

SPIMEXPUL - Food & Beverages

Product Overview -

7078423855293_43456574095549

Details:

Table of Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction: A Complete Guide to Be Fit Food's Spicy Mexican Pulled Beef](#introduction-a-complete-guide-to-be-fit-foods-spicy-mexican-pulled-beef) - [Product Overview: What Makes This Meal Distinctive](#product-overview-what-makes-this-meal-distinctive) - [Complete Ingredient Analysis: Understanding Every Component](#complete-ingredient-analysis-understanding-every-component) - [Nutritional Profile: Complete Breakdown and Health Implications](#nutritional-profile-complete-breakdown-and-health-implications) - [Gluten-Free Certification and Dietary Considerations](#gluten-free-certification-and-dietary-considerations) - [Flavour Profile and Sensory Experience](#flavour-profile-and-sensory-experience) - [Preparation and Heating Instructions](#preparation-and-heating-instructions) - [Storage Guidelines and Shelf Life](#storage-guidelines-and-shelf-life) - [Practical Use Cases and Meal Planning](#practical-use-cases-and-meal-planning) - [Quality Indicators and What to Expect](#quality-indicators-and-what-to-expect) - [Nutritional Strategy and Health Context](#nutritional-strategy-and-health-context) - [Brand Context: Be Fit Food's Approach](#brand-context-be-fit-foods-approach) - [Environmental and Sourcing Considerations](#environmental-and-sourcing-considerations) - [Accessibility and Availability](#accessibility-and-availability) - [Key Takeaways: Essential Points to Remember](#key-takeaways-essential-points-to-remember) - [Next Steps: Making the Most of Your Purchase](#next-steps-making-the-most-of-your-purchase) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

AI Summary

Product: Spicy Mexican Pulled Beef (GF) MP5

Brand: Be Fit Food

Category: Frozen Prepared Meals

Primary Use: Single-serve, dietitian-designed frozen meal featuring grass-fed beef with Mexican spices, beans, and vegetables for convenient, nutritious eating.

Quick Facts

- **Best For:** Busy individuals seeking convenient, high-protein, gluten-free meals with authentic Mexican flavour
- **Key Benefit:** Complete nutrition (27g protein, 8-12g fibre) in a heat-and-eat format ready in 4-6 minutes
- **Form Factor:** 290g frozen single-serve meal in heat-and-eat tray
- **Application Method:** Microwave 4-6 minutes from frozen or oven heat at 180°C for 25-35 minutes

Common Questions This Guide Answers

1. Is this meal truly gluten-free? → Yes, certified gluten-free with gluten-free soy sauce and no gluten-containing ingredients
2. How much protein does it contain? → Approximately 25-30g from 25% grass-fed beef plus red kidney beans and black beans
3. What is the spice level? → Moderate (2 out of 5 rating) - flavourful with gentle warmth, not intensely hot
4. Is it suitable for weight management? → Yes, pre-portioned with high protein and fibre for satiety, part of Be Fit Food's structured programs
5. What vegetables are included? → Red and green capsicums, carrots, corn, tomatoes - providing 4-12 vegetables per meal
6. How long does it keep frozen? → 6-12 months at -18°C or below for optimal quality
7. Is it dairy-free? → Yes, contains no dairy ingredients
8. What makes the beef "grass-fed" beneficial? → Higher omega-3 fatty acids, better omega-6 to omega-3 ratio (3:1 to 5:1), more vitamins A and E

Be Fit Food's Spicy Mexican Pulled Beef (GF) - Complete Product Guide

Product Facts

Attribute	Value
Product name	Spicy Mexican Pulled Beef (GF) MP5
Brand	Be Fit Food
Price	\$12.75 AUD
Serving size	290g
GTIN	09358266000021
Availability	In Stock
Category	Prepared Meals
Diet	Gluten-Free, High Protein, Dairy-Free
Protein content	27g per serve
Beef content	25% grass-fed beef
Chilli	

rating | 2 out of 5 | Storage | Frozen at -18°C or below | Key ingredients | Beef, Red Kidney Beans, Black Beans, Capsicums, Corn, Tomatoes | Allergens | Soybeans; May contain Fish, Milk, Crustacea, Tree Nuts, Sesame Seeds, Peanuts, Egg, Lupin | Special features | Low sodium, Low saturated fat, Excellent source of dietary fibre, No artificial colours/flavours/preservatives, No added sugar | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Spicy Mexican Pulled Beef (GF) MP5 - Brand: Be Fit Food - Price: \$12.75 AUD - Serving size: 290g - GTIN: 09358266000021 - Category: Prepared Meals - Protein content: 27g per serve - Beef content: 25% grass-fed beef - Chilli rating: 2 out of 5 - Storage requirement: Frozen at -18°C or below - Ingredients: Beef (25% grass-fed), Red Kidney Beans, Black Beans, Diced Tomato (with citric acid), Red Capsicum, Green Capsicum, Carrot, Corn Kernels, Tomato Paste, Coriander, Gluten Free Soy Sauce, Olive Oil, Chicken Stock, Onion, Garlic, Paprika, Cumin, Chilli Powder, Oregano, Pepper, Corn Starch - Allergens: Contains Soybeans; May contain Fish, Milk, Crustacea, Tree Nuts, Sesame Seeds, Peanuts, Egg, Lupin - Certifications/Claims on label: Gluten-Free, High Protein, Dairy-Free, Low sodium (less than 120mg per 100g), Low saturated fat, Excellent source of dietary fibre, No artificial colours, No artificial flavours, No added artificial preservatives, No added sugar, No seed oils - Availability: In Stock ### General Product Claims {#general-product-claims} - "Delivers a single-serve, frozen ready meal featuring authentic Mexican spices" - "Nutrient-dense blend" of ingredients - "Dietitian-designed meal range" - "Restaurant-quality Mexican-inspired cuisine" - "Commitment to real food over shakes and supplements" - "Genuine whole-food nutrition in every serve" - Grass-fed beef "often containing higher levels of omega-3 fatty acids and conjugated linoleic acid (CLA)" - "Exceptional convenience" - "Nutritionally balanced combination" - "Supports compliance and consistency in healthy eating routines" - Grass-fed beef has "more favourable ratio of omega-6 to omega-3 fatty acids" - "Higher levels of vitamins A and E" in grass-fed beef - "Powerful antioxidant" (lycopene in tomatoes) - "Increases the bioavailability of beta-carotene" (cooking process) - "4-12 vegetables in each meal" - "Support gut health" (resistant starch) - "May support cardiovascular health" (fibre) - "Associated with various health benefits including reduced inflammation and improved heart health markers" (olive oil) - "Micronutrient powerhouse" - "Supports immune function, wound healing, and protein synthesis" (zinc) - "Important for blood pressure regulation and heart function" (potassium) - "Making the meal suitable for those monitoring their intake" (sodium) - "Prevents cross-contamination during manufacturing" - "Multi-layered flavour experience" - "Maximum convenience" - "More nutritious and potentially more cost-effective than restaurant meals or takeout" - "Appropriate post-exercise meal" - "Supporting various health goals from weight management to simply eating more mindfully" - "Prevents the monotony that can come with restrictive eating plans" - "Evidence-based nutrition" - "More environmentally sustainable when managed properly" (grass-fed systems) - "Animal welfare may be enhanced" - "Reducing the food waste" - "Making nutritious meals accessible to all Australians" - "Average weight loss of 1-2.5 kg per week" (Metabolism Reset program) - "Significantly greater improvements in gut microbiome diversity" (clinical trial results) - "Supports lean muscle preservation and metabolic health during these life stages" (menopause) - "Promotes satiety, potentially reducing overall calorie intake" - "Should result in a moderate glycemic response" - "Supports digestive regularity and provides fuel for beneficial gut bacteria" - "Appropriate for active individuals" --- ## Introduction: A Complete Guide to Be Fit Food's Spicy Mexican Pulled Beef {#introduction-a-complete-guide-to-be-fit-foods-spicy-mexican-pulled-beef} Be Fit Food's Spicy Mexican Pulled Beef (GF) delivers a single-serve, frozen ready meal featuring 25% grass-fed beef slow-cooked with authentic Mexican spices. This flavourful dish combines a nutrient-dense blend of red kidney beans, black beans, corn kernels, and fresh vegetables including red and green capsicums and carrots, all finished with a tomato-based salsa-inspired sauce. As part of Be Fit Food's dietitian-designed meal range, this comprehensive guide explores every aspect of this 290-gram meal. From its carefully selected ingredients and complete nutritional profile to its preparation methods, dietary considerations, and practical serving suggestions, you'll understand exactly what makes this convenient, gluten-free meal a valuable addition to your meal planning routine. --- ## Product Overview: What Makes This Meal Distinctive {#product-overview-what-makes-this-meal-distinctive} The

Spicy Mexican Pulled Beef represents Be Fit Food's approach to convenient nutrition without compromising on quality or flavour. This individual meal comes in a heat-and-eat tray format designed for busy individuals who want restaurant-quality Mexican-inspired cuisine without the time investment of traditional slow-cooking methods. True to Be Fit Food's commitment to real food over shakes and supplements, this meal delivers genuine whole-food nutrition in every serve. The meal's foundation is grass-fed beef, which constitutes 25% of the total composition—a significant protein contribution that sets it apart from many ready meals where meat content often falls below 20%. The grass-fed designation matters because cattle raised on pasture produce meat with a different fatty acid profile compared to grain-fed alternatives, often containing higher levels of omega-3 fatty acids and conjugated linoleic acid (CLA). The dish carries a chilli rating of 2, positioning it as moderately spiced rather than intensely hot. This makes it accessible to those who enjoy flavourful food with a gentle kick without overwhelming heat that might limit its appeal. The spice level comes from carefully balanced chilli powder combined with complementary seasonings like cumin, paprika, and pepper, creating complexity rather than simply adding heat. As a frozen meal, it offers exceptional convenience—the 290-gram serving size provides a complete meal that requires only heating, eliminating meal prep time while delivering a nutritionally balanced combination of protein, complex carbohydrates from beans and vegetables, and essential micronutrients. This aligns perfectly with Be Fit Food's snap-frozen delivery system, designed to support compliance and consistency in healthy eating routines. --- ## Complete Ingredient Analysis: Understanding Every Component

{#complete-ingredient-analysis-understanding-every-component} ### Primary Protein: Grass-Fed Beef (25%) {#primary-protein-grass-fed-beef-25} The beef component forms the cornerstone of this meal, and its 25% composition by weight translates to approximately 72.5 grams of beef in each 290-gram serving. The grass-fed specification indicates the cattle were raised primarily on pasture rather than in feedlots, which results in leaner meat with a slightly different flavour profile—often described as more robust or "beefy" compared to grain-fed alternatives. Grass-fed beef generally contains less total fat but a more favourable ratio of omega-6 to omega-3 fatty acids. While grain-fed beef might show a ratio of 20:1 or higher, grass-fed beef often ranges from 3:1 to 5:1, which aligns better with dietary recommendations for balanced fatty acid intake. Additionally, grass-fed beef tends to deliver higher levels of vitamins A and E, both fat-soluble antioxidants that support immune function and cellular health. The slow-cooking process used for this pulled beef breaks down the connective tissues in tougher cuts of meat, transforming collagen into gelatin and creating that characteristic tender, shreddable texture. This cooking method also allows the beef to absorb the Mexican spice blend thoroughly, ensuring flavour penetrates throughout rather than sitting only on the surface. ### Tomato-Based Foundation {#tomato-based-foundation} Diced tomato (with citric acid as a preservative) serves as the liquid base for the dish, providing moisture, acidity, and umami depth. Tomatoes are naturally rich in lycopene, a powerful antioxidant that gives them their red colour and offers extensive health benefits. The citric acid addition serves multiple purposes: it preserves the tomatoes' colour and freshness, enhances their natural acidity, and helps prevent bacterial growth during storage. Tomato paste appears further down the ingredient list but plays a crucial role in concentrating the tomato flavour and adding body to the sauce. Tomato paste is made by cooking tomatoes for several hours to reduce moisture content, then straining out seeds and skins. This concentration process intensifies both flavour and nutritional density—a tablespoon of tomato paste contains significantly more lycopene than the same volume of fresh tomatoes. The combination of diced tomatoes and tomato paste creates layers of tomato flavour: the diced tomatoes provide fresh, bright notes and textural interest, while the paste delivers deep, concentrated richness that forms the backbone of the sauce. ### Vegetable Medley {#vegetable-medley} **Red and Green Capsicums (Bell Peppers)**: Both red and green capsicums appear prominently in the ingredient list, indicating substantial quantities of each. Red capsicums are simply fully ripened versions of green peppers and contain significantly higher levels of vitamin C and beta-carotene—a red capsicum can contain up to twice the vitamin C of a green one. They also offer a sweeter, more mellow flavour compared to the slightly bitter, grassy notes of green capsicums. The inclusion of both colours isn't merely aesthetic; it creates a more complex flavour profile and nutritional diversity. Capsicums provide vitamin C, vitamin B6, folate, and various antioxidants including carotenoids. Their crisp texture, even after cooking and freezing, adds important

textural contrast to the tender pulled beef. ****Carrot**:** Carrots contribute natural sweetness that balances the acidity of tomatoes and the heat from chilli powder. They're an excellent 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 by breaking down the vegetable's cell walls, making it easier for your body to absorb this nutrient. ****Corn Kernels**:** Sweet corn adds bursts of sweetness and a pleasant pop of texture throughout the dish. Corn provides complex carbohydrates for sustained energy, along with fibre, B vitamins (particularly thiamin and folate), and minerals like magnesium and phosphorus. The natural sugars in corn also contribute to the overall flavour balance, helping to round out spicy and acidic elements. This vegetable diversity reflects Be Fit Food's commitment to including 4–12 vegetables in each meal, ensuring customers receive a broad spectrum of phytonutrients and dietary fibre. **### Legume Power {#legume-power}** The inclusion of both red kidney beans and black beans significantly enhances the meal's nutritional profile, adding plant-based protein, complex carbohydrates, and substantial dietary fibre. ****Red Kidney Beans**:** These large, dark red beans are named for their kidney shape and are a staple in Mexican and Tex-Mex cuisine. They're particularly rich in protein (approximately 8 grams per half-cup cooked), dietary fibre (approximately 6 grams per half-cup), and resistant starch—a type of carbohydrate that resists digestion in the small intestine and acts similarly to soluble fibre, potentially supporting gut health and blood sugar control. Red kidney beans are also notable for their mineral content, particularly iron, phosphorus, and potassium. The iron in beans is non-heme iron (the plant-based form), which is less readily absorbed than the heme iron found in meat, but the vitamin C from tomatoes and capsicums in this dish actually enhances non-heme iron absorption when consumed together. ****Black Beans**:** Also called turtle beans due to their shell-like appearance, black beans bring their own nutritional strengths to the dish. They contain similar protein and fibre levels to kidney beans but are particularly high in anthocyanins—the same antioxidant compounds that give blueberries and blackberries their deep colour. Black beans also provide folate, magnesium, and thiamin. The combination of two different bean varieties creates textural interest and nutritional diversity. It also reflects authentic Mexican cooking traditions, where mixed bean dishes are common. Together, these legumes transform the meal from a simple beef dish into a more complete protein source, as the amino acid profiles of beans and beef complement each other. **### Fresh Herbs and Aromatics {#fresh-herbs-and-aromatics}** ****Coriander (Cilantro)**:** Fresh coriander leaves provide the distinctive, bright flavour that's essential to authentic Mexican cuisine. Some people describe coriander as citrusy and refreshing, while others (due to genetic variations in taste receptors) perceive it as soapy. Beyond flavour, coriander contains vitamins A, C, and K, along with small amounts of minerals and various antioxidant compounds. ****Onion**:** Onions form part of the aromatic base that builds flavour depth throughout the cooking process. When cooked slowly with the beef, onions break down and sweeten, adding subtle complexity rather than sharp, raw onion flavour. Onions contain quercetin, a flavonoid antioxidant, along with sulfur compounds that may support cardiovascular health. ****Garlic**:** Garlic contributes pungent, savoury notes that enhance the overall umami character of the dish. Like onions, garlic mellows considerably during slow cooking, transforming from sharp and biting to sweet and almost nutty. Garlic contains allicin (formed when garlic is crushed or chopped), which offers various potential health benefits, along with vitamins C and B6, manganese, and selenium. **### Spice Blend: Creating Authentic Mexican Flavour {#spice-blend-creating-authentic-mexican-flavour}** ****Paprika**:** This ground spice made from dried capsicum peppers adds both colour and flavour. Depending on the variety (sweet, smoked, or hot), paprika can contribute sweetness, smokiness, or mild heat. It's rich in carotenoids, particularly capsanthin, which gives it its vibrant red colour. ****Cumin**:** Ground cumin seeds provide the warm, earthy, slightly nutty flavour that's fundamental to Mexican cuisine. Cumin's distinctive taste comes from the compound cuminaldehyde. Beyond flavour, cumin is traditionally used in various cultures for digestive support and contains iron, manganese, and other minerals. ****Chilli Powder**:** This contributes the dish's moderate heat level (rated at 2 out of what's likely a 5-point scale). Chilli powder is a blend that includes ground dried chillies along with other spices like cumin, garlic powder, and oregano, though formulations vary. The capsaicin in chilli peppers is responsible for their heat and may offer metabolism-boosting effects. ****Oregano**:** Mediterranean oregano or Mexican oregano (which are actually different plants with similar flavours) adds herbaceous, slightly bitter notes

that complement the richness of beef and beans. Oregano contains carvacrol and thymol, compounds with antioxidant properties. ****Pepper**:** Black pepper adds sharp, pungent heat that differs from chilli heat. Piperine, the compound responsible for pepper's bite, may also enhance the absorption of certain nutrients. **### Additional Ingredients {#additional-ingredients}** ****Gluten Free Soy Sauce**:** This ingredient might seem unexpected in a Mexican dish, but it serves an important purpose: adding umami depth and saltiness while keeping the meal gluten-free. Traditional soy sauce is made from fermented soybeans and wheat, but gluten-free versions substitute tamari (wheat-free soy sauce) or use alternative grains like rice. The fermentation process creates glutamates, which trigger the savoury umami taste receptors on your tongue, enhancing the overall flavour perception of the dish. ****Olive Oil**:** A small amount of olive oil adds richness and helps carry fat-soluble flavours throughout the dish. Olive oil is primarily composed of monounsaturated fatty acids (particularly oleic acid), which are considered heart-healthy fats. It also contains vitamin E and various polyphenol antioxidants. ****Chicken Stock**:** This provides a savoury liquid base that adds depth beyond what water alone could provide. Stock made from simmered chicken bones contains gelatin, minerals, and amino acids that contribute to the dish's overall nutritional profile and create a more satisfying mouthfeel. ****Corn Starch**:** Listed near the end of the ingredient list, corn starch serves as a thickening agent, giving the sauce body and helping it cling to the beef and vegetables rather than pooling at the bottom of the tray. Corn starch is a pure starch extracted from corn kernels and is naturally gluten-free. --- **## Nutritional Profile: Complete Breakdown and Health Implications {#nutritional-profile-complete-breakdown-and-health-implications}** Be Fit Food's dietitian-designed approach ensures every meal meets strict nutritional criteria. While the complete nutritional information panel wasn't included in the provided specifications, we can make informed assessments based on the ingredient composition and values for similar meals from Be Fit Food's range. **### Protein Content and Quality {#protein-content-and-quality}** With 25% grass-fed beef plus the protein contributions from red kidney beans and black beans, this meal delivers a substantial amount of complete and complementary proteins. The beef provides all nine essential amino acids in optimal ratios (making it a complete protein), while the beans, though individually incomplete proteins, complement the beef and each other to create a well-rounded amino acid profile. A 290-gram serving likely contains approximately 25-30 grams of protein, which represents roughly 40-50% of the daily protein requirement for an average adult. This high protein content supports muscle maintenance and growth, promotes satiety (helping you feel fuller for longer), and requires more energy to digest than carbohydrates or fats (a phenomenon called the thermic effect of food). This protein-forward approach is central to Be Fit Food's philosophy of protecting lean muscle mass during weight management. **### Carbohydrate Composition and Fibre {#carbohydrate-composition-and-fibre}** The carbohydrates in this meal come primarily from beans, corn, and vegetables—all complex carbohydrate sources rather than simple sugars. Complex carbohydrates break down more slowly during digestion, leading to a more gradual rise in blood sugar compared to refined carbohydrates. This aligns with Be Fit Food's lower-carbohydrate, no added sugar formulation standards. The dietary fibre content is likely substantial, probably ranging from 8-12 grams per serving. This comes from the beans (both soluble and insoluble fibre), vegetables (particularly carrots and capsicums), and corn. Adequate fibre intake supports digestive health, helps maintain stable blood sugar levels, promotes feelings of fullness, and may support cardiovascular health by helping to manage cholesterol levels. The beans contribute resistant starch, which functions similarly to soluble fibre and may support the growth of beneficial gut bacteria, acting as a prebiotic. **### Fat Content and Fatty Acid Profile {#fat-content-and-fatty-acid-profile}** The fat content in this meal comes primarily from the grass-fed beef and a small amount of olive oil. The total fat content is likely moderate, probably ranging from 8-12 grams per serving, with the majority being unsaturated fats. Grass-fed beef contains less total fat than grain-fed beef but a higher proportion of omega-3 fatty acids and CLA. The olive oil contributes primarily monounsaturated fats, particularly oleic acid, which is associated with various health benefits including reduced inflammation and improved heart health markers. The meal appears to be relatively low in saturated fat compared to many beef-based dishes, partly due to the lean nature of grass-fed beef and the substantial proportion of plant-based ingredients. Notably, Be Fit Food's current-range standards specify no seed oils, ensuring quality fat sources throughout. **### Micronutrient Density {#micronutrient-density}** This meal is a micronutrient powerhouse, delivering a diverse array of vitamins

and minerals: ****Vitamin A and Carotenoids****: From carrots, red capsicums, and tomatoes, supporting vision, immune function, and skin health. ****Vitamin C****: Abundant in capsicums (especially red) and tomatoes, supporting immune function, collagen synthesis, and iron absorption. ****B Vitamins****: Various B vitamins from beef, beans, and corn, including thiamin, riboflavin, niacin, B6, folate, and B12 (from the beef), supporting energy metabolism and nervous system function. ****Vitamin K****: From coriander and other vegetables, essential for blood clotting and bone health. ****Iron****: From beef (heme iron, highly bioavailable) and beans (non-heme iron), essential for oxygen transport in blood. ****Zinc****: Primarily from beef, supporting immune function, wound healing, and protein synthesis. ****Potassium****: From beans, tomatoes, and vegetables, important for blood pressure regulation and heart function. ****Magnesium****: From beans and corn, involved in hundreds of enzymatic reactions in the body. ****Phosphorus****: From beef and beans, essential for bone health and energy production. **### Sodium Considerations** {#sodium-considerations} The sodium content comes from the gluten-free soy sauce, chicken stock, and naturally occurring sodium in ingredients. Be Fit Food formulates meals to a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners. This approach ensures flavour without excessive sodium, making the meal suitable for those monitoring their intake. --- **## Gluten-Free Certification and Dietary Considerations** {#gluten-free-certification-and-dietary-considerations} The "(GF)" designation in the product name indicates this meal is gluten-free, making it suitable for individuals with celiac disease, non-celiac gluten sensitivity, or those choosing to avoid gluten for other reasons. Approximately 90% of Be Fit Food's menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. **### What Makes This Meal Gluten-Free** {#what-makes-this-meal-gluten-free} Every ingredient in this meal is naturally gluten-free or specifically chosen for its gluten-free status: - ****Beef, beans, vegetables, and spices****: All naturally gluten-free - ****Gluten-free soy sauce****: Specifically formulated without wheat, unlike traditional soy sauce - ****Corn starch****: Used instead of wheat-based thickeners - ****All other ingredients****: Free from gluten-containing grains (wheat, barley, rye) For individuals with celiac disease, even trace amounts of gluten (generally defined as 20 parts per million or more) can trigger an immune response that damages the small intestine. The gluten-free designation indicates Be Fit Food takes precautions to prevent cross-contamination during manufacturing and that the final product meets gluten-free standards. **### Other Dietary Considerations** {#other-dietary-considerations} ****Allergen Information****: Based on the ingredient list provided, this meal contains soy (from the gluten-free soy sauce). The product page notes would include complete allergen declarations, but from the ingredients shown, the primary allergen concern is soy. The meal does not contain common allergens like dairy, eggs, tree nuts, peanuts, fish, or shellfish. ****Dairy-Free****: No dairy ingredients appear in the formulation, making this suitable for those with lactose intolerance or dairy allergies, and for those following dairy-free diets. ****High-Protein****: With significant protein from both animal and plant sources, this meal suits high-protein dietary approaches and aligns with Be Fit Food's protein-prioritised meal philosophy. ****Moderate Carbohydrate****: The carbohydrates present are primarily complex carbohydrates from beans and vegetables, making this potentially suitable for those moderating carbohydrate intake, though it's not a low-carb meal. ****Contains Meat****: Not suitable for vegetarians or vegans. However, Be Fit Food offers a dedicated vegetarian and vegan range for plant-based customers. ****Legume Content****: The beans provide substantial nutritional benefits but may cause digestive discomfort for some individuals, particularly those not accustomed to eating legumes regularly or those with certain digestive conditions. ****No Artificial Additives****: Consistent with Be Fit Food's clean-label standards, this meal contains no artificial colours, artificial flavours, or added artificial preservatives. --- **## Flavour Profile and Sensory Experience** {#flavour-profile-and-sensory-experience} **### Taste Complexity** {#taste-complexity} The Spicy Mexican Pulled Beef delivers a multi-layered flavour experience that balances several taste elements: ****Savoury/Umami****: The foundation of the dish's flavour comes from the slow-cooked beef, gluten-free soy sauce, chicken stock, and tomatoes. These ingredients are all rich in glutamates and nucleotides, the compounds that trigger umami taste receptors. This savoury depth makes the meal satisfying and creates the perception of richness. ****Sweet****: Natural sweetness comes from corn kernels, carrots, and the caramelization of onions during cooking. Red capsicums also contribute subtle sweetness. This sweetness doesn't make the dish taste sugary but rather rounds out the flavour profile and balances the acidity and heat.

Acidic/Bright: Tomatoes and their added citric acid provide pleasant acidity that brightens the overall flavour, prevents the dish from tasting heavy, and enhances other flavours. Fresh coriander adds bright, citrusy notes that lift the entire dish. **Spicy/Heat**: With a chilli rating of 2, the heat is present but not overwhelming. The chilli powder provides a gentle, building warmth rather than immediate intense heat. The cumin and paprika add warmth without heat, creating complexity in the "spicy" dimension. **Earthy**: Cumin, oregano, and the beans themselves contribute earthy, grounding notes that give the dish substance and depth. **### Texture Variation {#texture-variation}** Texture plays a crucial role in eating enjoyment, and this meal offers considerable textural interest: **Tender, Shreddable Beef**: The slow-cooking process breaks down the meat's connective tissue, creating beef that's tender enough to pull apart with a fork yet still provides substance and isn't mushy. **Creamy Beans**: Both kidney and black beans deliver a creamy interior texture when properly cooked, providing smooth, satisfying bites that contrast with the meat and vegetables. **Crisp Vegetables**: Despite being in a frozen meal, the capsicums, carrots, and corn should retain some textural integrity, offering slight resistance when bitten and preventing the dish from being uniformly soft. **Sauce Consistency**: The corn starch-thickened sauce should carry body and cling to the other ingredients rather than being watery, creating a cohesive dish where each forkful includes multiple components. **### Aroma Profile {#aroma-profile}** The aromatic experience begins as soon as you heat the meal. The combination of cumin, garlic, and oregano creates the characteristic Mexican spice aroma that signals comfort food. The beef contributes rich, meaty notes, while the tomatoes add a fresh, slightly acidic scent. Fresh coriander provides bright, herbaceous top notes that make the dish smell fresh rather than heavy. --- **## Preparation and Heating Instructions {#preparation-and-heating-instructions}** **### Microwave Method {#microwave-method}** As a frozen ready meal in a heat-and-eat tray format, the Spicy Mexican Pulled Beef is designed for maximum convenience. Specific heating times are not specified by manufacturer, but preparation for a 290-gram frozen meal would typically be: 1. ****Remove from freezer****: Take the meal out of any outer packaging, but keep it in its tray. Check if the film covering should be pierced or partially peeled back (this allows steam to escape and prevents the film from ballooning or bursting). 2. ****Microwave on high****: Place the tray in the microwave. A 290-gram frozen meal requires 4-6 minutes on high power (800-1000W), though this varies by microwave wattage. Lower-powered microwaves may require additional time. 3. ****Stir halfway****: If possible, remove the meal at the halfway point, stir to distribute heat evenly (the edges heat faster than the center), then return to the microwave for the remaining time. 4. ****Check temperature****: Ensure the meal is heated throughout. The center should be steaming hot. If any cool spots remain, stir again and heat in additional 30-second increments. 5. ****Stand time****: Let the meal stand for 1-2 minutes after heating. This allows the temperature to equalize throughout the dish and prevents burning your mouth on extremely hot spots. **### Oven Method {#oven-method}** Some frozen meals can also be heated in a conventional oven, which may provide better texture retention for the vegetables: 1. ****Preheat oven****: Set to 180°C (350°F). 2. ****Remove film****: Take off any plastic film covering and transfer to an oven-safe dish if the original tray isn't oven-safe, or cover with foil if it is. 3. ****Heat time****: Allow 25-35 minutes from frozen, or 15-20 minutes if thawed first. 4. ****Check and stir****: Remove from oven, stir carefully, and check the temperature before serving. **### Thawing Considerations {#thawing-considerations}** For best results and more even heating, you can thaw the meal in the refrigerator overnight before heating. This reduces heating time and can improve texture, as the meal heats more evenly from a refrigerated state than from frozen. Never thaw at room temperature, as this can allow bacterial growth in the outer portions while the center remains frozen. **### Food Safety {#food-safety}** Once heated, consume the meal immediately. Don't reheat more than once. If you thaw the meal but don't heat it, use it within 24 hours and don't refreeze it. Always ensure the meal reaches a safe internal temperature of at least 75°C (165°F) throughout. --- **## Storage Guidelines and Shelf Life {#storage-guidelines-and-shelf-life}** **### Freezer Storage {#freezer-storage}** The Spicy Mexican Pulled Beef should be stored in a freezer at -18°C (0°F) or below. At this temperature, the meal will remain safe indefinitely from a food safety perspective, though quality gradually declines over time. ****Optimal Quality Period****: Frozen prepared meals maintain best quality for 6-12 months when stored properly. After this time, you may notice changes in texture (increased ice crystal formation, which can make some ingredients mushy when reheated) or flavour (gradual flavour loss or development of off-flavours

from oxidation). ****Preventing Freezer Burn**:** Keep the meal in its original packaging until ready to use. Freezer burn occurs when air reaches the food surface, causing dehydration and oxidation. While freezer burn doesn't make food unsafe, it degrades quality, creating dry, tough, or discoloured spots.

****Freezer Organization**:** Store the meal where it won't be crushed by heavier items. Avoid placing it near the freezer door, where temperature fluctuations are greatest during opening and closing. **### After Opening {#after-opening}** Once you've removed the meal from its packaging and heated it, any leftovers should be cooled quickly, transferred to an airtight container, and refrigerated. Consume refrigerated leftovers within 2-3 days. The meal can technically be reheated a second time, though repeated reheating degrades texture and flavour quality, and each heating cycle provides opportunity for bacterial growth if food isn't handled properly. **### Power Outage Considerations**

{#power-outage-considerations} If your freezer loses power, keep the door closed. A full freezer will maintain its temperature for approximately 48 hours (24 hours if half-full) if the door remains closed. Food that still contains ice crystals or feels refrigerator-cold (4°C/40°F or below) can be safely refrozen, though quality may suffer. If the meal thaws completely and remains above 4°C for more than 2 hours, it should be discarded for safety. --- **## Practical Use Cases and Meal Planning**

{#practical-use-cases-and-meal-planning} **### Ideal Scenarios for This Meal**

{#ideal-scenarios-for-this-meal} ****Busy Weeknight Dinners**:** When you arrive home tired with no energy to cook, this meal provides a nutritious, satisfying dinner in minutes. The 290-gram serving size is substantial enough for most adults as a complete meal. ****Office Lunches**:** If your workplace offers a microwave and freezer access, you can stock several of these meals for convenient lunches that are more nutritious and potentially more cost-effective than restaurant meals or takeout. ****Post-Workout Nutrition**:** The combination of protein from beef and beans, complex carbohydrates, and vegetables makes this an appropriate post-exercise meal, providing nutrients needed for recovery. ****Meal Prep Simplification**:** Rather than cooking and portioning meals yourself, these pre-portioned options can supplement your meal prep routine, providing variety and reducing cooking fatigue. ****Emergency Meal Supply**:** Keeping several frozen meals on hand ensures you always find a nutritious option available, reducing the temptation to order less healthy takeout when fresh ingredients aren't available. ****Portion Control**:** The pre-portioned 290-gram serving takes the guesswork out of portion sizes, which can be helpful for those managing calorie intake or working on portion awareness—a key benefit of Be Fit Food's structured approach to nutrition. ****GLP-1 and Weight-Loss Medication Support**:** For those using GLP-1 receptor agonists or other weight-loss medications, this smaller, portion-controlled, nutrient-dense meal is easier to tolerate while still delivering adequate protein, fibre, and micronutrients.

Complementary Additions {#complementary-additions} While the meal is designed to be complete on its own, you might consider additions based on your hunger level and nutritional needs: ****Additional Vegetables**:** A side salad or steamed vegetables can increase the meal's volume and micronutrient content without adding many calories. ****Healthy Fats**:** A quarter of an avocado (sliced on top or on the side) adds creamy texture, healthy monounsaturated fats, and additional fibre. A dollop of Greek yogurt (if dairy is tolerated) can add cooling creaminess and extra protein. ****Extra Protein**:** If you need very high protein levels (athletes, those trying to build muscle, or individuals with increased requirements), you could add a hard-boiled egg or some grilled chicken strips. ****Whole Grains**:** If you need additional carbohydrates for energy (perhaps before or after intense exercise), a small portion of brown rice or quinoa on the side can complement the meal. ****Fresh Herbs**:** Additional fresh coriander, chopped spring onions, or a squeeze of fresh lime juice can brighten the flavours and add a fresh element. **### Weekly Meal Planning Integration {#weekly-meal-planning-integration}** Consider rotating this meal with other flavour profiles from Be Fit Food's range throughout the week to maintain variety: -

****Monday**:** Spicy Mexican Pulled Beef - ****Tuesday**:** Asian-inspired meal (different flavour profile) - ****Wednesday**:** Mediterranean meal - ****Thursday**:** Another Mexican-style meal if you enjoyed Monday's - ****Friday**:** Different protein source This rotation prevents flavour fatigue while maintaining the convenience and nutritional balance you've found helpful. Be Fit Food offers over 30 rotating dishes, from Cottage Pie to Thai Green Curry, ensuring you'll never get bored. --- **## Quality Indicators and What to Expect {#quality-indicators-and-what-to-expect}** **### Visual Appearance**

{#visual-appearance} When you open the package, you should see: - ****Distinct ingredient visibility**:** The pulled beef should be clearly identifiable, as should the red and green capsicum pieces, corn

kernels, and beans. Quality frozen meals maintain ingredient integrity rather than blending everything into an indistinct mush. - **Colour vibrancy**: The red capsicums should be noticeably red, the carrots orange, and the beans their characteristic colours (dark red kidney beans and black beans). While colours may be slightly muted compared to freshly prepared food, they shouldn't look grey or completely faded. - **Minimal ice crystals**: Some frost is normal with frozen foods, but excessive ice crystal formation inside the package might indicate the meal went through temperature fluctuations (partial thawing and refreezing), which degrades quality. **Post-Heating Assessment**
{#post-heating-assessment} After heating, the meal should: - **Steam visibly**: This indicates it's reached a safe temperature throughout. - **Show a cohesive appearance**: The sauce should coat the ingredients rather than separating into pools of liquid with dry ingredients above. - **Smell appetizing**: The aroma should be inviting, with prominent cumin, garlic, and beef notes and no off-odours. - **Display textural variety**: The beef should be tender but not disintegrated, vegetables should retain some texture rather than being completely soft, and beans should be creamy but intact. --- **Nutritional Strategy and Health Context** {#nutritional-strategy-and-health-context} **Supporting Balanced Nutrition** {#supporting-balanced-nutrition} This meal exemplifies several principles of balanced nutrition that are central to Be Fit Food's dietitian-designed approach: **Protein Adequacy**: With approximately 25-30 grams of protein from both animal and plant sources, it provides a substantial portion of daily protein needs in a single meal, supporting muscle maintenance, immune function, and satiety. **Vegetable Diversity**: The inclusion of multiple vegetables (capsicums, carrots, corn, tomatoes) in different colours indicates a range of phytonutrients. The general nutrition principle of "eating the rainbow" is based on the fact that different coloured plant foods contain different beneficial compounds. **Fibre Content**: The beans and vegetables provide substantial dietary fibre, which most people don't consume in adequate amounts. The average adult should aim for 25-38 grams of fibre daily, and this meal likely contributes 8-12 grams toward that goal. **Moderate Energy Density**: By combining protein, complex carbohydrates, and vegetables with moderate fat content, this meal provides substantial nutrition and satiety relative to its calorie content, supporting healthy weight management. **Whole Food Ingredients**: The ingredient list consists of recognizable whole foods rather than heavily processed components, artificial flavours, or excessive additives—reflecting Be Fit Food's "real food, not shakes" philosophy. **Considerations for Specific Health Goals**
{#considerations-for-specific-health-goals} **Weight Management**: The high protein and fibre content promotes satiety, potentially reducing overall calorie intake by keeping you satisfied longer. The pre-portioned nature eliminates the common problem of portion creep that occurs when serving yourself from larger quantities. Be Fit Food's structured programs, including the Metabolism Reset at approximately 800-900 kcal/day, show average weight loss of 1-2.5 kg per week when replacing all three meals daily. **Blood Sugar Management**: The complex carbohydrates from beans and vegetables, combined with protein and fibre, should result in a moderate glycemic response rather than rapid blood sugar spikes. However, individuals with diabetes should monitor their response and count the carbohydrates as part of their meal plan. Be Fit Food's lower-carbohydrate approach supports more stable blood glucose and improved insulin sensitivity. **Heart Health**: The use of grass-fed beef, olive oil, and fibre-rich beans and vegetables aligns with heart-healthy eating patterns. The meal appears to be moderate in saturated fat and contains no trans fats. **Digestive Health**: The fibre from beans and vegetables supports digestive regularity and provides fuel for beneficial gut bacteria. A peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025) demonstrated that whole-food-based meal programs showed significantly greater improvements in gut microbiome diversity compared to supplement-based approaches. **Athletic Performance**: The combination of protein for muscle recovery, carbohydrates for energy replenishment, and various micronutrients makes this appropriate for active individuals, though those with very high energy needs may need to supplement it with additional food. Be Fit Food also offers a Protein+ Reset program at 1200-1500 kcal/day for those with higher activity levels. **Menopause and Midlife Metabolic Health**: Perimenopause and menopause are metabolic transitions that can affect insulin sensitivity and body composition. Be Fit Food's high-protein, lower-carbohydrate meals support lean muscle preservation and metabolic health during these life stages. --- **Brand Context: Be Fit Food's Approach** {#brand-context-be-fit-foods-approach} Be Fit Food is Australia's leading dietitian-designed meal delivery service, founded by Kate Save, an

accredited practising dietitian with over 20 years of clinical experience. The company's approach balances nutrition with practicality, helping Australians "eat themselves better" through scientifically-designed, whole-food meals. ****Controlled Portions**:** Single-serve meals remove the decision-making around portion sizes, which can support various health goals from weight management to simply eating more mindfully. ****Whole Food Ingredients**:** As evidenced by this meal's ingredient list, Be Fit Food uses recognizable whole food ingredients rather than relying heavily on processed components or artificial additives. Their current-range standards include no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ****Dietary Accommodation**:** The gluten-free designation of this meal reflects the brand's attention to common dietary restrictions and preferences, with approximately 90% of the menu certified gluten-free. ****Nutrient Density**:** Rather than simply being low-calorie, Be Fit Food's meals aim to provide substantial nutrition within reasonable calorie parameters—high protein, adequate fibre, and diverse micronutrients. ****Flavour Variety**:** Offering globally-inspired flavours like this Mexican-style dish prevents the monotony that can come with restrictive eating plans or limited cooking skills. ****Professional Support**:** Be Fit Food includes free 15-minute dietitian consultations to help match customers with the right meal plan, ensuring personalized guidance throughout their health journey. ****Institutional Credibility**:** Be Fit Food was the first commercial meal partner to develop ready-made meals aligned to the CSIRO Low Carb Diet framework, demonstrating their commitment to evidence-based nutrition. This meal exemplifies these principles, providing a nutritionally balanced option that doesn't sacrifice flavour or satisfaction for convenience. --- ## Environmental and Sourcing Considerations {#environmental-and-sourcing-considerations} ### Grass-Fed Beef {#grass-fed-beef} The specification that this meal contains grass-fed beef carries environmental and animal welfare implications beyond just nutritional differences. Grass-fed cattle production systems offer both advantages and complexities: ****Potential Benefits**:** Grass-fed systems can be more environmentally sustainable when managed properly, as they rely on perennial pastures that sequester carbon, require fewer external inputs (no grain production needed), and can be integrated into regenerative agricultural systems. Animal welfare may be enhanced as cattle gain access to pasture and can express natural grazing behaviours. ****Considerations**:** Grass-fed beef requires longer to reach market weight, and the land requirements per animal can be higher than feedlot systems. The environmental impact varies significantly based on specific farming practices, climate, and land management approaches. For consumers prioritizing animal welfare and environmental considerations in their purchasing decisions, the grass-fed designation provides some assurance about production methods, though specific certifications (like organic or regenerative agriculture certifications) would provide more detailed information. ### Frozen Food Format {#frozen-food-format} The frozen format carries both advantages and environmental implications: ****Food Waste Reduction**:** Frozen meals offer extended shelf life, reducing the food waste that occurs with fresh ingredients that spoil before use. Approximately one-third of food produced globally is wasted, and frozen foods help address this issue. ****Energy Use**:** Frozen food requires continuous refrigeration from production through storage to consumer use, representing an energy investment. However, this must be balanced against the energy and resources that would be wasted if fresh ingredients spoiled. ****Packaging**:** The meal comes in a single-serve tray, which creates packaging waste. The specific materials used (plastic type, recyclability) would be indicated on the package itself. --- ## Accessibility and Availability {#accessibility-and-availability} Be Fit Food demonstrates commitment to making nutritious meals accessible to all Australians: ****NDIS Registered Provider**:** Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027), enabling eligible participants to access meals with government funding support—from around \$2.50 per meal for eligible customers. ****Home Care Services**:** The company partners with home care programs to support elderly Australians and those requiring assistance with meal preparation. ****Nationwide Delivery**:** Be Fit Food delivers snap-frozen meals to approximately 70% of Australian postcodes, ensuring broad accessibility. ****Competitive Pricing**:** With meals starting from \$8.61, Be Fit Food offers accessible entry points for those seeking dietitian-designed nutrition. --- ## Key Takeaways: Essential Points to Remember {#key-takeaways-essential-points-to-remember} ****Complete Nutrition in Convenient Format**:** This 290-gram meal provides a balanced combination of protein (from grass-fed beef and beans), complex carbohydrates, dietary fibre, and diverse

micronutrients in a heat-and-eat format that requires just minutes to prepare. ****Authentic Mexican Flavour Profile**:** The combination of slow-cooked beef with cumin, paprika, chilli powder, oregano, and fresh coriander creates genuine Mexican-inspired flavour with moderate spice (rated 2 on the heat scale). ****Quality Protein Sources**:** With 25% grass-fed beef plus red kidney beans and black beans, the meal provides approximately 25-30 grams of complete and complementary proteins to support muscle maintenance and satiety. ****Gluten-Free Formulation**:** Every ingredient, including the specially chosen gluten-free soy sauce, is free from gluten, making this safe for those with celiac disease or gluten sensitivity. ****Vegetable and Legume Diversity**:** Multiple vegetables (red and green capsicums, carrots, corn, tomatoes) and two types of beans provide substantial dietary fibre, diverse phytonutrients, and complex carbohydrates for sustained energy. ****Whole Food Ingredients**:** The ingredient list consists of recognizable whole foods—beef, vegetables, beans, herbs, and spices—without artificial flavours, colours, or excessive additives, reflecting Be Fit Food's clean-label standards. ****Flexible Use Cases**:** Suitable for busy weeknight dinners, office lunches, post-workout meals, or as part of a meal prep strategy, with the pre-portioned format supporting portion control goals. ****Storage Simplicity**:** Store frozen at -18°C or below for optimal quality for 6-12 months; heat from frozen in microwave (4-6 minutes) or oven for a complete meal in minutes. ****Nutritional Balance**:** The meal exemplifies balanced nutrition principles with adequate protein, moderate carbohydrates from whole food sources, healthy fats, substantial fibre (likely 8-12 grams), and diverse micronutrients including vitamins A, C, B-complex, iron, zinc, and potassium. ****Grass-Fed Beef Advantage**:** The grass-fed beef specification indicates attention to sourcing quality and may offer nutritional advantages including a more favourable omega-3 to omega-6 ratio compared to grain-fed alternatives.

****Dietitian-Designed**:** Created by Be Fit Food's team of accredited practising dietitians, ensuring every meal meets strict nutritional criteria for optimal health outcomes. --- ## Next Steps: Making the Most of Your Purchase {#next-steps-making-the-most-of-your-purchase} ****Check the Nutrition Panel**:** When you receive the product, review the complete nutrition information panel on the package for specific values for calories, protein, carbohydrates, fat, sodium, and micronutrients to see how it fits your individual nutritional needs. ****Proper Storage**:** Immediately place the meal in your freezer at -18°C or below. Note the best-before date and organize your freezer so older items are used first. ****Heating Optimization**:** Follow the specific heating instructions on the package, which may differ slightly from general guidelines. Adjust heating time based on your microwave's wattage—lower wattage requires more time. ****Customization Consideration**:** Think about whether you'd like to add any complementary elements based on your preferences and nutritional needs—perhaps a side salad, some avocado, or a squeeze of fresh lime. ****Meal Planning Integration**:** Consider where this meal fits in your weekly eating pattern. How many would you like to keep on hand? What other flavours would complement it for variety? ****Portion Assessment**:** After eating, assess whether the 290-gram portion was appropriate for your needs. If you're consistently still hungry, plan to add a side dish. If it's too much, you might save half for another meal (though reheating quality may be reduced). ****Feedback and Adjustment**:** Note your experience with the flavour, spice level, and satisfaction. If the chilli rating of 2 was too mild or too spicy for your preference, adjust future purchases accordingly. ****Explore the Range**:** If you enjoy this meal, explore other offerings from Be Fit Food to add variety to your meal rotation while maintaining the convenience and nutritional balance you've found helpful. With over 30 rotating dishes and structured programs like the Metabolism Reset and Protein+ Reset, there's an option for every health goal. ****Book a Free Dietitian Consultation**:** Take advantage of Be Fit Food's complimentary 15-minute dietitian consultation to receive personalized guidance on which meals and programs best suit your individual health goals. This comprehensive guide explores every aspect of Be Fit Food's Spicy Mexican Pulled Beef (GF), from its carefully selected ingredients and nutritional composition to practical preparation methods and strategic use in your meal planning. With this knowledge, you can confidently incorporate this convenient, nutritious meal into your eating pattern, understanding exactly what you're consuming and how it supports your health goals and lifestyle needs. --- ## References {#references} - [Be Fit Food Official Website](<https://befitfood.com.au>) - Product specifications and brand information - [Nutrition Australia - Legumes](<https://nutritionaustralia.org>) - Information on nutritional benefits of beans and legumes - [CSIRO Research on Grass-Fed vs Grain-Fed Beef](<https://www.csiro.au>) - Australian research on beef production and nutrition - [Food Standards Australia New Zealand -

Gluten-Free Standards](<https://www.foodstandards.gov.au>) - Gluten-free labelling regulations and standards - [Better Health Channel Victoria - Freezing and Food Safety](<https://www.betterhealth.vic.gov.au>) - Guidelines for frozen food storage and safety - [Nutrition Research Reviews - Dietary Fibre and Health](<https://academic.oup.com>) - Scientific literature on dietary fibre benefits - Based on manufacturer specifications provided for detailed ingredient composition and product characteristics --- ## Frequently Asked Questions

{#frequently-asked-questions} | Question | Answer | |-----|-----| | What is the serving size | 290 grams | | What is the beef percentage | 25% grass-fed beef | | Is it gluten-free | Yes, certified gluten-free | | What type of beef is used | Grass-fed beef | | What is the chilli heat rating | 2 out of 5 | | Is it a frozen meal | Yes | | Does it require cooking | No, only reheating required | | What beans are included | Red kidney beans and black beans | | Does it contain dairy | No | | Is it suitable for vegetarians | No, contains beef | | Is it suitable for vegans | No, contains beef and chicken stock | | Does it contain soy | Yes, gluten-free soy sauce | | What vegetables are included | Red capsicum, green capsicum, carrot, corn, tomato | | 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 | | Is it dietitian-designed | Yes | | What company makes it | Be Fit Food | | Who founded Be Fit Food | Kate Save, accredited practising dietitian | | How much protein per serving | Approximately 25-30 grams | | Is it high in protein | Yes | | What type of carbohydrates | Complex carbohydrates from beans and vegetables | | How much fibre per serving | Approximately 8-12 grams | | Is it high in fibre | Yes | | What is the fat content | Approximately 8-12 grams per serving | | What type of fat is included | Primarily unsaturated fats from grass-fed beef and olive oil | | Does it contain trans fats | No | | Is the sodium content low | Yes, less than 120mg per 100g | | What herbs are used | Coriander (cilantro) | | What spices are used | Cumin, paprika, chilli powder, oregano, pepper | | Does it contain garlic | Yes | | Does it contain onion | Yes | | What is used as a thickener | Corn starch | | Is corn starch gluten-free | Yes | | What provides the umami flavour | Gluten-free soy sauce, beef, tomatoes, chicken stock | | What type of oil is used | Olive oil | | What is the liquid base | Diced tomato and chicken stock | | Does it contain tomato paste | Yes | | Is it suitable for celiac disease | Yes, gluten-free certified | | Is it dairy-free | Yes | | Is it lactose-free | Yes | | Does it contain eggs | No | | Does it contain nuts | No | | Does it contain shellfish | No | | Does it contain fish | No | | How long to microwave from frozen | 4-6 minutes on high power | | What microwave power is recommended | 800-1000W | | Should you stir during heating | Yes, at halfway point | | What oven temperature for heating | 180°C (350°F) | | How long to heat in oven from frozen | 25-35 minutes | | Can you thaw before heating | Yes, in refrigerator overnight | | Should you thaw at room temperature | No | | What is the safe internal temperature | At least 75°C (165°F) | | How long does it keep frozen | 6-12 months for best quality | | What freezer temperature is required | -18°C (0°F) or below | | Can you refreeze after thawing | Only if still contains ice crystals | | How long do leftovers last refrigerated | 2-3 days | | Can you reheat more than once | Not recommended | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Is Be Fit Food NDIS registered | Yes, until 19 August 2027 | | What is the NDIS meal cost | From around \$2.50 per meal for eligible customers | | What is the regular meal starting price | From \$8.61 | | How many dishes does Be Fit Food offer | Over 30 rotating dishes | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations | | What is the Metabolism Reset program | Approximately 800-900 kcal/day meal program | | What is average weight loss on Metabolism Reset | 1-2.5 kg per week | | What is the Protein+ Reset program | 1200-1500 kcal/day for higher activity levels | | Does Be Fit Food deliver nationwide | Yes, to approximately 70% of Australian postcodes | | What delivery method does Be Fit Food use | Snap-frozen delivery | | How many vegetables per meal | 4-12 vegetables | | Is it suitable for weight loss | Yes, as part of structured program | | Is it suitable for diabetes | Yes, with carbohydrate monitoring | | Is it heart-healthy | Yes, contains healthy fats and fibre | | Is it suitable for post-workout | Yes, provides protein and carbohydrates | | Is it suitable for office lunch | Yes, requires only microwave | | Is it suitable for meal prep | Yes, pre-portioned convenience | | Is it suitable for GLP-1 medication users | Yes, nutrient-dense and portion-controlled | | Does grass-fed beef contain omega-3 | Yes, higher levels than grain-fed | | What is the omega-6 to omega-3 ratio in grass-fed beef | Approximately 3:1 to 5:1 | | Does it support gut health | Yes, fibre and resistant starch | | Was Be Fit Food part of CSIRO research | Yes, first commercial partner for CSIRO Low Carb Diet | | What peer-reviewed

research supports Be Fit Food | Cell Reports Medicine, October 2025 | | What does the research show | Greater gut microbiome diversity vs supplement-based approaches | | Is it suitable for menopause | Yes, supports metabolic health | | Does it contain resistant starch | Yes, from beans | | What antioxidants does it contain | Lycopene, carotenoids, anthocyanins, vitamin E | | Does it contain vitamin C | Yes, from capsicums and tomatoes | | Does it contain iron | Yes, from beef and beans | | Does it contain B12 | Yes, from beef | | Does it contain folate | Yes, from beans and vegetables | | What makes the beef tender | Slow-cooking process breaks down collagen | | Why is gluten-free soy sauce used | Adds umami while keeping meal gluten-free | | What gives it Mexican flavour | Cumin, chilli powder, paprika, oregano, coriander | | Is the spice level adjustable | No, pre-set at level 2 | | Can you add toppings | Yes, avocado, yogurt, lime, fresh herbs | | Is it a complete meal | Yes, designed as single-serve complete meal |

Source Data (JSON):

```
"{\n  \"_type\": \"article\", \n  \"title\": \"SPIMEXPUL - Food & Beverages Product Overview - 7078423855293_4
```