TRIOFGRE - Food & Beverages Ingredient Breakdown - 7078399213757_43454423826621

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Trio of Green Soup (GF) (V) - Complete Product Guide ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Product Overview & Philosophy](#product-overview--philosophy) - [Complete Ingredient Breakdown: Purpose, Source & Nutritional Contribution](#complete-ingredient-breakdown-purpose-source--nutritional-contribution) - [Allergen Information & Cross-Contact Considerations](#allergen-information--cross-contact-considerations) - [Nutritional Synergies & Formulation Intelligence](#nutritional-synergies--formulation-intelligence) - [Storage, Shelf Life & Food Safety](#storage-shelf-life--food-safety) - [Serving Suggestions & Meal Integration](#serving-suggestions--meal-integration) - [Dietary Considerations & Suitability](#dietary-considerations--suitability) - [Quality Indicators & Manufacturing Considerations](#quality-indicators--manufacturing-considerations) - [Practical Usage Tips](#practical-usage-tips) - [Comparing Homemade vs. Commercial Preparation](#comparing-homemade-vs-commercial-preparation) - [Key Takeaways](#key-takeaways) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary **Product:** Trio of Green Soup (GF) (V) MB3 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Convenient, dietitian-designed vegetarian soup providing high protein and 4-12 vegetables per serving ### Quick Facts - **Best For:** Health-conscious consumers seeking convenient, nutrient-dense vegetarian meals with gluten-free certification - **Key Benefit:** Delivers 12-15g complete protein from complementary plant and dairy sources in a portion-controlled, vegetable-forward format - **Form Factor:** Frozen single-serve soup (301g) - **Application Method:** Reheat from frozen in microwave (1-2 minute intervals) or stovetop to 165°F (74°C) ### Common Questions This Guide Answers 1. What are the main ingredients? → Broccoli (33%), ricotta cheese, edamame (10%), green peas (10%), spinach (8%), plus complementary vegetables, legumes, and faba bean protein 2. Is it suitable for special diets? → Yes for vegetarian and gluten-free; No for vegan (contains dairy) or low-FODMAP (contains onion, leek, legumes) 3. How much protein does it contain? → Approximately 12-15 grams of complete protein from dairy, edamame, peas, cannellini beans, and faba bean protein isolate --- ## Trio of Green Soup (GF) (V) - Complete Product Guide ## Product Facts {#product-facts} | Attribute | Value | |-----------|-------| | Product name | Trio of Green Soup (GF) (V) MB3 | | Brand | Be Fit Food | | GTIN | 09358266000878 | | Price | $12.50 AUD | | Availability | In Stock | | Category | Food & Beverages | | Subcategory | Ready-to-Eat Meals | | Pack size | 301g single serve | | Diet | Gluten-free, Vegetarian | | Key ingredients | Broccoli (33%), Ricotta Cheese, Edamame (10%), Green Peas (10%), Spinach (8%) | | Protein sources | Ricotta, milk, edamame, peas, cannellini beans, faba bean protein | | Allergens | Contains: Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin | | Storage | Store frozen at 0°F (-18°C) or below | | Shelf life | 6-12 months frozen; 3-4 days refrigerated after thawing | | Sodium content | Less than 120mg per 100g | | Free from | Added sugar, artificial sweeteners, artificial colours, artificial flavours, seed oils, added artificial preservatives | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} The Trio of Green Soup (GF) (V) MB3 is manufactured by Be Fit Food and carries the GTIN 09358266000878. This single-serve frozen meal contains 301 grams per portion and retails at $12.50 AUD. The product carries dietary certifications for gluten-free (GF) and vegetarian (V)

formulations. The ingredient list appears in descending order by weight: Broccoli (33%), Ricotta Cheese (Whey, Milk, Salt, Food Acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein, Vegetable Stock, Olive Oil, Garlic, Cumin, Pepper, Pink Salt. The soup definitively contains milk and soybeans as declared allergens. Cross-contact warnings indicate the product may contain fish, crustacea, sesame seeds, peanuts, tree nuts, egg, and lupin due to shared manufacturing facilities. Storage instructions specify frozen storage at 0°F (-18°C) or below, with a shelf life of 6-12 months when frozen and 3-4 days when refrigerated after thawing. The soup contains less than 120mg sodium per 100g and requires reheating to 165°F (74°C) for food safety. The formulation excludes added sugar, artificial sweeteners, artificial colours, artificial flavours, seed oils, and added artificial preservatives. ### General Product Claims {#general-product-claims} Be Fit Food's dietitian-designed meals are created by accredited practising dietitians and deliver 4-12 vegetables per meal. The formulations support stable blood glucose levels and reduced post-meal spikes while helping protect lean muscle mass through high-protein composition. The meals feature restaurant-quality ingredients and flavour profiles. The product line supports individuals using GLP-1 receptor agonists and weight-loss medications, and provides menopause and midlife metabolic support through protein-prioritised, lower-carbohydrate formulations. The soup provides a complete amino acid profile through protein complementarity from multiple sources. Olive oil inclusion enhances bioavailability of fat-soluble vitamins, while vitamin C from vegetables enhances iron absorption from plant sources. The snap-frozen system preserves nutrients effectively throughout storage. Be Fit Food was founded by dietitian Kate Save with an "eat themselves better" philosophy. The company offers free 15-minute dietitian consultations to customers. Approximately 90% of the menu carries certified gluten-free status. NDIS participants may access meals from around $2.50 per meal, with standard pricing starting from $8.61 per meal. The broccoli component provides sulforaphane studied for potential anti-inflammatory properties. Edamame contributes isoflavones that may offer health benefits. Peas contain lutein and zeaxanthin that may protect against age-related vision decline. Spinach provides nitrates that may support cardiovascular health and exercise performance. Onions offer quercetin with potential anti-inflammatory properties. Garlic contains allicin studied for potential cardiovascular and immune-supporting properties. Pepper provides piperine that may enhance nutrient bioavailability. The portion-controlled format supports insulin sensitivity and Type 2 diabetes management while facilitating weight management goals. Preparation time requires only 5-10 minutes for convenient meal solutions. --- ## Introduction {#introduction} The Trio of Green Soup (GF) (V) by Be Fit Food brings together three powerhouse green vegetables—broccoli, spinach, and peas—into a creamy, satisfying soup designed for health-conscious consumers seeking convenient, wholesome nutrition. As part of Be Fit Food's dietitian-designed meal range, this single-serve 301-gram portion delivers a carefully balanced blend of vegetables, legumes, and plant proteins in a gluten-free, vegetarian formula that requires no preparation beyond simple reheating. Throughout this comprehensive guide, you'll discover the purpose and nutritional contribution of every ingredient in this thoughtfully formulated soup. The analysis explores how each component works together to create both flavour and nutrition, and examines exactly what makes this green soup a standout choice for anyone prioritising ingredient quality and dietary transparency. ## Product Overview & Philosophy {#product-overview--philosophy} Be Fit Food's Trio of Green Soup represents a modern approach to convenient nutrition, where frozen meals transcend their reputation as compromise foods and instead deliver restaurant-quality ingredients with complete nutritional transparency. Founded by accredited practising dietitian Kate Save, Be Fit Food builds its reputation on creating meals that help Australians "eat themselves better" through scientifically-designed, whole-food formulations. The 301-gram serving size is carefully calculated to provide a satisfying meal portion that balances satiety with caloric appropriateness. This makes the soup suitable as a light lunch, dinner starter, or part of a larger meal composition. The "trio" designation refers to the three primary green vegetables that form the foundation of this soup: broccoli at 33% of the total composition, spinach at 8%, and green peas at 10%. These percentages aren't arbitrary—they reflect a deliberate balance between flavour, texture, nutritional density, and cost-effectiveness that aligns with Be Fit Food's commitment to delivering 4–12 vegetables in each meal. The gluten-free and vegetarian certifications make this soup accessible to consumers managing

celiac disease, gluten sensitivity, or following plant-forward dietary patterns. The inclusion of dairy (ricotta cheese and light milk) provides the creamy mouthfeel and protein boost that purely vegan formulations often struggle to achieve. ## Complete Ingredient Breakdown: Purpose, Source & Nutritional Contribution {#complete-ingredient-breakdown-purpose-source--nutritional-contribution} ### Broccoli (33%) {#broccoli-33} As the dominant ingredient by volume, broccoli forms the structural and nutritional backbone of this soup. At 33% of the total composition, you're getting approximately 99 grams of broccoli in every 301-gram serving—a substantial portion that delivers the cruciferous vegetable's renowned health benefits. **Nutritional Purpose**: Broccoli contributes significant amounts of vitamin C (a powerful antioxidant supporting immune function), vitamin K1 (essential for blood clotting and bone health), folate (critical for DNA synthesis and cellular function), and dietary fibre. The florets and stems also provide sulforaphane, a sulfur-containing compound formed when broccoli is chopped or chewed, which researchers study extensively for its potential anti-inflammatory and cellular protective properties. **Flavour & Texture Role**: Broccoli provides the soup's characteristic earthy, slightly bitter base notes that balance the sweeter elements from peas and the richness from dairy. When pureed, broccoli creates a naturally thick, velvety texture without requiring excessive starches or thickeners. The mild bitterness also enhances the perception of the soup as a "savoury" rather than sweet preparation, making it more satisfying as a meal component. **Source Considerations**: Be Fit Food's snap-frozen meal system means broccoli is blanched (briefly boiled then rapidly cooled) immediately after harvest to preserve colour, texture, and nutritional content. This flash-preservation often means frozen broccoli retains more nutrients than "fresh" broccoli that's transported and stored for days before consumption. ### Ricotta Cheese (Whey, Milk, Salt, Food Acid) {#ricotta-cheese-whey-milk-salt-food-acid} Ricotta cheese appears second in the ingredient list, indicating it's the second-most abundant ingredient by weight. This Italian-style cheese is made from whey (the liquid remaining after milk curdles and strains during cheese production), whole milk, salt, and food acid (commonly citric acid or vinegar used to coagulate the proteins). **Nutritional Purpose**: Ricotta contributes high-quality complete protein containing all nine essential amino acids, calcium for bone health, phosphorus for energy metabolism, and B vitamins including B12 (particularly important for vegetarians who don't consume eggs). The whey protein in ricotta is particularly rich in branched-chain amino acids (BCAAs) that support muscle protein synthesis and recovery—aligning with Be Fit Food's emphasis on protein-prioritised meals that help protect lean muscle mass. **Flavour & Texture Role**: Ricotta provides the soup's creamy, luxurious mouthfeel and adds a subtle tang that brightens the overall flavour profile. Unlike heavy cream or coconut milk, ricotta contributes body without excessive fat, while its mild dairy sweetness complements rather than overwhelms the vegetable flavours. The cheese also acts as an emulsifier, helping to create a stable, smooth texture that doesn't separate during freezing and reheating. **Dietary Consideration**: The ricotta is why this soup carries a "Contains: Milk" allergen declaration. For lactose-intolerant consumers, it's worth noting that ricotta is generally lower in lactose than fluid milk, as much of the lactose remains in the whey during initial cheese production, though some whey is added back to make ricotta. However, individuals with severe lactose intolerance or dairy allergies should avoid this product. ### Edamame (10%) {#edamame-10} Edamame—immature soybeans harvested while still green and sweet—contributes approximately 30 grams to each serving, making it a significant protein and fibre contributor. **Nutritional Purpose**: Edamame is nutritionally exceptional among legumes, providing complete protein (containing all essential amino acids in adequate proportions), fibre, iron, magnesium, and isoflavones (plant compounds with potential health benefits). Unlike many plant proteins, edamame's protein digestibility is comparable to animal proteins, making it particularly valuable in vegetarian formulations. The 10% inclusion adds approximately 3-4 grams of plant protein to the soup, supporting Be Fit Food's high-protein meal philosophy. **Flavour & Texture Role**: Edamame contributes a subtle sweetness and a slightly nutty, bean-forward flavour that adds complexity to the soup's taste profile. When pureed, edamame creates a silky texture and helps the soup feel fuller for longer rather than broth-based. The beans also provide occasional textural variation if some pieces remain partially intact during blending. **Source & Processing**: Edamame in frozen soup products is individually quick-frozen (IQF) after blanching, which preserves the bright green colour and prevents the beans from clumping. The soybeans used for edamame are specifically harvested at an earlier stage than

soybeans used for tofu or soy milk, resulting in a sweeter, less "beany" flavour. ### Green Peas (10%) {#green-peas-10} Green peas match edamame at 10% of the total composition, contributing approximately 30 grams per serving and adding both nutritional value and natural sweetness. **Nutritional Purpose**: Peas provide plant-based protein (about 2-3 grams from the 30-gram inclusion), fibre, vitamin A (important for vision and immune function), vitamin C, vitamin K, and several B vitamins including thiamin and folate. Peas are also a source of lutein and zeaxanthin, carotenoid compounds concentrated in the eye that may help protect against age-related vision decline. **Flavour & Texture Role**: Peas contribute noticeable sweetness that balances the bitter notes from broccoli and the earthiness from beans. This natural sweetness means the soup doesn't require added sugars to achieve a pleasant, balanced flavour—consistent with Be Fit Food's commitment to no added sugar or artificial sweeteners. When pureed, peas create a smooth, almost creamy consistency and contribute to the soup's vibrant green colour. The starch content in peas also provides gentle thickening without making the soup feel heavy or gummy. **Nutritional Synergy**: The combination of peas and edamame creates a complementary amino acid profile. While both are good protein sources individually, their combination ensures a more complete essential amino acid spectrum, making the soup's total protein more nutritionally valuable than either legume alone. ### Spinach (8%) {#spinach-8} Spinach contributes approximately 24 grams per serving, providing concentrated micronutrients and intense green colour. **Nutritional Purpose**: Spinach is extraordinarily nutrient-dense, delivering significant amounts of vitamin K, vitamin A (as beta-carotene), folate, iron, and magnesium in a very low-calorie package. The 24 grams of spinach in this soup contributes meaningful amounts of these nutrients without adding bulk or calories. Spinach also contains nitrates, which convert to nitric oxide in the body and may support cardiovascular health and exercise performance. **Flavour & Texture Role**: Spinach offers a milder, less assertive flavour than many leafy greens, contributing subtle earthiness without bitterness. Its high chlorophyll content intensifies the soup's green colour, creating the vibrant appearance that signals freshness and nutritional density. When pureed, spinach virtually disappears texturally, contributing to smoothness without adding graininess or fibre that you can feel on the palate. **Processing Consideration**: Spinach is likely added to this soup in blanched, frozen form, which actually increases the bioavailability of certain nutrients. Cooking spinach breaks down oxalic acid that can bind minerals like calcium and iron, making these nutrients more absorbable. The heat also breaks down cell walls, making carotenoids like beta-carotene more accessible for absorption. ### Light Milk {#light-milk} Light milk (reduced-fat milk, around 1-2% milk fat) serves as the liquid base that transforms the vegetables and other ingredients into a pourable, soup-like consistency. **Nutritional Purpose**: Light milk contributes additional protein (approximately 3-4 grams per 100ml), calcium, vitamin D (if fortified), vitamin B12, and riboflavin. By using light milk rather than full-fat milk or cream, the formulation keeps saturated fat content moderate while maintaining the nutritional benefits and creamy mouthfeel associated with dairy. **Flavour & Texture Role**: Milk provides the creamy, comforting base that makes this soup feel indulgent despite its vegetable-forward composition. The lactose (milk sugar) adds subtle sweetness, while milk proteins contribute to a rich, full-bodied texture. Milk also acts as a flavour carrier, helping to distribute the aromatic compounds from garlic, cumin, and other seasonings throughout the soup. **Functional Benefits**: Milk's proteins and fats create emulsions that remain stable through freezing, thawing, and reheating—critical for Be Fit Food's snap-frozen delivery system. The casein proteins in milk also bind with vegetable compounds, reducing any potential bitterness and creating a more harmonious overall flavour. ### Potato {#potato} Potato serves as the soup's primary thickening agent and contributes to its satisfying, meal-like quality. **Nutritional Purpose**: Potatoes provide complex carbohydrates for sustained energy, potassium (important for blood pressure regulation and muscle function), vitamin C, and vitamin B6. Despite their reputation as a "starchy" vegetable, potatoes are actually quite nutrient-dense when consumed with their skins (though in pureed soup, skins are removed or finely blended). The potato content contributes approximately 15-20 grams of carbohydrates to the soup. **Flavour & Texture Role**: Potato's mild, slightly sweet flavour doesn't compete with the green vegetables but instead provides a neutral backdrop that makes the soup taste more substantial and filling. When pureed, potato starch creates a silky, velvety texture and body that makes the soup cling to a spoon rather than running off like a thin broth. This textural quality is crucial for the eating

experience—it signals satiety to your brain and makes the soup feel like a "real meal." **Functional Benefits**: Potato starch remains stable through freeze-thaw cycles better than many other thickeners, preventing the soup from becoming watery or grainy after freezing. The starch also helps suspend the other ingredients evenly throughout the soup, preventing separation or settling—essential for Be Fit Food's snap-frozen meal format. ### Onion {#onion} Onion appears without a percentage designation, suggesting it's present in smaller quantities than the major vegetables but still plays an important supporting role. **Nutritional Purpose**: Onions contribute vitamin C, B vitamins (especially folate and B6), and prebiotic fibres (particularly inulin) that feed beneficial gut bacteria. They're also rich in quercetin, a flavonoid antioxidant that may offer anti-inflammatory properties. While the onion quantity is modest, these compounds contribute to the soup's overall nutritional profile. **Flavour & Texture Role**: Onion provides the foundational savoury flavour that makes the soup taste complex and well-developed rather than one-dimensional. When cooked and pureed, onions contribute natural sugars that caramelise during cooking, adding subtle sweetness and depth. The sulfur compounds in onions also enhance the perception of "savouriness" or umami, making the soup more satisfying. **Culinary Foundation**: In classical French cooking, onion is part of the "mirepoix" (onion, carrot, celery) that forms the flavour base of countless soups and stocks. Here, onion serves that same foundational role, providing the background flavour that allows the green vegetables to shine rather than competing with them. ### Cannellini Beans {#cannellini-beans} Cannellini beans (white kidney beans) add additional plant protein, fibre, and a creamy texture when pureed. **Nutritional Purpose**: Cannellini beans are excellent sources of plant protein, dietary fibre (both soluble and insoluble), resistant starch (which acts like fibre in the digestive system), iron, magnesium, and folate. The inclusion of these beans significantly boosts the soup's protein and fibre content, helping you feel fuller for longer. Beans also offer a low glycemic index, meaning they cause a gradual rather than rapid rise in blood sugar—supporting Be Fit Food's focus on meals that promote stable glucose levels. **Flavour & Texture Role**: Cannellini beans offer a mild, slightly nutty flavour that blends seamlessly with the other ingredients without asserting a strong "bean" taste. When pureed, they create an exceptionally creamy, smooth texture—many high-end restaurant soups use white beans as a secret ingredient for achieving velvety texture without cream. The beans also contribute body and substance, making the soup more filling. **Protein Complementarity**: The combination of cannellini beans with edamame, peas, and dairy creates a highly complete protein profile. Different plant proteins contain varying amounts of essential amino acids; by combining multiple plant protein sources with dairy, this soup provides all essential amino acids in adequate proportions for human nutrition. ### Leek (2.5%) {#leek-25} Leek contributes approximately 7.5 grams per serving, adding a sophisticated, mild onion-like flavour. **Nutritional Purpose**: Leeks provide vitamin K, vitamin A (as beta-carotene), vitamin C, folate, and prebiotic fibres that support digestive health. They're also a source of kaempferol, a flavonoid that researchers study for potential anti-inflammatory and antioxidant properties. While the 2.5% inclusion is modest, leeks are nutrient-dense enough to make a meaningful contribution. **Flavour & Texture Role**: Leeks offer a more delicate, sweeter, and less pungent flavour than onions, adding sophistication and complexity to the soup's taste profile. Their mild nature allows them to enhance the vegetable flavours without overwhelming the palate. When cooked and pureed, leeks contribute silkiness and a subtle sweetness that rounds out the overall flavour. **Culinary Significance**: The specific inclusion of leeks (rather than relying solely on onions) signals Be Fit Food's commitment to flavour complexity. Leeks are more expensive than onions, so their inclusion indicates prioritisation of taste quality rather than simply formulating to a price point. ### Faba Bean Protein {#faba-bean-protein} Faba bean protein (also called broad bean protein or fava bean protein) is a concentrated plant protein ingredient extracted from faba beans. **Nutritional Purpose**: This ingredient is specifically included to boost the soup's protein content without adding significant volume or altering the flavour profile—reflecting Be Fit Food's commitment to protein prioritised at every meal for lean-mass protection. Faba bean protein is approximately 80-90% protein by weight and provides all essential amino acids, though it's particularly rich in lysine (an amino acid sometimes limited in grain-based proteins). The inclusion of this concentrated protein source likely brings the soup's total protein content to 12-15 grams per serving, making it a genuinely protein-rich meal option. **Functional Benefits**: Unlike whole beans, protein isolates don't contribute significant starch or fibre, so they boost

protein without making the soup thicker or heavier. Faba bean protein also offers minimal flavour—it's processed to remove the compounds that give whole faba beans their distinctive taste—allowing it to increase nutrition without affecting the carefully balanced flavour profile. **Dietary Trend Alignment**: The use of faba bean protein reflects the growing consumer demand for plant-based protein sources. Faba beans are increasingly favoured in food formulation because they're grown in temperate climates (reducing transportation impacts), require less water than some other legumes, and naturally fix nitrogen in soil (reducing fertiliser requirements). ### Vegetable Stock {#vegetable-stock} Vegetable stock provides the savoury, umami-rich liquid base that makes the soup taste like a carefully simmered homemade preparation rather than pureed vegetables. **Nutritional Purpose**: While vegetable stock's primary role is flavour rather than nutrition, quality stocks contribute small amounts of minerals and water-soluble vitamins extracted from the vegetables during simmering. The stock also provides sodium (from salt added during stock production), which enhances flavour perception and helps maintain the soup's seasoning balance. **Flavour Role**: Vegetable stock contributes depth, complexity, and savoury richness that water alone cannot provide. The stock contains glutamates (naturally occurring compounds that create umami flavour) released from vegetables during long, slow cooking. This umami quality makes the soup taste more satisfying and "complete," triggering the same pleasure receptors that respond to meat-based broths. **Quality Indicator**: The use of vegetable stock rather than water or bouillon powder suggests Be Fit Food's attention to flavour quality. Preparing or sourcing real vegetable stock is more expensive and complex than using water plus seasonings, indicating a commitment to taste rather than cost-cutting. ### Olive Oil {#olive-oil} Olive oil contributes healthy fats, enhances flavour, and improves the absorption of fat-soluble nutrients. **Nutritional Purpose**: Olive oil provides monounsaturated fats (primarily oleic acid), which are associated with cardiovascular health benefits. The inclusion of olive oil also dramatically improves the bioavailability of fat-soluble vitamins (A, D, E, and K) and carotenoids present in the vegetables—these nutrients require dietary fat for optimal absorption. The fat content also slows gastric emptying, meaning the soup keeps you feeling fuller for longer. **Flavour & Texture Role**: Olive oil contributes a subtle fruity, slightly peppery flavour that complements the vegetables without overwhelming them. It also creates a luxurious mouthfeel, giving the soup a silky texture and helping flavours coat your palate. The oil carries aromatic compounds from garlic and spices throughout the soup, distributing flavour more evenly than a fat-free preparation would allow. **Culinary Quality**: The specific mention of olive oil (rather than generic "vegetable oil") aligns with Be Fit Food's no seed oils standard. Olive oil is more expensive than neutral oils like canola or sunflower, so its inclusion indicates prioritisation of flavour and nutritional quality. ### Garlic {#garlic} Garlic provides pungent, aromatic flavour and potential health-supporting compounds. **Nutritional Purpose**: Garlic contains allicin and other sulfur-containing compounds that form when garlic is crushed or chopped. These compounds are extensively studied for potential cardiovascular, immune-supporting, and antimicrobial properties. While garlic is used in small quantities, its bioactive compounds are potent enough to contribute meaningfully even in modest amounts. **Flavour Role**: Garlic provides sharp, pungent, savoury notes that add complexity and depth to the soup. When cooked (as it would be before freezing), garlic's harsh raw bite mellows into sweet, nutty, aromatic flavour that enhances rather than dominates. Garlic also contributes to the overall perception of "savouriness," making the soup more satisfying and meal-like. **Aromatic Quality**: Garlic's volatile compounds contribute to the soup's aroma, which is crucial for flavour perception—much of what we perceive as "taste" actually comes from smell. The appetising aroma when reheating this soup is partly due to garlic's aromatic compounds being released by heat. ### Cumin {#cumin} Cumin is a warm, earthy spice that adds depth and subtle complexity to the soup's flavour profile. **Nutritional Purpose**: While used primarily for flavour, cumin does contribute small amounts of iron, manganese, and antioxidant compounds. Cumin is traditionally used in various cultures to support digestion, and some research suggests it may offer anti-inflammatory properties, though the quantities in this soup are modest. **Flavour Role**: Cumin provides warm, earthy, slightly nutty notes with a hint of citrus that adds sophistication to the soup. It prevents the flavour from being one-dimensionally "green" or vegetable-forward, instead creating a more complex, layered taste experience. Cumin also enhances the perception of savouriness without adding salt, allowing for better seasoning balance. **Cultural Flavour Bridge**: Cumin is used across Mediterranean, Middle Eastern,

and Indian cuisines, giving this soup a subtle international flavour profile that feels familiar yet interesting. It's a sophisticated choice that elevates the soup beyond basic vegetable puree. ### Pepper {#pepper} Pepper (likely black pepper) adds subtle heat and aromatic complexity. **Nutritional Purpose**: Black pepper contains piperine, a compound that gives pepper its characteristic bite and may enhance the bioavailability of certain nutrients and phytochemicals. Piperine is shown to increase the absorption of curcumin (from turmeric), beta-carotene, and other beneficial compounds, potentially making the soup's nutrients more accessible. **Flavour Role**: Pepper provides gentle heat and aromatic complexity that brightens the overall flavour profile. It adds a subtle "tingle" on the palate that makes the soup more interesting and prevents it from tasting flat. Pepper also enhances the perception of other flavours, making the vegetables taste more vibrant and the seasonings more pronounced. **Aromatic Contribution**: Freshly ground pepper contains volatile aromatic compounds that contribute to the soup's overall aroma and flavour complexity. Even in small quantities, pepper makes food taste more dynamic and well-seasoned. ### Pink Salt {#pink-salt} Pink salt (likely Himalayan pink salt) provides essential sodium for flavour and physiological function. **Nutritional & Functional Purpose**: Salt is essential for enhancing flavour perception—it doesn't just make food taste "salty" but actually amplifies other flavours and reduces bitterness. Sodium is also a necessary nutrient for nerve function, muscle contraction, and fluid balance, though most people consume adequate (or excessive) sodium through their overall diet. **Flavour Role**: Salt is perhaps the most important seasoning in this soup, bringing all the other flavours into focus and creating a balanced, harmonious taste. Without adequate salt, the soup would taste flat and one-dimensional, with the individual ingredients failing to cohere into a unified flavour profile. **Pink Salt Specifics**: Pink Himalayan salt contains trace minerals (iron, magnesium, calcium, potassium) that give it its characteristic colour, though the quantities are too small to contribute meaningfully to nutrition. Be Fit Food's formulation approach emphasises low sodium (less than 120 mg per 100 g), using vegetables for water content rather than relying on salt for flavour enhancement. ## Allergen Information & Cross-Contact Considerations {#allergen-information--cross-contact-considerations} Understanding allergen information is crucial for safe consumption, particularly for individuals with food allergies or sensitivities. ### Contains Declarations {#contains-declarations} This soup definitively contains **milk** (from ricotta cheese and light milk) and **soybeans** (from edamame). These are among the nine major food allergens recognised by regulatory authorities in most countries. Anyone with confirmed allergies to dairy or soy must avoid this product entirely. ### May Contain Warnings {#may-contain-warnings} The label states the soup "may contain fish, crustacea, and sesame seeds." This doesn't mean these ingredients are intentionally included—rather, it indicates the soup is manufactured in a facility that also processes these allergens. Despite rigorous cleaning protocols, trace amounts of allergens can potentially transfer between production runs through shared equipment, making cross-contact possible. For individuals with severe allergies to fish, shellfish (crustacea includes shrimp, crab, lobster), or sesame, even trace contamination can trigger reactions. The "may contain" warning allows these individuals to make informed decisions about whether the cross-contact risk is acceptable for their specific situation. ### Gluten-Free Certification {#gluten-free-certification} The (GF) designation indicates this soup is formulated without gluten-containing ingredients and is suitable for individuals with celiac disease or gluten sensitivity. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. However, those with severe celiac disease should note the cross-contact warnings and consider whether the manufacturing environment meets their safety requirements. ## Nutritional Synergies & Formulation Intelligence {#nutritional-synergies--formulation-intelligence} The true sophistication of this soup lies not in individual ingredients but in how they work together to create nutritional synergies—instances where combining specific nutrients enhances their absorption or effectiveness. This reflects Be Fit Food's dietitian-led approach to meal formulation. ### Protein Complementarity {#protein-complementarity} The combination of dairy protein (ricotta, milk), soy protein (edamame), legume proteins (peas, cannellini beans), and faba bean protein isolate creates an exceptionally complete amino acid profile. Different protein sources contain varying concentrations of essential amino acids—by combining multiple sources, this soup provides all nine essential amino acids in proportions that support human protein synthesis needs as effectively as animal protein alone. This aligns with Be Fit Food's emphasis

on high-protein meals that help protect lean muscle mass. ### Fat-Soluble Nutrient Absorption {#fat-soluble-nutrient-absorption} The inclusion of olive oil is strategically important for absorbing the abundant fat-soluble nutrients in this soup. Vitamins A, D, E, and K, plus carotenoids like beta-carotene and lutein from spinach, broccoli, and peas, require dietary fat for optimal absorption. Without the olive oil, your body would absorb significantly less of these valuable nutrients, even though they're present in the vegetables. ### Iron Absorption Enhancement {#iron-absorption-enhancement} The soup contains multiple iron sources (spinach, edamame, beans) plus vitamin C from broccoli, peas, and other vegetables. Vitamin C dramatically enhances the absorption of non-heme iron (the type found in plant foods), potentially doubling or tripling absorption rates. This is particularly valuable for vegetarians, who rely entirely on plant-based iron sources. ### Calcium and Vitamin K {#calcium-and-vitamin-k} The dairy ingredients provide calcium, while the green vegetables (especially spinach and broccoli) contribute vitamin K. These nutrients work synergistically—vitamin K is essential for activating proteins that regulate calcium deposition in bones, making the combination more beneficial than either nutrient alone. ## Storage, Shelf Life & Food Safety {#storage-shelf-life--food-safety} ### Unopened Frozen Storage {#unopened-frozen-storage} This soup is designed for frozen storage and should be kept at 0°F (-18°C) or below. At proper freezer temperatures, the soup will maintain optimal quality for several months—commonly 6-12 months from the manufacturing date, though the specific "best by" date will be printed on the package. Be Fit Food's snap-frozen delivery system prevents microbial growth and dramatically slows the chemical reactions that degrade nutrients and flavour. ### Freezer Storage Tips {#freezer-storage-tips} Store the soup in the coldest part of your freezer (usually the back, away from the door) where temperature fluctuations are minimal. Each time a freezer door opens, temperatures rise slightly; items near the door experience more temperature variation, which can lead to ice crystal formation and texture degradation over time. ### Thawing Methods {#thawing-methods} The safest thawing method is refrigerator thawing—transfer the frozen soup to the refrigerator 12-24 hours before you plan to eat it, allowing it to thaw gradually at safe temperatures (below 40°F/4°C). For faster thawing, you can place the sealed container in a bowl of cold water, changing the water every 30 minutes until thawed. Avoid thawing at room temperature, as this allows the outer portions to reach temperatures where bacteria can multiply while the centre remains frozen. ### Reheating Instructions {#reheating-instructions} For stovetop reheating, transfer the thawed soup to a saucepan and heat over medium heat, stirring occasionally, until it reaches 165°F (74°C) throughout—this temperature ensures food safety by eliminating any potential bacterial growth. For microwave reheating, transfer to a microwave-safe bowl, cover loosely (to allow steam to escape while preventing splattering), and heat on high power in 1-2 minute intervals, stirring between intervals to distribute heat evenly. Microwave heating can create hot spots, so thorough stirring is essential for even temperature distribution. Be Fit Food's "heat, eat, enjoy" approach makes this process simple and convenient. ### Opened/Thawed Shelf Life {#opened-thawed-shelf-life} Once thawed, the soup should be consumed within 3-4 days if stored in the refrigerator at 40°F (4°C) or below. Transfer any unused portion to an airtight container to prevent absorption of refrigerator odours and minimise oxidation. Do not refreeze thawed soup—the freeze-thaw cycle degrades texture and creates food safety risks. ### Refreezing Considerations {#refreezing-considerations} Previously frozen soup should not be refrozen after thawing unless it is reheated to 165°F and then rapidly cooled. Each freeze-thaw cycle damages cell structures in the vegetables and dairy, creating increasingly grainy, watery texture. From a food safety perspective, refreezing creates opportunities for bacterial growth during thawing periods. ## Serving Suggestions & Meal Integration {#serving-suggestions--meal-integration} ### As a Complete Light Meal {#as-a-complete-light-meal} The 301-gram serving provides a satisfying light lunch or dinner, particularly when paired with a source of complex carbohydrates. Consider serving alongside whole-grain bread, a small whole-grain roll, or crackers to add additional fibre and create a more substantial meal that keeps you feeling fuller for longer. ### As a Starter Course {#as-a-starter-course} Use this soup as an elegant first course before a main meal. The 301-gram portion is generous for a starter; you might serve half portions (approximately 150 grams) if using it to begin a multi-course meal. The green vegetables and light, creamy texture make it an excellent appetite stimulant without being so filling that it diminishes interest in subsequent courses. ### Protein Pairing for Complete Meals {#protein-pairing-for-complete-meals} While the soup contains approximately 12-15 grams of protein

(from dairy, legumes, and faba bean protein), pairing it with additional protein creates a more substantial, balanced meal. Consider serving alongside grilled chicken breast, baked fish, or a simple frittata for omnivores, or with additional legume-based proteins, nuts, or seeds for vegetarians. This approach aligns with Be Fit Food's emphasis on protein-prioritised eating. ### Texture Contrast Additions {#texture-contrast-additions} The soup's smooth, creamy texture benefits from contrasting elements. Consider topping with toasted pumpkin seeds, croutons (gluten-free if needed), crispy chickpeas, or a drizzle of high-quality olive oil. These additions provide textural interest and make the eating experience more dynamic and satisfying. ### Fresh Herb Garnishes {#fresh-herb-garnishes} Brighten the reheated soup with fresh herbs just before serving. Chopped fresh parsley, chives, cilantro, or basil add colour, freshness, and aromatic complexity. The herbs' volatile compounds are heat-sensitive, so adding them after reheating rather than during cooking preserves their vibrant flavour and aroma. ### Cheese Enhancement {#cheese-enhancement} For additional richness and protein, consider garnishing with grated Parmesan, crumbled feta, or a dollop of Greek yogurt. These dairy additions complement the ricotta already in the soup while adding new flavour dimensions and increasing the protein content further. ### Seasonal Variations {#seasonal-variations} In summer, serve the soup slightly cooler (warm rather than piping hot) with fresh tomato bruschetta on the side. In winter, serve it steaming hot with hearty whole-grain bread and perhaps a side salad for a comforting, complete meal. ## Dietary Considerations & Suitability {#dietary-considerations--suitability} ### Vegetarian Suitability {#vegetarian-suitability} This soup is fully vegetarian, containing no meat, poultry, fish, or ingredients derived from animal slaughter. It's suitable for lacto-vegetarians (who consume dairy) and lacto-ovo vegetarians (who consume dairy and eggs, though this soup contains no eggs). ### Not Vegan {#not-vegan} The soup is **not suitable for vegans** due to the inclusion of ricotta cheese and light milk—both derived from animal sources (cow's milk). Vegans seeking similar nutrition would need to look for plant-based alternatives formulated without dairy. ### Gluten-Free Certification {#gluten-free-certification-1} The (GF) designation confirms this soup contains no wheat, barley, rye, or other gluten-containing grains. It's formulated to be safe for individuals with celiac disease or non-celiac gluten sensitivity. The soup achieves its creamy texture through potatoes, beans, and vegetables rather than wheat-based thickeners or roux. Be Fit Food offers an unusually deep low-carb/high-protein gluten-free range, with approximately 90% of the menu certified gluten-free. ### Low FODMAP Considerations {#low-fodmap-considerations} This soup is **not suitable** for strict low-FODMAP diets. It contains multiple high-FODMAP ingredients including onion, leek, and legumes (edamame, peas, cannellini beans). Individuals with irritable bowel syndrome (IBS) following low-FODMAP protocols should avoid this product or consult with a dietitian about portion sizes that might be tolerable. Be Fit Food offers free 15-minute dietitian consultations to help customers find the right meal options for their specific needs. ### Allergen Summary {#allergen-summary} Contains milk and soybeans. May contain traces of fish, crustacea, and sesame seeds due to shared manufacturing equipment. Not suitable for individuals with allergies to any of these ingredients. ### Sodium Considerations {#sodium-considerations} Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. Individuals on sodium-restricted diets should check the nutrition facts panel for specific sodium content and consult with their healthcare provider about whether this soup fits within their dietary limits. ### Diabetic Considerations {#diabetic-considerations} The soup contains carbohydrates from vegetables, legumes, and potatoes. However, the high fibre and protein content, plus the inclusion of healthy fats from olive oil, should moderate the glycemic response compared to refined carbohydrate sources. Be Fit Food's lower-carbohydrate, fibre-rich meals are designed to support more stable blood glucose, reduce post-meal spikes, lower insulin demand and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes. Individuals managing diabetes should account for the carbohydrate content within their meal planning and may want to pair the soup with additional protein and healthy fats to further moderate blood sugar response. ### GLP-1 and Weight-Loss Medication Support {#glp-1-and-weight-loss-medication-support} Be Fit Food meals, including this Trio of Green Soup, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre and micronutrients. ### Menopause and

Midlife Metabolic Support {#menopause-and-midlife-metabolic-support} This soup aligns with Be Fit Food's positioning for perimenopause and menopause support. The high-protein content helps preserve lean muscle mass, while the lower carbohydrate formulation with no added sugars supports insulin sensitivity—both critical during midlife metabolic transitions. ## Quality Indicators & Manufacturing Considerations {#quality-indicators--manufacturing-considerations} ### Ingredient Order Significance {#ingredient-order-significance} Ingredients are listed in descending order by weight, meaning broccoli (33%) is the most abundant ingredient, followed by ricotta cheese, then edamame and green peas (both 10%), spinach (8%), and so forth. This transparency allows consumers to understand exactly what they're eating and verify that the soup truly is vegetable-forward rather than primarily dairy or starch-based. ### Specific Percentage Declarations {#specific-percentage-declarations} The fact that Be Fit Food declares specific percentages for major ingredients (broccoli 33%, edamame 10%, green peas 10%, spinach 8%, leek 2.5%) demonstrates unusual transparency. Most manufacturers aren't required to provide these details, so their inclusion suggests confidence in the formulation and a commitment to informed consumer choice—consistent with Be Fit Food's dietitian-led philosophy. ### Whole Food Focus {#whole-food-focus} The ingredient list is notably free of artificial colours, flavours, preservatives, or highly processed additives. Every ingredient is recognisable as a real food—vegetables, dairy, legumes, spices, and oil. Be Fit Food's current-range standards include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. ### Frozen Preservation Benefits {#frozen-preservation-benefits} Freezing is one of the most nutritionally sound preservation methods. Unlike canning (which requires high heat that degrades heat-sensitive nutrients) or chemical preservation, Be Fit Food's snap-frozen system simply arrests the biological and chemical processes that cause food deterioration. Many nutrients—particularly vitamin C, B vitamins, and antioxidants—are well-preserved through freezing, especially when vegetables are blanched and frozen shortly after harvest. ### Single-Serve Packaging {#single-serve-packaging} The 301-gram single-serve format ensures portion control and prevents waste. Once a large container of soup is opened, it must be consumed within days or discarded; single-serve packaging eliminates this issue while making it easier to manage caloric intake and meal planning—supporting Be Fit Food's structured approach to nutrition. ## Practical Usage Tips {#practical-usage-tips} ### Portion Awareness {#portion-awareness} The 301-gram serving is designed as a complete portion for one person. If you're particularly hungry or using the soup as your primary meal, consider what you'll pair it with before reheating—planning your accompaniments helps prevent the temptation to prepare a second serving when one would suffice with proper pairing. ### Stirring During Reheating {#stirring-during-reheating} Soups with dairy and starch can develop a skin or film on the surface during reheating, particularly in the microwave. Stirring every 1-2 minutes during reheating prevents this film formation, distributes heat evenly, and maintains the smooth, creamy texture that makes this soup appealing. ### Temperature Preference {#temperature-preference} While food safety requires reheating to 165°F (74°C), you may prefer to let the soup cool slightly before eating—piping hot soup can mask subtle flavours and potentially burn your mouth. Allowing the soup to cool to approximately 140-150°F often reveals more nuanced flavours while remaining comfortably hot. ### Container Transfer {#container-transfer} If reheating in the microwave, transfer the soup to a microwave-safe bowl rather than heating in the original packaging (unless the packaging is specifically marked as microwave-safe). Glass or ceramic bowls heat more evenly than plastic and won't leach any potential compounds into your food. ### Consistency Adjustment {#consistency-adjustment} If the soup seems too thick after reheating (this can happen as starches absorb liquid during storage), thin it with a small amount of milk, vegetable stock, or water while reheating. Add liquid gradually—start with 2-3 tablespoons and stir well, adding more only if needed. You can always thin soup but can't easily thicken it once diluted. ### Flavour Brightening {#flavour-brightening} Frozen soups sometimes taste slightly muted compared to fresh-made versions. A squeeze of fresh lemon juice, a pinch of additional salt, or freshly ground black pepper just before serving can brighten flavours and make the soup taste more vibrant and freshly prepared. ##

Comparing Homemade vs. Commercial Preparation {#comparing-homemade-vs-commercial-preparation} ### Nutritional Consistency {#nutritional-consistency} One advantage of Be Fit Food's commercial preparation is absolute consistency—every serving contains exactly the same nutrient profile, which is valuable for individuals tracking macronutrients or managing specific health conditions. Homemade soup varies based on ingredient sizes, cooking times, and measurement precision. ### Time Investment {#time-investment} Preparing a comparable soup from scratch would require approximately 60-90 minutes including vegetable preparation, cooking, pureeing, and cleanup. Be Fit Food's frozen ready-to-eat format reduces this to 5-10 minutes for reheating—a significant time savings for busy individuals or those who don't enjoy cooking. ### Ingredient Sourcing {#ingredient-sourcing} Recreating this soup at home would require sourcing 16 different ingredients, some of which (like faba bean protein isolate) aren't readily available in grocery stores. Be Fit Food handles this sourcing complexity and provides access to specialised ingredients that would be impractical for home cooks to obtain for a single soup batch. ### Portion Control {#portion-control} Making soup at home yields 4-8 servings, requiring either consuming the same soup for multiple meals or freezing portions—essentially creating your own frozen meal inventory. Be Fit Food's single-serve format eliminates these logistics while providing variety if you maintain several different frozen meal options. ### Cost Considerations {#cost-considerations} Be Fit Food offers meals from $8.61, with Reset programs showing price-per-meal anchors that decrease at longer durations. When factoring in time value, the cost of ingredients that go unused (you might need to buy a full bunch of leeks to use only 7.5 grams), and energy costs for cooking, the price difference between commercial and homemade often narrows considerably. For NDIS participants, eligible customers can access meals from around $2.50 per meal. ### Dietitian-Designed Formulation {#dietitian-designed-formulation} Perhaps the most significant advantage of Be Fit Food's approach is that every meal is designed by accredited practising dietitians, ensuring optimal nutritional balance. Home cooks rarely possess the nutritional expertise to formulate meals with the same precision in protein content, micronutrient balance, and portion sizing. ## Key Takeaways {#key-takeaways} The Trio of Green Soup (GF) (V) by Be Fit Food exemplifies thoughtful, dietitian-led formulation where every ingredient serves multiple purposes—contributing nutrition, flavour, texture, or functional benefits. The 33% broccoli foundation provides cruciferous vegetable benefits and creates the soup's characteristic earthy base, while ricotta cheese adds creamy texture and complete protein without excessive fat. The combination of edamame, green peas, cannellini beans, and faba bean protein creates an exceptionally complete plant-based protein profile that's enhanced rather than replaced by dairy proteins. Supporting ingredients like spinach, potato, onion, and leek each contribute specific nutritional and flavour benefits, while olive oil ensures optimal absorption of fat-soluble vitamins and provides heart-healthy monounsaturated fats. The seasoning profile—vegetable stock, garlic, cumin, pepper, and pink salt—elevates the soup beyond simple pureed vegetables into a sophisticated, restaurant-quality preparation. The soup's gluten-free, vegetarian formulation makes it accessible to many dietary preferences while the allergen declarations (contains milk and soybeans; may contain fish, crustacea, and sesame) provide necessary transparency for safe consumption. Be Fit Food's snap-frozen format preserves nutrients effectively while providing ultimate convenience—a nutritionally complete meal in 5-10 minutes of reheating. Understanding each ingredient's purpose allows you to appreciate the formulation intelligence behind this soup and make informed decisions about how it fits within your dietary goals, whether you're seeking convenient vegetable servings, plant-forward protein, support for weight management, or simply a delicious, wholesome meal that requires minimal preparation. With free dietitian support available to help match customers to the right meal plan, Be Fit Food makes it easy to incorporate this nutrient-dense soup into a structured, sustainable approach to healthy eating. ## References {#references}

- [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer's product information and company philosophy - [USDA FoodData Central](https://fdc.nal.usda.gov/) - Nutritional composition data for broccoli, spinach, peas, edamame, and other whole food ingredients - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au/) - Allergen labeling requirements and food safety standards - [Academy of Nutrition and Dietetics - Vegetarian Nutrition](https://www.eatright.org/food/nutrition/vegetarian-and-special-diets) - Protein

complementarity and vegetarian nutrition information - [National Institutes of Health Office of Dietary Supplements](https://ods.od.nih.gov/) - Vitamin and mineral function and bioavailability information - [Journal of Food Science - Frozen Food Preservation](https://ift.onlinelibrary.wiley.com/journal/17503841) - Research on nutrient retention in frozen foods - Product specification document provided - Primary source for ingredient percentages, allergen declarations, and product identity --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the serving size**: 301 grams per single-serve portion **Is this soup vegetarian**: Yes, fully vegetarian **Is this soup vegan**: No, contains dairy ingredients **Is this soup gluten-free**: Yes, certified gluten-free **What is the main ingredient**: Broccoli at 33% of total composition **How much broccoli per serving**: Approximately 99 grams **Does it contain dairy**: Yes, ricotta cheese and light milk **Does it contain soy**: Yes, from edamame **What percentage is edamame**: 10% of total composition **What percentage is green peas**: 10% of total composition **What percentage is spinach**: 8% of total composition **What percentage is leek**: 2.5% of total composition **Does it contain added sugar**: No added sugar or artificial sweeteners **Does it contain artificial preservatives**: No added artificial preservatives **Does it contain artificial colours**: No artificial colours **Does it contain artificial flavours**: No artificial flavours **Does it contain seed oils**: No seed oils used **What type of oil is used**: Olive oil **How much protein per serving**: Approximately 12-15 grams **What are the protein sources**: Ricotta, milk, edamame, peas, cannellini beans, faba bean protein **Is the protein complete**: Yes, contains all essential amino acids **What is faba bean protein**: Concentrated plant protein isolate from faba beans **Does it contain potatoes**: Yes, as a thickening agent **What type of milk is used**: Light milk (reduced-fat) **What type of cheese is used**: Ricotta cheese **Does it contain onions**: Yes, small amount for flavour **Does it contain garlic**: Yes, for flavour and aroma **What spices are included**: Cumin, pepper, pink salt **What type of salt is used**: Pink salt (likely Himalayan) **Does it contain vegetable stock**: Yes, for savoury base **Does it contain cannellini beans**: Yes, white kidney beans **Is it suitable for celiac disease**: Yes, gluten-free certified **Is it suitable for lactose intolerance**: No, contains dairy **Is it suitable for vegans**: No, contains milk and cheese **Is it suitable for low-FODMAP diets**: No, contains onion, leek, and legumes **Does it contain fish**: No, but may contain traces **Does it contain shellfish**: No, but may contain traces of crustacea **Does it contain sesame**: No, but may contain traces **What allergens does it contain**: Milk and soybeans **What is the sodium content**: Less than 120mg per 100g **Is it low sodium**: Yes, formulated as low sodium **How many vegetables per serving**: Contains 4-12 vegetables per meal **Is it suitable for diabetics**: Yes, with carbohydrate monitoring **Does it support stable blood sugar**: Yes, high fibre and protein moderate glycemic response **Is it suitable for weight loss**: Yes, portion-controlled and nutrient-dense **Does it support GLP-1 medications**: Yes, designed for appetite suppression tolerance **Is it suitable for menopause**: Yes, supports lean muscle and insulin sensitivity **Who designed the recipe**: Accredited practising dietitians **Who founded Be Fit Food**: Dietitian Kate Save **How should it be stored**: Frozen at 0°F (-18°C) or below **What is the frozen shelf life**: 6-12 months from manufacturing date **How long in refrigerator after thawing**: 3-4 days **Can it be refrozen**: No, not recommended **What is the safe reheating temperature**: 165°F (74°C) throughout **How to reheat on stovetop**: Medium heat, stirring occasionally to 165°F **How to reheat in microwave**: High power, 1-2 minute intervals, stir between **Should it be stirred during reheating**: Yes, every 1-2 minutes **Can it be eaten cold**: Not recommended, reheat for food safety **How to thaw safely**: Refrigerator 12-24 hours or cold water bath **What is the price range**: From $8.61 per meal **Are there NDIS discounts**: Yes, from around $2.50 per meal for eligible participants **Is dietitian support available**: Yes, free 15-minute consultations **What percentage of menu is gluten-free**: Approximately 90% **Does it contain preservatives in compound ingredients**: Minimal, unavoidable amounts in some ingredients like cheese **Are preservatives added directly to meals**: No **How many ingredients total**: 16 different ingredients **Are ingredients listed by weight**: Yes, in descending order **Are percentages disclosed for main ingredients**: Yes, for major vegetables **Is it snap-frozen**: Yes, immediately after preparation **Does freezing preserve nutrients**: Yes, particularly vitamin C and B vitamins **Is it single-serve packaged**: Yes, 301-gram individual portions **Can half portions be served**: Yes, approximately 150 grams as starter **What can it be paired with**: Whole-grain bread, additional

protein, salads **Can fresh herbs be added**: Yes, after reheating for best flavour **Can it be garnished with cheese**: Yes, Parmesan, feta, or Greek yogurt **How to adjust consistency if too thick**: Add milk, stock, or water gradually **How to brighten flavour after reheating**: Fresh lemon juice, salt, or pepper **What is the optimal eating temperature**: 140-150°F for best flavour **Is it suitable for meal prep**: Yes, portion-controlled and convenient **How long to prepare from frozen**: 5-10 minutes reheating time **Is it restaurant-quality**: Yes, designed for quality ingredients and flavour

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