

TRIOFGRE - Food & Beverages Product Overview -

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Details:

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(unopened) || Heating time | 3-4 minutes microwave from frozen; 2-3 minutes if thawed || Features | No artificial colours, flavours, or preservatives; No added sugar; Low sodium (<120mg per 100g) || Vegetables per serve | 4-12 different vegetables; 50% daily recommended vegetable serves | --- ## 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 Identification:** - Product name: Trio of Green Soup (GF) (V) MB3 - Brand: Be Fit Food - GTIN: 09358266000878 - Price: \$12.50 AUD - Category: Food & Beverages - Ready-to-Eat Meals - Serving size: 301 grams (single serve) **Dietary Certifications:** - Gluten-free (GF) - Vegetarian (V) **Ingredient Composition:** - 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 ### Allergen Information {#allergen-information} - Contains: Milk, Soybeans - May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin **Storage and Handling:** - Storage temperature: Keep frozen at 0°F (-18°C) or below - Shelf life: 6-12 months frozen (unopened) - Heating time: 3-4 minutes microwave from frozen; 2-3 minutes if thawed - Required internal temperature: 165°F (74°C) **Product Features:** - No artificial colours - No artificial flavours - No artificial preservatives - No added sugar - Low sodium (<120mg per 100g) - No seed oils **Protein Sources:** - Ricotta cheese - Edamame - Cannellini beans - Faba bean protein **Vegetable Content:** - 4-12 different vegetables per serve ### General Product Claims {#general-product-claims} **Health and Nutrition Claims:** - Nutrient-dense frozen meal solution - Delivers a complete meal experience - Supports sustained energy and satiety - Legitimate meal replacement option - 50% daily recommended vegetable serves - Protein-fortified through multiple plant-based sources - Estimated 12-18 grams of protein per serving - Estimated 200-300 calories per serving - Estimated 6-10 grams of fiber per serving - Estimated 8-14 grams of fat per serving - Complex carbohydrates with low to moderate glycemic impact - Supports stable blood sugar levels - Exceptional micronutrient density - Provides vitamin C, vitamin K, folate, vitamin A, B vitamins, iron, magnesium, zinc, calcium - Contains beneficial plant compounds (sulforaphane, lutein, zeaxanthin, isoflavones, organosulfur compounds) - Heart-healthy monounsaturated fats from olive oil - Anti-inflammatory compounds - Supports digestive health - Contains prebiotic fibers **Suitability Claims:** - Suitable for health-conscious individuals - Accessible for those managing dietary restrictions - Suitable for plant-forward lifestyle - Suitable for celiac disease - Suitable for gluten sensitivity - Suitable for lacto-vegetarians - May be tolerated by those with mild lactose intolerance - Suitable for children (if no allergies) - Suitable for GLP-1 medication users - Suitable for diabetes management - Easier to tolerate when appetite is suppressed - Supports lean muscle mass protection **Brand Philosophy Claims:** - Dietitian-designed meal - Founded by Kate Save, Accredited Practising Dietitian with over 20 years of clinical experience - Real food foundation (not synthetic supplements, shakes, or bars) - Whole-food ingredients prioritized over processed alternatives - Helps Australians "eat themselves better" - Approximately 90% of menu certified gluten-free - Snap-frozen delivery system for "heat, eat, enjoy" routine - Backed by peer-reviewed research (Cell Reports Medicine, October 2025) - 93% whole-food ingredients versus 70% industrial ingredients comparison - Greater improvements in microbiome diversity - NDIS registered provider (until August 2027) - Telstra Best of Business Award for Championing Health (VIC Winner 2022) - Telstra Victorian Business of the Year (2019) - Free 15-minute dietitian consultations available - Meals available from \$8.61 - NDIS eligible customers can access meals from around \$2.50 per meal **Product Experience Claims:** - Thoughtfully crafted formulation - Creamy, satisfying soup - Complete meal experience - Precise portion control - Convenient, wholesome nutrition - Maximum convenience (no chopping, no cooking, no cleanup) - Sophisticated approach to convenience food - Vibrant, creamy green color - Smooth and creamy consistency with velvety mouthfeel - Pleasant, vegetal aroma - Complex and well-balanced flavor profile - Clean, pleasant aftertaste - Superior texture with stovetop reheating method - Prevents meal fatigue with variety - Supports structured meal plans (Metabolism Reset, Protein+ Reset programs) --- ## Introduction {#introduction} The Be Fit Food Trio of Green Soup (GF) (V) represents a thoughtfully crafted, nutrient-dense frozen meal solution that combines three powerhouse green vegetables—broccoli, spinach, and peas—into a creamy, satisfying soup designed for health-conscious

individuals seeking convenient, wholesome nutrition. As part of Be Fit Food's dietitian-designed meal range, this 301-gram single-serve soup delivers a complete meal experience while accommodating gluten-free and vegetarian dietary requirements, making it an accessible option for those managing dietary restrictions or simply pursuing a more plant-forward lifestyle. Throughout this comprehensive guide, you'll discover the intricate details of this soup's formulation, from its precisely balanced ingredient composition and complete nutritional profile to practical guidance on storage, reheating, and creative serving suggestions that will help you maximize both the flavor and nutritional benefits of this carefully engineered ready meal.

Product Overview and Philosophy
{#product-overview-and-philosophy} The Trio of Green Soup stands as a testament to Be Fit Food's commitment to creating nutritionally balanced, ready-to-eat meals that don't compromise on ingredient quality or taste. Founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience, Be Fit Food built its reputation on the principle that real food—not synthetic supplements, shakes, or bars—should form the foundation of healthy eating. This soup belongs to Be Fit Food's Individual Meals category, specifically within their frozen soup collection, and represents a sophisticated approach to convenience food that prioritizes whole-food ingredients over processed alternatives. What distinguishes this particular soup from standard offerings is its deliberate focus on protein fortification through multiple plant-based sources. Rather than relying solely on vegetables for nutritional content, Be Fit Food strategically incorporated edamame, cannellini beans, and faba bean protein to create a more complete nutritional profile that supports sustained energy and satiety. This protein-boosting strategy transforms what could be a simple vegetable soup into a legitimate meal replacement option suitable for lunch or dinner—perfectly aligned with Be Fit Food's mission to help Australians "eat themselves better." The gluten-free and vegetarian certifications make this soup accessible to a broad consumer base, including those with celiac disease, gluten sensitivity, or individuals following plant-based diets for health, ethical, or environmental reasons. With approximately 90% of Be Fit Food's menu certified gluten-free, this soup exemplifies the brand's commitment to serving customers with specific dietary needs. The frozen format ensures maximum convenience—no chopping, no cooking, no cleanup—while the single-serve 301-gram portion provides precise portion control for those monitoring their caloric intake or following structured meal plans like Be Fit Food's Metabolism Reset programs.

Complete Ingredient Analysis {#complete-ingredient-analysis}
Understanding exactly what goes into your food represents a fundamental aspect of making informed dietary choices. The Trio of Green Soup features a transparent, whole-food ingredient list that deserves detailed examination—reflecting Be Fit Food's commitment to no artificial colours, no artificial flavours, no artificial preservatives, and no added sugar or artificial sweeteners.

Broccoli (Primary Ingredient) As the primary ingredient by volume at 33%, broccoli provides the soup's foundational structure and contributes significant nutritional value. This cruciferous vegetable delivers vitamin C, vitamin K, folate, and potassium, along with beneficial plant compounds like sulforaphane, which researchers study for its potential health-protective properties. The 33% concentration means that in your 301-gram serving, approximately 99 grams consist of broccoli, making this a genuinely vegetable-forward product rather than a token inclusion. This aligns with Be Fit Food's positioning of including 4–12 vegetables in each meal.

Ricotta Cheese (Creamy Base) The ricotta serves multiple functions within the soup's formulation. It provides the creamy texture that makes the soup satisfying and indulgent while contributing protein and calcium. The inclusion of whey indicates this is a traditional ricotta made from the liquid remaining after cheese production, which is then heated with milk to create the characteristic soft, slightly grainy texture. The food acid (likely citric acid or vinegar) facilitates the coagulation process during ricotta production. For vegetarians who consume dairy, this ingredient adds valuable nutritional density without compromising dietary principles.

Edamame (Plant Protein) These immature soybeans represent approximately 30 grams of your serving at 10% concentration and contribute high-quality plant protein containing all nine essential amino acids.

Edamame also provides fiber, iron, magnesium, and isoflavones—plant compounds associated with various health benefits. The 10% inclusion rate ensures you're getting a meaningful quantity rather than a trace amount, making this ingredient a genuine contributor to the soup's protein content—supporting Be Fit Food's high-protein, lower-carbohydrate nutritional philosophy.

Green Peas (Natural Sweetness) Another 30 grams of your serving comes from green peas at 10%, which complement the

other legumes by adding natural sweetness, additional fiber, and a broader spectrum of vitamins and minerals including vitamin A, vitamin C, and B vitamins. Peas also contain plant-based protein and resistant starch, which can support digestive health and blood sugar regulation. ### Spinach (Nutrient Density) Contributing approximately 24 grams to each serving at 8%, spinach delivers concentrated nutrition including iron, calcium, magnesium, and vitamins A, C, and K. The relatively high percentage ensures you're getting the characteristic earthy flavor and deep green color that spinach imparts, along with its impressive nutrient density. When cooked into soup, spinach's mild flavor blends seamlessly while its nutritional benefits remain largely intact. ### Light Milk (Creamy Consistency) This dairy component works synergistically with the ricotta to create the soup's creamy consistency without the heavy fat content of cream or full-fat milk. Light milk contains around 1-2% fat, providing the smooth mouthfeel and slight sweetness that balances the earthiness of the green vegetables while keeping the overall calorie and fat content moderate. ### Potato (Natural Thickener) While not quantified by percentage, potato serves as a natural thickening agent and adds body to the soup without requiring flour-based thickeners (which would compromise the gluten-free status). Potatoes also contribute vitamin C, potassium, and complex carbohydrates that help make the soup more filling and satisfying as a complete meal. ### Onion (Aromatic Foundation) A foundational aromatic vegetable, onion provides the savory depth that forms the flavor base of the soup. Beyond taste, onions contribute quercetin and other beneficial plant compounds, along with prebiotic fibers that support digestive health. ### Cannellini Beans (Protein and Texture) These white kidney beans add another dimension of plant protein and fiber while contributing to the soup's creamy texture when blended. Cannellini beans are particularly rich in folate, iron, and magnesium, and their mild, slightly nutty flavor integrates seamlessly into the green vegetable profile. ### Leek (Sophisticated Flavor) At approximately 7.5 grams per serving (2.5%), leek provides a more delicate, sophisticated onion flavor compared to standard onions. Leeks belong to the allium family and contribute similar health-promoting compounds while adding complexity to the soup's flavor profile. The specific percentage indication suggests Be Fit Food considers this ingredient significant enough to highlight, likely due to its contribution to the soup's overall taste character. ### Faba Bean Protein (Protein Fortification) This ingredient represents a concentrated protein supplement derived from faba beans (also known as broad beans). Unlike whole beans that would add texture and bulk, faba bean protein is a processed ingredient that boosts the protein content without significantly altering the soup's consistency. This strategic addition helps achieve a higher protein-to-calorie ratio, making the soup more satisfying and nutritionally complete—a hallmark of Be Fit Food's dietitian-designed approach. Faba bean protein is increasingly popular in plant-based food formulations because it carries a relatively neutral flavor compared to other plant proteins and provides a complete amino acid profile. ### Vegetable Stock (Liquid Base) This provides the liquid base and contributes savory depth through concentrated vegetable flavors. Quality vegetable stock contains simmered vegetables, herbs, and seasonings that create a flavorful foundation for soups and sauces. ### Olive Oil (Healthy Fats) A source of heart-healthy monounsaturated fats, olive oil adds richness and helps with the absorption of fat-soluble vitamins (A, D, E, and K) present in the vegetables. It also contributes to the soup's satisfying mouthfeel and provides anti-inflammatory compounds like oleocanthal. Notably, Be Fit Food maintains a no seed oils policy, making olive oil the preferred fat source. ### Garlic (Flavor and Function) Beyond its unmistakable flavor contribution, garlic provides allicin and other organosulfur compounds studied for their potential cardiovascular and immune-supporting properties. Even in small quantities, garlic significantly impacts the soup's overall flavor profile. ### Cumin (Warming Spice) This warming spice adds an earthy, slightly citrusy note that complements the green vegetables beautifully. Cumin also aids digestion and provides antioxidants, making it both a flavor enhancer and a functional ingredient. ### Pepper (Gentle Heat) Black pepper provides gentle heat and complexity while containing piperine, a compound that can enhance the absorption of certain nutrients and beneficial plant compounds from other ingredients. ### Pink Salt (Mineral-Rich Seasoning) Likely Himalayan pink salt, this provides the necessary sodium for flavor enhancement while containing trace minerals. The specific mention of "pink salt" rather than generic "salt" suggests a focus on ingredient quality and natural sourcing—consistent with Be Fit Food's low sodium formulation approach of less than 120mg per 100g. ## Allergen Information and Dietary Considerations {#allergen-information-and-dietary-considerations} Understanding allergen content is

crucial for safe consumption, and the Trio of Green Soup provides clear allergen declarations that require careful attention. **### Confirmed Allergens** **Contains: Milk and Soybeans** - The soup definitively contains these two allergens. The milk component comes from both the ricotta cheese and the light milk used in the formulation. For individuals with lactose intolerance, the fermented nature of ricotta cheese means it contains less lactose than fresh milk, though it's not lactose-free. Those with milk protein allergies should avoid this product entirely. The soybean allergen comes from the edamame, which is explicitly listed at 10% of the formulation. Individuals with soy allergies must not consume this product. **### Cross-Contamination Warnings** **May Contain: Fish, Crustacea, and Sesame Seeds** - These "may contain" warnings indicate potential cross-contamination during manufacturing. This doesn't mean these ingredients are in the recipe, but rather that the production facility also processes these allergens, and despite cleaning protocols, trace amounts could theoretically be present. For individuals with severe allergies to fish, shellfish (crustacea includes shrimp, crab, lobster), or sesame, this cross-contamination risk requires careful consideration. Those with mild sensitivities may tolerate the product without issue, but anyone with anaphylactic reactions to these allergens should consult with their healthcare provider before consuming. **### Gluten-Free Certification** The (GF) designation confirms this soup contains no gluten-containing ingredients and meets gluten-free standards. This makes it suitable for individuals with celiac disease, non-celiac gluten sensitivity, or those following a gluten-free diet by choice. The absence of wheat-based thickeners (replaced by potato) and the use of naturally gluten-free ingredients throughout ensures this certification is genuine rather than incidental. Be Fit Food's commitment to approximately 90% of their menu certified gluten-free, supported by strict ingredient selection and manufacturing controls, provides additional assurance for those with celiac disease. **### Vegetarian Classification** The (V) designation confirms the soup contains no meat, poultry, or fish ingredients. However, it is not vegan due to the inclusion of dairy products (ricotta cheese and milk). The vegetarian classification makes this suitable for lacto-vegetarians (those who consume dairy but not eggs, meat, or fish). For those following a vegetarian diet for ethical reasons, it's worth noting that the ricotta production uses animal-derived rennet or microbial enzymes—the specific type isn't stated on the product page, so those concerned about rennet sources may wish to contact Be Fit Food directly. **### Unsuitable For** Based on the ingredient list and allergen declarations, this soup is not appropriate for vegans, individuals with milk or soy allergies, or those with severe allergies to fish, crustacea, or sesame seeds who cannot tolerate cross-contamination risk. **## Nutritional Profile and Health Benefits**

{#nutritional-profile-and-health-benefits} While the complete nutritional facts panel wasn't provided in the source documentation, we can make informed assessments based on the ingredient composition and Be Fit Food's established nutritional standards. The 301-gram serving size represents a substantial meal portion that should provide meaningful nutrition aligned with Be Fit Food's high-protein, lower-carbohydrate philosophy. **### Protein Content and Sources** With multiple protein sources including ricotta cheese, edamame (10%), cannellini beans, and added faba bean protein, this soup likely delivers between 12-18 grams of protein per serving. This protein combination provides both complete animal protein from dairy and complementary plant proteins that together offer a full spectrum of essential amino acids. This protein level makes the soup genuinely satiating and suitable as a main meal rather than just an appetizer or side dish—supporting Be Fit Food's emphasis on protein prioritization at every meal to protect lean muscle mass. **### Carbohydrate Composition** The carbohydrates come primarily from the vegetables (broccoli, peas, spinach), legumes (edamame, cannellini beans), and potato. These are predominantly complex carbohydrates with a low to moderate glycemic impact, meaning they should provide sustained energy without causing rapid blood sugar spikes. The fiber content from the vegetables and legumes likely ranges from 6-10 grams per serving, supporting digestive health and contributing to the soup's filling nature. This lower-carbohydrate approach with no added sugars supports stable blood glucose and improved insulin sensitivity. **### Fat Profile** The fat sources include the ricotta cheese, light milk, and olive oil—a combination of dairy fats and heart-healthy monounsaturated fats. The use of light milk rather than cream keeps the total fat content moderate, likely in the range of 8-14 grams per serving, with a favorable profile emphasizing unsaturated fats from the olive oil. **### Caloric Density** Given the ingredient composition and portion size, this soup likely provides between 200-300 calories per serving, making it a moderate-calorie meal

option suitable for most dietary plans. This caloric range positions it as a light lunch or dinner option that can be paired with additional foods for those with higher energy needs, or consumed alone for those managing caloric intake or following Be Fit Food's structured Reset programs. **### Micronutrient Richness** The vegetable-forward formulation ensures exceptional micronutrient density. The broccoli, spinach, and peas provide abundant vitamin C, vitamin K, folate, and vitamin A. The legumes contribute B vitamins, iron, magnesium, and zinc. The dairy components add calcium and vitamin D (if the milk is fortified). This micronutrient diversity means a single serving contributes meaningfully to daily nutritional requirements across multiple essential vitamins and minerals—reducing deficiency risk during weight management. **### Phytonutrient Content** Beyond basic nutrition, the soup delivers numerous beneficial plant compounds. The cruciferous vegetables (broccoli) provide glucosinolates and sulforaphane. The spinach contains lutein and zeaxanthin for eye health. The allium vegetables (onion, leek, garlic) contribute organosulfur compounds. The soy from edamame provides isoflavones. These phytonutrients offer potential health benefits beyond basic nutrition, though specific health claims cannot be made without clinical evidence. **### Sodium Considerations** Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners to achieve this. The inclusion of ricotta cheese, vegetable stock, and pink salt means this soup contains added sodium necessary for flavor, but at levels significantly lower than most ready-made soups. Those on sodium-restricted diets should account for this when planning their daily intake, but can feel confident that Be Fit Food's formulation approach prioritizes lower sodium content. **## Storage Guidelines and Shelf Life Management** {#storage-guidelines-and-shelf-life-management} Proper storage is essential for maintaining both the safety and quality of this frozen meal product, and understanding the specific requirements ensures you get the best experience from your purchase. Be Fit Food's snap-frozen delivery system is designed to be stored in the freezer for a frictionless routine: "heat, eat, enjoy." **### Unopened Frozen Storage** The Trio of Green Soup arrives frozen and should remain frozen at 0°F (-18°C) or below until you're ready to consume it. In a standard home freezer, the unopened soup can maintain optimal quality for 6-12 months from the production date, though it remains safe to eat beyond this timeframe if kept consistently frozen. The frozen state preserves the nutritional content, texture, and flavor by preventing microbial growth and slowing enzymatic reactions that cause food degradation. Always check the "best before" date printed on the packaging for the manufacturer's specific recommendation. **### Freezer Organization Tips** Store the soup in the main freezer compartment rather than the door, where temperature fluctuations are more common due to frequent opening. Keep it away from the freezer's defrost cycle areas if you own a frost-free freezer. If you purchase multiple servings, organize them so you use the oldest packages first, following the first-in, first-out principle. **### Thawing Considerations** While you can reheat the soup directly from frozen (covered in the reheating section below), some people prefer to thaw it first for more even heating. If thawing, transfer the soup from the freezer to the refrigerator 12-24 hours before you plan to eat it. This slow, controlled thawing method maintains food safety by preventing the soup from entering the temperature danger zone (40-140°F or 4-60°C) where bacteria multiply rapidly. Never thaw frozen meals on the countertop at room temperature, as the outer portions can reach unsafe temperatures while the center remains frozen. **### Refrigerated Storage** After Thawing Once thawed in the refrigerator, the soup should be consumed within 24-48 hours. The previously frozen vegetables and dairy components are more susceptible to quality degradation after thawing, so prompt consumption ensures the best taste and texture. Keep the soup in its original sealed packaging if unopened, or transfer to an airtight container if the seal is broken. **### Opened Shelf Life** After opening and reheating, any leftover soup should be cooled quickly (within 2 hours) and stored in an airtight container in the refrigerator. Consume opened, reheated soup within 1-2 days for optimal quality and safety. The dairy components make this soup more perishable than vegetable-only soups, so err on the side of caution. If the soup develops an off odor, unusual appearance, or mold growth, discard it immediately. **### Refreezing Guidelines** Food safety guidelines generally advise against refreezing previously frozen foods after they've thawed, as this can compromise both texture and safety. If you've thawed the soup in the refrigerator and didn't open or heat it, you technically can refreeze it, but expect some quality loss—the vegetables may become softer, and the texture less appealing. If you've heated the soup and you still hold leftovers, do not refreeze; instead, store in the refrigerator and consume within 1-2 days.

Power Outage Protocols If your freezer loses power, the soup will remain safely frozen for approximately 24-48 hours if the freezer door remains closed (longer for a full freezer, shorter for a partially full one). If the soup thawed but still contains ice crystals and feels refrigerator-cold (40°F/4°C or below), it can be refrozen, though quality may suffer. If it fully thawed and reached room temperature, it should be cooked and consumed immediately or discarded.

Packaging Integrity Before freezing or during storage, inspect the packaging for any tears, punctures, or compromised seals. Damaged packaging can lead to freezer burn (dehydration and oxidation that causes dry, discolored patches) and may allow contaminants to enter. If you notice packaging damage, either consume the soup promptly or transfer it to a freezer-safe, airtight container.

Comprehensive Reheating Instructions {#comprehensive-reheating-instructions} Proper reheating is crucial for both food safety and optimal eating experience. The Trio of Green Soup can be reheated using several methods, each with specific advantages and considerations.

Microwave Method (Speed) This is the quickest and most convenient reheating method. Remove the soup from any foil or metal packaging components (check the label for specific packaging instructions). If the soup comes in a microwave-safe tray, you can heat it directly in that container; otherwise, transfer to a microwave-safe bowl. Pierce or remove any film covering to allow steam to escape and prevent pressure buildup. Microwave on high power for 3-4 minutes if frozen, or 2-3 minutes if thawed, stirring halfway through to ensure even heating. The soup should reach an internal temperature of 165°F (74°C) throughout, which you can verify with a food thermometer inserted into the center. If it's not steaming hot throughout after the initial heating time, continue in 30-second intervals, stirring between each, until properly heated. Let the soup stand for 1 minute after microwaving, as it will continue cooking from residual heat and this standing time allows the temperature to equalize throughout.

Stovetop Method (Best Texture) For superior texture and more controlled heating, the stovetop method excels. If frozen, thaw the soup in the refrigerator overnight first (the stovetop method works better with thawed soup). Empty the soup into a saucepan and heat over medium-low heat, stirring frequently to prevent sticking and ensure even heating. The gentle, gradual heating preserves the vegetables' texture better than aggressive microwave heating. Bring the soup to a gentle simmer—you should see small bubbles breaking the surface and steady steam rising. Maintain this simmer for 2-3 minutes to ensure the soup reaches 165°F (74°C) throughout. If the soup seems too thick during reheating (some thickening is normal after freezing), add a splash of water, milk, or vegetable stock and stir to reach your desired consistency.

Water Bath Method While less common, this gentle reheating method works well if you want to preserve texture and don't mind a longer heating time. Place the sealed soup package in a large pot of water (the water should cover the package). Heat the water to a gentle simmer (not a rolling boil) and maintain for 15-20 minutes, ensuring the water stays hot throughout. This method provides very even, gentle heating that minimizes texture changes, though it requires more time and attention than other methods.

Oven Method While not recommended for soup, if you're heating multiple items in the oven simultaneously, you can reheat the soup this way. Preheat the oven to 350°F (175°C). Transfer the soup to an oven-safe dish, cover tightly with foil to prevent moisture loss, and heat for 20-25 minutes if thawed, or 35-45 minutes if frozen, stirring once halfway through. This method takes considerably longer but requires minimal attention once the soup is in the oven.

Texture Optimization Tips Frozen and reheated soups sometimes separate slightly, with liquid pooling separately from solids, or develop a grainy texture in the dairy components. To restore the optimal creamy consistency, stir vigorously after heating, or use an immersion blender for 5-10 seconds to re-emulsify the soup. If the soup seems too thick after reheating (freezing and reheating can concentrate it), add liquid gradually—start with 2 tablespoons of milk, water, or vegetable stock, stir well, and assess the consistency before adding more.

Food Safety Critical Points Always ensure the soup reaches 165°F (74°C) throughout before consuming. This temperature kills any potential pathogens that might develop during storage or handling. The soup should be steaming hot throughout, not just warm. Use a food thermometer to verify temperature if you're uncertain—insert it into the center of the soup and wait for the reading to stabilize. Never reheat soup more than once; reheating multiple times increases food safety risks and significantly degrades quality.

Serving Temperature After reheating, the soup can be consumed immediately while piping hot, which many people prefer, especially in cold weather. However, if you find it too hot to enjoy comfortably, let it cool for 2-3 minutes

before eating. The flavors often develop and become more pronounced as the soup cools slightly from scalding to hot-but-comfortable temperature. ## Flavor Profile and Sensory Experience

{#flavor-profile-and-sensory-experience} Understanding what to expect from the Trio of Green Soup helps set appropriate expectations and allows you to determine if it aligns with your taste preferences.

Visual Presentation The soup presents as a vibrant, creamy green color, derived naturally from the combination of broccoli, spinach, and peas. The hue ranges from a fresh spring green to a deeper forest green, depending on the exact proportions and processing. The consistency is smooth and creamy rather than chunky, indicating the vegetables are blended or pureed, though you may notice small flecks of herbs or vegetable pieces that add visual interest and confirm the whole-food ingredient base. The surface may show a slight sheen from the olive oil, and steam rising from properly reheated soup creates an appetizing presentation. ### Aroma Profile Upon opening and heating, the soup releases a pleasant, vegetal aroma dominated by the broccoli and enhanced by the aromatic vegetables (onion, leek, garlic). The cumin adds a warm, earthy note that you'll detect in the background, while the dairy components contribute a subtle creamy sweetness. The overall aroma is fresh and wholesome rather than heavy or overpowering, appealing to those who enjoy vegetable-forward dishes. The garlic provides a savory depth without being aggressive, and the combination of aromatics creates an inviting scent that stimulates appetite.

Taste Experience The flavor profile is complex and well-balanced, showcasing the natural sweetness of the peas and the earthy, slightly bitter notes of the broccoli and spinach. The ricotta cheese and milk create a creamy, slightly tangy backdrop that softens the vegetables' intensity and adds richness. The cumin provides warm, earthy undertones with a hint of citrus-like brightness, while the garlic and onion family vegetables (onion, leek) contribute savory depth. The pink salt enhances all these flavors without making the soup taste overtly salty, and the pepper adds gentle warmth and complexity. The edamame and cannellini beans are mild enough that they blend into the overall profile rather than standing out distinctly, though they contribute a subtle nuttiness and make the soup more substantial. The overall taste is sophisticated and grown-up rather than bland or overly simple—this is a soup for those who appreciate vegetable flavors rather than those who need them masked.

Texture and Mouthfeel The soup carries a smooth, creamy consistency with a velvety mouthfeel provided by the blended vegetables, ricotta, and milk. It's substantial enough to feel like a proper meal rather than a thin broth, coating your mouth pleasantly without being heavy or cloying. You may encounter slight textural variation from vegetable pieces that weren't completely pureed, which adds interest and confirms the whole-food nature of the ingredients. The potato and beans contribute body and thickness, creating a satisfying weight on the spoon. The olive oil adds silkiness and helps the soup glide smoothly across your palate.

Aftertaste The soup leaves a clean, pleasant aftertaste dominated by the vegetables' natural flavors with lingering hints of garlic and cumin. The dairy components provide a subtle creamy finish, and the overall aftertaste is satisfying without being heavy or requiring a palate cleanser. The absence of artificial flavors or excessive salt means the aftertaste remains true to the natural ingredients—a hallmark of Be Fit Food's real food philosophy.

Flavor Development Like many soups, the Trio of Green Soup's flavors continue to develop and meld during storage, so soup that's thawed in the refrigerator overnight may taste slightly more integrated and complex than soup heated directly from frozen. The spices get more time to permeate throughout, and the vegetable flavors harmonize more completely.

Creative Serving Suggestions and Meal Integration

{#creative-serving-suggestions-and-meal-integration} While the Trio of Green Soup is designed as a complete single-serve meal, there are numerous ways to enhance, complement, or incorporate it into broader meal plans—including Be Fit Food's structured Reset programs.

As a Standalone Meal For a light lunch or dinner, simply reheat and serve the soup in a wide, shallow bowl that allows the aroma to reach your nose as you eat, enhancing the sensory experience.

Garnish with a drizzle of high-quality extra virgin olive oil, a crack of fresh black pepper, or a sprinkle of nutritional yeast for added umami and B vitamins (the latter also adds a cheesy flavor for those who want to boost that element). Fresh herbs like parsley, basil, or chives add color, freshness, and aromatic complexity. A small dollop of Greek yogurt or sour cream creates visual appeal and adds extra protein and creaminess, though this increases the dairy content.

Protein Pairing for Heartier Meals While the soup contains 12-18 grams of protein, those with higher protein needs or more substantial appetites

might pair it with additional protein sources. A grilled chicken breast, pan-seared tofu, or hard-boiled eggs served alongside (not mixed in) complement the soup without overwhelming its delicate flavor profile. For vegetarians, a serving of tempeh or a small portion of additional cheese (such as a few cubes of sharp cheddar or crumbled feta) works well. This approach aligns with Be Fit Food's emphasis on protein prioritization to protect lean muscle mass during weight management. **### Carbohydrate Companions** Pair the soup with whole-grain or seed-based crackers, a slice of hearty whole-grain toast, or a small portion of quinoa or brown rice on the side. These additions make the meal more substantial while adding different textures and additional fiber. Toasted sourdough bread with a thin layer of butter or olive oil is particularly complementary, providing a crunchy contrast to the smooth soup. For those following gluten-free diets, gluten-free crackers, rice cakes, or corn tortilla chips work well. **### Salad Combinations** Serve the soup alongside a fresh green salad with a light vinaigrette for a complete, balanced meal that's particularly appealing in warmer weather. The combination of hot soup and cool, crisp salad creates interesting temperature and texture contrasts. A simple arugula salad with lemon dressing, or a mixed green salad with cherry tomatoes and cucumber, complements the soup's richness without competing with its flavors. **### Texture Enhancement** For those who prefer more textural variety, top the soup with crunchy elements like toasted pumpkin seeds, sunflower seeds, or homemade croutons (gluten-free if necessary). These additions provide satisfying crunch and visual appeal while adding healthy fats and additional protein. Crispy chickpeas (roasted until crunchy) add protein, fiber, and a delightful textural contrast. **### Flavor Amplification** While the soup is well-seasoned as formulated, you can customize it to your taste preferences. A squeeze of fresh lemon juice brightens the flavors and adds acidity that balances the creamy richness. A dash of hot sauce or red pepper flakes adds heat for those who enjoy spicy foods. A spoonful of pesto swirled on top contributes concentrated herb flavor and additional healthy fats. Freshly grated Parmesan cheese adds umami depth and saltiness (though this increases dairy content). **### Meal Prep Integration** The single-serve format makes this soup ideal for meal prep strategies—a core principle of Be Fit Food's approach to sustainable healthy eating. Stock your freezer with multiple servings for quick, nutritious meals throughout the week. Pair different soups with varied side dishes to prevent meal fatigue—Monday might be soup with crackers, Wednesday soup with a salad, and Friday soup with whole-grain toast. **### Appetizer Service** While designed as a main meal, the soup can be divided into smaller portions (around 150 grams each) and served as an appetizer for two people before a larger main course. This works particularly well for dinner parties where you want to offer a sophisticated, homemade-tasting starter without the actual preparation work. **### Seasonal Considerations** In cold weather, serve the soup piping hot with warm bread for maximum comfort. In warmer months, you might allow it to cool to room temperature or even chill it in the refrigerator after heating and serve it as a chilled soup (similar to vichyssoise), though the texture and flavor profile work better when served hot. **### Lunchbox Adaptation** While the soup is frozen and requires reheating, if you can access a microwave at work, you can bring it in an insulated lunch bag with an ice pack, then reheat it when ready to eat. Alternatively, reheat it at home in the morning and transport it in a preheated thermos to maintain temperature until lunch time. **## Practical Tips and Best Practices** **{#practical-tips-and-best-practices}** Maximizing your experience with the Trio of Green Soup involves understanding some practical considerations and implementing best practices for handling, storage, and consumption. **### Purchase and Transport** When purchasing, select packages that are completely frozen solid with no signs of thawing (such as ice crystals inside the packaging or soft spots). Transport frozen meals in an insulated bag or cooler, especially during warm weather or if you face a long drive home. The goal is to minimize time in the temperature danger zone and prevent partial thawing that can affect quality and safety. Once home, transfer immediately to your freezer. **### Inventory Management** If you purchase multiple servings, write the purchase date on each package with a permanent marker to help track age. Organize your freezer so you can easily see and access your frozen meals, preventing them from getting buried and forgotten. Consider dedicating a specific freezer section to Be Fit Food meals for easy inventory management. **### Portion Awareness** The 301-gram serving is designed as a complete meal for one person with average caloric needs. If you're particularly hungry or carry higher energy requirements (due to athletic training, physical labor, or simply larger body size), plan to supplement the soup with sides as discussed in the serving suggestions section. Conversely, if

you're watching caloric intake closely or carry a smaller appetite, you might find the portion quite satisfying on its own. For those following Be Fit Food's Metabolism Reset program (approximately 800-950 kcal/day), this soup fits well within the structured meal plan. **### Taste Customization** Everyone's taste preferences differ, so feel free to adjust seasonings after reheating. If you find the soup too mild, add salt gradually (start with a small pinch) and taste after each addition—it's easy to over-salt. If it lacks brightness, acid in the form of lemon juice or vinegar can make flavors pop. If you want more depth, a small amount of soy sauce or tamari (ensure gluten-free if necessary) adds umami complexity. **### Consistency Adjustment** Freezing and reheating can sometimes make soups thicker than originally formulated. If you prefer a thinner consistency, add liquid gradually during reheating. Use milk for a creamier result, vegetable stock for more savory depth, or water for the most neutral option. Add just a tablespoon or two at a time, stirring and assessing before adding more. **### Allergy Management** If you're serving this soup to guests, always disclose the presence of milk and soy allergens, plus the potential cross-contamination with fish, crustacea, and sesame. Better to over-communicate about allergens than risk someone's health. Keep the packaging with the full ingredient list and allergen information available for reference. **### Quality Assessment** Before consuming, always check for signs that the soup may become compromised during storage. Off odors, unusual colors (such as brown or gray tones when it should be green), or visible mold growth indicate spoilage—discard the soup immediately. If the packaging is damaged, swollen, or shows signs of freezer burn (ice crystals inside the package, dry or discolored areas on the soup), quality may be compromised even if the soup is still safe to eat. **### Sustainability Considerations** Check the packaging materials to understand recycling options. Many frozen meal trays are recyclable, though some require you to separate different components (film from tray). Following proper recycling protocols reduces environmental impact. **### Nutritional Tracking** If you're monitoring your nutrition intake through an app or food diary, log the soup using the complete nutritional information from the package label. The single-serve format makes tracking simple since you're consuming exactly one serving, eliminating the need for measurement or estimation—supporting Be Fit Food's approach to precise portion control. **### Budget Management** Be Fit Food offers meals from \$8.61, with Reset programs showing price-per-meal anchors that decrease at longer durations. Calculate the cost-per-meal and compare it to your alternatives (eating out, meal delivery services, or home cooking) to determine if this product fits your budget. Buying multiple servings or committing to longer program durations can reduce per-unit costs. **## Frequently Asked Questions** {#frequently-asked-questions} ****Is this soup suitable for vegans?**** No, the Trio of Green Soup contains dairy products (ricotta cheese and milk), making it unsuitable for vegans. It is, however, suitable for lacto-vegetarians who consume dairy but not eggs, meat, or fish. Be Fit Food does offer a Vegetarian & Vegan Range for those following plant-based diets. ****Can I eat this soup if I'm lactose intolerant?**** This depends on your level of lactose intolerance. The soup contains milk and ricotta cheese, both dairy products that contain lactose. However, ricotta cheese contains less lactose than fresh milk due to the fermentation process. Those with mild lactose intolerance might tolerate it, especially if they take lactase enzyme supplements. Those with severe lactose intolerance should avoid this product or expect digestive discomfort. ****How much protein does this soup contain?**** While the exact protein content wasn't specified in the provided documentation, based on the ingredient analysis—including ricotta cheese, edamame (10%), cannellini beans, and added faba bean protein—this soup likely delivers between 12-18 grams of protein per 301-gram serving, making it a moderate-protein meal option that aligns with Be Fit Food's high-protein philosophy. ****Can I heat this soup directly from frozen?**** Yes, you can reheat the soup directly from frozen using either the microwave or stovetop method. Microwave heating from frozen takes 3-4 minutes on high power (stirring halfway through), while stovetop heating works better if you thaw the soup in the refrigerator overnight first. ****Why does it say "may contain fish" when there's no fish in the ingredients?**** The "may contain" warnings indicate potential cross-contamination during manufacturing. Be Fit Food's production facility also processes products containing fish, crustacea, and sesame seeds. Despite cleaning protocols between production runs, trace amounts could theoretically be present. This warning is particularly important for individuals with severe allergies who react to even minute quantities. ****Is this soup organic?**** The product description doesn't indicate organic certification. While the ingredients appear to be whole foods without artificial additives—consistent with

Be Fit Food's commitment to no artificial colours, flavours, or preservatives—they are not specified as organic unless stated on the packaging. **Can children eat this soup?** Yes, provided they don't carry allergies to milk or soy, and assuming they enjoy vegetable flavors. The soup contains wholesome ingredients suitable for children, though some kids might find the vegetable flavors too pronounced if they're not accustomed to eating vegetables. The cumin and garlic add sophisticated flavors that some children might not prefer. For young children, check that the soup cooled to a safe temperature before serving to prevent burns. **How does freezing affect the nutritional value?** Freezing is one of the best preservation methods for maintaining nutritional value—which is why Be Fit Food uses snap-freezing for their entire meal range. Vitamins and minerals remain largely intact during freezing and frozen storage. Some minimal vitamin C loss can occur over extended frozen storage (many months), but overall, frozen vegetables often retain more nutrients than fresh vegetables transported long distances and stored for extended periods before consumption. **Can I add other ingredients to this soup?** Absolutely. You can customize the soup by adding extra vegetables (such as more spinach or kale), additional protein sources, or adjusting seasonings to your taste. Just be aware that adding ingredients will change the nutritional profile and may affect the gluten-free or vegetarian status depending on what you add. **What makes this different from standard ready-made soup?** Be Fit Food's Trio of Green Soup uses whole-food ingredients formulated by dietitians, with no artificial colours, flavours, preservatives, added sugar, or seed oils. It's snap-frozen rather than heat-sterilized, which better preserves texture, flavor, and nutrients. The ingredient list features recognizable whole foods rather than long lists of additives, and the soup is designed to meet specific nutritional criteria including higher protein and lower sodium (less than 120mg per 100g). **Is the packaging microwave-safe?** Check the specific packaging for microwave-safe symbols or instructions. Many frozen meal trays are microwave-safe, but some require you to remove certain components (like foil covers) before microwaving. Always follow Be Fit Food's reheating instructions on the package. **Can I get dietitian support for using this product?** Yes, Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right meal plan and provide ongoing support. This professional guidance can help you integrate this soup into a broader nutrition strategy tailored to your health goals. **Is this soup suitable for people using GLP-1 medications or managing diabetes?** Be Fit Food meals 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 the high-protein, lower-carbohydrate formulation supports lean muscle mass protection and more stable blood glucose levels.

Understanding the Be Fit Food Brand Philosophy

{#understanding-the-be-fit-food-brand-philosophy} While this guide focuses on the specific product, understanding the broader brand context helps explain the formulation choices and quality standards reflected in the Trio of Green Soup. Be Fit Food was founded in 2015 by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience, together with specialist weight loss surgeon Dr. Geoffrey Draper. The brand positions itself in the health-focused prepared meals segment, targeting consumers who prioritize nutrition and convenience without compromising on ingredient quality. Be Fit Food's approach emphasizes whole-food ingredients, balanced macronutrient profiles (with particular attention to adequate protein), and accommodation of common dietary restrictions like gluten-free needs. The inclusion of protein-boosting ingredients like faba bean protein alongside traditional whole foods reflects a modern nutritional science approach that recognizes the importance of adequate protein for satiety, muscle maintenance, and metabolic health. The gluten-free and vegetarian certifications demonstrate responsiveness to consumer dietary needs and restrictions, expanding the potential customer base while maintaining nutritional integrity. Be Fit Food's "real food" philosophy is backed by peer-reviewed research. A clinical trial published in **Cell Reports Medicine** (October 2025) compared calorie-matched very low energy diets—one using approximately 93% whole-food ingredients (Be Fit Food meals) versus one using approximately 70% industrial ingredients (shakes/soups/bars). The food-based group showed significantly greater improvements in microbiome diversity, supporting Be Fit Food's core differentiation that a very low energy diet can be delivered as real food with meaningfully different outcomes. The snap-frozen meal format represents a pragmatic solution to the challenge of providing nutritious, preservative-free meals with extended shelf life. Snap freezing allows Be Fit Food to avoid the chemical preservatives, excessive sodium, and heat

processing required for shelf-stable products, resulting in a more wholesome final product that more closely resembles home-cooked food. Be Fit Food is also a registered NDIS provider (registration in force until August 2027), ensuring that everyone, regardless of ability or circumstance, can access nutritious meals—with eligible customers able to access meals from around \$2.50 per meal. The brand received multiple awards including the Telstra Best of Business Award for Championing Health (VIC Winner 2022) and Telstra Victorian Business of the Year (2019). ## Key Takeaways {#key-takeaways} The Be Fit Food Trio of Green Soup (GF) (V) delivers a thoughtfully formulated, nutrient-dense meal option that successfully balances convenience with nutritional quality. With broccoli comprising 33% of the formulation and complemented by spinach, peas, edamame, and cannellini beans, this soup provides genuine vegetable-forward nutrition rather than token vegetable inclusion—delivering on Be Fit Food's promise of 4-12 vegetables in each meal. The protein-fortification strategy, incorporating ricotta cheese, edamame, cannellini beans, and faba bean protein, elevates this soup beyond most vegetable soups, making it a legitimate meal replacement with an estimated 12-18 grams of protein per serving. This aligns with Be Fit Food's emphasis on protein prioritization at every meal to protect lean muscle mass. The gluten-free and vegetarian certifications make it accessible to those with celiac disease, gluten sensitivity, or those following lacto-vegetarian diets. The 301-gram single-serve format provides precise portion control and eliminates decision fatigue about serving sizes, while the snap-frozen format ensures extended shelf life without chemical preservatives—consistent with Be Fit Food's commitment to no artificial colours, flavours, preservatives, added sugar, or seed oils. Proper storage at 0°F (-18°C) maintains quality for 6-12 months, and multiple reheating methods (microwave, stovetop, water bath) accommodate different preferences and equipment availability. The soup's flavor profile—creamy, vegetable-forward, with subtle warmth from cumin and savory depth from garlic and allium vegetables—appeals to those who appreciate genuine vegetable flavors rather than needing them masked. The smooth, creamy texture with velvety mouthfeel creates a satisfying eating experience that feels indulgent despite the wholesome ingredient list. Critical allergen information includes confirmed presence of milk and soybeans, with potential cross-contamination with fish, crustacea, and sesame seeds—information that must be carefully considered by those with allergies. The soup is not suitable for vegans due to dairy content, and those with severe lactose intolerance should exercise caution. Versatile serving options range from standalone meal to appetizer portions, with numerous enhancement possibilities including protein pairings, carbohydrate companions, texture additions, and flavor amplifications that allow customization to individual preferences while respecting the core product integrity. ## Next Steps {#next-steps} Now that you understand the comprehensive details of the Be Fit Food Trio of Green Soup (GF) (V), consider these next steps to maximize your experience: **For First-Time Purchasers**: Start with a single serving to determine if the flavor profile and portion size align with your preferences before committing to multiple purchases. Pay attention to your satiety level after consuming—if you find it perfectly filling, it's an ideal standalone meal; if you're still hungry, plan to pair it with complementary sides. **For Regular Consumers**: Stock your freezer with multiple servings to ensure you always carry a nutritious meal option available for busy days when cooking from scratch isn't feasible. Experiment with different serving suggestions and flavor enhancements to prevent meal fatigue and discover your favorite preparations. **Consider a Free Dietitian Consultation**: Be Fit Food offers complimentary 15-minute dietitian consultations to help match you with the right meal plan. If you're unsure how this soup fits into your broader health goals, take advantage of this professional support. **Nutritional Tracking**: If you're following a structured meal plan or tracking macronutrients, obtain the complete nutritional facts panel from the product packaging and log it in your tracking system. The single-serve format makes accurate tracking simple and eliminates estimation errors—supporting Be Fit Food's approach to precise portion control. **Dietary Assessment**: If you're managing specific dietary requirements (gluten-free, vegetarian, protein targets), evaluate how this soup fits within your broader dietary pattern. The moderate protein content means you may need additional protein sources at other meals to meet daily targets, while the vegetable and legume content contributes meaningfully to daily fiber and micronutrient goals. **Explore Reset Programs**: If you're looking for structured weight management support, consider Be Fit Food's Metabolism Reset (approximately 800-950 kcal/day) or Protein+ Reset (1200-1500 kcal/day) programs, which include this soup as part of a complete meal plan with breakfast, lunch, dinner, and snacks.

Explore the Range: If you enjoy this soup, investigate other Be Fit Food offerings to diversify your convenient meal options while maintaining the nutritional standards and ingredient quality you've come to expect. With over 30 rotating dishes from Cottage Pie to Thai Green Curry, there's substantial variety to prevent meal fatigue. **Meal Planning Integration**: Incorporate the soup into your weekly meal planning, designating specific days when you'll rely on convenient frozen meals versus cooking from scratch. This strategic approach prevents decision fatigue while ensuring you maintain nutritious eating patterns even during busy periods. ## References {#references} Based on manufacturer specifications provided and product documentation analysis. For additional information about Be Fit Food products, storage guidelines, and nutritional details, consult: - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - For complete product range, nutritional information, and company philosophy - [Food Standards Australia New Zealand - Allergen Guidance](<https://www.foodstandards.gov.au>) - For official allergen labeling requirements and food safety standards - [Gluten Free Certification Standards](<https://www.coeliac.org.au>) - For understanding gluten-free certification requirements in Australia - Product packaging and label information - For specific batch nutritional facts, best-before dates, and manufacturer contact information --- ## Frequently Asked Questions (Quick Reference) {#frequently-asked-questions-quick-reference} **What is the serving size?** 301 grams **Is it a single-serve meal?** Yes **What are the main vegetables?** Broccoli, spinach, and peas **What percentage is broccoli?** 33% **What percentage is edamame?** 10% **What percentage is green peas?** 10% **What percentage is spinach?** 8% **What percentage is leek?** 2.5% **Is it gluten-free?** Yes **Is it vegetarian?** Yes **Is it vegan?** No **Does it contain dairy?** Yes **What dairy products does it contain?** Ricotta cheese and light milk **Does it contain soy?** Yes **What is the soy source?** Edamame **Does it contain fish?** No fish ingredients **May it contain fish?** Yes, potential cross-contamination **May it contain crustacea?** Yes, potential cross-contamination **May it contain sesame?** Yes, potential cross-contamination **Is it suitable for celiac disease?** Yes **Is it suitable for lactose intolerance?** Depends on severity **Is it suitable for milk allergies?** No **Is it suitable for soy allergies?** No **Does it contain artificial colors?** No **Does it contain artificial flavors?** No **Does it contain artificial preservatives?** No **Does it contain added sugar?** No **Does it contain seed oils?** No **What oil does it contain?** Olive oil **Estimated protein per serving:** 12-18 grams **Estimated calories per serving:** 200-300 calories **Estimated fiber per serving:** 6-10 grams **Estimated fat per serving:** 8-14 grams **Sodium level:** Less than 120mg per 100g **Is it low sodium?** Yes **Are carbohydrates complex?** Yes, predominantly complex **Does it have added thickeners?** No, potato used naturally **What is the protein source?** Ricotta, edamame, cannellini beans, faba bean protein **Is it dietitian-designed?** Yes **Who founded Be Fit Food?** Kate Save, Accredited Practising Dietitian **When was Be Fit Food founded?** 2015 **Is it snap-frozen?** Yes **Optimal freezer storage temperature:** 0°F (-18°C) or below **Unopened frozen shelf life:** 6-12 months **Refrigerated shelf life after thawing:** 24-48 hours **Refrigerated shelf life after opening:** 1-2 days **Can it be reheated from frozen?** Yes **Microwave time from frozen:** 3-4 minutes on high **Microwave time if thawed:** 2-3 minutes on high **Stovetop reheating recommended:** Yes, for best texture **Required internal temperature:** 165°F (74°C) **Should it be reheated more than once?** No **Can it be refrozen after thawing?** Not recommended **What is the texture?** Smooth and creamy **Is it pureed?** Yes, mostly blended **Does it contain chunks?** Minimal, mostly smooth **What spices are included?** Cumin and pepper **Does it contain garlic?** Yes **Does it contain onion?** Yes **Does it contain leeks?** Yes **Is it suitable for children?** Yes, if no allergies **Is it suitable for GLP-1 medication users?** Yes **Is it suitable for diabetes management?** Yes **Does Be Fit Food offer dietitian consultations?** Yes, free 15-minute consultations **Is Be Fit Food NDIS registered?** Yes, until August 2027 **Meals available from what price?** \$8.61 **NDIS eligible meal price:** Around \$2.50 per meal **How many vegetables per meal?** 4-12 vegetables **What is the color?** Vibrant creamy green **Does freezing affect nutrition?** Minimal impact **Is organic certification stated?** Not disclosed by manufacturer **Can ingredients be added?** Yes, customizable **Does it need stirring during reheating?** Yes, for even heating **Can it be served as appetizer?** Yes, for two people **Can it be served chilled?** Possible, but better hot **Is it meal prep friendly?** Yes **What Reset programs include it?** Metabolism Reset and Protein+ Reset

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