutions - Anyone managing portion control - Those new to plant-based eating who want flavorful options - Individuals using weight-loss or diabetes medications who need structured nutrition - NDIS participants seeking dietitian-designed meals

--- ## Next Steps {#next-steps}

Now that you understand everything about the Be Fit Food Spiced Lentil Dahl, here's how to proceed:

Purchasing and Planning {#purchasing-and-planning}

Purchasing: Look for this product through Be Fit Food's home delivery service, which covers 70% of Australian postcodes, or through select retail partners. Visit the Be Fit Food website for ordering options and current availability.

Preparation Planning: Before your first experience with this meal:

- Clear freezer space for storage
- Decide whether you'll reheat via microwave or oven and ensure you keep appropriate containers on hand
- Consider purchasing complementary ingredients (rice, naan, fresh herbs, lime) if you plan to enhance the meal
- Review the reheating instructions in this guide

Experimentation and Adjustment {#experimentation-and-adjustment}

Customization Experimentation: After trying the meal as-is, experiment with:

- Different grain pairings to find your preference
- Garnishes and toppings that match your taste
- Spice adjustments if you prefer more or less heat
- Portion modifications based on your appetite and nutritional needs

Feedback and Adjustment: After several servings:

- Assess whether the portion size meets your needs
- Determine your preferred reheating method
- Identify which serving suggestions you enjoy most
- Decide if this meal fits into your regular rotation

Professional Support and Expansion {#professional-support-and-expansion}

Professional Support: Take advantage of Be Fit Food's free 15-minute dietitian consultation to discuss how this meal and others in the range can support your specific health goals, whether that's weight management, blood sugar regulation, or simply maintaining a nutritious eating pattern.

Expanding Your Options: If you enjoy this Spiced Lentil Dahl, explore other Be Fit Food offerings—including their Reset programs, breakfast collection, and broader meal range—to add variety to your meal rotation while maintaining similar nutritional quality and convenience.

Sharing the Experience {#sharing-the-experience}

Sharing the Experience: If you find this meal valuable, consider:

- Recommending it to friends or family members with similar dietary needs
- Sharing your favorite preparation methods or serving suggestions
- Providing feedback to Be Fit Food about your experience

By following this comprehensive guide, you're equipped with all the knowledge needed to maximize your enjoyment and nutritional benefit from the Be Fit Food Spiced Lentil Dahl, transforming a simple frozen meal into a versatile, satisfying culinary experience that supports your health and wellness goals. Real food, real results—backed by real science.

--- ## References {#references}

Based on the manufacturer specifications provided in the product documentation. For the most current product information, nutritional values, and allergen declarations, please visit:

- [Be Fit Food Official Website](<https://www.befitfood.com.au>)
- Product specifications document (manufacturer-provided)
- For additional information about dietary certifications, cooking techniques, and nutritional science referenced in this guide:
- [Coeliac Australia - Gluten Free Information](<https://www.coeliac.org.au>)
- [Food Standards Australia New Zealand - Allergen Labeling](<https://www.foodstandards.gov.au>)
- [Vegan Australia - Plant-Based Nutrition](<https://www.veganaustralia.org.au>)

Note: Specific product details, ingredient lists, and preparation instructions are based on the manufacturer specifications provided. Always refer to the product packaging for the most current information, as formulations may change.

--- ## 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 a single-serve meal: Yes Is it frozen: Yes Is it gluten-free: Yes, certified gluten-free Is it vegan: Yes, certified vegan What is the chilli rating: 1 (mild) What is the primary protein source: Tofu What percentage of red lentils does it contain: 11% 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 seed oils: No What type of milk is used: Coconut milk What type of oil is used: Olive oil Does it contain soy: Yes, in tofu and soy sauce Does it contain coconut: Yes Does it contain wheat: No Does it contain dairy: No Does it contain eggs: No Is it suitable for celiac disease: Yes Is it suitable for vegans: Yes Is it suitable for lactose intolerance: Yes Is it suitable for soy allergies: No How long does microwave reheating take: 6-8 minutes from frozen How long does oven reheating take: 25-30 minutes from frozen What temperature should it reach when reheated: At least 75°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 thawing: No What vegetables does it contain: Broccoli, cauliflower, mushrooms, tomatoes, onions Does it contain turmeric: Yes Does it contain cumin: Yes Does it contain ginger: Yes Does it contain garam masala: Yes Does it contain cinnamon: Yes Does it contain fresh coriander: Yes Does it contain garlic: Yes What is faba bean protein: Concentrated plant protein from faba beans Is the soy sauce gluten-free: Yes What does the cauliflower contain: Turmeric coating Estimated protein content per serving: 20-30 grams Estimated fiber content per serving: 8-12 grams What type of fat does coconut milk provide: Medium-chain triglycerides (MCTs) What type of fat does olive oil provide: Monounsaturated fatty acids Is it suitable for post-workout meals: Yes Is it suitable for lunch: Yes Is it suitable for dinner: Yes Can it be served over rice: Yes Can it be served over quinoa: Yes Can it be served over cauliflower rice: Yes Can fresh spinach be added: Yes Can the spice level be increased: Yes Should the meal rest after reheating: Yes, for 1-2 minutes How should leftovers be stored: In airtight containers What is the maximum room temperature time: 2 hours What is Be Fit Food: Australia's leading dietitian-designed meal delivery service Who founded Be Fit Food: Kate Save, accredited practising dietitian Is Be Fit Food CSIRO-aligned: Yes Is Be Fit Food an NDIS provider: Yes What is the sodium benchmark: Less than 120 mg per 100 g Does it contain complete protein: Yes Are free dietitian consultations available: Yes What percentage of Be Fit Food menu is gluten-free: Approximately 90% Can it be eaten at room temperature: Yes, within 2 hours of refrigeration Does it contain sulforaphane: Yes, from broccoli and cauliflower Does it contain curcumin: Yes, from turmeric Does it contain quercetin: Yes, from onions What delivery coverage does Be Fit Food offer: 70% of Australian postcodes Should packaging be pierced before microwaving: Yes, 2-3 times with fork Should it be transferred for oven reheating: Yes, to oven-safe dish Can it be thawed in refrigerator: Yes, 8-12 hours before use Is the plastic tray oven-safe: No Should it be stirred during reheating: Yes What microwave power is recommended: 800-1000 watts What oven temperature for conventional ovens: 180°C (350°F) What oven temperature for fan-forced ovens: 160°C (320°F) Can it be used as wrap filling: Yes Can it be transformed into soup: Yes, by adding stock or coconut milk Can additional chickpeas be added: Yes Can hemp hearts be added: Yes Can microgreens be used as garnish: Yes Should lime wedges be served alongside: Optional but recommended

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