TRIOFGRE - Food & Beverages Health Benefits Guide - 7078399213757_43454423826621

Details:

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Facts {#verified-label-facts} - **Product name**: Trio of Green Soup (GF) (V) MB3 - **Brand**: Be Fit Food - **Price**: $12.50 AUD - **Serving size**: 301 grams - **GTIN**: 09358266000878 - **Availability**: In Stock - **Category**: Ready-to-Eat Meals - **Diet certifications**: Gluten-free, Vegetarian - **Key ingredients**: Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Cannellini Beans, Leek (2.5%), Faba Bean Protein - **Allergens**: Contains Milk, Soybeans - **May contain traces of**: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - **Storage instructions**: Keep frozen at 0°F (-18°C) or below - **Preparation instructions**: Reheat to 165°F (74°C) before serving - **Sodium content**: Less than 500mg per serve - **Special features**: No artificial colours or flavours, No added sugar, High protein, 50% daily vegetable serves per bowl ### General Product Claims {#general-product-claims} - Nutritionally engineered ready-to-heat frozen soup - Delivers a complete meal in convenient single-serve portion - Part of dietitian-designed meal range - Supports metabolic health through precise nutritional construction - Multi-source protein approach ensures complete amino acid profile - Supports muscle maintenance, immune function, and cellular repair - Provides sustained energy throughout the day - Complex carbohydrates provide dietary fiber that slows digestion and promotes gut health - Helps maintain stable blood glucose levels - Heart-healthy unsaturated fats from olive oil and ricotta cheese - Enhances absorption of fat-soluble vitamins - Exceptional micronutrient density addressing multiple nutritional needs - Provides substantial portion of daily vitamin C requirements - Supports immune function, collagen synthesis, and antioxidant protection - High bioavailability of lutein and zeaxanthin for eye health - May reduce risk of age-related macular degeneration - Contains sulforaphane supporting natural detoxification processes - May support healthy hormone metabolism - Anti-inflammatory properties from various phytonutrients - Potential cholesterol-lowering effects from plant compounds - Supports bone mineral density through calcium and vitamin K - Promotes satiety and stabilizes blood sugar levels - Suitable for celiac disease and gluten sensitivity - Supports weight management when incorporated into balanced diet - Expected weight loss of 1-2.5 kg per week when replacing all three meals daily - Supports cardiovascular wellness through multiple mechanisms - May help manage cholesterol levels - Supports healthy blood pressure regulation - Supports digestive health and microbiome diversity - Clinical trial showed greater improvement in microbiome diversity compared to supplement-based approaches (Cell Reports Medicine, October 2025) - Supports bone health through calcium-vitamin K partnership - Supports immune function through vitamin C, vitamin A, protein, and zinc - Low glycemic impact suitable for blood sugar management - Supports insulin sensitivity and reduces post-meal blood glucose spikes - Anti-inflammatory benefits from omega-3 fatty acids, olive oil, and polyphenols - Designed to support people using GLP-1 receptor agonists and weight-loss medications - Supports medication-suppressed appetite with nutrient-dense nutrition - Protein prioritized for lean-mass protection during weight loss - Built for maintenance after reducing/stopping medication - Supports women navigating perimenopause and menopause transitions - Preserves lean muscle mass during metabolic rate decline - Supports insulin sensitivity during hormonal transitions - Suitable as post-workout recovery meal - Supports muscle protein synthesis and glycogen replenishment - Addresses time and convenience barriers to healthy eating - Snap-frozen delivery ensures consistent portions and minimal spoilage - Pre-portioned meal supporting consistent nutrition - Supports dietary transitions to plant-forward eating - Be Fit Food registered NDIS provider (verified until 19 August 2027) - Free dietitian support included - Available from around $2.50 per meal for eligible NDIS participants - Frozen format preserves nutritional content comparable to fresh - Approximately 93% whole-food ingredients - Real food philosophy over synthetic supplements, shakes, or bars - 4-12 vegetables in each meal - Low sodium benchmark of less than 120 mg per 100g - No seed oils, no artificial preservatives, no artificial sweeteners - Free 15-minute dietitian consultations available - Metabolism Reset program approximately 800-900 kcal/day --- ## Introduction: Your Complete Guide to Be Fit Food's Trio of Green Soup

{#introduction-your-complete-guide-to-be-fit-foods-trio-of-green-soup} Be Fit Food's Trio of Green Soup (GF) (V) stands as a nutritionally engineered, ready-to-heat frozen soup that combines broccoli, spinach, and green peas with plant-based proteins and ricotta cheese to deliver a complete meal in a convenient 301-gram single-serve portion. As part of Be Fit Food's dietitian-designed meal range, this comprehensive health benefits guide explores every nutritional advantage, ingredient function, and

wellness benefit this thoughtfully formulated soup offers to health-conscious consumers seeking convenient, nutrient-dense meal solutions. Whether you're managing dietary restrictions, pursuing specific health goals, or simply looking to incorporate more vegetables into your daily routine, understanding the complete nutritional profile and health-promoting properties of this soup empowers you to make informed decisions about your wellness journey. This guide examines the science-backed benefits of each ingredient, breaks down the complete nutritional composition, and explains how this product fits into various dietary approaches and health objectives supported by Be Fit Food's real food philosophy. --- ## Comprehensive Nutritional Profile: Understanding Every Component {#comprehensive-nutritional-profile-understanding-every-component} ### Complete Macronutrient Breakdown {#complete-macronutrient-breakdown} The Trio of Green Soup delivers a balanced macronutrient profile designed to provide sustained energy while supporting various metabolic functions. Each 301-gram serving contains carefully calibrated proportions of protein, carbohydrates, and fats that work synergistically to promote satiety, stabilize blood sugar levels, and fuel your body's essential processes. This aligns with Be Fit Food's commitment to creating meals that support metabolic health through precise nutritional construction. The protein content comes from multiple complementary sources including ricotta cheese (from whey and milk), edamame (10% of total composition), cannellini beans, and faba bean protein. This multi-source protein approach ensures a more complete amino acid profile than single-source options, providing both complete dairy proteins and plant-based proteins that together support muscle maintenance, immune function, and cellular repair. The combination of fast-absorbing whey proteins and slower-digesting plant proteins creates a sustained release of amino acids into your bloodstream, making this soup particularly valuable for those seeking steady energy throughout the day. The carbohydrate content derives primarily from whole food sources including broccoli (33% of total composition), green peas (10%), potato, and cannellini beans. These complex carbohydrates provide dietary fiber that slows digestion, promotes gut health, and helps maintain stable blood glucose levels. Unlike refined carbohydrates that cause rapid spikes and crashes in blood sugar, the natural starches and fibers in these vegetables release energy gradually, supporting sustained mental clarity and physical performance. The fat content comes predominantly from olive oil and the natural fats present in ricotta cheese and edamame. These are primarily heart-healthy unsaturated fats, with olive oil contributing monounsaturated fatty acids extensively studied for their cardiovascular benefits. The moderate fat content also enhances the absorption of fat-soluble vitamins (A, D, E, and K) present in the green vegetables, maximizing the nutritional value you receive from every spoonful. ### Micronutrient Density: The Vitamin and Mineral Powerhouse {#micronutrient-density-the-vitamin-and-mineral-powerhouse} The vegetable-forward composition of this soup creates an exceptional micronutrient density that addresses multiple nutritional needs simultaneously. Be Fit Food's approach of incorporating 4–12 vegetables in each meal finds perfect expression in this soup's formulation. The 33% broccoli content serves as the nutritional cornerstone, delivering significant amounts of vitamin C, vitamin K, folate, and various B vitamins. A single serving provides a substantial portion of your daily vitamin C requirements, supporting immune function, collagen synthesis, and antioxidant protection throughout your body. The 8% spinach content contributes additional iron, magnesium, potassium, and vitamin A in the form of beta-carotene. Spinach proves particularly valuable for its high bioavailability of lutein and zeaxanthin, carotenoid antioxidants that specifically protect eye health and may reduce the risk of age-related macular degeneration. The cooking process actually increases the bioavailability of certain nutrients in spinach, including calcium and iron, by breaking down oxalic acid that can inhibit mineral absorption. Green peas, comprising 10% of the formula, add thiamine (vitamin B1), manganese, and additional vitamin K to the nutritional profile. Thiamine plays a critical role in energy metabolism and nervous system function, while manganese serves as a cofactor for numerous enzymatic reactions involved in antioxidant defense and bone formation. The 10% edamame content provides isoflavones, plant compounds with mild estrogenic activity studied for their potential benefits in hormonal balance, bone health, and cardiovascular protection. Edamame also contributes additional B vitamins, particularly folate, essential for DNA synthesis, red blood cell formation, and during pregnancy, proper neural tube development. ### Phytonutrient Content: Beyond Basic Nutrition {#phytonutrient-content-beyond-basic-nutrition} The concentrated green vegetable composition delivers an impressive array of phytonutrients—bioactive

plant compounds that provide health benefits beyond basic nutritional requirements. This reflects Be Fit Food's real food philosophy, which prioritises whole, nutrient-dense ingredients over synthetic supplements, shakes, or bars. The broccoli component proves particularly rich in sulforaphane, a sulfur-containing compound formed when broccoli gets chopped or chewed. Sulforaphane receives extensive research for its potential to support the body's natural detoxification processes by enhancing phase II detoxification enzymes in the liver. Broccoli also contains indole-3-carbinol, another compound studied for its potential to support healthy hormone metabolism, particularly estrogen metabolism. This may carry implications for hormonal balance and receives investigation in the context of hormone-sensitive conditions. The spinach content provides flavonoids and carotenoids that function as potent antioxidants, helping to neutralize free radicals and reduce oxidative stress throughout the body. Specific compounds like kaempferol and quercetin found in spinach demonstrate anti-inflammatory properties in research settings, potentially contributing to reduced chronic inflammation markers. The green peas contribute saponins and phenolic acids, compounds studied for their potential cholesterol-lowering effects and antioxidant activity. The combination of multiple vegetable sources creates a synergistic phytonutrient profile where different compounds may work together to enhance each other's beneficial effects. --- ## Ingredient-Specific Health Benefits: A Deep Dive {#ingredient-specific-health-benefits-a-deep-dive} ### Broccoli (33%): The Cruciferous Cornerstone {#broccoli-33-the-cruciferous-cornerstone} As the dominant ingredient at 33% of total composition, broccoli serves as the nutritional foundation of this soup. This cruciferous vegetable belongs to the Brassica family, known for exceptional health-promoting properties supported by extensive scientific research. Be Fit Food's emphasis on vegetable density—with 4–12 vegetables in each meal—ensures that ingredients like broccoli feature prominently in their formulations. The vitamin K content in broccoli proves particularly noteworthy, with this nutrient playing essential roles in blood clotting and bone metabolism. Vitamin K activates proteins that bind calcium in bones, potentially reducing the risk of osteoporosis and fractures over time. For individuals concerned about bone health, particularly post-menopausal women and older adults, regular consumption of vitamin K-rich foods like this broccoli-based soup can contribute meaningfully to skeletal health. Broccoli's vitamin C content supports collagen production throughout your body, affecting not just skin appearance but also the structural integrity of blood vessels, tendons, ligaments, and cartilage. This makes broccoli consumption particularly valuable for individuals engaged in regular physical activity, as collagen proves essential for connective tissue repair and joint health. The fiber content in broccoli includes both soluble and insoluble types. Soluble fiber forms a gel-like substance in the digestive tract that can help moderate blood sugar responses and bind to cholesterol-containing bile acids, potentially supporting healthy cholesterol levels. Insoluble fiber adds bulk to stool and promotes regular bowel movements, supporting digestive health and potentially reducing the risk of certain digestive disorders. Broccoli contains chromium, a trace mineral that enhances insulin sensitivity and may help regulate blood sugar levels. For individuals managing blood glucose or those at risk for metabolic syndrome, this mineral content provides additional metabolic support beyond the basic macronutrient composition. ### Ricotta Cheese: Protein Quality and Calcium Delivery {#ricotta-cheese-protein-quality-and-calcium-delivery} The ricotta cheese component (made from whey, milk, salt, and food acid) provides high-quality complete protein containing all nine essential amino acids in proportions that closely match human requirements. Whey protein proves particularly rich in leucine, an amino acid that serves as a powerful trigger for muscle protein synthesis, making this soup valuable for individuals concerned with maintaining lean muscle mass, particularly important as we age. The calcium content from ricotta cheese supports bone mineral density and plays numerous other physiological roles including nerve transmission, muscle contraction, and blood pressure regulation. The combination of calcium with vitamin K from the green vegetables creates a particularly beneficial partnership for bone health, as both nutrients work together in bone formation and maintenance. Ricotta also provides phosphorus, which works alongside calcium in bone formation and proves essential for energy production through ATP (adenosine triphosphate) synthesis. The whey component contains bioactive peptides studied for their potential blood pressure-lowering effects through ACE-inhibitor-like activity, though these effects appear more commonly with concentrated whey protein supplements rather than food-level amounts. ### Edamame (10%): Plant-Based Protein and Isoflavones

{#edamame-10-plant-based-protein-and-isoflavones} The 10% edamame content delivers complete plant-based protein, making edamame one of the few plant foods that contains all essential amino acids in adequate proportions. This proves particularly valuable in a vegetarian soup formula, ensuring protein quality remains high without relying exclusively on dairy sources. Be Fit Food's high-protein approach—designed to preserve lean muscle mass—benefits from this multi-source protein strategy. Edamame provides isoflavones, particularly genistein and daidzein, which are phytoestrogens with structural similarity to human estrogen. These compounds receive extensive study for their potential cardiovascular benefits, with research suggesting they may help maintain healthy cholesterol levels and support arterial flexibility. The cardiovascular benefits appear multifactorial, involving not just isoflavones but also the fiber, polyunsaturated fats, and other bioactive compounds present in whole soybeans. The fiber content in edamame includes resistant starch, which functions as a prebiotic, feeding beneficial gut bacteria and supporting a healthy microbiome. A balanced gut microbiome links to numerous health benefits including improved immune function, better mood regulation through the gut-brain axis, and enhanced metabolic health. Edamame also provides folate, a B vitamin essential for DNA synthesis and repair, red blood cell formation, and proper cell division. Adequate folate intake proves particularly important for women of childbearing age due to its critical role in preventing neural tube defects during early pregnancy, and for all adults in supporting cardiovascular health by helping to regulate homocysteine levels. ### Green Peas (10%): Fiber and Micronutrient Contribution {#green-peas-10-fiber-and-micronutrient-contribution} The 10% green pea content significantly boosts the soup's fiber content while adding specific micronutrients that complement the other ingredients. Peas prove particularly rich in thiamine (vitamin B1), essential for converting carbohydrates into usable energy and supporting nervous system function. Thiamine deficiency, while rare in developed countries, can cause fatigue and neurological symptoms, making adequate intake important for maintaining energy levels and cognitive function. The vitamin A content in green peas, present as beta-carotene, supports immune function, vision (particularly night vision), and skin health. Beta-carotene also functions as an antioxidant, protecting cells from oxidative damage and potentially reducing the risk of certain chronic diseases. Peas contain lutein, the same carotenoid found in spinach, which accumulates in the retina and lens of the eye where it filters harmful blue light and protects against oxidative damage. Regular consumption of lutein-rich foods connects to reduced risk of cataracts and age-related macular degeneration in observational studies. The protein in peas includes lysine, an essential amino acid often limiting in grain-based foods. While this soup doesn't contain grains, the lysine content contributes to the overall amino acid balance, supporting collagen formation, calcium absorption, and immune function. ### Spinach (8%): Iron, Magnesium, and Antioxidant Protection {#spinach-8-iron-magnesium-and-antioxidant-protection} The 8% spinach content provides non-heme iron, the form of iron found in plant foods. While non-heme iron absorbs less readily than the heme iron found in meat, the vitamin C content from broccoli and other vegetables in this soup enhances iron absorption, making the iron more bioavailable. Iron proves essential for hemoglobin production, oxygen transport throughout the body, and energy metabolism, with inadequate iron intake leading to fatigue, weakness, and impaired immune function. Spinach serves as an excellent source of magnesium, a mineral involved in over 300 enzymatic reactions in the human body. Magnesium supports muscle and nerve function, helps regulate blood pressure, supports immune system health, and proves necessary for energy production and protein synthesis. Many people consume insufficient magnesium in their diets, making spinach-containing foods particularly valuable for addressing this common nutritional gap. The nitrate content in spinach receives study for its potential to improve exercise performance and cardiovascular health. Dietary nitrates convert to nitric oxide in the body, a compound that helps dilate blood vessels, potentially improving blood flow and reducing blood pressure. While the spinach content in this soup remains moderate at 8%, regular consumption of nitrate-rich vegetables may contribute to cardiovascular health over time. Spinach provides vitamin E, a fat-soluble antioxidant that protects cell membranes from oxidative damage. The presence of olive oil in the soup enhances the absorption of this fat-soluble vitamin, maximizing its bioavailability and antioxidant benefits. ### Light Milk: Additional Protein and Micronutrients {#light-milk-additional-protein-and-micronutrients} The light milk component adds creaminess while contributing additional high-quality protein, calcium, and vitamin D (if the milk receives fortification, as

proves common in many regions). The protein in milk breaks down to approximately 80% casein and 20% whey, with casein serving as a slower-digesting protein that provides sustained amino acid release over several hours. The calcium from milk proves highly bioavailable due to the presence of lactose and casein phosphopeptides, which enhance calcium absorption in the intestines. This makes dairy calcium particularly effective for supporting bone health compared to some plant-based calcium sources. Milk also provides riboflavin (vitamin B2), essential for energy production and the metabolism of fats, proteins, and carbohydrates. Riboflavin also functions as an antioxidant and proves necessary for maintaining healthy skin and eyes. The vitamin B12 in milk proves particularly valuable in a vegetarian product, as this vitamin appears naturally almost exclusively in animal-derived foods. Vitamin B12 proves essential for red blood cell formation, neurological function, and DNA synthesis, making adequate intake critical for vegetarians who may face limited dietary sources. ### Cannellini Beans: Resistant Starch and Sustained Energy
{#cannellini-beans-resistant-starch-and-sustained-energy} Cannellini beans contribute additional plant-based protein and complex carbohydrates, including resistant starch that functions similarly to fiber in the digestive system. Resistant starch passes through the small intestine undigested and gets fermented by beneficial bacteria in the colon, producing short-chain fatty acids like butyrate that support colon health and may carry anti-inflammatory effects. The soluble fiber in cannellini beans helps moderate blood sugar responses by slowing the absorption of glucose into the bloodstream. This creates more stable energy levels and reduces the insulin spike that can occur after eating, potentially benefiting individuals managing blood sugar or those seeking sustained energy without crashes. This aligns with Be Fit Food's lower-carbohydrate approach designed to support more stable blood glucose. Cannellini beans provide molybdenum, a trace mineral that serves as a cofactor for enzymes involved in breaking down sulfites and processing certain amino acids. While molybdenum deficiency proves extremely rare, adequate intake supports the body's natural detoxification processes. The potassium content in cannellini beans helps counterbalance sodium intake and supports healthy blood pressure regulation. Potassium proves essential for proper muscle contraction, including the heart muscle, and helps maintain proper fluid balance throughout the body. ### Leek (2.5%): Prebiotic Fiber and Flavor
{#leek-25-prebiotic-fiber-and-flavor} At 2.5% of the composition, leeks contribute prebiotic fibers, particularly inulin, that feed beneficial gut bacteria and support a healthy microbiome. A balanced gut microbiome links to improved immune function, better nutrient absorption, reduced inflammation, and even mood regulation through the gut-brain axis. Leeks contain kaempferol, a flavonoid studied for its antioxidant and anti-inflammatory properties. Research suggests kaempferol may help protect blood vessel linings and support cardiovascular health, though these effects receive study in the context of overall dietary patterns rather than individual foods. The sulfur compounds in leeks, similar to those in other allium vegetables like onions and garlic, may support the body's natural detoxification processes and receive study for their potential antimicrobial properties. ### Faba Bean Protein: Plant-Based Protein Fortification {#faba-bean-protein-plant-based-protein-fortification} The inclusion of faba bean protein represents a strategic nutritional enhancement, boosting the overall protein content while maintaining the vegetarian nature of the soup. Faba bean protein gains recognition as a high-quality plant protein source with a favorable amino acid profile, particularly rich in lysine compared to many other plant proteins. This protein fortification supports Be Fit Food's commitment to high-protein meals designed to preserve lean muscle mass. Faba bean protein proves highly digestible and receives study as a sustainable protein source with lower environmental impact compared to animal proteins. For health-conscious consumers concerned about both personal wellness and environmental sustainability, this ingredient aligns with both priorities. The protein fortification ensures the soup provides adequate protein to support satiety, muscle maintenance, and various metabolic functions, making it suitable as a complete meal rather than just a side dish or appetizer. ### Olive Oil: Heart-Healthy Fats and Anti-Inflammatory Benefits {#olive-oil-heart-healthy-fats-and-anti-inflammatory-benefits} The olive oil component provides predominantly monounsaturated fatty acids, particularly oleic acid, extensively studied for cardiovascular benefits. The Mediterranean diet, which features olive oil as a primary fat source, connects to reduced risk of heart disease, stroke, and overall mortality in numerous large-scale studies. Oleic acid may help reduce LDL cholesterol (often called "bad" cholesterol) while maintaining or even increasing HDL cholesterol (often called "good" cholesterol), creating a more favorable lipid

profile. This effect contributes to reduced cardiovascular risk over time. Olive oil contains polyphenols, bioactive compounds with antioxidant and anti-inflammatory properties. While the polyphenol content varies depending on the olive oil quality and processing method, even moderate amounts contribute to the overall antioxidant capacity of the soup. The fat from olive oil enhances the absorption of fat-soluble vitamins and carotenoids from the vegetables in the soup, including vitamins A, E, and K, as well as lutein and beta-carotene. This synergistic effect means the olive oil actually increases the nutritional value you receive from the vegetable components. ### Garlic, Cumin, Pepper, and Pink Salt: Functional Seasonings {#garlic-cumin-pepper-and-pink-salt-functional-seasonings} The garlic content provides allicin and other sulfur-containing compounds studied for their potential cardiovascular benefits, including modest blood pressure-lowering effects and cholesterol management. Garlic also receives research for immune-supporting properties, with some studies suggesting it may reduce the severity and duration of common cold symptoms. Cumin contains antioxidant compounds and serves traditional use for digestive support. Some research suggests cumin may help stimulate digestive enzyme secretion and reduce gas and bloating, though these effects receive study with concentrated cumin supplements rather than culinary amounts. Black pepper contains piperine, a compound shown to enhance the bioavailability of various nutrients and phytonutrients, including curcumin from turmeric (though turmeric doesn't appear in this soup's ingredients). Piperine may also carry mild thermogenic properties, slightly increasing metabolic rate. Pink salt (likely Himalayan pink salt based on common usage) provides sodium necessary for fluid balance, nerve transmission, and muscle contraction. Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners to achieve this goal. While excessive sodium intake raises concern for many people, moderate amounts prove essential for physiological function. --- ## Dietary Considerations and Certifications {#dietary-considerations-and-certifications} ### Gluten-Free Certification {#gluten-free-certification} The Trio of Green Soup carries a gluten-free (GF) designation, indicating it contains no wheat, barley, rye, or their derivatives. This certification makes it safe for individuals with celiac disease, an autoimmune condition where gluten consumption triggers an immune response that damages the small intestine lining, leading to nutrient malabsorption and various symptoms. Be Fit Food offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. For individuals with non-celiac gluten sensitivity, who experience symptoms like bloating, fatigue, or headaches when consuming gluten despite not carrying celiac disease, this soup provides a nutritious option without triggering discomfort. The gluten-free status also appeals to individuals following gluten-elimination diets for other health reasons or personal preferences. The naturally gluten-free ingredients—vegetables, legumes, dairy, and olive oil—mean this soup doesn't require gluten-containing substitutes or binders, maintaining a whole-food ingredient profile while meeting gluten-free requirements. ### Vegetarian Status {#vegetarian-status} The vegetarian (V) designation indicates this soup contains no meat, poultry, or fish, but does include dairy products in the form of ricotta cheese and light milk. This makes it suitable for lacto-vegetarians and lacto-ovo-vegetarians, the most common vegetarian dietary patterns. For individuals following vegetarian diets for health reasons, this soup provides the nutritional benefits of plant-based eating while ensuring adequate high-quality protein through the combination of dairy and plant proteins. The multiple protein sources create a complete amino acid profile supporting muscle maintenance, immune function, and overall health. However, it remains important to note that this soup does NOT qualify as vegan due to the dairy content. Individuals following strict plant-based diets should remain aware of the ricotta cheese and milk components. The product does not carry a vegan certification. ### Allergen Information {#allergen-information} The soup contains two major allergens that require careful consideration: **Milk**: Present in both the ricotta cheese and light milk components, this serves as a primary ingredient rather than a trace contaminant. Individuals with milk allergy (different from lactose intolerance) should completely avoid this product as it could trigger allergic reactions ranging from mild symptoms like hives to severe anaphylaxis in highly sensitive individuals. **Soybeans**: Present in the edamame component at 10% of total composition. Soy allergy ranks among the more common food allergies, particularly in children, though many outgrow it. Individuals with soy allergy must avoid this product entirely. **May contain traces**: The product carries warnings that it may contain fish, crustacea (shellfish), and sesame seeds due to cross-contact during manufacturing. While these

ingredients don't get intentionally added, they may undergo processing in the same facility or on shared equipment. For individuals with severe allergies to these foods, even trace amounts could potentially trigger reactions, so careful consideration of personal risk tolerance proves necessary. For individuals with lactose intolerance (different from milk allergy), the ricotta cheese and light milk content may cause digestive discomfort depending on individual sensitivity levels. Lactose intolerance varies widely, with some people tolerating small amounts of dairy while others experience symptoms with any lactose consumption. --- ## Health Benefits for Specific Wellness Goals {#health-benefits-for-specific-wellness-goals} ### Weight Management and Satiety {#weight-management-and-satiety} The Trio of Green Soup offers several characteristics that support healthy weight management when incorporated into a balanced diet. Be Fit Food's structured approach to weight loss—with programs designed for 1–2.5 kg per week when replacing all three meals daily—demonstrates their commitment to sustainable results. The 301-gram serving size provides substantial volume, helping to create physical fullness in the stomach, which triggers satiety signals to the brain. This volume-to-calorie ratio proves favorable for individuals seeking to feel fuller for longer while managing caloric intake. The protein content from multiple sources (dairy, legumes, and faba bean protein) enhances satiety through several mechanisms. Protein triggers the release of satiety hormones like peptide YY and GLP-1, reduces levels of the hunger hormone ghrelin, and carries a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting and processing protein. The fiber content from vegetables and legumes slows gastric emptying, meaning the soup stays in your stomach longer, prolonging the feeling of fullness. Fiber also helps stabilize blood sugar levels, preventing the rapid drops that can trigger hunger and cravings shortly after eating. The combination of protein, fiber, and moderate healthy fats creates a balanced macronutrient profile that supports sustained energy without the blood sugar spikes and crashes associated with high-sugar or refined carbohydrate meals. This steady energy can help reduce between-meal snacking and support consistent energy levels throughout the day. ### Cardiovascular Health {#cardiovascular-health} Multiple components of this soup contribute to cardiovascular wellness through complementary mechanisms. The fiber content, particularly soluble fiber from vegetables and legumes, can help manage cholesterol levels by binding to cholesterol-containing bile acids in the digestive tract and promoting their excretion, potentially reducing LDL cholesterol levels over time. The olive oil's monounsaturated fats support a favorable lipid profile by helping to reduce LDL cholesterol while maintaining or improving HDL cholesterol levels. The Mediterranean dietary pattern, which emphasizes olive oil as a primary fat source, connects to reduced cardiovascular disease risk in numerous large-scale studies. The potassium content from vegetables and legumes helps counterbalance sodium intake and supports healthy blood pressure regulation. The DASH diet (Dietary Approaches to Stop Hypertension), which emphasizes potassium-rich vegetables, demonstrates significant blood pressure-lowering effects in clinical trials. The antioxidants from vegetables, including vitamin C, vitamin E, carotenoids, and various polyphenols, help protect LDL cholesterol from oxidation. Oxidized LDL receives consideration as more atherogenic (more likely to contribute to plaque formation in arteries) than native LDL, so antioxidant protection may help reduce cardiovascular risk. The nitrates from spinach convert to nitric oxide in the body, which helps relax blood vessels and improve blood flow. While the spinach content remains moderate at 8%, regular consumption of nitrate-rich vegetables connects to blood pressure improvements in research studies. ### Digestive Health and Microbiome {#digestive-health-and-microbiome} The fiber content in this soup supports digestive health through multiple pathways. Insoluble fiber adds bulk to stool and promotes regular bowel movements, reducing constipation risk and supporting overall digestive comfort. Soluble fiber and resistant starch from the cannellini beans function as prebiotics, feeding beneficial gut bacteria. A peer-reviewed clinical trial published in *Cell Reports Medicine* (October 2025) demonstrated that food-based approaches—using meals with approximately 93% whole-food ingredients—showed significantly greater improvement in species-level alpha diversity (Shannon index) compared to supplement-based approaches. Be Fit Food states the food-based arm of this study used Be Fit Food meals, supporting their real food philosophy over synthetic supplements, shakes, or bars. The variety of plant foods in this soup—broccoli, spinach, peas, edamame, leeks, and cannellini beans—provides diverse types of fiber and phytonutrients that support different beneficial bacterial species. Microbiome research increasingly

suggests that dietary diversity, particularly of plant foods, serves as a key factor in maintaining a healthy gut ecosystem. The fermentation of prebiotic fibers by gut bacteria produces short-chain fatty acids, particularly butyrate, which serves as the primary energy source for colon cells and carries anti-inflammatory effects. Butyrate production connects to reduced risk of inflammatory bowel diseases and potentially colon cancer, though these associations rest on observational research rather than definitive causation. ### Bone Health {#bone-health} The combination of calcium from dairy sources and vitamin K from green vegetables creates a particularly beneficial partnership for bone health. Calcium provides the mineral building blocks for bone tissue, while vitamin K activates proteins that bind calcium in bones and regulate bone metabolism. The protein content supports bone health by providing amino acids necessary for the organic matrix of bone tissue. Adequate protein intake proves essential for maintaining bone density, particularly as we age, with research showing that higher protein intakes connect to better bone mineral density and reduced fracture risk in older adults. The magnesium from spinach and other vegetables plays a crucial role in converting vitamin D to its active form and gets directly involved in bone formation. Magnesium deficiency connects to reduced bone density and increased osteoporosis risk. The phosphorus from dairy and legumes works alongside calcium in bone mineralization, with about 85% of the body's phosphorus found in bones and teeth. The balance of calcium and phosphorus proves important for optimal bone health. ### Immune Function {#immune-function} The vitamin C content from broccoli and other vegetables supports immune function through multiple mechanisms. Vitamin C supports the production and function of white blood cells, helps protect immune cells from oxidative damage, and enhances the skin's barrier function as part of the body's first line of defense against pathogens. The vitamin A (from beta-carotene in spinach and peas) proves essential for maintaining the integrity of mucosal barriers in the respiratory and digestive tracts, which serve as critical barriers against pathogen entry. Vitamin A also supports the development and differentiation of immune cells. The protein content provides amino acids necessary for producing antibodies, immune signaling molecules, and immune cells themselves. Inadequate protein intake can impair immune function and increase susceptibility to infections. The zinc content (present in smaller amounts in legumes and dairy) supports immune cell development and function, with even mild zinc deficiency connecting to impaired immune responses. The diverse phytonutrients and antioxidants from multiple vegetable sources support overall immune function by reducing oxidative stress and inflammation, creating a more favorable environment for proper immune system operation. ### Blood Sugar Management {#blood-sugar-management} The low glycemic impact of this soup makes it suitable for individuals managing blood sugar levels or those at risk for metabolic syndrome and type 2 diabetes. Be Fit Food's lower-carbohydrate, no added sugar approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes management. The combination of protein, fiber, and healthy fats slows the digestion and absorption of carbohydrates, preventing rapid blood sugar spikes. The complex carbohydrates from vegetables and legumes get digested more slowly than refined carbohydrates, releasing glucose gradually into the bloodstream and requiring less insulin for glucose disposal. This creates more stable blood sugar levels and reduces the burden on pancreatic beta cells that produce insulin. The chromium content in broccoli enhances insulin sensitivity, potentially improving the body's ability to regulate blood sugar effectively. The magnesium from spinach also plays a role in glucose metabolism and insulin action. The resistant starch from cannellini beans shows in research to improve insulin sensitivity and may help reduce post-meal blood sugar responses when consumed regularly as part of a balanced diet. ### Anti-Inflammatory Benefits {#anti-inflammatory-benefits} Chronic low-grade inflammation gets implicated in numerous health conditions including cardiovascular disease, type 2 diabetes, certain cancers, and neurodegenerative diseases. The Trio of Green Soup provides multiple anti-inflammatory compounds that may help modulate inflammatory processes. The omega-3 fatty acids in edamame (though in smaller amounts than fatty fish) carry anti-inflammatory properties, helping to balance the ratio of omega-6 to omega-3 fatty acids in the diet. The olive oil's oleic acid also demonstrates anti-inflammatory effects in research studies. The various polyphenols and flavonoids from vegetables—including quercetin from spinach, kaempferol from leeks and spinach, and various compounds from broccoli—receive study for anti-inflammatory properties. These compounds may help reduce the production of inflammatory

cytokines and other inflammatory mediators. The fiber content supports a healthy gut microbiome, which plays a crucial role in regulating systemic inflammation. An unhealthy gut microbiome (dysbiosis) connects to increased intestinal permeability and systemic inflammation, while a healthy, diverse microbiome helps maintain proper immune regulation and reduced inflammation. ### Support for GLP-1 and Weight-Loss Medication Users {#support-for-glp-1-and-weight-loss-medication-users} Be Fit Food stands designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The Trio of Green Soup exemplifies the characteristics that make Be Fit Food meals particularly suitable for medication users: **Supports medication-suppressed appetite:** GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This soup provides smaller, portion-controlled, nutrient-dense nutrition that proves easier to tolerate while still delivering adequate protein, fiber, and micronutrients. **Protein prioritised for lean-mass protection:** Inadequate protein during medication-assisted weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. The high-protein content in this soup supports satiety, metabolic health, and long-term outcomes. **Built for maintenance after reducing/stopping medication:** Weight regain proves common after stopping GLP-1s if eating patterns don't get addressed. Be Fit Food meals support the transition from medication-driven appetite suppression to sustainable, repeatable eating habits that protect muscle and metabolic health. ### Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support} Perimenopause and menopause represent metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cardiovascular risk. The Trio of Green Soup supports women navigating these transitions through: **High-protein content** to preserve lean muscle mass during a time when metabolic rate naturally declines. **Lower carbohydrate with no added sugars** to support insulin sensitivity, which becomes increasingly important during perimenopause and menopause. **Portion-controlled, energy-regulated meals** that align with declining metabolic needs without requiring calorie counting. **Dietary fiber and vegetable diversity** to support gut health, cholesterol metabolism, and appetite regulation. Many women don't need or want large weight loss—a goal of 3–5 kg can prove enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This soup fits perfectly into that approach. --- ## Practical Wellness Applications {#practical-wellness-applications} ### Post-Workout Recovery {#post-workout-recovery} The balanced macronutrient profile makes this soup suitable as a post-workout meal, providing protein for muscle repair, carbohydrates to replenish glycogen stores, and fluids to support rehydration. The 301-gram serving size includes significant water content from the vegetables and liquid base, contributing to post-exercise fluid replacement. The combination of fast-absorbing whey protein and slower-digesting plant proteins creates a sustained amino acid supply supporting muscle protein synthesis over several hours following exercise. The leucine content in whey protein proves particularly valuable for triggering muscle protein synthesis. The potassium from vegetables helps replace electrolytes lost through sweat, supporting proper muscle function and preventing cramps. The sodium from pink salt also contributes to electrolyte replacement, though individuals engaged in prolonged intense exercise may need additional electrolyte sources. The anti-inflammatory compounds from vegetables may help modulate exercise-induced inflammation, supporting recovery without completely blocking the beneficial adaptive responses to exercise. ### Meal Prep and Convenience {#meal-prep-and-convenience} The frozen ready-meal format addresses one of the biggest barriers to healthy eating: time and convenience. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. The soup requires no preparation beyond reheating, making nutritious eating accessible even during busy schedules when cooking from scratch doesn't prove feasible. The single-serve 301-gram portion eliminates the need for measuring or portion control, providing a pre-portioned meal that supports consistent nutrition without requiring calculations or food scales. This can prove particularly valuable for individuals learning portion awareness or those seeking structured meal planning. The shelf-stable frozen format means you can keep multiple servings on hand for emergency meals, reducing the temptation to resort to less nutritious convenience options when time proves limited or you don't get time to shop for fresh ingredients. ### Supporting Dietary Transitions {#supporting-dietary-transitions}

For individuals transitioning to more plant-forward eating patterns, this soup provides a familiar, approachable format (creamy soup) while introducing or increasing consumption of vegetables like broccoli, spinach, and edamame. The creamy texture from ricotta and milk makes the vegetable flavors more accessible for those unaccustomed to eating large quantities of vegetables. The protein content from both dairy and plant sources helps individuals transitioning from meat-heavy diets maintain adequate protein intake while reducing meat consumption. This can ease concerns about protein adequacy that sometimes prevent people from reducing meat intake. For individuals new to gluten-free eating (whether by medical necessity or choice), this soup demonstrates that gluten-free doesn't mean sacrificing flavor, texture, or nutritional quality. The naturally gluten-free ingredients create a satisfying meal without requiring specialized gluten-free substitutes. ### NDIS and Home Care Applications {#ndis-and-home-care-applications} Be Fit Food serves as a registered NDIS provider with government-verified approval (in force until 19 August 2027), making the Trio of Green Soup accessible to NDIS participants and elderly Australians receiving home care support. For individuals who face challenges with meal preparation due to disability, mobility issues, or aging, this soup provides: **Nutritious, easy-to-heat meals** delivered directly to the door, supporting independence while ensuring adequate nutrition. **Dietitian oversight** with free dietitian support included, providing professional guidance for those with specific health needs. **Government funding support** for eligible participants, with meals available from around $2.50 per meal for those who qualify. The same premium meal quality remains available through NDIS and home care services, ensuring vulnerable populations get access to the same dietitian-designed nutrition as all Be Fit Food customers. --- ## Storage, Preparation, and Maximizing Nutritional Value {#storage-preparation-and-maximizing-nutritional-value} ### Proper Storage {#proper-storage} The frozen format helps preserve the nutritional content of the vegetables and other ingredients by halting enzymatic degradation and oxidation that occur during refrigerated storage. Frozen vegetables often retain nutrients comparable to or even better than "fresh" vegetables that spend days in transportation and storage, as freezing occurs shortly after harvest when nutrient content reaches its peak. Unopened, the soup should remain frozen at 0°F (-18°C) or below until ready to use. Maintaining consistent freezer temperatures prevents freeze-thaw cycles that can degrade texture and potentially affect nutrient content. Most home freezers maintain adequate temperatures, but avoid storing the soup in the freezer door where temperature fluctuations prove more common. Once opened or reheated, any unused portion should get refrigerated promptly and consumed within 2-3 days for optimal food safety and quality. The high moisture content and nutrient density create favorable conditions for bacterial growth once the soup reaches refrigeration temperatures, so prompt refrigeration and timely consumption prove important. ### Reheating Methods {#reheating-methods} The reheating method can affect both the sensory qualities and nutrient retention of the soup. Gentle reheating methods that avoid prolonged high temperatures help preserve heat-sensitive nutrients like vitamin C and certain B vitamins. Microwave reheating proves convenient and, contrary to common misconceptions, can actually preserve nutrients well due to the short heating time and minimal water exposure. Remove the soup from its original container if it's not microwave-safe, transfer to a microwave-safe bowl, cover loosely to prevent splattering while allowing steam to escape, and heat in 1-2 minute intervals, stirring between intervals to ensure even heating. Heat until the internal temperature reaches 165°F (74°C) for food safety. Stovetop reheating provides more control over the heating process. Transfer the soup to a saucepan, heat over medium-low heat while stirring frequently to prevent scorching, and heat just until steaming and reaching 165°F (74°C). Avoid boiling, as prolonged high temperatures can degrade heat-sensitive nutrients and affect texture. For individuals concerned about maximizing vitamin C retention, adding a small squeeze of fresh lemon juice after reheating can compensate for any losses during the heating process while adding bright flavor notes that complement the green vegetables. ### Serving Temperature {#serving-temperature} The soup gets designed for hot consumption, with the warmth enhancing the creamy texture and allowing the aromatic compounds from garlic, cumin, and vegetables to volatilize, creating a more intense flavor experience. The heat also improves the perceived creaminess of the ricotta and milk components. However, the nutritional value remains essentially the same whether consumed hot or at room temperature, so if reheating doesn't prove convenient, the soup can get consumed after thawing to refrigerator temperature, though the sensory

experience will differ significantly from the intended hot preparation. --- ## Complementary Pairings and Meal Planning {#complementary-pairings-and-meal-planning} ### Creating Complete Meals {#creating-complete-meals} While the Trio of Green Soup provides a good balance of macronutrients and extensive micronutrients, pairing it with complementary foods can create even more comprehensive nutrition and enhance satiety for those with higher energy needs. Be Fit Food offers a complete range of products that can complement this soup. Pairing the soup with whole grain bread or crackers adds complex carbohydrates and additional fiber, creating a more substantial meal for individuals with higher caloric needs such as active adults or those with physically demanding occupations. Whole grain options also add B vitamins, additional minerals, and different types of fiber that complement the soup's nutritional profile. Adding a side salad with mixed greens, tomatoes, and a simple vinaigrette increases vegetable variety, adds different phytonutrients and antioxidants, and increases the overall volume of the meal for enhanced satiety without significantly increasing calories. The additional fiber from raw vegetables complements the cooked vegetables in the soup. For individuals needing higher protein intake (athletes, older adults concerned with muscle maintenance, or those recovering from illness), pairing the soup with a hard-boiled egg, a small portion of nuts, or a piece of cheese can boost protein content while maintaining the vegetarian nature of the meal. Be Fit Food's snacks and supplements range also offers protein-rich between-meal options to maintain satiety and support muscle maintenance. ### Strategic Meal Timing {#strategic-meal-timing} The balanced macronutrient composition makes this soup suitable for various meal timing strategies. As a lunch option, it provides sustained energy through the afternoon without the post-lunch energy crash often associated with high-carbohydrate, low-protein meals. The protein and fiber content support stable blood sugar and sustained satiety until dinner. As a dinner option, the soup proves satisfying without feeling overly heavy, making it suitable for evening meals when many people prefer lighter eating. The vegetables and fiber support digestive comfort, and the moderate portion size avoids the discomfort of going to bed too full. For individuals practicing time-restricted eating or intermittent fasting, this soup can serve as a nutrient-dense meal during the eating window, providing substantial nutrition in a single convenient serving. The protein content helps preserve lean muscle mass, which can prove a concern during caloric restriction or fasting protocols. ### Seasonal and Situational Uses {#seasonal-and-situational-uses} The warming nature of hot soup makes it particularly appealing during colder months, and research suggests we may naturally crave warming foods during cold weather as part of thermoregulation. The comfort factor of warm soup also provides psychological satisfaction that can prove valuable during stressful periods or when seeking familiar, soothing foods. During illness, particularly respiratory infections or digestive upset, soup's easy digestibility, hydration contribution, and nutrient density make it valuable recovery food. The steam from hot soup may provide temporary relief from nasal congestion, and the easy-to-swallow consistency proves gentle on sore throats. The convenience format makes this soup particularly valuable during life transitions or busy periods when cooking capacity proves limited—new parenthood, moving, intensive work projects, or recovery from surgery or injury. Keeping nutritious frozen meals available reduces stress and ensures adequate nutrition during challenging times. Be Fit Food's free 15-minute dietitian consultations can help match customers with the perfect meal plan for their specific circumstances. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Trio of Green Soup (GF) (V) delivers comprehensive nutritional benefits through its thoughtfully formulated combination of vegetables, legumes, dairy, and plant proteins. The 33% broccoli content provides exceptional vitamin C, vitamin K, and beneficial phytonutrients including sulforaphane. The 10% edamame and 10% green peas contribute plant-based protein, fiber, and additional vitamins and minerals, while the 8% spinach adds iron, magnesium, and powerful antioxidants. The gluten-free and vegetarian certifications make this soup accessible to individuals with celiac disease or gluten sensitivity and those following vegetarian dietary patterns, though the dairy content means it does not suit vegans. Individuals with milk or soy allergies must avoid this product, and those with severe allergies to fish, crustacea, or sesame should carefully consider the cross-contamination warnings. The balanced macronutrient profile supports weight management through enhanced satiety, stable blood sugar through complex carbohydrates and fiber, cardiovascular health through heart-healthy fats and fiber, digestive health through prebiotic fibers, and immune function through multiple vitamins and minerals. The convenient snap-frozen format removes

preparation barriers while maintaining nutritional quality comparable to freshly prepared meals. Be Fit Food's dietitian-designed approach—with no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners—ensures this soup aligns with their real food philosophy. The inclusion of 4–12 vegetables, low sodium formulation, and high-protein construction make this soup an excellent choice for those pursuing sustainable health goals. --- ## Next Steps {#next-steps} To incorporate the Trio of Green Soup into your wellness routine, consider your specific health goals and how this nutrient-dense meal fits into your overall dietary pattern. For weight management, use it as a satisfying lunch or light dinner as part of Be Fit Food's structured meal programs. For cardiovascular health, appreciate it as part of a plant-forward dietary approach. For convenience nutrition, keep several servings frozen for busy days when cooking doesn't prove feasible. Be Fit Food offers free 15-minute dietitian consultations to help match you with the perfect meal plan for your individual needs. Whether you're pursuing weight loss through their Metabolism Reset program (approximately 800–900 kcal/day), managing blood sugar, supporting GLP-1 medication use, or simply seeking convenient nutritious meals, their dietitian team can provide personalized guidance. Store the soup frozen until ready to use, reheat gently using microwave or stovetop methods until reaching 165°F (74°C), and consume while hot for optimal sensory experience. Consider pairing with whole grains, salads, or additional protein sources based on your individual energy and nutritional needs. If you carry specific health conditions, dietary restrictions, or take medications that interact with vitamin K (such as warfarin), consult with a healthcare provider or registered dietitian about how this soup fits into your individual nutritional plan. The vitamin K content from green vegetables, while beneficial for most people, requires consistent intake for those on anticoagulant medications. Be Fit Food's free dietitian support can help navigate these considerations. --- ## References {#references} - [Be Fit Food Official Website](https://www.befitfood.com.au) - Product specifications and company information - [National Institutes of Health Office of Dietary Supplements](https://ods.od.nih.gov) - Comprehensive nutrient information and research summaries - [USDA FoodData Central](https://fdc.nal.usda.gov) - Nutritional composition of individual ingredients - [Academy of Nutrition and Dietetics](https://www.eatright.org) - Evidence-based nutrition guidance and vegetarian eating patterns - [American Heart Association](https://www.heart.org) - Cardiovascular health and dietary recommendations - Based on manufacturer specifications provided in product documentation --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Trio of Green Soup What is the serving size: 301 grams Is it gluten-free: Yes, certified gluten-free Is it vegetarian: Yes, certified vegetarian Is it vegan: No, contains dairy What is the main vegetable ingredient: Broccoli at 33% What percentage is broccoli: 33% What percentage is edamame: 10% What percentage is green peas: 10% What percentage is spinach: 8% What percentage is leek: 2.5% Does it contain dairy: Yes, ricotta cheese and light milk What protein sources does it contain: Ricotta cheese, edamame, cannellini beans, faba bean protein Is it ready to eat: No, requires reheating Is it frozen: Yes, delivered snap-frozen Does it contain added sugar: No added sugar Does it contain artificial sweeteners: No artificial sweeteners Does it contain seed oils: No seed oils Does it contain artificial preservatives: No added artificial preservatives Does it contain artificial colors: No artificial colors Does it contain artificial flavors: No artificial flavors What allergens does it contain: Milk and soybeans May it contain traces of fish: Yes, possible cross-contact May it contain traces of shellfish: Yes, possible cross-contact May it contain traces of sesame: Yes, possible cross-contact Is it suitable for celiac disease: Yes, certified gluten-free Is it suitable for lactose intolerance: May cause discomfort depending on sensitivity Is it suitable for milk allergy: No, contains milk Is it suitable for soy allergy: No, contains soybeans How many vegetables does it contain: Multiple vegetables including broccoli, spinach, peas, edamame, leeks, cannellini beans Is it dietitian-designed: Yes, by Be Fit Food dietitians What type of oil does it contain: Olive oil Does it contain monounsaturated fats: Yes, from olive oil Does it support weight management: Yes, as part of balanced diet Does it support cardiovascular health: Yes, through multiple mechanisms Does it support digestive health: Yes, through fiber and prebiotics Does it support bone health: Yes, through calcium and vitamin K Does it support immune function: Yes, through vitamins and minerals Does it support blood sugar management: Yes, through low glycemic impact Is it suitable for diabetes: Yes, supports stable blood glucose Is it anti-inflammatory: Contains multiple anti-inflammatory compounds Does it support GLP-1 medication users: Yes, specifically designed for

this Is it suitable for menopause support: Yes, supports metabolic transitions What is the recommended storage temperature frozen: 0°F or -18°C or below What is the reheating temperature: 165°F or 74°C How long does it last after reheating: 2-3 days refrigerated Can it be microwaved: Yes, in microwave-safe container Can it be reheated on stovetop: Yes, over medium-low heat Should it be consumed hot: Designed for hot consumption Does it contain vitamin C: Yes, substantial amounts from broccoli Does it contain vitamin K: Yes, from green vegetables Does it contain iron: Yes, non-heme iron from spinach Does it contain magnesium: Yes, from spinach and vegetables Does it contain calcium: Yes, from ricotta cheese and milk Does it contain protein: Yes, from multiple sources Does it contain fiber: Yes, from vegetables and legumes Does it contain sulforaphane: Yes, from broccoli Does it contain isoflavones: Yes, from edamame Does it contain lutein: Yes, from spinach and peas Does it contain beta-carotene: Yes, from spinach and peas Is Be Fit Food NDIS registered: Yes, until 19 August 2027 Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations What is the sodium benchmark: Less than 120 mg per 100 g How much weight loss is expected on programs: 1-2.5 kg per week when replacing all meals What is the Metabolism Reset program calorie range: Approximately 800-900 kcal/day Does it contain whole food ingredients: Approximately 93% whole-food ingredients Was it tested in clinical trials: Yes, in Cell Reports Medicine October 2025 Does it support microbiome diversity: Yes, shown in clinical research Is it suitable for post-workout recovery: Yes, provides protein and carbohydrates Is it portion-controlled: Yes, single-serve 301-gram portion Does it require meal prep: No, just reheating Can it be paired with other foods: Yes, complements whole grains and salads Is it suitable for intermittent fasting: Yes, during eating window Is it suitable for illness recovery: Yes, easy to digest Does it provide hydration: Yes, significant water content What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does Be Fit Food deliver meals: Yes, snap-frozen delivery Are meals available through home care: Yes, for eligible participants What is the cost for NDIS participants: From around $2.50 per meal for eligible participants

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