

# SPIMEXPUL - Food & Beverages

## Ingredient Breakdown -

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#### Details:

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\*\*Product:\*\* Spicy Mexican Pulled Beef (GF) MP5  
\*\*Brand:\*\* Be Fit Food  
\*\*Category:\*\* Prepared Meals (Frozen, Single-Serve)  
\*\*Primary Use:\*\* Convenient, dietitian-designed high-protein meal featuring grass-fed beef with Mexican spices, beans, and vegetables.  
### Quick Facts -  
\*\*Best For:\*\* Health-conscious individuals seeking convenient, nutrient-dense meals; those managing weight, diabetes, or using GLP-1 medications  
\*\*Key Benefit:\*\* High protein (27g), gluten-free certified meal with 25% grass-fed beef, substantial fibre, and 4-12 vegetables per serving  
\*\*Form Factor:\*\* 290g frozen single-serve tray  
\*\*Application Method:\*\* Heat and eat (microwave or oven reheat)  
### Common Questions This Guide Answers  
1. What percentage of the meal is beef? → 25% grass-fed beef (approximately 72.5 grams per 290g serving)  
2. Is this meal suitable for coeliac disease? → Yes, certified gluten-free with gluten-free soy sauce and corn starch thickener  
3. What makes the beef "grass-fed" significant? → Higher omega-3 fatty acids, more CLA, increased vitamin E, better omega-6 to omega-3 ratio, and alignment with animal welfare and sustainable farming practices  
4. How spicy is the 2-chilli rating? → Moderate heat level, balanced by natural sweetness from corn, carrots, and red capsicum  
5. What types of beans are included? → Red kidney beans and black beans, providing plant-based protein, fibre, resistant starch, and anthocyanins  
6. Does it contain artificial preservatives or seed oils? → No artificial preservatives, colours, flavours, added sugars, or seed oils; uses olive oil and minimal processing approach  
7. Is it suitable for people using weight-loss medications? → Yes, specifically designed to support GLP-1 receptor agonist users with high protein, lower carbohydrates, and portion-controlled nutrient density  
## Product Facts  
Attribute	Value
Product name	Spicy Mexican Pulled Beef (GF) MP5
Brand	Be Fit Food
Product code	09358266000021
Price	\$12.75 AUD
Availability	In Stock
Category	Prepared Meals
Serving size	290g (single serve)
Primary protein	Grass-fed beef (25%)
Diet type	Gluten-free certified
Protein per serve	27g
Key features	High protein, Low sodium, Low saturated fat, Excellent source of dietary fibre
Spice level	2-chilli rating (moderate)
Main ingredients	Beef, diced tomato, red capsicum, green capsicum, carrot, corn, red kidney beans, black beans
Allergens	Contains soybeans
May contain	Fish, milk, crustacea, tree nuts, sesame

seeds, peanuts, egg, lupin | | Storage | Keep frozen | | Preparation | Heat and eat | --- ## 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} The Spicy Mexican Pulled Beef (GF) MP5 by Be Fit Food carries the product code 09358266000021 and retails for \$12.75 AUD. This single-serve frozen meal provides 290g of food per tray, with grass-fed beef comprising 25% of the total weight. The product holds gluten-free certification and delivers 27g of protein per serving, earning a moderate 2-chilli spice rating. The ingredient list includes beef (25%), diced tomato (with citric acid), red capsicum, green capsicum, carrot, corn kernels, red kidney beans, black beans, coriander, onion, garlic, olive oil, chicken stock, paprika, cumin, pepper, oregano, chilli powder, gluten-free soy sauce, tomato paste, and corn starch. This meal contains soybeans as a declared allergen and may contain traces of fish, milk, crustacea, tree nuts, sesame seeds, peanuts, egg, and lupin due to manufacturing processes. Storage requires frozen conditions, and preparation involves simple heat-and-eat methods via microwave or oven. The product features high protein content, low sodium levels, low saturated fat, and serves as an excellent source of dietary fibre. ### General Product Claims {#general-product-claims} Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service, empowering informed food choices aligned with dietary goals, health requirements, and taste preferences. The company's grass-fed beef sourcing provides higher levels of omega-3 fatty acids, more conjugated linoleic acid (CLA), increased vitamin E, and a more favourable omega-6 to omega-3 ratio compared to grain-fed beef. This sourcing approach aligns with animal welfare considerations and sustainable farming practices. The brand's real food philosophy excludes preservatives, artificial sweeteners, and added sugars, focusing instead on whole, nutrient-dense ingredients. The beef component provides essential amino acids necessary for muscle maintenance and repair, tissue building, and numerous metabolic functions. Heme iron from beef offers superior bioavailability compared to plant-based iron sources. Lycopene from cooked tomatoes becomes more bioavailable through the cooking process, supporting heart health and cancer prevention. Red bell peppers contain more than 300% of daily recommended vitamin C intake. Each meal includes 4–12 vegetables, with cooking processes increasing the bioavailability of beta-carotene from carrots. The resistant starch in beans and legumes acts as a prebiotic, feeding beneficial gut bacteria and supporting digestive health. Vitamin C from capsicums and tomatoes enhances iron absorption from beans. The meal provides sustained energy and promotes satiety through its high-protein, lower-carbohydrate approach that supports metabolic health and weight management. Anthocyanins from black beans link to reduced inflammation and improved cardiovascular health. The diverse ingredient list creates a micronutrient-dense meal through minimal processing, with no artificial colours, flavours, or preservatives. The current range contains no seed oils, and approximately 90% of the menu carries gluten-free certification. The snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. Meals are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. High-protein content helps protect lean muscle mass, while the lower carbohydrate profile supports more stable blood glucose levels. The portion-controlled, nutrient-dense format proves easier to tolerate when appetite is suppressed. The product line supports health during menopause or perimenopause, with free dietitian consultations available. Protein complementarity between beef and beans creates more complete amino acid intake. Fibre content helps moderate glycaemic impact and prevents rapid blood sugar spikes, making the meals suitable for individuals managing diabetes or following structured eating plans. The formulation promotes feeling fuller for longer, with quality ingredients justifying the convenience factor and taste similar to home-cooked meals. --- ## Complete Ingredient Breakdown {#complete-ingredient-breakdown} ## Introduction {#introduction} Be Fit Food's Spicy Mexican Pulled Beef is a single-serve, gluten-free frozen meal featuring 25% grass-fed beef slow-cooked with a vibrant medley of capsicums, beans, corn, and authentic Mexican spices, delivered in a convenient 290-gram heat-and-eat tray. As Australia's leading dietitian-designed meal delivery service, Be Fit Food crafted this comprehensive ingredient breakdown to decode every component in this meal. We explain not just what each ingredient is, but why it's included, how it contributes to nutrition and flavour, and what makes this particular formulation noteworthy for health-conscious consumers seeking convenient, quality meals. Understanding the ingredients in your food empowers you to make informed choices

aligned with your dietary goals, health requirements, and taste preferences. This guide examines each of the 24 ingredients in this Mexican-inspired dish. We explore their nutritional contributions, functional roles, sourcing considerations, and how they work synergistically to create a balanced, flavourful meal that fits within a structured eating plan—exactly what Be Fit Food's dietitian-led approach delivers. ## The Primary Protein: Grass-Fed Beef (25%) {#the-primary-protein-grass-fed-beef-25} ### Composition and Quantity {#composition-and-quantity} The star ingredient of this meal is beef, comprising exactly 25% of the total 290-gram serving. This translates to approximately 72.5 grams of beef per meal. This proportion is significant—it's substantial enough to serve as the primary protein source while leaving room for a diverse array of vegetables, legumes, and flavour components that round out the nutritional profile. ### Why Grass-Fed Beef Matters {#why-grass-fed-beef-matters} The specific designation of grass-fed beef is a quality marker that distinguishes this product from conventional beef preparations. Grass-fed beef comes from cattle raised primarily on pasture and fed their natural diet of grass and forage, rather than grain-based feedlot diets. This feeding regimen produces meat with a distinct nutritional advantage. Grass-fed beef contains higher levels of omega-3 fatty acids (particularly alpha-linolenic acid), more conjugated linoleic acid (CLA), increased vitamin E, and a more favourable omega-6 to omega-3 ratio compared to grain-fed beef. For consumers focused on food quality and sourcing, grass-fed beef also aligns with animal welfare considerations and sustainable farming practices. The cattle enjoy access to pasture, can exhibit natural grazing behaviours, and the farming system often creates a lower environmental impact per unit of land used. This commitment to quality ingredients reflects Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars, only whole, nutrient-dense ingredients. ### Nutritional Contribution {#nutritional-contribution} As the primary protein source in this 290-gram meal, the beef provides essential amino acids necessary for muscle maintenance and repair, tissue building, and numerous metabolic functions. Beef is particularly rich in highly bioavailable iron (heme iron), which your body absorbs more efficiently than plant-based iron sources—a crucial consideration for individuals monitoring their iron intake. The beef also contributes vitamin B12, zinc, selenium, and phosphorus to the overall nutritional profile. ### Functional Role in the Dish {#functional-role-in-the-dish} The "pulled" preparation method indicates the beef was slow-cooked until it reached a tender, shreddable consistency. This cooking technique breaks down the connective tissue in the meat, making it easier to digest while allowing the beef to absorb and meld with the Mexican spice blend. The shredded texture also ensures even distribution throughout the meal, so each forkful delivers protein alongside the vegetable and bean components. ## Tomato-Based Foundation {#tomato-based-foundation} ### Diced Tomato with Citric Acid {#diced-tomato-with-citric-acid} Diced tomatoes serve as the second ingredient by weight, forming the saucy base that binds this dish together. The inclusion of citric acid as a preservative is standard practice in canned or preserved tomato products—it maintains the tomatoes' bright colour, enhances their natural acidity, and acts as a natural preservative that extends shelf life without requiring artificial additives. Tomatoes are nutritionally dense, providing lycopene (a powerful antioxidant linked to heart health and cancer prevention), vitamin C, potassium, and folate. The dicing preparation ensures pieces are small enough to integrate seamlessly with the pulled beef while maintaining some textural presence. When tomatoes are cooked, as they are in this preparation, the lycopene becomes more bioavailable. This means your body can absorb and utilise it more effectively than from raw tomatoes. ### Tomato Paste {#tomato-paste} Tomato paste appears later in the ingredient list as a concentrated flavour enhancer. This thick, reduced tomato product intensifies the umami-rich tomato flavour without adding excessive moisture to the dish. Tomato paste is made by cooking tomatoes for several hours to reduce water content and strain out seeds and skins. The result is a product that's approximately six times more concentrated than fresh tomatoes. From a nutritional standpoint, this concentration means tomato paste delivers a hefty dose of lycopene, vitamins, and minerals in a small volume. It also contributes natural glutamates that enhance the savoury depth of the dish, working alongside the beef and chicken stock to build a complex flavour profile. ## The Capsicum Trio: Red and Green Bell Peppers {#the-capsicum-trio-red-and-green-bell-peppers} ### Red Capsicum {#red-capsicum} Red capsicum (bell pepper) is the third ingredient, indicating it's present in substantial quantity. Red bell peppers are fully ripened versions of the pepper plant, which is why they're sweeter and more nutrient-dense than their green counterparts. A single red bell pepper contains more than

300% of the daily recommended vitamin C intake, along with significant amounts of vitamin A (as beta-carotene), vitamin B6, and folate. In this Mexican-style preparation, red capsicum contributes natural sweetness that balances the heat from chilli powder and the acidity from tomatoes. The pepper's crisp-tender texture after cooking provides pleasant bite and visual appeal—the bright red pieces create colour contrast against the dark beef and beans. The natural sugars in red capsicum also undergo slight caramelisation during cooking, adding subtle complexity to the overall flavour profile.

### Green Capsicum {#green-capsicum} Green capsicum appears immediately after red in the ingredient list, suggesting similar quantities of both colours are used. Green bell peppers are actually unripe versions of red peppers, harvested earlier in their development. This earlier harvest means they carry a slightly more bitter, vegetal flavour and a firmer texture compared to red peppers. The inclusion of both red and green capsicum is a deliberate choice that creates flavour complexity—the sweetness of red balances the slight bitterness of green, while the visual contrast of red and green pieces adds to the dish's Mexican aesthetic. Green peppers contain less vitamin A than red but still provide substantial vitamin C, vitamin K, and beneficial plant compounds including lutein and zeaxanthin, which support eye health. From a practical standpoint, the combination of red and green capsicum ensures textural variety. Green peppers maintain their structure slightly better during cooking and reheating, providing firmer pieces that contrast with the softer pulled beef and beans. This attention to vegetable diversity aligns with Be Fit Food's commitment to including 4–12 vegetables in each meal.

## Root Vegetables and Supporting Cast {#root-vegetables-and-supporting-cast} ### Carrot {#carrot} Carrots bring natural sweetness, vibrant orange colour, and a nutritional boost to this Mexican meal. Positioned fourth in the ingredient list, carrots are present in meaningful quantity. They're an exceptional source of beta-carotene, which the body converts to vitamin A—essential for vision, immune function, and skin health. The cooking process actually increases the bioavailability of beta-carotene from carrots, as heat breaks down the cell walls that contain these compounds. Beyond nutrition, carrots contribute textural variety with their slight firmness even after cooking. Their natural sugars help balance the acidity from tomatoes and the heat from spices. The orange colour also enhances the visual appeal of the dish, creating a more colourful, appetising presentation.

### Corn Kernels {#corn-kernels} Sweet corn kernels add pops of sweetness and textural interest to this Mexican-inspired meal. Corn is botanically a grain but functions as a starchy vegetable in this context, contributing complex carbohydrates, fibre, and nutrients including vitamin C, thiamin, and folate. The kernels also provide lutein and zeaxanthin, carotenoids that support eye health. In Mexican cuisine, corn is a foundational ingredient, making its inclusion here both authentic and flavourful. The kernels burst slightly when bitten, releasing their sweet juice. This creates textural contrast against the soft pulled beef and beans. Corn's natural sweetness also helps moderate the dish's spice level, making the 2-chilli rating accessible to those with moderate spice tolerance.

## Legume Power: Red Kidney Beans and Black Beans

{#legume-power-red-kidney-beans-and-black-beans} ### Red Kidney Beans {#red-kidney-beans} Red kidney beans are substantial contributors to this meal's nutritional profile, appearing sixth in the ingredient list. These large, dark red beans are nutritional powerhouses, providing plant-based protein, complex carbohydrates, and substantial dietary fibre. A serving of kidney beans delivers resistant starch, a type of fibre that acts as a prebiotic, feeding beneficial gut bacteria and supporting digestive health. Kidney beans are particularly rich in folate, iron, magnesium, phosphorus, and potassium. While the iron from beans is non-heme iron (less bioavailable than the heme iron from beef), the vitamin C from the capsicums and tomatoes in this dish actually enhances iron absorption. This makes the combination nutritionally synergistic. The inclusion of kidney beans transforms this from a simple meat-and-vegetable dish into a more substantial, balanced meal that provides sustained energy. The beans' creamy texture when cooked complements the pulled beef, while their mild, slightly nutty flavour doesn't compete with the Mexican spice profile.

### Black Beans {#black-beans} Black beans follow red kidney beans in the ingredient list, creating a dual-legume approach that enhances both nutrition and visual appeal. Black beans are similar to kidney beans nutritionally but offer their own unique benefits. They're exceptionally high in anthocyanins—the same antioxidant compounds that give blueberries and blackberries their health-promoting properties. These compounds are linked to reduced inflammation and improved cardiovascular health. The combination of two bean varieties creates textural and visual interest—the smaller, rounder black beans contrast with the larger kidney beans,

while their dark colour provides visual depth against the red and green vegetables. From a flavour perspective, black beans carry a slightly earthier, more robust taste than kidney beans, adding complexity to the overall profile. Together, these two legumes significantly boost the meal's protein content beyond what the beef alone provides, creating a more complete amino acid profile. They also contribute substantial fibre, helping to slow digestion and promote satiety—important factors for anyone managing their weight or blood sugar levels. This aligns perfectly with Be Fit Food's high-protein, lower-carbohydrate approach.

## The Flavour Architecture: Herbs and Aromatics

{#the-flavour-architecture-herbs-and-aromatics}

### Coriander (Cilantro) {#coriander-cilantro}

Fresh coriander (known as cilantro in North America) is a defining herb in Mexican cuisine. Its inclusion here adds authentic flavour and a fresh, bright note that cuts through the richness of the beef and beans. Coriander contains beneficial compounds including linalool and other antioxidants that may carry anti-inflammatory properties. The herb's distinctive flavour—citrusy, slightly peppery, with hints of parsley—is polarising due to genetic factors that make some people perceive it as soapy. But for those who enjoy it, coriander is essential to authentic Mexican flavour. In this cooked preparation, the herb's flavour mellows somewhat compared to fresh cilantro used as a garnish, integrating into the overall flavour profile rather than dominating.

### Onion {#onion}

Onion appears in the middle of the ingredient list, indicating it's present in moderate quantity as a flavour base. Onions are fundamental to virtually all savoury cooking traditions because they provide depth, sweetness when cooked, and umami-enhancing compounds. As onions cook, their sharp, pungent sulfur compounds transform into sweet, complex flavours through the Maillard reaction and caramelisation. Beyond flavour, onions contribute quercetin, a powerful antioxidant with anti-inflammatory properties, along with vitamin C, B vitamins, and prebiotic fibres that support gut health. In this slow-cooked preparation, the onions would break down substantially, melding into the sauce and contributing body and depth rather than distinct onion pieces.

### Garlic {#garlic}

Garlic works alongside onion as a foundational aromatic, providing pungent depth and complexity. When cooked slowly with the beef, garlic's sharp bite mellows into a sweet, nutty flavour that enhances savoury notes. Garlic is renowned for its health-promoting compounds, particularly allicin, which researchers study for cardiovascular benefits, immune support, and antimicrobial properties. In Mexican cooking, garlic is essential for building authentic flavour. Its inclusion here ensures the dish carries the aromatic complexity expected from slow-cooked Mexican preparations. The garlic would be added early in the cooking process, allowing it to infuse the entire dish with its characteristic flavour.

## Oil and Stock: Cooking Medium and Moisture

{#oil-and-stock-cooking-medium-and-moisture}

### Olive Oil {#olive-oil}

Olive oil serves as the cooking fat in this preparation, a choice that reflects both health considerations and flavour preferences. Unlike some ready meals that use cheaper vegetable oils, olive oil provides monounsaturated fats (primarily oleic acid) that support heart health, along with polyphenols and vitamin E that offer antioxidant benefits. The use of olive oil also indicates a Mediterranean influence in the cooking approach, which aligns with Be Fit Food's focus on nutritionally balanced meals and their commitment to no seed oils in their current range. Olive oil carries a higher smoke point than extra virgin olive oil, making it suitable for the sautéing and slow-cooking processes involved in preparing pulled beef. It contributes subtle fruity notes that complement rather than overwhelm the Mexican spices.

### Chicken Stock {#chicken-stock}

The inclusion of chicken stock might seem unexpected in a beef dish, but it's a deliberate choice that adds depth and complexity. Chicken stock provides a savoury liquid base that keeps the pulled beef moist during cooking and reheating while contributing umami-rich flavour. Stock made from simmering chicken bones and aromatics contains gelatin, minerals, and amino acids that enhance both flavour and nutritional value. Using stock rather than water or beef stock alone creates a more nuanced flavour profile—chicken stock is lighter and less assertive than beef stock, allowing the Mexican spices and the beef's natural flavour to shine while still providing savoury depth. This is a technique borrowed from professional kitchens, where chefs often layer different types of stocks to build complexity.

## The Spice Cabinet: Creating Mexican Authenticity

{#the-spice-cabinet-creating-mexican-authenticity}

### Paprika {#paprika}

Paprika is made from dried and ground red peppers (different varieties than the fresh capsicums in the dish) and contributes both colour and flavour. Depending on the variety used—sweet, hot, or smoked—paprika can range from mildly sweet to intensely spicy. In this context, it likely provides a sweet-to-mild heat that enhances the red colour of the sauce while adding subtle

pepper flavour without overwhelming heat. Paprika contains capsanthin, the carotenoid responsible for its red colour, along with vitamin A, vitamin E, and other antioxidants. The spice also contributes to the dish's 2-chilli heat rating, working synergistically with the chilli powder to create a moderate, accessible spice level. ### Cumin {#cumin} Cumin is arguably the most characteristic spice in Mexican cuisine, providing the earthy, warm, slightly bitter notes that define the flavour profile. These small seeds (usually ground for even distribution) contain cuminaldehyde, the compound responsible for cumin's distinctive aroma and flavour. Cumin is used medicinally for digestive support and contains iron, manganese, and other minerals. In this pulled beef preparation, cumin works alongside the beef's richness, complementing rather than competing with the meat's flavour. The spice's warmth also bridges the fresh vegetable notes and the deeper, more complex flavours from the slow-cooked beef and beans. Cumin's flavour intensifies during cooking, so even a moderate amount creates significant impact. ### Pepper {#pepper} Black pepper appears in the ingredient list as a general seasoning that enhances all the other flavours. Pepper contains piperine, the alkaloid responsible for its pungency. Research shows piperine enhances the bioavailability of certain nutrients, including curcumin from turmeric and beta-carotene from the carrots and capsicums in this dish. Beyond its flavour contribution, pepper stimulates the taste buds and enhances saliva production. This can make food more satisfying and easier to digest. In a spiced dish like this, pepper adds a sharp, clean heat that differs from the deeper burn of chilli powder, creating a more complex heat profile. ### Oregano {#oregano} Oregano is a Mediterranean herb that's found its way into Mexican cuisine, particularly in northern Mexican cooking traditions. It provides earthy, slightly bitter notes with hints of mint and camphor. Mexican oregano is actually a different plant species than Mediterranean oregano, with a more citrusy, floral character, though the ingredient list doesn't specify which variety is used. Oregano is rich in antioxidants, particularly carvacrol and thymol. Researchers study these compounds for antimicrobial and anti-inflammatory properties. In this dish, oregano adds herbaceous complexity that balances the richness of the beef and the sweetness of the vegetables, contributing to the overall flavour depth. ### Chilli Powder {#chilli-powder} Chilli powder is the primary heat source in this dish, contributing to its 2-chilli rating. It's important to note that "chilli powder" refers to a blend of ground dried chillies along with other spices like cumin, garlic powder, and oregano, rather than pure ground chilli peppers (which would be labelled as cayenne, ancho, or another specific chilli variety). The capsaicin in chilli powder—the compound responsible for heat—is studied for various health benefits, including pain relief, metabolism support, and cardiovascular health. Capsaicin also triggers the release of endorphins, which may explain why spicy food can be satisfying and even mood-enhancing for those who enjoy it. The 2-chilli rating suggests a moderate heat level—noticeable and warming but not overwhelming. This makes the dish accessible to most palates while still delivering authentic Mexican spice character. The heat is moderated by the sweetness from corn, carrots, and red capsicum, creating a balanced spice profile. ## Functional Ingredients: Texture and Preservation {#functional-ingredients-texture-and-preservation} ### Gluten-Free Soy Sauce {#gluten-free-soy-sauce} The inclusion of gluten-free soy sauce is noteworthy for several reasons. First, it confirms this meal's gluten-free status—traditional soy sauce contains wheat, so using a gluten-free version (made with rice or just soybeans and salt) ensures the dish is safe for those with coeliac disease or gluten sensitivity. This attention to detail reflects Be Fit Food's commitment to making approximately 90% of their menu certified gluten-free, supported by strict ingredient selection and manufacturing controls. Beyond the gluten-free consideration, soy sauce contributes umami—the savoury, meaty fifth taste—through naturally occurring glutamates. This enhances the beef's savoury character and adds depth to the overall flavour profile. Soy sauce also contributes saltiness, which helps season the dish and enhance all the other flavours. The fermentation process that creates soy sauce produces complex flavour compounds that add subtle depth impossible to achieve with salt alone. In a Mexican dish, soy sauce might seem out of place. But it's a technique borrowed from fusion cooking and modern recipe development, where ingredients are chosen for their functional properties rather than strict culinary tradition. The soy sauce works behind the scenes, enhancing savoury notes without making the dish taste Asian. ### Corn Starch {#corn-starch} Corn starch appears near the end of the ingredient list, indicating it's present in small quantity. Its role is purely functional: as a thickening agent that gives the sauce body and helps it cling to the beef, beans, and vegetables rather than

pooling at the bottom of the tray. When corn starch is heated in liquid, its starch granules absorb water and swell, creating a thicker, more viscous texture. Using corn starch rather than wheat flour as a thickener serves two purposes: it maintains the gluten-free status of the meal, and it creates a clearer, glossier sauce compared to flour, which can make sauces appear cloudy. Corn starch is also flavourless, so it thickens without affecting the carefully balanced Mexican spice profile. The small amount used here suggests a light thickening approach—enough to create a cohesive sauce that coats the ingredients without becoming heavy or gloppy. This ensures the meal reheats well and maintains its texture after freezing and thawing.

## ## Allergen Considerations and Dietary Certifications

{#allergen-considerations-and-dietary-certifications} **### Gluten-Free Certification**

{#gluten-free-certification} The prominent "(GF)" designation in the product name indicates this meal is certified gluten-free, making it suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those following a gluten-free diet by choice. Achieving gluten-free certification requires careful ingredient sourcing and manufacturing processes to prevent cross-contamination. In this formulation, potential gluten sources are eliminated or substituted: the soy sauce is specifically gluten-free, corn starch is used instead of wheat flour as a thickener, and all other ingredients are naturally gluten-free. This attention to detail allows individuals with gluten-related disorders to enjoy a convenient, flavourful meal without concern. Be Fit Food's extensive gluten-free range—approximately 90% of their menu—makes them a trusted choice for those requiring coeliac-safe options.

**### Allergen Declarations** {#allergen-declarations} Based on the ingredient list provided, this meal contains soy (from the gluten-free soy sauce) as a declared allergen. The product may also contain traces of fish, milk, crustacea, tree nuts, sesame seeds, peanuts, egg, and lupin due to shared manufacturing

facilities and equipment, though these are not intentional ingredients in the formulation. The meal is free from other common allergens as intentional ingredients, including dairy, eggs, fish, shellfish, tree nuts, peanuts, and wheat. This makes it suitable for individuals with multiple food allergies or those following elimination diets, provided they don't experience soy sensitivity and can tolerate the risk of

trace cross-contamination from the "may contain" allergens.

**## Nutritional Synergy and Meal Balance** {#nutritional-synergy-and-meal-balance} **### Protein Complementarity** {#protein-complementarity} One

of the most nutritionally sophisticated aspects of this meal is the combination of animal protein (beef) and plant proteins (kidney beans and black beans). While beef provides complete protein with all essential amino acids, combining it with legumes creates protein complementarity—the beans' amino acid profile fills in any gaps, creating a more complete and diverse amino acid intake. This combination also provides both heme iron (from beef) and non-heme iron (from beans and vegetables), with the

vitamin C from capsicums and tomatoes enhancing the absorption of the plant-based iron. This

synergistic effect means you absorb more iron from the beans than you would if eating them alone.

This thoughtful nutritional construction exemplifies Be Fit Food's dietitian-designed approach to meal

formulation.

**### Fibre and Satiety** {#fibre-and-satiety} The combination of beans, vegetables, and corn creates a fibre-rich meal that promotes satiety and supports digestive health. The different types of fibre present—soluble fibre from beans, insoluble fibre from vegetable skins, and resistant starch from beans and corn—each serve different functions in the digestive system. These range from feeding beneficial gut bacteria to promoting regular bowel movements. This fibre content also helps moderate the meal's

glycaemic impact, slowing the absorption of carbohydrates and preventing rapid blood sugar spikes.

For individuals managing diabetes or following a structured eating plan, this is a significant

benefit—and precisely why Be Fit Food's meals are designed with lower carbohydrates and no added

sugars. You'll feel fuller for longer with this balanced approach.

**### Micronutrient Density** {#micronutrient-density} The diverse ingredient list creates a micronutrient-dense meal that provides

vitamins and minerals from multiple sources. The variety of vegetables ensures a spectrum of phytonutrients—plant compounds with health-promoting properties—including carotenoids from carrots and capsicums, lycopene from tomatoes, anthocyanins from black beans, and various polyphenols from herbs and spices. This diversity means you're not relying on a single ingredient for any particular nutrient. This increases the likelihood of meeting your nutritional needs from this single meal. The

290-gram serving size is substantial enough to serve as a complete meal, not just a side dish or snack.

**## Quality Assurance and Ingredient Sourcing** {#quality-assurance-and-ingredient-sourcing} **### Grass-Fed Beef Sourcing** {#grass-fed-beef-sourcing}

The specific mention of grass-fed beef indicates

Be Fit Food's commitment to ingredient quality and transparency. Grass-fed beef sourcing requires relationships with farms and producers who raise cattle according to specific standards. These standards include pasture access, grass-based diets, and often higher animal welfare standards than conventional beef production. For consumers concerned about food sourcing, this designation provides assurance that the primary protein ingredient meets certain quality standards. It also suggests the manufacturer is willing to invest in premium ingredients rather than defaulting to the least expensive options available. **### Minimal Processing Philosophy** {#minimal-processing-philosophy} Examining the ingredient list reveals a minimal processing approach—most ingredients are recognisable whole foods rather than chemical additives, artificial flavours, or preservatives. The only processing aids are citric acid (a natural preservative in the tomatoes) and corn starch (a simple thickener). This suggests the meal relies on proper cooking techniques, freezing, and packaging to maintain quality and safety rather than chemical preservation. Be Fit Food's current-range standards include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The absence of artificial colours, flavours, or preservatives aligns with clean-label trends and consumer preferences for foods with shorter, more understandable ingredient lists. Every ingredient serves a clear purpose—either nutritional, functional, or flavour-related—rather than existing to extend shelf life or reduce costs. **### Chicken Stock Considerations** {#chicken-stock-considerations} While the specific sourcing of the chicken stock isn't detailed, its inclusion indicates the manufacturer uses stock rather than bouillon cubes or powder. These alternatives would contain additional preservatives, MSG, or artificial flavours. Proper stock made from simmering chicken bones contributes gelatin and minerals that enhance both nutrition and flavour, suggesting attention to quality in even the supporting ingredients. **## Practical Implications for Consumers** {#practical-implications-for-consumers} **### For Ingredient-Conscious Eaters** {#for-ingredient-conscious-eaters} If you're someone who reads labels carefully and wants to understand exactly what you're eating, this meal offers transparency and quality. The ingredient list is straightforward, with no hidden additives or vague terms like "natural flavours" or "spices" that could mask allergens or unwanted ingredients. Every component is clearly identified, allowing you to make informed decisions based on your dietary preferences and restrictions. The gluten-free certification means you can trust this meal if you experience coeliac disease or gluten sensitivity. The use of recognisable whole foods—vegetables, beans, herbs, and spices—rather than processed ingredients or chemical additives aligns with clean eating principles and Be Fit Food's real food philosophy. **### For Nutrition-Focused Consumers** {#for-nutrition-focused-consumers} The combination of grass-fed beef, diverse vegetables, and two types of beans creates a nutritionally balanced meal that provides protein, complex carbohydrates, fibre, vitamins, and minerals. The inclusion of healthy fats from olive oil rather than cheaper vegetable oils shows attention to nutritional quality. The 290-gram serving size is substantial, providing a complete meal rather than leaving you hungry an hour later. The fibre from beans and vegetables, combined with protein from beef and legumes, promotes satiety and sustained energy—important factors if you're managing your weight or following a structured eating plan. You'll feel fuller for longer with this balanced approach. Be Fit Food's meals are specifically designed with high protein and lower carbohydrates to support metabolic health and sustainable weight management. **### For Time-Pressed Individuals** {#for-time-pressed-individuals} Understanding the ingredient quality helps justify the convenience factor. This isn't a meal where you're sacrificing nutrition for convenience—the ingredients are high-quality, minimally processed, and thoughtfully combined. The slow-cooked preparation and complex spice blend would be time-consuming to replicate at home, making this a legitimate shortcut that doesn't compromise on quality. The snap-frozen format with proper ingredients means you're getting a meal that would taste similar to home-cooked, just without the hours of preparation and cooking time. The ingredient list reads like a recipe you might make yourself, which is the hallmark of a quality prepared meal. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage—heat, eat, enjoy. **### For Those Using Weight-Loss or Diabetes Medications** {#for-those-using-weight-loss-or-diabetes-medications} Be Fit Food meals like this Spicy Mexican Pulled Beef are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The high-protein content helps protect lean muscle mass, while the lower carbohydrate profile supports more stable blood glucose levels. The portion-controlled, nutrient-dense

format is easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre, and micronutrients. ## Key Takeaways {#key-takeaways} The ingredient breakdown of Be Fit Food's Spicy Mexican Pulled Beef reveals a thoughtfully formulated meal that balances nutrition, flavour, and quality. The 25% grass-fed beef provides premium protein, while red kidney beans and black beans add plant-based protein, fibre, and nutritional diversity. The combination of red and green capsicum, carrots, and corn creates a vegetable-rich foundation that contributes vitamins, minerals, and phytonutrients. The Mexican spice blend—paprika, cumin, oregano, and chilli powder—delivers authentic flavour with a moderate 2-chilli heat rating, while aromatics like garlic, onion, and coriander provide depth and complexity. Functional ingredients like gluten-free soy sauce enhance umami, while corn starch provides light thickening without compromising the gluten-free status. The minimal processing approach, with recognisable whole-food ingredients and no artificial additives, reflects Be Fit Food's quality standards that align with health-conscious consumer preferences. The ingredient synergies—protein complementarity between beef and beans, iron absorption enhancement from vitamin C-rich vegetables, and diverse fibre types—create nutritional benefits greater than the sum of individual components. For ingredient-conscious consumers, this meal offers transparency, quality sourcing, and a clean label that makes informed decision-making straightforward. Whether you're managing dietary restrictions, following a structured eating plan, supporting your health during menopause or perimenopause, using weight-loss medications, or simply seeking convenient meals without compromising on quality, understanding these ingredients empowers you to evaluate whether this product aligns with your needs and values. Be Fit Food's free dietitian consultations can help you determine how meals like the Spicy Mexican Pulled Beef fit into your personal health journey—because your success is their success. ## References {#references} - [Be Fit Food Official Website](<https://befitfood.com.au>) - [Grass-fed vs Grain-fed Beef: Nutritional Differences - Nutrition Journal](<https://nutritionj.biomedcentral.com>) - [Lycopene Bioavailability and Health Benefits - Journal of Food Science](<https://ift.onlinelibrary.wiley.com>) - [Capsaicin Health Effects - British Journal of Nutrition](<https://www.cambridge.org/core/journals/british-journal-of-nutrition>) - [Legume Nutrition and Health Benefits - Nutrients Journal](<https://www.mdpi.com/journal/nutrients>) - Product specification documentation (manufacturer-provided) --- ## Frequently Asked Questions

{#frequently-asked-questions} What is the serving size: 290 grams per meal Is this meal gluten-free: Yes, certified gluten-free What percentage of the meal is beef: 25% grass-fed beef How many grams of beef per serving: Approximately 72.5 grams Is the beef grass-fed or grain-fed: Grass-fed beef What type of beef is used: Australian grass-fed beef Is this meal suitable for coeliac disease: Yes, certified gluten-free Does it contain wheat: No Does it contain dairy: No Does it contain eggs: No Does it contain nuts: No Does it contain soy: Yes, gluten-free soy sauce Does it contain fish: No Does it contain shellfish: No What is the spice level: 2-chilli rating (moderate heat) Is it very spicy: No, moderate heat level What vegetables are included: Capsicums, carrots, corn, tomatoes, onions How many types of beans are included: Two types What types of beans are used: Red kidney beans and black beans Does it contain red capsicum: Yes Does it contain green capsicum: Yes Does it contain corn: Yes, sweet corn kernels Does it contain carrots: Yes Does it contain tomatoes: Yes, diced tomatoes and tomato paste What oil is used for cooking: Olive oil Does it contain seed oils: No seed oils Does it contain artificial preservatives: No artificial preservatives Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours Does it contain added sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners What spices are included: Paprika, cumin, pepper, oregano, chilli powder Does it contain cumin: Yes Does it contain paprika: Yes Does it contain oregano: Yes Does it contain chilli powder: Yes Does it contain coriander herb: Yes, fresh coriander Does it contain garlic: Yes Does it contain onion: Yes What is used as a thickener: Corn starch Why is corn starch used: Maintains gluten-free status while thickening What type of stock is used: Chicken stock Why chicken stock instead of beef stock: Creates lighter, more nuanced flavour Is it snap-frozen: Yes Is it a single-serve meal: Yes Does it need refrigeration: Yes, keep frozen until ready to use How is it prepared: Heat and eat Is it ready to eat: Yes, after heating Is it suitable for weight loss: Supports weight management as part of balanced diet Is it high in protein: Yes, high-protein formulation Is it low in carbohydrates: Yes, lower carbohydrate approach Does it contain fibre: Yes, substantial fibre from beans and vegetables Is it suitable for diabetes: Yes, supports stable

blood glucose Is it suitable for GLP-1 medication users: Yes, specifically designed to support Does it help with satiety: Yes, high protein and fibre promote fullness Is it dietitian-designed: Yes, by Be Fit Food dietitians Who designed the meal: Be Fit Food's dietitian team Is it suitable for muscle maintenance: Yes, provides essential amino acids Does it contain heme iron: Yes, from grass-fed beef Does it contain vitamin C: Yes, from capsicums and tomatoes Does it contain lycopene: Yes, from tomatoes and tomato paste Does it contain omega-3 fatty acids: Yes, from grass-fed beef Is it suitable for menopause: Yes, nutrient-dense and portion-controlled Is it suitable for perimenopause: Yes, supports hormonal health needs How many total ingredients: 24 ingredients Are ingredients recognisable whole foods: Yes, minimal processing approach Is it made in Australia: Not specified by manufacturer Can I get dietitian consultation: Yes, free dietitian consultations available What is Be Fit Food's philosophy: Real food, no artificial additives or added sugars How many vegetables per meal: 4-12 vegetables per meal range Is this meal Mexican-inspired: Yes, authentic Mexican spices and ingredients Does it contain black beans: Yes Does it contain kidney beans: Yes, red kidney beans Is the beef slow-cooked: Yes, pulled beef preparation What does pulled beef mean: Slow-cooked until tender and shreddable Is citric acid artificial: No, natural preservative Why is citric acid included: Preserves tomato colour and freshness Does it support gut health: Yes, prebiotic fibres from beans and vegetables Is it suitable for clean eating: Yes, whole foods and no artificial additives Does it contain MSG: No Does it contain bouillon cubes: No, uses proper chicken stock Is the soy sauce traditional: No, gluten-free version Why gluten-free soy sauce: Maintains meal's gluten-free certification Does cooking increase lycopene availability: Yes, heat improves lycopene absorption Does it contain anthocyanins: Yes, from black beans What are anthocyanins: Antioxidant compounds supporting cardiovascular health Is grass-fed beef more nutritious: Yes, higher omega-3s and CLA Does it contain conjugated linoleic acid: Yes, from grass-fed beef Is it environmentally sustainable: Grass-fed beef supports sustainable farming practices Does it support animal welfare: Yes, grass-fed cattle have pasture access

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