

# TRIOFGRE - Food & Beverages

## Nutritional Information Guide -

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#### Details:

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minutes from frozen, or stovetop 8-12 minutes | | Certifications | Gluten-free, Vegetarian, No artificial colours/flavours, No added 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} - 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 - Serving size: 301 grams - Calories per serving: 278 calories - Protein: 19.8 grams - Carbohydrates: 25.5 grams - Fat: 9.1 grams - Diet designations: Gluten-free (GF), Vegetarian (V) - Main ingredients: Broccoli (33%), Ricotta Cheese (Whey, Milk, Salt, Food Acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Cannellini Beans, Leek (2.5%), Faba Bean Protein, Potato, Onion, Vegetable Stock, Olive Oil, Garlic, Cumin, Pepper, Pink Salt - Contains allergens: Milk, Soybeans - May contain (cross-contamination warnings): Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin - Storage requirements: Frozen at 0°F (-18°C) or below - Heating instructions: Microwave 4-5 minutes from frozen, or stovetop 8-12 minutes - Certifications: Gluten-free, Vegetarian, No artificial colours/flavours, No added preservatives - Refrigerated shelf life after opening: 2-3 days - Do not refreeze after thawing and heating ### General Product Claims {#general-product-claims} - Nutritionally engineered, single-serve frozen soup - Vegetable-dense, protein-enhanced nutrition - Creamy, plant-forward meal - Balances macronutrients for sustained energy - Created by dietitians and exercise physiologists - Supports weight management programs - Fits Be Fit Food's mission to help Australians "eat themselves better" - Substantial, satisfying meal portion - Suitable for portion-controlled eating plans - Supports various eating plans from weight management to maintenance diets - Approximately 40% of average adult's daily protein requirement - Complete amino acid profile from multiple protein sources - Supports lean muscle mass preservation - Important for those using GLP-1 medications or navigating perimenopause/menopause - Low glycemic impact suitable for blood sugar management - Supports more stable blood glucose and reduced post-meal spikes - Improves insulin sensitivity - Excludes seed oils, relying on healthier fat sources like olive oil - Contains 4-12 vegetables per meal - Exceptional fibre from real vegetables, not "diet product" fibres - Low sodium benchmark of less than 120 mg per 100g - Uses vegetables for water content rather than thickeners - No added sugar or artificial sweeteners - Supports muscle recovery after exercise - Easier to tolerate for those using GLP-1 receptor agonists or weight-loss medications - Delivers adequate protein, fibre, and micronutrients - Exceptional vitamin K content likely exceeding daily adequate intake - Substantial vitamin C for immune function, collagen synthesis, and iron absorption - Rich in folate (vitamin B9) essential for DNA synthesis and cell division - Significant iron content with enhanced absorption from vitamin C - Substantial calcium supporting bone health, muscle function, and nerve transmission - Likely 6-8 grams of dietary fibre per serving - Contains sulforaphane with anti-inflammatory and antioxidant properties - Supports cardiovascular health through olive oil's monounsaturated fats - May support exercise performance through nitrates from spinach - Supports gut microbiome diversity and beneficial bacteria - Peer-reviewed research in Cell Reports Medicine (October 2025) supports whole-food approach - Fits Metabolism Reset (~800-900 kcal/day, ~40-70g carbs/day) and Protein+ Reset (1,200-1,500 kcal/day) - Average weight loss results of 1-2.5 kg per week when replacing all three meals daily - Directly addresses metabolic challenges of perimenopause and menopause - Preserves lean muscle mass as metabolic rate declines - Supports insulin sensitivity - Free dietitian support included with meal programs - Registered NDIS provider (registration until 19 August 2027) - NDIS participants can access meals from around \$2.50 per meal - Regular meals from \$8.61 - "Real food, not shakes" philosophy - Whole-food approaches deliver different outcomes than supplement-based alternatives - Approximately 90% of Be Fit Food menu certified gluten-free - Strict ingredient selection and manufacturing controls - Clean-label standards with no seed oils, artificial ingredients, or added sugars --- ## Introduction {#introduction} Be Fit Food's Trio of Green Soup (GF) (V) delivers a nutritionally engineered, single-serve frozen soup packed with 301 grams of vegetable-dense, protein-enhanced nutrition in every serving. This creamy, plant-forward meal brings together broccoli (33%), spinach (8%), green peas (10%), and edamame (10%) with ricotta cheese, cannellini beans, and faba bean protein. The result? A gluten-free vegetarian soup that balances 19.8 grams of protein with 25.5 grams of carbohydrates and only 9.1 grams of fat per serving. Created by Be

Fit Food's team of dietitians and exercise physiologists, this soup showcases a sophisticated approach to ready-meal nutrition where taste, dietary accommodation, and macronutrient balance come together in a single frozen package—perfectly aligned with Be Fit Food's mission to help Australians "eat themselves better." This comprehensive guide walks you through every aspect of the Trio of Green Soup, from its complete ingredient breakdown and nutritional profile to storage requirements, reheating methods, dietary certifications, allergen considerations, and practical serving suggestions. Whether you're managing specific dietary restrictions, counting macronutrients, or simply seeking to understand what makes this soup a nutritionally valuable choice, you'll find detailed, actionable information throughout this guide. --- ## Product Overview and Philosophy {#product-overview-and-philosophy}

The Trio of Green Soup represents Be Fit Food's approach to creating nutritionally balanced convenience meals that don't compromise on ingredient quality or taste. The "trio" in the name refers to the three primary green vegetables that form the soup's foundation: broccoli, spinach, and peas. However, the formula extends far beyond these three ingredients, incorporating seven distinct protein sources (ricotta cheese, edamame, green peas, light milk, cannellini beans, faba bean protein, and the vegetables themselves) to achieve its impressive 19.8-gram protein content per serving. ### Serving Size and Meal Design

The 301-gram serving size is deliberately calibrated to provide a substantial, satisfying meal portion while maintaining specific macronutrient targets. This isn't a light appetizer soup—it's designed as a complete meal solution that can serve as lunch or dinner for individuals following portion-controlled eating plans or those seeking convenient, nutritionally dense options. Be Fit Food's dietitian-led formulation ensures every meal supports the brand's core philosophy: real food, real results, backed by real science. ### Dietary Designations and Formulation Standards

The gluten-free (GF) and vegetarian (V) designations aren't afterthoughts or marketing additions; they're fundamental to the product's formulation. Every ingredient supports these dietary standards while contributing to the soup's nutritional profile, flavour complexity, and creamy texture. With approximately 90% of Be Fit Food's menu certified gluten-free, supported by strict ingredient selection and manufacturing controls, this soup exemplifies the brand's commitment to accessibility and inclusion. --- ## Complete Nutritional Breakdown {#complete-nutritional-breakdown}

### Macronutrient Profile {#macronutrient-profile}

The Trio of Green Soup delivers 278 calories per 301-gram serving, positioning it as a moderate-calorie meal option that provides substantial nutrition without excessive energy density. This caloric level makes it appropriate for various eating plans, from weight management programs to maintenance diets, depending on individual energy requirements—including Be Fit Food's structured Reset programs. ### Protein Content and Sources

\*\*Protein: 19.8 Grams Per Serving\*\* The 19.8-gram protein content is the soup's standout nutritional feature, representing approximately 40% of the average adult's daily protein requirement in a single serving. This protein comes from multiple complementary sources: - \*\*Ricotta cheese\*\* provides complete animal protein with all essential amino acids, along with calcium for bone health - \*\*Edamame (10%)\*\* contributes plant-based protein rich in essential amino acids, particularly lysine - \*\*Green peas (10%)\*\* add additional plant protein along with fibre and micronutrients - \*\*Light milk\*\* enhances the protein content while keeping fat levels moderate - \*\*Cannellini beans\*\* deliver protein alongside resistant starch and soluble fibre - \*\*Faba bean protein\*\* serves as a concentrated plant protein isolate that boosts the total protein without adding significant carbohydrates or fats This multi-source protein strategy ensures a complete amino acid profile, combining the completeness of dairy protein with the additional benefits of plant proteins, including fibre and phytonutrients. For vegetarians, this protein diversity is particularly valuable, as it naturally provides the amino acid complementarity that might otherwise require careful meal planning. Be Fit Food prioritises protein at every meal to support lean muscle mass preservation—a critical consideration during weight loss and particularly important for those using GLP-1 medications or navigating perimenopause and menopause. ### Carbohydrate Content and Composition

\*\*Carbohydrates: 25.5 Grams Per Serving\*\* The 25.5-gram carbohydrate content is distributed across complex carbohydrates from vegetables, legumes, and potato. Unlike refined carbohydrate sources, these provide sustained energy release along with dietary fibre. The carbohydrate sources include: - \*\*Broccoli (33%)\*\* contributes minimal simple sugars but significant fibre - \*\*Green peas and edamame\*\* provide starchy carbohydrates with low glycemic impact - \*\*Potato\*\* serves as a thickening agent while contributing resistant starch - \*\*Cannellini beans\*\* add complex carbohydrates with high

fibre content - \*\*Spinach\*\* contributes negligible carbohydrates but enhances nutrient density. The relatively moderate carbohydrate content makes this soup suitable for individuals monitoring carbohydrate intake, whether for blood sugar management, athletic performance, or dietary preference. The 25.5-gram level allows the soup to fit comfortably within low-to-moderate carbohydrate eating patterns while providing enough glucose for energy and brain function. This aligns with Be Fit Food's lower-carbohydrate, higher-protein formulation approach—designed to support more stable blood glucose, reduce post-meal spikes, and improve insulin sensitivity. ### Fat Content and Quality \*\*Fat: 9.1 Grams Per Serving\*\* The 9.1-gram fat content represents a balanced approach to dietary fat, providing essential fatty acids and fat-soluble vitamin absorption without excessive calories from fat. The fat sources include: - \*\*Ricotta cheese\*\* contributes dairy fats including conjugated linoleic acid (CLA) - \*\*Olive oil\*\* provides monounsaturated fats, particularly oleic acid, along with polyphenol antioxidants - \*\*Light milk\*\* adds small amounts of dairy fat - \*\*Edamame\*\* contributes polyunsaturated fats including omega-3 alpha-linolenic acid - \*\*Natural fats from vegetables\*\* in trace amounts. The inclusion of olive oil as a primary fat source is nutritionally significant. Olive oil's monounsaturated fats support cardiovascular health, reduce inflammation, and enhance the absorption of fat-soluble vitamins (A, D, E, and K) present in the soup's abundant vegetables. The moderate total fat content keeps the soup's calorie density reasonable while ensuring satiety and flavour. Notably, Be Fit Food's current range standards exclude seed oils, relying instead on healthier fat sources like olive oil. ### Micronutrient Considerations {#micronutrient-considerations} While the product specifications don't provide a complete micronutrient panel, the ingredient composition allows us to identify significant micronutrient contributions: \*\*Vitamin K Content\*\* With 33% broccoli and 8% spinach, this soup provides exceptional vitamin K content. Broccoli contains approximately 100 micrograms of vitamin K per 100 grams, while spinach provides even more at 483 micrograms per 100 grams. The combined content likely exceeds the daily adequate intake in a single serving, supporting blood clotting and bone metabolism. \*\*Vitamin C Content\*\* Broccoli is an excellent vitamin C source (89 mg per 100g), and with 33% broccoli content, the soup provides substantial ascorbic acid for immune function, collagen synthesis, and iron absorption from the plant-based ingredients. \*\*Folate (Vitamin B9)\*\* Green vegetables, particularly spinach and edamame, are rich in folate. This water-soluble vitamin is essential for DNA synthesis, cell division, and is particularly important for women of childbearing age. \*\*Iron Content\*\* While plant-based iron (non-heme iron) offers lower bioavailability than animal sources, the combination of spinach, legumes, and edamame provides significant iron content. The vitamin C from broccoli enhances the absorption of this plant-based iron. \*\*Calcium Content\*\* The ricotta cheese and light milk contribute substantial calcium, supporting bone health, muscle function, and nerve transmission. Broccoli also provides plant-based calcium. \*\*Dietary Fibre\*\* Though not listed in the nutritional panel provided, the vegetable and legume content suggests significant dietary fibre, likely 6-8 grams per serving, supporting digestive health and satiety. Be Fit Food's commitment to including 4-12 vegetables in each meal ensures exceptional fibre from real vegetables—not "diet product" fibres. --- ## Complete Ingredient Analysis {#complete-ingredient-analysis} Understanding each ingredient's role in the Trio of Green Soup helps you appreciate the thoughtful formulation behind this product. Be Fit Food's dietitian-led development process ensures every ingredient serves a nutritional purpose while meeting the brand's strict clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ### Primary Vegetables {#primary-vegetables} \*\*Broccoli (33% of Formula)\*\* As the dominant ingredient at 33% of the formula, broccoli provides the soup's structural foundation and primary flavour profile. Broccoli brings: - \*\*Sulforaphane\*\*: A powerful isothiocyanate compound with demonstrated anti-inflammatory and antioxidant properties - \*\*Fibre\*\*: Both soluble and insoluble fibre for digestive health - \*\*Vitamin C\*\*: Immune support and antioxidant protection - \*\*Vitamin K\*\*: Essential for blood clotting and bone health - \*\*Folate\*\*: Supporting cellular function and DNA synthesis - \*\*Chromium\*\*: Trace mineral that enhances insulin function. The high broccoli percentage ensures a distinctive, slightly earthy vegetable flavour that defines the soup's character. The cruciferous vegetable also provides body and texture, particularly when blended into the creamy base. \*\*Spinach (8% of Formula)\*\* Spinach contributes deep green colour, mild flavour, and exceptional nutrient density: - \*\*Iron\*\*: Essential for oxygen transport in blood - \*\*Magnesium\*\*: Supports muscle function, energy production, and bone health - \*\*Vitamin A (as

beta-carotene)\*\*: Crucial for vision, immune function, and skin health - \*\*Lutein and zeaxanthin\*\*: Carotenoids that protect eye health - \*\*Nitrates\*\*: Compounds that may support cardiovascular function and exercise performance The 8% spinach content adds nutritional depth without overwhelming the flavour profile. Spinach's mild taste allows it to enhance the soup's vegetable complexity while the broccoli remains the dominant flavour. \*\*Green Peas (10% of Formula)\*\* Green peas serve multiple functions in this formulation: - \*\*Plant protein\*\*: Contributing to the overall protein content - \*\*Starchy carbohydrates\*\*: Providing energy and helping create the soup's body - \*\*Natural sweetness\*\*: Balancing the earthier flavours of broccoli and spinach - \*\*B vitamins\*\*: Including thiamin, folate, and vitamin B6 - \*\*Minerals\*\*: Particularly manganese, phosphorus, and zinc The 10% pea content adds subtle sweetness and a pleasant texture contrast when occasional whole or partially-blended peas are encountered in the soup. \*\*Edamame (10% of Formula)\*\* Edamame (young soybeans) represents a sophisticated protein addition: - \*\*Complete plant protein\*\*: Containing all nine essential amino acids - \*\*Isoflavones\*\*: Plant compounds with potential health benefits - \*\*Omega-3 fatty acids\*\*: Alpha-linolenic acid (ALA) for cardiovascular health - \*\*Folate\*\*: Particularly high in soybeans - \*\*Vitamin K\*\*: Additional contribution to the soup's vitamin K content At 10% of the formula, edamame provides both nutritional enhancement and textural interest. The young soybeans offer a mild, slightly sweet flavour that complements the other green vegetables without adding soy-forward taste. \*\*Leek (2.5% of Formula)\*\* Though present at a modest 2.5%, leeks provide important aromatic complexity: - \*\*Allium compounds\*\*: Sulfur-containing compounds that provide characteristic onion-family flavour - \*\*Prebiotic fibre\*\*: Inulin that supports beneficial gut bacteria - \*\*Antioxidants\*\*: Including kaempferol and quercetin - \*\*Vitamin K\*\*: Additional contribution to this fat-soluble vitamin Leeks offer a milder, slightly sweeter allium flavour compared to onions, adding sophistication to the soup's flavour profile without overwhelming the vegetable-forward character. **### Protein and Texture Components**  
{#protein-and-texture-components} \*\*Ricotta Cheese (Whey, Milk, Salt, Food Acid)\*\* Ricotta serves as both a protein source and the foundation for the soup's creamy texture. This fresh cheese is made from whey (the liquid remaining after cheese production), milk, salt, and food acid (likely citric or lactic acid for coagulation). Ricotta contributes: - \*\*Complete protein\*\*: All essential amino acids in optimal ratios - \*\*Calcium\*\*: Significant contribution to bone health - \*\*Phosphorus\*\*: Working with calcium for bone mineralisation - \*\*Vitamin B12\*\*: Essential for vegetarians who may face limited B12 sources - \*\*Creamy texture\*\*: Creating the soup's luxurious mouthfeel without heavy cream The use of ricotta rather than cream or milk alone is a sophisticated choice that maximises protein while creating the desired creamy consistency. \*\*Faba Bean Protein\*\* Faba bean (broad bean) protein is a concentrated plant protein ingredient that serves as a protein booster: - \*\*High protein concentration\*\*: Usually 60-80% protein by weight - \*\*Low allergenicity\*\*: Compared to soy or wheat proteins - \*\*Neutral flavour\*\*: Doesn't impart beany taste when properly processed - \*\*Sustainable source\*\*: Legumes fix nitrogen, reducing fertiliser requirements The inclusion of faba bean protein demonstrates Be Fit Food's commitment to achieving high protein content (19.8g) without relying exclusively on dairy or adding excessive calories from whole food protein sources. \*\*Cannellini Beans\*\* These white kidney beans contribute both protein and complex carbohydrates: - \*\*Resistant starch\*\*: Carbohydrates that resist digestion, feeding beneficial gut bacteria - \*\*Soluble fibre\*\*: Supporting cholesterol management and blood sugar control - \*\*Plant protein\*\*: Adding to the diverse protein sources - \*\*Minerals\*\*: Particularly iron, magnesium, and potassium - \*\*Body and texture\*\*: Helping create the soup's satisfying consistency Cannellini beans blend smoothly into creamy soups while adding nutritional depth and helping create a more satisfying, substantial meal. **### Base and Aromatic Ingredients**  
{#base-and-aromatic-ingredients} \*\*Light Milk\*\* Light milk (reduced-fat milk) serves multiple functions: - \*\*Liquid base\*\*: Creating the soup's consistency - \*\*Protein addition\*\*: Contributing to the total protein content - \*\*Calcium\*\*: Enhancing the mineral profile - \*\*Creaminess\*\*: Adding dairy richness while keeping fat content moderate - \*\*Vitamin D\*\*: If fortified (common in many markets) The choice of light milk rather than full-fat milk or cream keeps the fat content reasonable (9.1g total) while maintaining the creamy, satisfying texture. \*\*Potato\*\* Potato serves primarily as a thickening agent and texture enhancer: - \*\*Starch\*\*: Providing natural thickening without added thickeners or gums - \*\*Resistant starch\*\*: When cooled, potato starch becomes resistant starch with prebiotic properties - \*\*Potassium\*\*: Important electrolyte for fluid balance and blood pressure - \*\*Vitamin C\*\*: Additional

antioxidant contribution - **Neutral flavour**: Thickening without altering the vegetable-forward taste profile The potato content is not specified by percentage, suggesting it's used in moderate amounts primarily for functional rather than nutritional purposes. Be Fit Food's formulation approach uses vegetables for water content rather than thickeners, contributing to their low sodium benchmark of less than 120 mg per 100 g. **Onion** Onion provides foundational aromatic flavour: - **Quercetin**: Flavonoid antioxidant with anti-inflammatory properties - **Sulfur compounds**: Creating characteristic savoury depth - **Chromium**: Trace mineral supporting glucose metabolism - **Prebiotic fibre**: Supporting gut health - **Flavour foundation**: Creating the savoury base that supports other ingredients Onion is essential to the soup's savoury character, providing depth that prevents the soup from tasting too "green" or one-dimensional. **Garlic** Garlic adds pungent, savoury complexity: - **Allicin**: Sulfur compound with antimicrobial and potential cardiovascular benefits - **Manganese**: Trace mineral supporting enzyme function - **Vitamin B6**: Supporting protein metabolism - **Selenium**: Trace mineral with antioxidant properties - **Aromatic depth**: Enhancing the overall flavour complexity The garlic content adds savoury richness that balances the vegetable sweetness and creates a more satisfying, crave-worthy flavour profile. **Seasonings and Finishing Ingredients** {#seasonings-and-finishing-ingredients} **Vegetable Stock** Vegetable stock provides: - **Umami depth**: Savoury complexity from concentrated vegetable flavours - **Liquid base**: Contributing to the soup's consistency - **Mineral enhancement**: Sodium and other minerals from vegetables - **Flavour integration**: Helping unify the diverse vegetable flavours The vegetable stock ensures the soup tastes cohesive and well-seasoned rather than like separate vegetables blended together. **Olive Oil** Olive oil contributes: - **Monounsaturated fats**: Primarily oleic acid for cardiovascular health - **Polyphenols**: Antioxidant compounds with anti-inflammatory properties - **Fat-soluble vitamin absorption**: Enhancing absorption of vitamins A, D, E, and K - **Flavour richness**: Adding subtle fruity, peppery notes - **Mouthfeel**: Contributing to the soup's luxurious texture The inclusion of olive oil rather than seed oils or neutral oils reflects Be Fit Food's commitment to using healthier fat sources that add nutritional value beyond just providing dietary fat. **Cumin** Cumin provides: - **Warm, earthy flavour**: Adding depth and complexity - **Iron**: Surprisingly high iron content for a spice - **Digestive support**: Traditional use for digestive comfort - **Antioxidants**: Including cuminaldehyde and other compounds - **Aromatic complexity**: Preventing the soup from tasting flat or one-dimensional Cumin is an unexpected but sophisticated choice for a green vegetable soup, adding warmth that complements rather than overwhelms the vegetable flavours. **Pepper** Black pepper contributes: - **Piperine**: Compound that enhances nutrient absorption, particularly curcumin and other polyphenols - **Mild heat**: Adding sensory complexity - **Aromatic compounds**: Contributing to overall flavour depth - **Digestive stimulation**: Traditional use for supporting digestion Pepper provides gentle heat and complexity without making the soup spicy, maintaining broad appeal. **Pink Salt** Pink salt (likely Himalayan pink salt) provides: - **Sodium chloride**: Essential electrolyte for fluid balance and nerve function - **Trace minerals**: Including iron (giving the pink colour), magnesium, calcium, and potassium - **Flavour enhancement**: Bringing out the natural flavours of other ingredients - **Seasoning balance**: Ensuring the soup tastes properly seasoned The use of pink salt rather than standard table salt suggests attention to ingredient quality, though the nutritional differences between salt types are minimal. --- **Dietary Certifications and Accommodations** {#dietary-certifications-and-accommodations} **Gluten-Free Certification** {#gluten-free-certification} The Trio of Green Soup carries a gluten-free (GF) designation, meaning it contains no wheat, barley, rye, or their derivatives. This certification is significant for several populations: **Celiac Disease** **Suitability** Individuals with celiac disease must avoid gluten completely, as even trace amounts trigger an autoimmune response that damages the small intestine. This soup provides a safe, nutritionally complete meal option without the need to scrutinise every ingredient. **Non-Celiac Gluten Sensitivity** Some individuals experience digestive discomfort, fatigue, or other symptoms from gluten without celiac disease. This soup offers a convenient option for those following gluten-free diets for symptom management. **Wheat Allergy Accommodation** Distinct from celiac disease, wheat allergy involves an immune response to wheat proteins. The gluten-free designation ensures no wheat-derived ingredients are present. The gluten-free status is achieved naturally through ingredient selection rather than substitution. There are no gluten-containing thickeners (like wheat flour), no barley-based ingredients,

and no hidden gluten sources. The soup's creamy texture comes from ricotta, potato starch, and the natural starches from vegetables and beans rather than wheat-based thickeners. Be Fit Food offers an unusually deep low-carb, high-protein, gluten-free range, with approximately 90% of the menu certified gluten-free. This is supported by strict ingredient selection and manufacturing controls, making Be Fit Food an excellent choice for those with coeliac disease or gluten sensitivity who don't want to compromise on protein or satisfaction. **### Vegetarian Designation** {#vegetarian-designation} The vegetarian (V) designation confirms that this soup contains no meat, poultry, fish, or seafood. However, it does contain dairy products (ricotta cheese and light milk), making it lacto-vegetarian rather than vegan. **\*\*Inclusions in Vegetarian Status\*\*** - Dairy products: ricotta cheese and light milk - Eggs: NOT present in this formulation - Plant-based proteins: edamame, peas, cannellini beans, faba bean protein **\*\*Exclusions from Vegetarian Status\*\*** - All meat products - Poultry - Fish and seafood - Gelatin or animal-derived thickeners - Animal-based stocks or broths For lacto-vegetarians, this soup provides an excellent protein source with 19.8 grams per serving, addressing one of the primary nutritional concerns in vegetarian diets. The combination of dairy and plant proteins ensures a complete amino acid profile without requiring careful complementary protein planning. Be Fit Food offers a dedicated Vegetarian & Vegan Range, ensuring plant-based meals that don't compromise on protein or satisfaction. **### Vegan Suitability** {#vegan-suitability} Despite being vegetable-forward and containing substantial plant-based ingredients, the Trio of Green Soup is not suitable for vegans due to: 1. **\*\*Ricotta Cheese\*\***: Made from whey and milk, both animal-derived dairy products 2. **\*\*Light Milk\*\***: Dairy milk from cows For individuals following vegan diets (excluding all animal products), this soup would need to be avoided. Be Fit Food's Vegetarian & Vegan Range includes plant-based options for those requiring fully vegan meals. **--- ## Allergen Information and Cross-Contamination Risks** {#allergen-information-and-cross-contamination-risks} **### Declared Allergens** {#declared-allergens} The Trio of Green Soup **\*\*CONTAINS\*\*** the following allergens as intentional ingredients: **\*\*Milk\*\*** Present in ricotta cheese and light milk. Milk is one of the nine major food allergens and can cause reactions ranging from mild digestive discomfort to severe anaphylaxis in allergic individuals. The milk content is substantial and integral to the product, not a trace contaminant. **\*\*Soybeans\*\*** Present as edamame (10% of the formula). Soy is another major allergen that can cause reactions in sensitive individuals. The soy content is significant and intentional, providing both protein and texture. **### Cross-Contamination Warnings** {#cross-contamination-warnings} The product carries a "may contain" warning for the following allergens due to shared manufacturing facilities or equipment: **\*\*Fish\*\*** The manufacturing facility or equipment may process fish products, creating potential for trace cross-contamination. While the soup itself contains no fish ingredients, individuals with severe fish allergies should exercise caution. **\*\*Crustacea\*\*** The facility may process crustacean shellfish (shrimp, crab, lobster, etc.), creating cross-contamination potential. The soup contains no crustacean ingredients, but trace amounts could be present from shared equipment. **\*\*Sesame Seeds\*\*** The manufacturing environment may process sesame, creating potential for trace contamination. Sesame allergy is increasingly recognised as a significant concern, and sesame is now considered a major allergen in many jurisdictions. **\*\*Peanuts\*\*** The facility may process peanuts, creating potential for trace cross-contamination. **\*\*Tree Nuts\*\*** The facility may process tree nuts (almonds, cashews, walnuts, etc.), creating potential for trace cross-contamination. **\*\*Egg\*\*** The facility may process eggs, creating potential for trace cross-contamination. **\*\*Lupin\*\*** The facility may process lupin, a legume increasingly used in food products, creating potential for trace cross-contamination. **### Understanding Risk Levels** {#understanding-risk-levels} The "may contain" warnings indicate potential trace contamination from shared manufacturing equipment or facilities, not intentional ingredients. For most individuals with these allergies, the risk level depends on sensitivity: **\*\*Mild to Moderate Allergies\*\*** May tolerate trace cross-contamination without symptoms **\*\*Severe Allergies or Anaphylaxis Risk\*\*** Should avoid products with relevant "may contain" warnings **\*\*Uncertain Sensitivity\*\*** Should consult with an allergist before consuming Be Fit Food's transparency in declaring both intentional allergens and cross-contamination risks demonstrates responsible allergen management, allowing consumers to make informed decisions based on their individual risk tolerance and allergy severity. **### Allergens NOT Present** {#allergens-not-present} Notably, the Trio of Green Soup does not contain as intentional ingredients: - **\*\*Eggs\*\***: No eggs or egg-derived ingredients (though cross-contamination warning exists) - **\*\*Tree**

nuts\*\*: No almonds, cashews, walnuts, or other tree nuts (though cross-contamination warning exists) -

\*\*Peanuts\*\*: No peanuts or peanut-derived ingredients (though cross-contamination warning exists) -

\*\*Wheat\*\*: Gluten-free formulation excludes wheat entirely -

\*\*Shellfish (mollusks)\*\*: No clams, oysters, mussels, or other mollusks (though crustacean cross-contamination is possible) This makes the soup accessible to individuals with these common allergies who can tolerate trace cross-contamination, expanding its suitability across diverse dietary needs. --- ## Storage Requirements and Shelf Life

{#storage-requirements-and-shelf-life} ### Unopened Storage {#unopened-storage} The Trio of Green Soup is a \*\*frozen product\*\* that must be stored at freezer temperatures (0°F / -18°C or below) until ready to use. Be Fit Food's snap-frozen delivery system ensures meals arrive ready to store in your freezer for a frictionless routine: "heat, eat, enjoy." Proper frozen storage is essential for: \*\*Food Safety\*\* Freezing prevents bacterial growth and maintains microbiological safety. At proper freezer temperatures, pathogenic bacteria cannot multiply, ensuring the soup remains safe to consume.

\*\*Nutritional Integrity\*\* Freezing preserves vitamins, minerals, and other nutrients effectively. While some minimal nutrient degradation occurs during initial freezing, properly frozen foods maintain nutritional value better than many preservation methods.

\*\*Texture and Quality\*\* The soup's creamy texture, vegetable integrity, and flavour profile are preserved through freezing. The ricotta-based cream remains stable, and the vegetables maintain their structure.

\*\*Shelf Life\*\* When stored continuously at 0°F (-18°C) or below, the unopened soup maintains optimal quality for the duration indicated on the package (usually 6-12 months for frozen prepared meals, though the specific shelf life should be confirmed on your package).

### Storage After Opening {#storage-after-opening} Once the sealed package is opened, storage requirements change significantly:

\*\*Refrigeration Required\*\* Any unused portion must be transferred to a covered container and refrigerated immediately at 40°F (4°C) or below.

\*\*Opened Shelf Life\*\* Consume opened soup within 2-3 days when refrigerated. The dairy content (ricotta and milk) makes the soup particularly perishable once exposed to air and warmer temperatures.

\*\*Do Not Refreeze\*\* Once thawed and heated, the soup should not be refrozen. Refreezing previously frozen foods can compromise texture, increase moisture loss, and create food safety risks if the product sat in the temperature danger zone (40-140°F / 4-60°C) for extended periods.

\*\*Container Selection\*\* Store opened soup in an airtight container to prevent:

- Absorption of refrigerator odours
- Moisture loss leading to surface drying
- Cross-contamination from other foods
- Oxidation that can affect flavour and nutrients

### Freezer Organisation Best Practices {#freezer-organisation-best-practices} To maintain the soup's quality during frozen storage:

\*\*Temperature Consistency\*\* Store in the main freezer compartment rather than the door, where temperature fluctuations are more common during opening and closing.

\*\*Prevent Freezer Burn\*\* Ensure the package remains sealed and undamaged. Freezer burn (dehydration and oxidation) doesn't create food safety issues but can affect texture and flavour.

\*\*FIFO Method\*\* Use "First In, First Out" rotation—place newer purchases behind older ones to ensure you use products before quality declines.

\*\*Temperature Monitoring\*\* If your freezer includes a thermometer, verify it maintains 0°F (-18°C) or below. Temperatures above this threshold can accelerate quality degradation.

### Thawing Recommendations {#thawing-recommendations} While specific thawing instructions should be confirmed on your package, general best practices for frozen soups include:

\*\*Refrigerator Thawing (Safest Method)\*\* Transfer the frozen soup to the refrigerator 12-24 hours before you plan to eat it. This slow, controlled thawing maintains food safety and texture quality.

\*\*Direct from Frozen (Most Convenient Method)\*\* Many frozen soups can be reheated directly from frozen, though heating times will be longer. This method is particularly convenient for single-serve portions like the 301-gram Trio of Green Soup.

\*\*Avoid Room Temperature Thawing\*\* Never thaw the soup on the counter at room temperature, as this allows the outer portions to reach the temperature danger zone while the centre remains frozen, creating food safety risks.

--- ## Reheating Instructions and Methods {#reheating-instructions-and-methods}

### Microwave Reheating {#microwave-reheating} Microwave reheating is usually the most convenient method for single-serve frozen soups:

\*\*From Frozen Instructions\*\*

1. Remove any metal packaging components (if present) and ensure the container is microwave-safe
2. If in a sealed tray, pierce the film several times to allow steam to escape
3. Microwave on HIGH for 4-5 minutes (times vary by microwave wattage)
4. Carefully remove (container will be hot), stir thoroughly to distribute heat evenly
5. Check temperature—soup should be steaming hot throughout (165°F / 74°C minimum)
6. If needed, return to microwave in 30-second

intervals until properly heated 7. Let stand for 1 minute before consuming (allows heat to equalise and reduces burn risk) **From Refrigerated Instructions** 1. Transfer to microwave-safe bowl if not already in one 2. Cover loosely with microwave-safe lid or vented plastic wrap 3. Microwave on HIGH for 2-3 minutes 4. Stir thoroughly and check temperature 5. Continue heating in 30-second intervals if needed **Microwave Heating Tips** - **Stir halfway through**: This distributes heat more evenly and prevents hot spots - **Use medium-high power for creamier texture**: If your microwave offers power settings, using 80% power with slightly longer heating times can prevent the dairy components from separating - **Cover to prevent splattering**: The soup's liquid content can cause splattering; a loose cover or paper towel prevents microwave mess - **Wattage variations**: Microwaves vary from 600-1200+ watts; lower wattage units require longer heating times **Stovetop Reheating** **Stovetop reheating** offers more control and can produce superior texture: **From Frozen Instructions** 1. Remove soup from packaging and place in a saucepan 2. Add 2-3 tablespoons of water or milk to prevent sticking during initial heating 3. Heat over medium-low heat, stirring frequently as the soup thaws 4. As the soup liquefies, increase heat to medium 5. Bring to a gentle simmer (not a rolling boil, which can cause dairy separation) 6. Stir frequently to prevent bottom scorching 7. Heat until steaming hot throughout (165°F / 74°C) 8. Heating time: approximately 8-12 minutes from frozen **From Refrigerated Instructions** 1. Pour soup into saucepan 2. Heat over medium heat, stirring occasionally 3. Bring to a gentle simmer 4. Heat until steaming hot throughout 5. Heating time: approximately 5-7 minutes from refrigerated **Stovetop Advantages** - More even heating reduces risk of dairy separation - Better texture control through stirring - Can adjust consistency by adding liquid if needed - Easier to taste and adjust seasoning if desired **Serving Temperature Optimisation** **Ideal Serving Temperature**: 160-170°F (71-77°C) **This temperature range ensures**: - **Food safety**: Well above the 140°F (60°C) minimum for hot holding - **Flavour perception**: Warm enough for full flavour release but not so hot that taste buds are numbed - **Comfort**: Hot enough to be satisfying without burning the mouth - **Texture**: Maintains the creamy consistency without being so hot that dairy proteins separate **Temperature Testing**: If you own an instant-read thermometer, insert it into the centre of the soup after stirring. This provides accurate temperature verification and ensures food safety. **Texture Considerations After Reheating** **Separation Management**: Dairy-based soups can sometimes show slight separation after freezing and reheating, where liquid and solids separate slightly. This is normal and doesn't indicate spoilage. Simply stir thoroughly to re-emulsify. **Consistency Adjustment**: If the soup seems too thick after reheating (moisture loss during storage or heating), add a small amount of milk or water and stir to reach your preferred consistency. **Vegetable Texture**: The vegetables in this soup are intentionally blended to create a creamy consistency with some texture. After reheating, the texture should remain smooth and creamy with occasional vegetable pieces, depending on the blending style. **Practical Serving Suggestions and Meal Integration** **As a Complete Meal**: At 278 calories with 19.8 grams of protein, 25.5 grams of carbohydrates, and 9.1 grams of fat, the Trio of Green Soup can serve as a complete, balanced meal for: **Light Lunch**: For individuals with moderate caloric needs (1,600-2,000 calories daily), this soup provides a satisfying lunch that leaves room for snacks or a larger dinner. **Dinner for Weight Management**: Those following calorie-controlled eating plans (1,200-1,500 calories daily), such as Be Fit Food's Metabolism Reset or Protein+ Reset programs, will find this soup provides substantial nutrition and satiety as a dinner option. **Post-Workout Meal**: The 19.8-gram protein content supports muscle recovery after exercise, while the carbohydrates help replenish glycogen stores. The moderate calorie content fits well into athletic nutrition plans. **Light Dinner**: For individuals who prefer lighter evening meals, this soup provides complete nutrition without the heaviness that can interfere with sleep quality. **GLP-1 Medication Support**: For those using GLP-1 receptor agonists or weight-loss medications, this smaller, portion-controlled, nutrient-dense meal is easier to tolerate while still delivering adequate protein, fibre, and micronutrients—exactly what Be Fit Food is designed to support. **Pairing Suggestions for Larger Meals**: If you need additional calories or want to create a more substantial meal, consider these pairings: **With Whole Grain Bread**: A slice of whole grain or sourdough bread (70-100 calories) adds complex carbohydrates and fibre while providing a textural

contrast. The bread can be toasted and rubbed with garlic for additional flavour, or served plain to soak up the creamy soup. **\*\*With Side Salad\*\*** A mixed green salad with olive oil and vinegar dressing adds volume, fibre, and additional vegetables without significantly increasing calories. This combination creates a complete meal with enhanced vegetable variety. **\*\*With Protein Addition\*\*** For individuals with higher protein requirements (athletes, older adults, those building muscle), adding grilled chicken breast, hard-boiled eggs, or additional legumes increases the protein content while maintaining the meal's nutritional quality. **\*\*With Crackers or Crisps\*\*** Whole grain crackers, seed crackers, or vegetable crisps (100-150 calories) add crunch and additional carbohydrates for those needing more energy. **\*\*With Fresh Vegetables\*\*** Serve alongside raw vegetable sticks (carrots, celery, bell peppers, cucumber) with hummus for additional fibre, vitamins, and satisfying crunch. **### Garnish and Enhancement Ideas {#garnish-and-enhancement-ideas}** While the Trio of Green Soup is nutritionally complete and flavourful as-is, you might consider these optional enhancements: **\*\*Fresh Herbs\*\*** A sprinkle of fresh parsley, basil, or chives adds bright flavour and visual appeal without adding significant calories. **\*\*Seeds\*\*** Toasted pumpkin seeds or sunflower seeds add crunch, healthy fats, and additional protein (approximately 50-80 calories per tablespoon). **\*\*Nutritional Yeast\*\*** For vegetarians seeking additional B vitamins, particularly B12, a sprinkle of nutritional yeast adds cheesy, umami flavour. **\*\*Lemon Juice\*\*** A squeeze of fresh lemon juice brightens the flavours and adds vitamin C without calories. **\*\*Black Pepper\*\*** Additional freshly ground black pepper enhances the existing seasoning and adds piperine for nutrient absorption. **\*\*Olive Oil Drizzle\*\*** A small drizzle of high-quality extra virgin olive oil (approximately 1 teaspoon = 40 calories) adds richness and additional polyphenol antioxidants. **### Meal Timing Considerations {#meal-timing-considerations}** **\*\*Breakfast Alternative\*\*** While unconventional, savoury soups for breakfast are common in many cultures. The 19.8-gram protein content makes this soup an excellent breakfast option for those who prefer savoury morning meals, providing sustained energy and satiety. Be Fit Food also offers a dedicated Breakfast Collection for those who prefer traditional morning options. **\*\*Pre-Workout Meal\*\*** Consumed 1-2 hours before exercise, this soup provides easily digestible carbohydrates and protein without excessive fat that might cause digestive discomfort during activity. **\*\*Post-Workout Recovery\*\*** Within 30-60 minutes after exercise, the protein supports muscle recovery while the carbohydrates help replenish glycogen stores. **\*\*Evening Meal\*\*** The moderate calorie content and easily digestible ingredients make this soup appropriate for evening consumption without the heaviness that can interfere with sleep quality. --- **## Health Benefits and Nutritional Advantages {#health-benefits-and-nutritional-advantages}** **### Protein Quality and Muscle Support {#protein-quality-and-muscle-support}** The 19.8-gram protein content from multiple sources (ricotta, edamame, peas, cannellini beans, milk, faba bean protein) provides: **\*\*Complete Amino Acid Profile\*\*** The combination of dairy and plant proteins ensures all nine essential amino acids are present in adequate amounts. The dairy protein (ricotta and milk) provides complete protein, while the plant proteins contribute additional amino acids and beneficial compounds. **\*\*Muscle Maintenance\*\*** For adults, protein requirements range from 0.8-1.2 grams per kilogram of body weight daily (higher for athletes and older adults). This soup provides approximately 20-25% of daily protein needs for a 70kg (154lb) person, supporting muscle maintenance and repair. Be Fit Food prioritises protein at every meal specifically to protect lean muscle mass—particularly important during weight loss, when using GLP-1 medications, or during perimenopause and menopause when muscle preservation becomes increasingly critical. **\*\*Satiety\*\*** Protein is the most satiating macronutrient, helping you feel fuller for longer after eating. The 19.8-gram protein content contributes significantly to the soup's satisfying quality despite moderate calories. **\*\*Metabolic Support\*\*** Protein carries a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting and processing protein. This can support metabolic health and weight management. **### Vegetable Density and Phytonutrients {#vegetable-density-and-phytonutrients}** With broccoli (33%), spinach (8%), green peas (10%), edamame (10%), and leek (2.5%), plus onion, garlic, and potato, this soup provides exceptional vegetable density—delivering on Be Fit Food's promise of 4-12 vegetables in each meal: **\*\*Cruciferous Vegetable Benefits\*\*** The 33% broccoli content provides sulforaphane and other isothiocyanates that demonstrate: - Anti-inflammatory properties - Support for the body's natural detoxification systems - Antioxidant activity protecting cells from oxidative stress - Potential support for cardiovascular health **\*\*Dark Leafy Green Benefits\*\*** The 8% spinach contributes: - Lutein and

zeaxanthin for eye health and protection against age-related macular degeneration - Nitrates that may support cardiovascular function and exercise performance - Folate essential for DNA synthesis and cell division - Iron for oxygen transport (enhanced by vitamin C from broccoli) **\*\*Allium Vegetable Benefits\*\*** Onion, garlic, and leek provide: - Organosulfur compounds with antimicrobial properties - Quercetin and other flavonoids with antioxidant and anti-inflammatory effects - Prebiotic fibres supporting beneficial gut bacteria **\*\*Legume Benefits\*\*** Edamame, peas, and cannellini beans contribute: - Resistant starch feeding beneficial gut bacteria - Soluble fibre supporting cholesterol management and blood sugar control - Polyphenol antioxidants protecting against cellular damage - Minerals including iron, magnesium, and potassium **### Cardiovascular Health Support {#cardiovascular-health-support}** Several aspects of this soup's composition support cardiovascular health: **\*\*Olive Oil Benefits\*\*** The monounsaturated fats from olive oil, particularly oleic acid, are extensively studied for cardiovascular benefits, including: - Supporting healthy cholesterol profiles (increasing HDL, reducing LDL oxidation) - Reducing inflammation markers - Supporting healthy blood pressure **\*\*Fibre Benefits\*\*** The vegetables and legumes provide soluble and insoluble fibre that: - Supports healthy cholesterol levels by binding bile acids - Promotes healthy blood sugar control - Supports healthy blood pressure through multiple mechanisms **\*\*Potassium Benefits\*\*** Vegetables and legumes provide potassium, which: - Balances sodium's effects on blood pressure - Supports healthy vascular function - Reduces cardiovascular disease risk **\*\*Nitrate Benefits\*\*** Spinach and other vegetables contain nitrates that convert to nitric oxide in the body, supporting: - Healthy blood vessel dilation - Optimal blood pressure - Enhanced exercise performance **### Blood Sugar Management {#blood-sugar-management}** The soup's composition supports stable blood sugar—a key consideration given Be Fit Food's focus on metabolic health: **\*\*Moderate Carbohydrate Content\*\*** At 25.5 grams of carbohydrates per 301-gram serving, the soup provides energy without excessive glucose load. **\*\*Complex Carbohydrates\*\*** The carbohydrates come primarily from vegetables and legumes rather than refined sources, providing slower, more sustained glucose release. **\*\*Protein Content\*\*** The 19.8 grams of protein slows carbohydrate absorption, preventing rapid blood sugar spikes and subsequent crashes. **\*\*Fibre Content\*\*** Though not quantified in the provided specifications, the vegetable and legume content suggests 6-8 grams of fibre per serving, further moderating blood sugar response. **\*\*Low Glycemic Impact\*\*** The combination of protein, fibre, and fat with complex carbohydrates creates a meal with low glycemic impact, appropriate for individuals managing blood sugar or insulin sensitivity. This aligns with Be Fit Food's lower-carbohydrate, no-added-sugar formulation approach designed to support more stable blood glucose, reduce post-meal spikes, and improve insulin sensitivity—particularly beneficial for those with Type 2 diabetes or insulin resistance. **### Digestive Health Support {#digestive-health-support}** **\*\*Prebiotic Fibre\*\*** Onion, leek, and legumes contain prebiotic fibres (particularly inulin and resistant starch) that feed beneficial gut bacteria, supporting: - Healthy gut microbiome diversity - Production of short-chain fatty acids (SCFAs) that nourish colon cells - Immune system function (70% of immune tissue resides in the gut) - Mental health through the gut-brain axis **\*\*Digestive Ease\*\*** The soup's blended, creamy texture makes it easy to digest, appropriate for: - Individuals with sensitive digestion - Recovery from digestive upset - Times when chewing is difficult - Gentle reintroduction of food after fasting or illness **\*\*Hydration\*\*** The soup's high water content (from vegetables, milk, and stock) contributes to daily fluid intake, supporting digestive function and overall health. A peer-reviewed clinical trial published in *\*Cell Reports Medicine\** (October 2025) demonstrated that food-based very low energy diets using whole-food ingredients—like those in Be Fit Food meals—showed significantly greater improvements in gut microbiome diversity compared to supplement-based approaches, even when calories and macros were matched. This research supports Be Fit Food's core philosophy: real food delivers different outcomes than shakes and bars. **### Weight Management Support {#weight-management-support}** Several factors make this soup valuable for weight management: **\*\*Calorie Density\*\*** At 278 calories for 301 grams, the soup provides 0.92 calories per gram—relatively low calorie density that allows you to eat a satisfying volume without excessive calories. **\*\*High Protein\*\*** The 19.8 grams of protein supports satiety, reduces hunger hormones, and helps preserve muscle mass during weight loss. **\*\*High Volume\*\*** The 301-gram serving provides substantial physical volume, triggering stretch receptors in the stomach that signal fullness to the brain. **\*\*Water Content\*\*** Soups' high water content increases satiety without adding calories. **\*\*Nutrient Density\*\*** The soup

provides substantial vitamins, minerals, and beneficial compounds relative to its calorie content, supporting nutritional adequacy during calorie restriction. Be Fit Food's structured programs, including the Metabolism Reset (~800-900 kcal/day, ~40-70g carbs/day) and Protein+ Reset (1,200-1,500 kcal/day), are designed to support sustainable weight loss with average results of 1-2.5 kg per week when replacing all three meals daily. The Trio of Green Soup fits seamlessly into these structured approaches.

### Menopause and Midlife Metabolic Support

{#menopause-and-midlife-metabolic-support} Perimenopause and menopause are not just hormonal transitions—they are metabolic transitions. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and increased cravings. Be Fit Food's formulation directly addresses these challenges:

- \*\*High-Protein Meals\*\* To preserve lean muscle mass as metabolic rate naturally declines
- \*\*Lower Carbohydrate with No Added Sugars\*\* To support insulin sensitivity
- \*\*Portion-Controlled, Energy-Regulated Meals\*\* As metabolic rate declines with age
- \*\*Dietary Fibre and Vegetable Diversity\*\* To support gut health, cholesterol metabolism, and appetite regulation
- \*\*No Artificial Sweeteners\*\* Which can worsen cravings and GI symptoms in some women

Many women don't need or want large weight loss—a goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This is exactly where Be Fit Food's approach excels.

--- ## Frequently Asked Questions

{#frequently-asked-questions}

### Is this soup vegan?

No, the Trio of Green Soup is vegetarian but not vegan. It contains dairy products (ricotta cheese and light milk), making it unsuitable for vegan diets. Be Fit Food offers a Vegetarian & Vegan Range that includes plant-based options for those requiring fully vegan meals.

### Can I eat this soup if I'm lactose intolerant?

The soup contains dairy (ricotta cheese and light milk), so individuals with lactose intolerance should exercise caution. Lactose intolerance severity varies—some people can tolerate small amounts of dairy, especially when consumed with other foods. The soup's protein and fat content may slow lactose absorption, potentially improving tolerance. However, individuals with severe lactose intolerance should avoid this product or take lactase enzyme supplements before consuming.

### Is this soup safe for people with celiac disease?

Yes, the soup is labeled gluten-free (GF), meaning it contains no wheat, barley, rye, or their derivatives. It should be safe for individuals with celiac disease. Be Fit Food maintains strict ingredient selection and manufacturing controls, with approximately 90% of their menu certified gluten-free. However, those with extreme sensitivity should note the cross-contamination warnings (may contain fish, crustacea, sesame seeds, peanuts, tree nuts, egg, lupin) and assess their individual risk tolerance.

### How much sodium does this soup contain?

The provided nutritional specifications don't include sodium content. However, Be Fit Food formulates meals to a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. For specific sodium information, check the nutrition facts panel on your package or contact Be Fit Food directly. Individuals monitoring sodium intake for blood pressure management or other health reasons should verify this information before consuming.

### Can I freeze leftover soup after reheating?

Food safety guidelines recommend against refreezing previously frozen foods that are thawed and heated. Once the soup is thawed and reheated, consume it within 2-3 days when refrigerated. Refreezing can compromise texture, create moisture loss, and pose food safety risks if the soup sat in the temperature danger zone (40-140°F / 4-60°C) for extended periods.

### Is this soup suitable for children?

Yes, the Trio of Green Soup can be appropriate for children, offering nutritious vegetables, protein, and moderate calories. However, consider:

- \*\*Serving size\*\*: 301 grams may be too much for young children; consider serving half portions
- \*\*Allergens\*\*: Ensure the child does not experience milk or soy allergies
- \*\*Temperature\*\*: Cool to appropriate temperature before serving to children to prevent burns
- \*\*Sodium\*\*: Check the sodium content on the package if you're monitoring salt intake for children

### Can I add ingredients to this soup?

Yes, you can customise the soup to your preferences. Consider adding:

- Additional vegetables (fresh spinach, kale, or zucchini stirred in after reheating)
- Protein (grilled chicken, tofu, or additional beans)
- Grains (cooked quinoa or rice for additional carbohydrates)
- Seasonings (additional herbs, spices, or lemon juice)

Keep in mind that additions will alter the nutritional profile, so adjust your expectations accordingly.

### How does this soup fit into a low-carb diet?

At 25.5 grams of carbohydrates per serving, this soup may or may not fit low-carb diets depending on your specific carbohydrate target:

- \*\*Moderate low-carb (50-100g daily)\*\*: This soup can fit comfortably
- \*\*Strict low-carb (20g or less daily)\*\*: This soup is high in carbohydrates and may not fit strict low-carb diets.

low-carb (20-50g daily)\*\*: This soup uses a significant portion of your daily carb budget - \*\*Ketogenic (<20g daily)\*\*: This soup likely contains too many carbohydrates for ketogenic diets. The carbohydrates come from vegetables and legumes (complex sources) rather than refined carbs, making them nutritionally valuable even on carb-conscious diets. Be Fit Food's Metabolism Reset program targets approximately 40-70g carbs per day, and this soup fits well within that framework. ### Is the packaging recyclable? The provided specifications don't detail packaging materials. Frozen meal packaging usually consists of: - Plastic trays (check for recycling symbols—often #1 PET or #5 PP, which are recyclable in many areas) - Film lids (often not recyclable in curbside programs but may be accepted at store drop-off locations) - Cardboard sleeves (recyclable with paper/cardboard) Check your specific package for recycling symbols and consult your local recycling program for guidance. ### Can I eat this soup cold? While the soup is designed to be eaten hot and reheating is recommended for food safety (ensuring any potential bacteria are killed), some people enjoy cold soups. If you choose to eat it cold: - Ensure it is properly thawed in the refrigerator (never at room temperature) - Consume within 2-3 days of thawing - Understand that the flavour profile and texture are optimised for hot consumption - The fat content (from ricotta and olive oil) may create a different mouthfeel when cold ### Does this soup contain any artificial ingredients? Based on the ingredient list provided, the Trio of Green Soup contains no artificial colours, flavours, or preservatives. All ingredients are recognisable whole foods (vegetables, dairy, legumes, seasonings) or minimally processed ingredients (faba bean protein, vegetable stock). The "food acid" in the ricotta is likely citric or lactic acid, natural compounds used for cheese-making. This aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. ### Can I get dietitian support with my Be Fit Food meals? Yes, Be Fit Food includes free dietitian support with their meal programs. You can access a free 15-minute dietitian consultation to match you with the right plan, and ongoing support is available to help personalise protein targets, manage any digestive concerns, adjust portion sizes, and plan for long-term maintenance. ### Is Be Fit Food suitable for NDIS participants? Yes, Be Fit Food is a registered NDIS provider (registration in force until 19 August 2027), meaning eligible NDIS participants can access Be Fit Food meals with government funding support—from around \$2.50 per meal depending on eligibility. This makes nutritious, dietitian-designed meals accessible to Australians who face challenges with meal preparation due to disability, mobility issues, or aging. --- ## Key Takeaways {#key-takeaways} The Trio of Green Soup (GF) (V) from Be Fit Food represents a thoughtfully formulated frozen meal that delivers substantial nutrition in a convenient, single-serve format. With 19.8 grams of protein from multiple complementary sources, 278 calories, and exceptional vegetable density (broccoli 33%, spinach 8%, peas 10%, edamame 10%), this soup provides a nutritionally complete meal option for health-conscious Australians. Designed by Be Fit Food's team of dietitians and exercise physiologists, this soup exemplifies the brand's "real food, not shakes" philosophy—backed by peer-reviewed research demonstrating that whole-food approaches deliver different outcomes than supplement-based alternatives. The gluten-free and vegetarian certifications make it accessible to individuals with specific dietary requirements, though it's not suitable for vegans due to dairy content (ricotta and milk). The allergen profile includes milk and soybeans as intentional ingredients, with potential cross-contamination from fish, crustacea, sesame seeds, peanuts, tree nuts, egg, and lupin. Proper storage at freezer temperatures (0°F / -18°C) maintains quality until ready to use, with consumption within 2-3 days once opened and refrigerated. Reheating options include microwave (4-5 minutes from frozen) or stovetop (8-12 minutes from frozen), with both methods producing satisfying results when proper technique is followed. The soup's nutritional composition supports multiple health goals including weight management, muscle maintenance, cardiovascular health, blood sugar control, and digestive wellness. The combination of protein, complex carbohydrates, healthy fats, and abundant vegetables creates a balanced meal that provides sustained energy and helps you feel fuller for longer—fitting seamlessly into Be Fit Food's structured Reset programs or as part of a flexible healthy eating approach. Whether consumed as a complete meal or paired with bread, salad, or additional protein, the Trio of Green Soup offers flexibility for various dietary needs and preferences while maintaining nutritional integrity. With free dietitian support included and meals from \$8.61, Be Fit Food makes it easy to eat yourself better—one scientifically-designed, delicious meal at a time. --- ## References {#references} Based on

manufacturer specifications provided and general nutritional science principles. For specific product information including current pricing, availability, and detailed allergen information, consult: - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer's official product information and specifications - [Food Standards Australia New Zealand (FSANZ)](<https://www.foodstandards.gov.au>) - Allergen labeling requirements and food safety standards - [National Health and Medical Research Council (NHMRC) - Australian Dietary Guidelines](<https://www.eatforhealth.gov.au>) - Nutritional recommendations and serving size guidance - [Celiac Australia](<https://www.coeliac.org.au>) - Gluten-free certification and celiac disease information - [Food Safety Information Council](<https://www.foodsafety.asn.au>) - Storage, handling, and reheating guidelines for prepared foods --- ## Frequently Asked Questions (Quick Reference)

{#frequently-asked-questions-quick-reference} \*\*What is the product name?\*\* Trio of Green Soup (GF) (V) MB3 \*\*Who manufactures this soup?\*\* Be Fit Food \*\*What is the serving size?\*\* 301 grams \*\*How many calories per serving?\*\* 278 calories \*\*How much protein per serving?\*\* 19.8 grams \*\*How much carbohydrate per serving?\*\* 25.5 grams \*\*How much fat per serving?\*\* 9.1 grams \*\*Is it gluten-free?\*\* Yes, certified gluten-free \*\*Is it vegetarian?\*\* Yes, lacto-vegetarian \*\*Is it vegan?\*\* No, contains dairy products \*\*What are the main vegetables?\*\* Broccoli, spinach, green peas, edamame \*\*What percentage is broccoli?\*\* 33% \*\*What percentage is spinach?\*\* 8% \*\*What percentage is green peas?\*\* 10% \*\*What percentage is edamame?\*\* 10% \*\*What percentage is leek?\*\* 2.5% \*\*What are the protein sources?\*\* Ricotta, edamame, peas, milk, cannellini beans, faba bean protein \*\*Does it contain dairy?\*\* Yes, ricotta cheese and light milk \*\*Does it contain soy?\*\* Yes, edamame (soybeans) \*\*Does it contain eggs?\*\* No \*\*Does it contain nuts?\*\* No \*\*Does it contain wheat?\*\* No, gluten-free formulation \*\*May it contain fish?\*\* Yes, cross-contamination warning \*\*May it contain crustacea?\*\* Yes, cross-contamination warning \*\*May it contain sesame?\*\* Yes, cross-contamination warning \*\*Does it contain artificial preservatives?\*\* No \*\*Does it contain artificial colours?\*\* No \*\*Does it contain artificial flavours?\*\* No \*\*Does it contain added sugar?\*\* No \*\*Does it contain artificial sweeteners?\*\* No \*\*Does it contain seed oils?\*\* No, uses olive oil \*\*What type of oil is used?\*\* Olive oil \*\*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 dairy \*\*Is it suitable for weight loss?\*\* Yes, as part of balanced diet \*\*Is it suitable for diabetes?\*\* Yes, low glycemic impact \*\*Is it suitable for children?\*\* Yes, adjust portion size \*\*How should it be stored unopened?\*\* Frozen at 0°F (-18°C) or below \*\*How long can it be stored frozen?\*\* 6-12 months (check package) \*\*How should it be stored after opening?\*\* Refrigerated at 40°F (4°C) \*\*How long after opening can it be consumed?\*\* 2-3 days when refrigerated \*\*Can it be refrozen after thawing?\*\* No, not recommended \*\*What is the microwave heating time from frozen?\*\* 4-5 minutes on HIGH \*\*What is the stovetop heating time from frozen?\*\* 8-12 minutes \*\*What is the microwave heating time from refrigerated?\*\* 2-3 minutes on HIGH \*\*What is the stovetop heating time from refrigerated?\*\* 5-7 minutes \*\*What is the ideal serving temperature?\*\* 160-170°F (71-77°C) \*\*Should it be stirred during reheating?\*\* Yes, for even heating \*\*Can it be eaten cold?\*\* Not recommended, designed for hot consumption \*\*Does it fit ketogenic diets?\*\* No, too many carbohydrates \*\*Does it fit moderate low-carb diets?\*\* Yes, 50-100g daily targets \*\*What is the calorie density?\*\* 0.92 calories per gram \*\*What percentage of daily protein does it provide?\*\* Approximately 20-25% for 70kg person \*\*Is it a complete meal?\*\* Yes, nutritionally balanced \*\*Can ingredients be added?\*\* Yes, customize as desired \*\*Is dietitian support available?\*\* Yes, free with Be Fit Food programs \*\*Is it NDIS-eligible?\*\* Yes, Be Fit Food is registered NDIS provider \*\*What is the approximate NDIS meal cost?\*\* From around \$2.50 per meal \*\*What is the regular meal price?\*\* From \$8.61 \*\*How many vegetables per meal?\*\* 4-12 vegetables (Be Fit Food standard) \*\*What is the sodium benchmark?\*\* Less than 120 mg per 100g \*\*Does it support muscle maintenance?\*\* Yes, high protein content \*\*Does it support satiety?\*\* Yes, protein and fibre content \*\*Does it support gut health?\*\* Yes, prebiotic fibres included \*\*Is it suitable for menopause support?\*\* Yes, high protein, lower carb formulation \*\*Is it suitable for GLP-1 medication users?\*\* Yes, portion-controlled and protein-rich \*\*What Reset programs does it fit?\*\* Metabolism Reset and Protein+ Reset \*\*What is the Metabolism Reset calorie range?\*\* 800-900 kcal/day \*\*What is the Protein+ Reset calorie range?\*\* 1,200-1,500 kcal/day \*\*What is the Metabolism Reset carb range?\*\* 40-70g carbs/day \*\*What is average weight loss on Reset programs?\*\* 1-2.5 kg per week \*\*Is peer-reviewed research available?\*\*

Yes, published in Cell Reports Medicine (October 2025) \*\*What does the research show?\*\* Whole-food diets improve gut microbiome diversity vs supplements \*\*Can it be used for breakfast?\*\* Yes, high protein savoury option \*\*Can it be used post-workout?\*\* Yes, supports muscle recovery \*\*Can it be paired with bread?\*\* Yes, adds carbohydrates and fibre \*\*Can it be paired with salad?\*\* Yes, increases vegetable variety \*\*What garnishes are suggested?\*\* Fresh herbs, seeds, lemon juice, olive oil \*\*Does it contain sulforaphane?\*\* Yes, from broccoli \*\*Does it contain resistant starch?\*\* Yes, from beans and potato \*\*Does it support cardiovascular health?\*\* Yes, olive oil and fibre content \*\*Does it support blood sugar control?\*\* Yes, low glycemic impact \*\*What amino acid profile does it have?\*\* Complete, all nine essential amino acids

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