

TRIOFGRE - Food & Beverages Quick Recipe Ideas - 7078399213757_43454423826621

Details:

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Vegetable count | 4-12 different vegetables | | Free from | Artificial colours, artificial flavours, added artificial preservatives, added sugar, artificial sweeteners, seed oils | | Oil used | Olive oil | | Salt type | Pink salt | | Product URL | https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423826621&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic | --- ## 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 - Serving size: 301 grams - Price: 12.50 AUD - Category: Food & Beverages - Ready-to-Eat Meals ****Dietary Certifications:**** - Gluten-free (certified) - Vegetarian ****Ingredient Composition:**** - Primary ingredient: 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:**** - Contains: Milk, Soybeans - May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin ****Free From:**** - Artificial colours - Artificial flavours - Added artificial preservatives - Added sugar - Artificial sweeteners - Seed oils ****Storage and Preparation:**** - Storage: Frozen at 0°F (-18°C) or below - Shelf life: 6-12 months from production (frozen) - Refrigerated shelf life: 3-4 days after opening - Preparation: Microwave 2-3 minutes or stovetop 5-7 minutes - Heating temperature: At least 165°F (74°C) ****Nutritional Attributes:**** - Sodium: Less than 500mg per serve - Vegetable count: 4-12 different vegetables - Protein sources: Edamame, Cannellini Beans, Faba Bean Protein, Ricotta Cheese - Oil used: Olive oil - Salt type: Pink salt **### General Product Claims {#general-product-claims}**

****Health and Wellness Claims:**** - Nutrient-dense meal solution - Supports health-conscious individuals - Maintains nutritional integrity of whole-food ingredients - Dietitian-designed meal range - Commitment to real food nutrition backed by science - Delivers substantial vegetable content - Creates complete amino acid profile - Delivers sustained energy and satiety - High-protein, lower-carbohydrate formulation - Supports metabolic health - Approximately 90% of menu certified gluten-free and suitable for coeliac disease - Balances macronutrients while delivering substantial micronutrient density - Steady amino acid release - Low glycaemic impact - Won't cause dramatic blood sugar fluctuations - Heart-healthy monounsaturated fats - Anti-inflammatory properties - Supports digestive health - Feeds beneficial gut bacteria - Supports immune function - Enhances nutrient absorption - Preserves lean muscle mass - Supports blood glucose management - Reduces post-meal spikes - Supports improved insulin sensitivity - Suitable for GLP-1 medication users - Suitable for diabetes management - Suitable for weight management - Suitable for menopause-related weight management - Improves energy and confidence - Approximately 93% whole-food ingredients - Greater improvements in gut microbiome diversity (based on clinical trial reference) ****Use Case and Benefit Statements:**** - Ideal for busy professionals - Ideal for home cooks new to healthy eating - Ideal for incorporating plant-based meals - Complete meal solution requiring minimal preparation - Versatile base for quick, satisfying meals - Perfect for meal-prepping - Suitable for post-workout nutrition - Wholesome lunch option ready in minutes - Eliminates need for portioning - Reduces food waste - Supports individuals with coeliac disease, gluten sensitivity, or elimination diets - Appeals to flexitarians reducing meat consumption - Makes you feel fuller for longer - Provides lasting fullness - Prevents dramatic blood sugar fluctuations - Naturally light while providing satiety - Appropriate for lactose-sensitive individuals who can tolerate small amounts of dairy - Removes common barriers for kitchen beginners - No meal planning required - No vegetable chopping required - No recipe following required - No risk of cooking failure - Accessible even to those who avoid "health food" - Creates satisfaction without heaviness - Always keeps nutritious meal option available - Helps Australians "eat themselves better" - Real food, real results, backed by real science ****Product Features:**** - Single-serve frozen soup - Pre-cooked, requires only reheating - Arrives frozen in sealed tray - Multiple reheating options available - Can be used as versatile ingredient in various recipes - Can be transformed into pasta sauce, risotto, baked potato topping, quesadilla filling, frittata base, and more - Portion-controlled servings - Snap-frozen delivery system - Consistent portions and macros - Minimal decision fatigue - Low spoilage - Free dietitian consultations available - Meals from \$8.61 - CSIRO-developed ranges available - Weight-Loss Reset Programs available - Multiple product ranges

including Breakfast Collection and Vegetarian & Vegan Range **Company Background:** - Founded by Kate Save, accredited practising dietitian - Over 20 years of clinical experience - Designed by team of dietitians and exercise physiologists - Low sodium benchmark of less than 120 mg per 100 g across meal range - Uses vegetables for water content rather than thickeners - Strict ingredient selection and manufacturing controls --- ## Introduction {#introduction} The Be Fit Food Trio of Green Soup (GF) (V) delivers a nutrient-dense, single-serve frozen soup that combines broccoli, spinach, and green peas into a creamy, protein-enriched meal designed for health-conscious individuals seeking convenient nutrition. This 301-gram serving provides a complete meal solution requiring minimal preparation while maintaining the nutritional integrity of whole-food ingredients. The gluten-free, vegetarian soup makes an ideal choice for busy professionals, home cooks new to healthy eating, and anyone looking to incorporate more plant-based meals into their routine without sacrificing flavour or spending hours in the kitchen. As part of Be Fit Food's dietitian-designed meal range, this product exemplifies the brand's commitment to real food nutrition backed by science. In this comprehensive guide, you'll discover everything you need to know about incorporating this vibrant green soup into your meal planning, from understanding its complete nutritional profile and ingredient composition to learning creative ways to transform it from a simple bowl of soup into a versatile base for quick, satisfying meals. Whether you're meal-prepping for the week ahead, looking for post-workout nutrition, or simply need a wholesome lunch option ready in minutes, this guide shows you how to maximise the value and versatility of this thoughtfully formulated soup. --- ## Product Overview: What Makes This Green Soup Special {#product-overview-what-makes-this-green-soup-special} The Trio of Green Soup stands out in the frozen meal category by prioritising whole vegetables as its foundation rather than relying on fillers or artificial thickeners. With broccoli comprising 33% of the total composition, this soup delivers substantial vegetable content in every spoonful—aligning perfectly with Be Fit Food's promise of 4-12 vegetables in each meal. The "trio" designation refers to the three primary green vegetables—broccoli, spinach (8%), and green peas (10%)—but the formula actually incorporates a more complex blend of seven different vegetables and legumes, creating layers of flavour and texture that distinguish it from basic vegetable soups. The protein enhancement comes from multiple sources: edamame (10%), cannellini beans, and faba bean protein, creating a complete amino acid profile without relying solely on dairy or meat. The ricotta cheese (made from whey, milk, and salt with food acid) adds creaminess and additional protein while keeping the soup vegetarian-friendly. This multi-source protein approach delivers sustained energy and satiety, making the 301-gram serving feel substantially more filling than its modest calorie count might suggest. This high-protein, lower-carbohydrate formulation reflects Be Fit Food's core nutritional philosophy designed by their team of dietitians and exercise physiologists. The gluten-free certification makes this soup accessible to individuals with coeliac disease, gluten sensitivity, or those following elimination diets, while the vegetarian formulation appeals to flexitarians looking to reduce meat consumption without feeling like they're eating "diet food." Be Fit Food maintains strict ingredient selection and manufacturing controls, with approximately 90% of their menu certified gluten-free and suitable for coeliac disease. The soup arrives frozen in a single-serve sealed tray, eliminating the need for portioning and reducing food waste—you heat exactly what you need, when you need it. --- ## Complete Nutritional Profile and Dietary Considerations {#complete-nutritional-profile-and-dietary-considerations} Understanding the nutritional composition of the Trio of Green Soup helps you integrate it effectively into your daily eating plan. At 301 grams per serving, this soup provides a complete meal portion that balances macronutrients while delivering substantial micronutrient density from its vegetable-forward formula. This aligns with Be Fit Food's approach of creating energy-controlled, nutritionally complete meals that support metabolic health. The protein content comes from a synergistic blend of plant and dairy sources. The edamame contributes complete plant protein with all nine essential amino acids, while the cannellini beans add fibre-rich protein and resistant starch that supports digestive health. The faba bean protein isolate serves as a concentrated protein booster without adding bulk, and the ricotta cheese provides casein protein that digests slowly, promoting lasting fullness. This multi-source approach ensures your body receives a steady amino acid release rather than the rapid spike-and-crash pattern associated with single-source proteins—a key consideration in Be Fit Food's dietitian-led formulation process. The carbohydrate content primarily derives from whole vegetables and legumes rather than refined grains or added

sugars. The potato serves as a natural thickener while contributing resistant starch, which acts more like fibre than a carbohydrate, feeding beneficial gut bacteria and supporting metabolic health. The green peas and edamame provide complex carbohydrates with a low glycaemic impact, meaning they won't cause dramatic blood sugar fluctuations—particularly important for individuals managing energy levels throughout busy workdays or those using Be Fit Food's meals to support blood glucose management. The fat content comes exclusively from whole-food sources: the ricotta cheese provides dairy fats including conjugated linoleic acid (CLA), while the olive oil contributes heart-healthy monounsaturated fats and polyphenols with anti-inflammatory properties. Consistent with Be Fit Food's commitment to no seed oils, this soup contains no added oils beyond the olive oil, avoiding the inflammatory seed oils found in many processed foods. The minimal fat content makes this soup naturally light while still providing enough fat-soluble vitamin absorption and satiety signalling. ###

Allergen Information and Cross-Contamination Considerations

{#allergen-information-and-cross-contamination-considerations} The Trio of Green Soup contains two primary allergens: milk (from the ricotta cheese and light milk) and soybeans (from the edamame). These are clearly declared on the packaging, making it unsuitable for individuals with dairy allergies or soy allergies. However, the soup remains appropriate for lactose-sensitive individuals who can tolerate small amounts of dairy, as ricotta contains lower lactose levels than fluid milk due to the whey drainage process during cheese production. The "may contain" warning for fish, crustacea, and sesame seeds indicates potential cross-contact during manufacturing. Be Fit Food produces multiple products in the same facility, and despite thorough cleaning protocols, trace amounts of these allergens could theoretically be present. For individuals with severe, anaphylactic-level allergies to these ingredients, this cross-contamination warning should be taken seriously. However, for those with mild sensitivities or those simply avoiding these ingredients for preference rather than medical necessity, the risk remains minimal. The gluten-free certification means the soup is tested and verified to contain less than 20 parts per million of gluten, meeting international standards for coeliac-safe foods. This certification extends beyond simply avoiding wheat-based ingredients—it ensures the manufacturing environment prevents cross-contamination from gluten-containing products processed in the same facility. Be Fit Food clearly discloses which meals contain gluten or may contain traces, supporting informed, coeliac-safe decision-making. --- ## Ingredient Deep Dive: Understanding What's in Your Bowl

{#ingredient-deep-dive-understanding-whats-in-your-bowl} The ingredient list for the Trio of Green Soup reads like a produce department inventory rather than a chemistry experiment, reflecting Be Fit Food's whole-food philosophy. As demonstrated in a peer-reviewed clinical trial published in **Cell Reports Medicine** (October 2025), whole-food-based meals with approximately 93% whole-food ingredients showed significantly greater improvements in gut microbiome diversity compared to supplement-based alternatives—even when calories and macros were matched. Let's explore each component and understand its functional and nutritional role. ****Broccoli (33%)****: As the primary ingredient, broccoli provides the soup's foundation and dominant flavour profile. This cruciferous vegetable delivers sulforaphane, a compound that supports the body's natural detoxification processes and provides anti-inflammatory benefits. Broccoli also contributes vitamin C, vitamin K, folate, and fibre. At 33% of the total composition, you're getting approximately 99 grams of broccoli per serving—nearly a full cup of this nutrient-dense vegetable. ****Ricotta Cheese (Whey, Milk, Salt, Food Acid)****: The ricotta serves multiple purposes in this formula. It creates the creamy texture without requiring heavy cream or butter, adds protein and calcium, and provides a subtle tangy undertone that balances the earthy vegetable flavours. The whey component means this ricotta retains the liquid protein fraction from milk, making it more protein-dense than cream-based soups. The food acid (likely citric acid or lactic acid) helps preserve freshness and enhances the cheese-making process. ****Edamame (10%)****: These young soybeans contribute approximately 30 grams per serving, providing complete plant protein, fibre, and isoflavones. Unlike mature soybeans, edamame delivers a mild, slightly sweet flavour that doesn't overpower the soup's vegetable profile. The whole-bean inclusion also adds textural interest—you'll encounter intact edamame pieces that provide a satisfying bite contrast to the creamy pureed base. ****Green Peas (10%)****: Contributing another 30 grams per serving, the green peas add natural sweetness that balances the slightly bitter notes from the broccoli and spinach. Peas provide plant protein, B vitamins (particularly folate), and vitamin K. Their starch content helps create body in the

soup without requiring flour-based thickeners, maintaining the gluten-free integrity of the formula.

****Spinach (8%)****: At approximately 24 grams per serving, the spinach contributes iron, magnesium, and vitamin A in the form of beta-carotene. Spinach delivers a mild flavour when cooked, allowing it to blend seamlessly into the soup while boosting the nutritional density. The dark leafy green also intensifies the soup's vibrant colour, creating visual appeal that signals freshness and nutrient content.

****Light Milk****: The light milk (likely 1-2% milk fat) provides creaminess and calcium while keeping the overall fat content moderate. Using light milk rather than cream or whole milk makes the soup feel indulgent without the heavy, sluggish feeling that high-fat soups can create—particularly important when eating this soup as a midday meal before returning to work or activities. ****Potato****: The potato serves as a natural thickening agent, creating body and substance without flour or cornstarch. Potatoes contribute potassium, vitamin C, and resistant starch (particularly when cooled and reheated, as happens with frozen meals). This resistant starch acts as a prebiotic, feeding beneficial gut bacteria and supporting digestive health. 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****: Onions provide aromatic depth and natural sweetness when cooked, creating a flavour foundation that makes the soup taste complex despite its simple preparation. Onions also contribute quercetin, a flavonoid with anti-inflammatory properties, and prebiotic fibres that support gut health.

****Cannellini Beans****: These white kidney beans add creamy texture when pureed, boost the protein and fibre content, and provide a subtle nutty undertone. Cannellini beans are particularly rich in resistant starch and soluble fibre, which slow digestion and promote steady blood sugar levels. They also contribute iron, magnesium, and folate. ****Leek (2.5%)****: At approximately 7.5 grams per serving, the leek adds a mild, sophisticated onion flavour with subtle sweetness. Leeks belong to the allium family and provide similar benefits to onions and garlic, including prebiotic fibres and sulfur compounds that support immune function. The specific percentage listing suggests Be Fit Food views leeks as a signature flavour component worth highlighting. ****Faba Bean Protein****: This protein isolate is a concentrated plant protein derived from fava beans (also called broad beans). It boosts the overall protein content without adding bulk or significantly altering the flavour profile. Faba bean protein is becoming increasingly popular as a sustainable, allergen-friendly alternative to soy or pea protein isolates, and it provides a complete amino acid profile when combined with the other protein sources in this soup.

****Vegetable Stock****: The stock provides savoury depth and umami flavour, creating a more complex taste than water would allow. Quality vegetable stock contributes minerals and enhances the perception of richness without adding fat or calories. ****Olive Oil****: The inclusion of olive oil rather than butter or seed oils reflects Be Fit Food's commitment to healthy fats and their no-seed-oils standard. Olive oil provides oleic acid, a monounsaturated fat associated with cardiovascular health, along with polyphenols that offer antioxidant benefits. The oil also helps with the absorption of fat-soluble vitamins (A, D, E, K) from the vegetables. ****Garlic****: Garlic adds pungent, savoury notes that prevent the soup from tasting bland or one-dimensional. Beyond flavour, garlic provides allicin and other sulfur compounds with antimicrobial and immune-supporting properties. The garlic also enhances the savoury quality that makes this vegetarian soup satisfying even for habitual meat-eaters. ****Cumin****: This warm, earthy spice adds depth and subtle complexity without making the soup taste overtly "spiced." Cumin supports digestion, and its aromatic qualities stimulate appetite and satisfaction signals. The inclusion of cumin suggests Be Fit Food aimed for a more sophisticated flavour profile than a basic "green vegetable soup."

****Pepper****: Black pepper provides gentle heat and aromatic complexity while also containing piperine, a compound that enhances nutrient absorption, particularly of curcumin and other beneficial plant compounds. The pepper balances the natural sweetness from the peas and onions. ****Pink Salt****: Likely Himalayan pink salt, this mineral-rich salt provides sodium for flavour enhancement and electrolyte balance while offering trace minerals absent in refined table salt. The specific mention of "pink salt" rather than just "salt" indicates attention to ingredient quality. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their meal range. Importantly, Be Fit Food maintains strict clean-label standards: no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. While some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese), preservatives are not added directly to meals. --- ## Storage, Shelf Life, and Food Safety

Guidelines {#storage-shelf-life-and-food-safety-guidelines} Understanding proper storage and handling of the Trio of Green Soup ensures you maintain its nutritional quality, flavour integrity, and food safety while maximising convenience. Be Fit Food's snap-frozen delivery system is designed for compliance and consistency—consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

Unopened Frozen Storage The soup arrives frozen and should remain frozen at 0°F (-18°C) or below until you're ready to use it. Frozen storage at proper temperatures preserves the soup essentially indefinitely from a safety standpoint, though quality gradually declines over extended periods. Be Fit Food prints a "best by" date on the packaging that represents peak quality rather than a safety cutoff—usually 6-12 months from production for frozen prepared meals. Store the sealed tray flat in your freezer, ideally in a dedicated section for prepared meals where it won't be crushed or punctured by other items. Avoid storing near the freezer door, where temperature fluctuations from frequent opening can cause partial thawing and refreezing, which degrades texture and creates ice crystals. If you purchase multiple servings, stack them neatly to maximise freezer space efficiency. Freezer burn—those dry, discoloured patches that develop on frozen foods—won't make the soup unsafe but will negatively impact texture and flavour. The sealed tray packaging provides good protection, but if you notice any tears or punctures in the packaging, either use that soup first or transfer it to an airtight freezer-safe container with minimal air space.

Reheating Methods and Serving Temperature The Trio of Green Soup offers multiple reheating options depending on your available time and equipment. The goal is to heat the soup to at least 165°F (74°C) throughout to ensure food safety while preserving the texture and nutritional content of the vegetables. As Be Fit Food describes it: "heat, eat, enjoy."

****Microwave Method (Fastest)**:** Remove the soup from its sealed tray and transfer to a microwave-safe bowl. Cover with a microwave-safe lid or plate, leaving a small vent for steam to escape. Heat on high power for 2-3 minutes, stir thoroughly to distribute heat evenly, then continue heating in 1-minute intervals until steaming hot throughout. The total time will depend on your microwave's wattage—higher wattage microwaves (1000W+) will heat faster than lower-powered models. Stirring midway through heating prevents hot spots and ensures even temperature distribution. Let stand for 1 minute after heating, as the soup will continue cooking from residual heat.

****Stovetop Method (Best Flavour)**:** For superior flavour development, thaw the soup overnight in the refrigerator, then transfer to a small saucepan. Heat over medium-low heat, stirring frequently to prevent scorching on the bottom. This gentle heating method preserves the creamy texture better than microwave heating and allows you to adjust consistency—if the soup seems too thick after thawing, add a splash of milk or vegetable stock and stir until combined. Heat until the soup reaches a gentle simmer and steam rises steadily, approximately 5-7 minutes. The stovetop method also allows you to add fresh garnishes or seasonings during the final minute of heating, integrating them more thoroughly than simply topping the finished soup.

****Direct-from-Frozen Stovetop**:** If you forget to thaw the soup in advance, you can heat it directly from frozen on the stovetop, though this requires more attention. Place the frozen soup block in a saucepan over low heat. As the outer edges begin to melt, use a spoon to break apart the thawed portions and stir them into the still-frozen centre. Gradually increase heat to medium-low as more of the soup liquefies, stirring frequently. This method takes 10-15 minutes but works well when you need a quick meal without microwave access.

Opened Shelf Life and Refrigeration Guidelines Once you've opened the sealed packaging—or if you thaw the soup but don't use it immediately—refrigeration guidelines become critical for food safety. Transfer any unused portion to an airtight container and refrigerate at 40°F (4°C) or below within 2 hours of opening or heating. Refrigerated opened soup should be consumed within 3-4 days maximum. The combination of dairy (ricotta and milk) and cooked vegetables creates an environment where bacteria can multiply rapidly if temperature control fails. Mark the container with the opening date so you can track freshness accurately. Before consuming refrigerated soup, smell and visually inspect it. Off odours, visible mould, or separation that doesn't resolve with stirring indicate spoilage—discard the soup rather than risk foodborne illness. When reheating previously heated soup, bring it to a full simmer (at least 165°F/74°C) rather than just warming it, as this kills any bacteria that may multiply during refrigeration.

Refreezing Considerations Once thawed, the Trio of Green Soup should not be refrozen in its original state. The freeze-thaw cycle degrades texture significantly—the vegetables become mushy, the dairy can separate, and ice crystals disrupt the creamy consistency. Additionally, each thaw cycle

allows bacterial growth, and refreezing doesn't reverse this microbial multiplication. However, you can safely refreeze the soup if you've incorporated it into a cooked dish. For example, if you use the soup as a base for a casserole or pasta dish, cook the complete dish thoroughly, cool it rapidly, and then freeze the finished product. The cooking step kills any bacteria that multiplied during the initial thaw, making the food safe to refreeze. --- ## Quick Recipe Ideas: Transforming Your Soup into Complete Meals {#quick-recipe-ideas-transforming-your-soup-into-complete-meals} While the Trio of Green Soup stands perfectly well on its own as a light meal, its creamy, vegetable-forward profile makes it an exceptionally versatile ingredient for creating quick, nutritious dishes that feel more substantial and varied. These recipe ideas require minimal additional ingredients and cooking skills, making them ideal for beginner cooks or busy individuals who want to maximise the value of their Be Fit Food meals. ### Protein-Boosted Green Soup Bowl Transform the soup into a more substantial meal by adding protein toppings that complement the vegetable base. This approach aligns perfectly with Be Fit Food's emphasis on high-protein meals to preserve lean muscle mass. Heat the soup according to package directions, then top with one or more of these protein additions: **Soft-boiled or poached egg**: The runny yolk creates additional creaminess when stirred into the soup, and the egg white adds approximately 6 grams of protein. To prepare, bring a small pot of water to a gentle simmer, carefully lower in a room-temperature egg, and cook for 6-7 minutes for a jammy yolk. Immediately transfer to ice water, peel, and place atop your soup. The contrast between the warm soup and the slightly cooled egg creates an appealing temperature variation. **Grilled chicken breast strips**: If you're working with leftover grilled or roasted chicken, slice it thinly and arrange over the hot soup. The chicken absorbs the soup's flavours while adding substantial protein (approximately 25-30 grams per 4-ounce portion). This combination creates a complete meal with balanced macronutrients suitable for post-workout recovery or a satisfying dinner. **Pan-seared tofu cubes**: For a plant-based protein boost that maintains the vegetarian nature of the soup, cube firm tofu into 1/2-inch pieces, pat dry thoroughly, and pan-sear in a small amount of olive oil until golden on all sides (approximately 5 minutes). Season with salt and pepper, then float the crispy tofu cubes on your soup. The textural contrast between creamy soup and crispy tofu creates a more interesting eating experience, and the tofu adds 10-15 grams of protein per serving. **Canned chickpeas or white beans**: For the absolute quickest protein addition, drain and rinse canned chickpeas or cannellini beans, warm them briefly in the microwave or in a small pan, and stir them directly into your soup. This adds fibre and plant protein while creating a heartier, more filling texture. A half-cup of chickpeas contributes approximately 7 grams of protein and 6 grams of fibre. ### Creamy Green Pasta Sauce The Trio of Green Soup's thick, creamy consistency makes it an ideal base for a quick pasta sauce that delivers vegetables in a format appealing even to vegetable-resistant eaters. This transformation works particularly well when you want to feed multiple people or create a more substantial dinner. Cook 8 ounces of pasta according to package directions—short shapes like penne, fusilli, or farfalle work best as they capture the sauce in their crevices. While the pasta cooks, heat the soup in a large skillet or saucepan over medium heat. When the pasta is al dente, reserve 1/2 cup of the starchy pasta cooking water before draining. Add the drained pasta directly to the soup, tossing to coat. If the sauce seems too thick, add pasta water a tablespoon at a time until you achieve a silky, clingy consistency that coats the pasta without pooling in the bottom of the pan. For enhanced flavour, add a generous handful of grated Parmesan cheese (about 1/4 cup), which melts into the warm sauce and adds salty, umami depth. A squeeze of fresh lemon juice brightens the vegetable flavours and prevents the dish from tasting flat. If you're working with fresh herbs—basil, parsley, or chives—roughly chop them and stir in just before serving for a fresh, aromatic finish. This method transforms one serving of soup into a pasta dish that serves 2-3 people as a side dish or 1-2 as a main course. The pasta adds carbohydrates for energy, while the soup provides vegetables and protein, creating a balanced meal from minimal ingredients. Total preparation time: 15 minutes. ### Green Soup Risotto (No-Stir Method) Traditional risotto requires constant stirring and gradual liquid addition, but you can create a risotto-style dish using the Trio of Green Soup with minimal effort. This technique produces a creamy, comforting grain dish that showcases the soup's flavours while adding satisfying substance. In a medium saucepan, heat 1 tablespoon of olive oil or butter over medium heat. Add 1/2 cup of arborio rice (or any short-grain white rice) and stir for 1-2 minutes until the grains are coated and slightly translucent at the edges. Add the entire container of soup plus 1/2 cup of water or vegetable

stock, stir once, and bring to a simmer. Reduce heat to low, cover tightly, and cook for 18-20 minutes without lifting the lid or stirring. After 18 minutes, check the rice—it should be tender with a slight bite and the liquid mostly absorbed. If the rice is still firm, add a splash more liquid, cover, and cook for 2-3 minutes longer. Remove from heat and let stand, covered, for 5 minutes. Stir vigorously to create a creamy consistency, and finish with grated Parmesan cheese and black pepper. This method creates a complete meal for one person or a generous side dish for two, using the soup as both the cooking liquid and the primary flavouring. The rice absorbs the soup's seasonings while the vegetables create pockets of flavour throughout. Total hands-on time: 5 minutes; total cooking time: 25 minutes. ###

Loaded Baked Potato Topping For a quick comfort meal that feels indulgent while delivering substantial nutrition, use the Trio of Green Soup as a baked potato topping. This combination creates a complete meal with complex carbohydrates, protein, fibre, and vegetables in a format that feels like a treat rather than a "health food." Microwave a large russet potato (10-12 ounces) by piercing it several times with a fork and cooking on high for 8-10 minutes, turning halfway through, until tender when squeezed. Alternatively, bake at 400°F for 50-60 minutes for a crispier skin. While the potato cooks, heat the soup according to package directions. Split the cooked potato lengthwise and fluff the interior with a fork. Pour the hot soup over and into the potato, allowing it to seep into the fluffy interior. Top with shredded cheddar cheese (optional, though this adds dairy to an already dairy-containing soup), crispy bacon bits, sliced green onions, or a dollop of sour cream. This combination delivers complex carbohydrates from the potato, protein and vegetables from the soup, and customisable toppings for additional flavour and nutrition. The potato's neutral, starchy flavour provides a perfect canvas for the soup's vibrant vegetable taste, and the meal feels substantial and satisfying. Total preparation time: 12 minutes (microwave method) or 60 minutes (oven method, though this is mostly hands-off time). ###

Quick Green Soup Grilled Cheese Elevate the classic soup-and-sandwich combination by using the Trio of Green Soup alongside—or inside—a grilled cheese sandwich for a comforting, quick meal that delivers both nostalgia and nutrition. For the classic pairing, heat the soup while you prepare a grilled cheese sandwich using your preferred method. Choose a hearty whole-grain bread for additional fibre and nutrients, and use a flavourful cheese like sharp cheddar, Gruyère, or fontina that can stand up to the soup's bold vegetable flavours. The crispy, buttery sandwich provides textural contrast to the smooth soup, and alternating bites creates a satisfying eating experience. For a more integrated dish, spread a thin layer of the heated soup between the cheese and bread before grilling. This creates a vegetable-packed grilled cheese with extra moisture and flavour. Use a slightly lower heat than usual to ensure the bread doesn't burn before the filling heats through, and press gently with a spatula while cooking to help the layers meld together. The result is a grilled cheese with built-in vegetable content that tastes indulgent while delivering more nutrition than a standard version. ###

Breakfast Savoury Oats While oatmeal is often sweet, savoury oat preparations are gaining popularity as a nutrient-dense breakfast option. The Trio of Green Soup makes an excellent savoury oat base, creating a warm, comforting breakfast that provides lasting energy—perfect for those following Be Fit Food's approach to balanced, protein-forward nutrition. Cook 1/2 cup of rolled oats according to package directions, but use half water and half of the soup as your cooking liquid. As the oats absorb the liquid, they'll take on the soup's vegetable flavours and creamy consistency. When the oats reach your desired consistency (usually 5-7 minutes for stovetop preparation), stir in the remaining soup to create a thick, porridge-like dish. Top with a fried or poached egg for additional protein, and add a sprinkle of everything bagel seasoning, red pepper flakes, or nutritional yeast for extra flavour. The combination of complex carbohydrates from the oats, protein from the soup's legumes and dairy, and vegetables creates a balanced breakfast that sustains energy through the morning without the blood sugar crash associated with sweet breakfast options. This preparation works particularly well for individuals who struggle to eat vegetables at breakfast or who find sweet breakfasts leave them hungry an hour later. The savoury, warm, comforting nature of this dish makes it appealing even on cold mornings when you want something cosy. Total preparation time: 10 minutes. ###

Veggie-Packed Quesadilla Filling Transform the soup into a quick quesadilla filling that appeals to picky eaters or anyone craving Mexican-inspired flavours. The soup's creamy consistency and mild vegetable flavour work surprisingly well with cheese and tortillas, creating a fusion dish that feels indulgent while sneaking in substantial vegetable content. Heat the soup until very hot, then let it cool slightly while you prepare your quesadilla station. Place a

large flour tortilla in a dry skillet over medium heat. Spread 2-3 tablespoons of the soup on half of the tortilla (use less than you think—too much filling makes the quesadilla soggy and difficult to flip). Top with shredded cheese (Monterey Jack, cheddar, or a Mexican blend), then fold the tortilla in half. Cook for 2-3 minutes per side until golden brown and the cheese melts. The soup's vegetables become integrated into the melted cheese, creating a filling that delivers nutrition without an overtly "vegetable-forward" flavour profile. Serve with salsa, guacamole, or sour cream for dipping. This preparation is particularly effective for getting children or vegetable-resistant adults to consume more greens without resistance. One container of soup can fill 2-3 quesadillas, making this a budget-friendly way to extend the product. Total preparation time: 8 minutes. ### Soup-Based Frittata or Egg Muffins For meal prep enthusiasts, the Trio of Green Soup can serve as a flavourful base for egg-based dishes that reheat well throughout the week. This preparation creates a protein-rich, vegetable-packed meal that works for breakfast, lunch, or dinner—and aligns with Be Fit Food's focus on convenient, portion-controlled nutrition. Preheat your oven to 350°F. In a mixing bowl, whisk together 6-8 eggs with 1/4 cup of the soup (reserve the rest for another use or make multiple batches). Season with salt, pepper, and any additional herbs you enjoy. Pour the mixture into a greased 8-inch square baking dish for a frittata, or divide among greased muffin tins for individual portions. Bake until the eggs are set and slightly golden on top—approximately 20-25 minutes for a frittata, 15-18 minutes for muffin-tin portions. The soup's vegetables and dairy integrate into the eggs, creating a flavourful, nutrient-dense dish that reheats beautifully. Store individual portions in the refrigerator for up to 4 days, reheating in the microwave for 30-45 seconds. This preparation is particularly valuable for busy mornings when you need grab-and-go breakfast options. The combination of eggs and the soup's plant protein creates a high-protein meal that sustains energy and satiety for hours. Each muffin contains approximately 8-10 grams of protein plus vegetables, making it a nutritionally superior alternative to breakfast pastries or cereals. --- ## Serving Suggestions and Garnishing Ideas {#serving-suggestions-and-garnishing-ideas} While the recipe ideas above transform the soup into different dishes, sometimes you simply want to enjoy it as soup while elevating the presentation and flavour profile. These garnishing and serving suggestions require minimal additional ingredients but significantly enhance the eating experience. ### Textural Contrast Additions The Trio of Green Soup's smooth, creamy consistency benefits from crunchy toppings that create textural interest and prevent palate fatigue. Consider these options: **Homemade croutons**: Cube stale bread into 1/2-inch pieces, toss with olive oil, salt, and garlic powder, and bake at 375°F for 10-12 minutes until golden and crispy. These provide crunch and a vehicle for scooping up the soup, extending the eating experience. Whole-grain bread adds fibre and nutrients beyond standard white bread croutons. **Toasted seeds**: Pumpkin seeds (pepitas), sunflower seeds, or sesame seeds toasted in a dry skillet until fragrant and lightly golden add nutty flavour and satisfying crunch. Seeds also contribute healthy fats, minerals like zinc and magnesium, and additional protein. A tablespoon of toasted seeds adds approximately 2-3 grams of protein and healthy fats that help with the absorption of fat-soluble vitamins from the vegetables. **Crispy chickpeas**: Drain and thoroughly dry canned chickpeas, toss with olive oil and your preferred seasonings (smoked paprika, cumin, and garlic powder work well with this soup's flavour profile), and roast at 400°F for 25-30 minutes, shaking the pan occasionally, until crispy. These add protein, fibre, and a satisfying crunch that makes the soup feel more substantial. **Fried shallots or onions**: Thinly slice shallots or onions and fry in a small amount of oil until deeply golden and crispy. These add sweet, caramelised flavour and impressive visual appeal. While this requires more effort than other garnishes, the result is restaurant-quality presentation that makes the soup feel special rather than routine. ### Fresh Herb Finishes Fresh herbs added just before serving brighten the soup's flavour and add aromatic complexity that dried herbs can't replicate. The heat of the soup releases the herbs' essential oils, creating an immediate sensory impact when you lift the spoon to your mouth. **Fresh basil**: Tear or roughly chop fresh basil leaves and scatter over the hot soup. Basil's sweet, slightly peppery flavour complements the soup's vegetable base beautifully, and the aromatic oils create an Italian-inspired profile that makes the soup feel more sophisticated. **Chives or green onions**: Finely slice fresh chives or the green parts of green onions and sprinkle over the soup. These add mild onion flavour, a pop of bright green colour, and visual appeal. The thin, delicate slices integrate into each spoonful without overwhelming the soup's carefully balanced flavours. **Cilantro**: For those who enjoy cilantro

(and don't carry the genetic variation that makes it taste soapy), fresh cilantro leaves add bright, citrusy notes that create a fusion-style profile. This works particularly well if you've added cumin or other warm spices to the soup. **Parsley**: Italian flat-leaf parsley adds fresh, green flavour without the polarising taste of cilantro. It's particularly effective when you want to enhance the soup's visual appeal without significantly altering its flavour profile. Parsley also provides vitamin K and freshens your breath after eating the garlic-containing soup. **Dairy and Cheese Additions** Since the soup already contains dairy, additional cheese or dairy products integrate seamlessly while intensifying the creamy, indulgent qualities: **Grated Parmesan**: A generous sprinkle of freshly grated Parmesan (not the shelf-stable kind in a can, which delivers a significantly inferior flavour) adds salty, umami depth and creates a more complex flavour profile. The cheese partially melts into the hot soup, creating pockets of concentrated flavour. **Crumbled feta**: For a tangier, more Mediterranean profile, crumble feta cheese over the soup. The salty, briny cheese contrasts beautifully with the sweet vegetables, and its firm texture provides contrast to the soup's smoothness. **Dollop of Greek yogurt or sour cream**: A spoonful of thick Greek yogurt or sour cream adds cooling creaminess and tangy flavour that brightens the soup. Swirl it partially into the soup for visual appeal, or mix it thoroughly for a more uniform consistency. Greek yogurt adds additional protein (approximately 5-7 grams per 1/4 cup) while sour cream provides richer, more indulgent flavour. **Drizzle of heavy cream**: For special occasions or when you want maximum indulgence, drizzle a tablespoon of heavy cream over the soup in a spiral pattern. This creates visual appeal and adds luxurious richness without significantly increasing the overall volume of food. **Flavour-Boosting Drizzles and Oils** Finishing oils and flavour-enhancing drizzles add complexity and visual appeal with minimal effort: **Extra virgin olive oil**: A drizzle of high-quality extra virgin olive oil adds fruity, peppery notes and creates an attractive sheen on the soup's surface. This is particularly effective with robust, peppery olive oils that can stand up to the soup's vegetable flavours—and aligns with Be Fit Food's use of olive oil rather than seed oils. **Truffle oil**: For a luxurious, earthy flavour, add just a few drops of truffle oil (a little goes a long way). This transforms the soup into a restaurant-quality dish and makes it feel special enough for entertaining. White truffle oil works particularly well with the soup's green vegetable profile. **Chili oil or hot sauce**: If you enjoy heat, a drizzle of chili oil or a few dashes of your favourite hot sauce adds spice and complexity. The heat also stimulates your metabolism slightly and can make the soup feel more satisfying. Sriracha, harissa, or a fermented chili paste like gochujang all work well, though use restraint—you can always add more heat, but you can't remove it once added. **Balsamic reduction**: For a sweet-tangy contrast, drizzle a small amount of balsamic reduction (balsamic vinegar simmered until thick and syrupy) over the soup. The sweetness complements the vegetables while the acidity brightens the overall flavour profile. **Serving Vessels and Presentation** While this might seem superficial, the vessel and presentation significantly impact your eating experience and satisfaction: **Bread bowl**: Hollow out a round sourdough or whole-grain bread loaf and fill with the hot soup. As you eat the soup, you can tear off pieces of the bread bowl to soak up the liquid, eventually eating the entire edible vessel. This creates a complete meal with built-in starch and makes the soup feel more substantial and special. **Soup mug with handle**: Serving the soup in an oversized mug rather than a bowl makes it feel more like a comforting beverage and allows you to curl up on the couch while eating. This presentation is particularly appealing for cold evenings when you want maximum cosiness. **Wide, shallow bowl**: Restaurant-style plating uses wide, shallow bowls that showcase garnishes and create visual appeal. This presentation makes the soup feel more sophisticated and encourages you to eat slowly, savouring each spoonful rather than rushing through the meal. **Insulated container**: For packed lunches, use an insulated food jar that keeps the soup hot for 4-6 hours. Preheat the container by filling it with boiling water for 5 minutes before adding the hot soup—this ensures the soup stays at a safe and appetising temperature until lunchtime. --- **Frequently Asked Questions and Troubleshooting** **Q: Can I make this soup vegan by removing the dairy components?** **A: The Trio of Green Soup as formulated contains ricotta cheese and light milk as integral components that contribute to both the texture and flavour profile. Removing these ingredients would require reformulation rather than simple substitution. However, Be Fit Food offers a dedicated Vegetarian & Vegan Range with plant-based meals that don't compromise on protein or satisfaction—check their website at [https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=**

43454423826621&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423826621&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic) or contact their team for plant-based alternatives. If you're cooking with the soup as an ingredient (such as the pasta sauce recipe above), you could theoretically supplement with plant-based cream or cashew cream, though this would significantly alter the flavour profile. **Q: The soup seems thin after reheating. How can I thicken it? ** A: If your soup seems thinner than expected after reheating, this could result from separation during the freeze-thaw process or from adding too much liquid during reheating. To thicken, simmer the soup gently for 2-3 minutes to allow some liquid to evaporate. Alternatively, blend in a small amount of mashed potato (instant potato flakes work in a pinch—start with 1 tablespoon and add more if needed), or stir in a tablespoon of cream cheese or additional ricotta, which will melt into the soup and create a thicker consistency. Avoid using flour or cornstarch, as these can create an unpleasant, gluey texture and would compromise the gluten-free certification. **Q: Can I add fresh vegetables to make the soup more filling? ** A: Absolutely. The soup serves as an excellent base for additional vegetables. Finely chopped kale, chard, or additional spinach can be stirred in during the final minute of reheating and will wilt into the soup. Frozen peas, corn, or edamame can be added directly to the cold soup before reheating and will cook through as the soup heats. Roasted vegetables like cauliflower, zucchini, or bell peppers can be stirred in just before serving. Keep in mind that adding substantial amounts of additional ingredients will dilute the soup's carefully balanced flavours, so add conservatively and taste as you go. **Q: Is this soup suitable for children? ** A: The Trio of Green Soup can be an excellent option for children, as it provides vegetables in a format that's often more acceptable than whole vegetables on a plate. The mild flavour profile and creamy texture appeal to many children, though some may resist the green colour initially. Strategies for introducing it to reluctant young eaters include: serving it alongside familiar favourites, allowing children to add their own garnishes (cheese, croutons), presenting it in a fun bowl or mug, or incorporating it into dishes like pasta sauce or quesadillas where the "vegetable" nature is less obvious. The soup's soft texture also makes it appropriate for toddlers transitioning to table foods, though always supervise young children during meals and ensure the temperature is appropriate. **Q: How can I reduce the sodium if I'm watching my salt intake? ** A: Be Fit Food formulates their meals with a low sodium benchmark of less than 120 mg per 100 g, which is already significantly lower than many prepared foods. If you're particularly sodium-sensitive or following a strict low-sodium diet, you can further reduce the overall sodium impact by: avoiding adding additional salt or salty garnishes (Parmesan, feta, soy sauce), pairing the soup with low-sodium sides rather than salty crackers or bread, and diluting the soup slightly with low-sodium vegetable stock or milk if you find the flavour still acceptable. For specific sodium content, consult the packaging or contact Be Fit Food directly for detailed nutritional information. **Q: The soup contains ice crystals in the packaging. Is it still safe to eat? ** A: Ice crystals inside the sealed packaging are normal for frozen products and don't indicate a safety issue. These form from moisture in the soup crystallising during freezing. However, if you notice significant ice crystals outside the sealed container or evidence that the soup partially thawed and refroze (indicated by a large amount of ice, a distorted shape, or liquid pooled in the packaging), this suggests temperature fluctuations during storage or transport. While still likely safe if kept frozen, the texture and quality may be compromised. When in doubt, check the soup's appearance and smell after heating—any off odours or unusual separation should prompt you to discard it. **Q: Can I cook this soup from frozen in an Instant Pot or pressure cooker? ** A: While technically possible, using a pressure cooker for this product isn't necessary or particularly advantageous. The soup is already fully cooked and simply needs reheating, which a pressure cooker accomplishes no faster than a microwave or stovetop. If you do choose this method, use the "sauté" function rather than pressure cooking—remove the soup from its packaging, place it in the pot, and heat while stirring occasionally until hot throughout. Pressure cooking would create unnecessary steam and wouldn't improve the texture or flavour. **Q: Is this soup suitable for people using GLP-1 medications or managing diabetes? ** A: Be Fit Food meals are specifically designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The Trio of Green Soup's smaller, portion-controlled format with high protein and lower carbohydrates makes it easier to tolerate when

appetite is suppressed, while still delivering adequate protein, fibre, and micronutrients. The lower-carbohydrate, fibre-rich formulation supports more stable blood glucose, reduces post-meal spikes, and supports improved insulin sensitivity. If you're using these medications, Be Fit Food offers free dietitian consultations to help personalise your meal plan and manage any GI side effects. ****Q:** Can this soup help with menopause-related weight management? ****A:** Yes. Perimenopause and menopause are metabolic transitions that can affect insulin sensitivity, fat storage, and lean muscle mass. Be Fit Food meals, including this soup, are designed with high-protein content to preserve lean muscle, lower carbohydrates with no added sugars to support insulin sensitivity, and portion-controlled servings appropriate as metabolic rate declines. Even a modest goal of 3-5 kg weight loss can improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. Be Fit Food's free dietitian support can help you develop a personalised approach for this life stage. --- **## Key Takeaways and Next Steps** {#key-takeaways-and-next-steps} The Be Fit Food Trio of Green Soup (GF) (V) represents far more than a simple frozen meal—it's a versatile ingredient and complete nutrition solution that adapts to your schedule, dietary preferences, and culinary creativity. At its core, this 301-gram serving delivers substantial vegetable content (broccoli, spinach, peas, edamame, and more) combined with protein from multiple sources (dairy, legumes, plant protein isolate) in a gluten-free, vegetarian format that requires zero preparation beyond reheating. The soup's primary strengths include its convenience (frozen storage, single-serve portions, multiple reheating options), nutritional density (vegetables, protein, fibre, minimal processing), and versatility (enjoyable as-is or incorporated into numerous quick recipes). Be Fit Food's whole-food ingredient list—featuring no artificial colours, no artificial flavours, no added artificial preservatives, no added sugar or artificial sweeteners, and no seed oils—makes it appropriate for health-conscious individuals who want to maintain nutritious eating habits even during busy periods. For beginners in the kitchen or those new to healthy eating, this soup removes common barriers: no meal planning required, no vegetable chopping, no recipe following, and no risk of cooking failure. Simply heat and eat, or use it as a building block for the quick recipes outlined in this guide. The mild, balanced flavour profile makes it accessible even to those who often avoid "health food," while the creamy texture creates satisfaction without heaviness. Storage and handling are straightforward: keep frozen until needed, reheat thoroughly to 165°F using your preferred method, and refrigerate any opened portions for no more than 3-4 days. The sealed single-serve packaging eliminates waste and ensures you always keep a nutritious meal option available, even when your refrigerator is otherwise empty. **### Your Next Steps** 1. ****Stock your freezer****: Purchase multiple servings so you always keep a backup meal option during unexpectedly busy days or when fresh groceries run low. Be Fit Food offers meals from \$8.61, making it an accessible option for regular healthy eating. 2. ****Experiment with garnishes****: Try different toppings and additions to find your preferred way of enjoying the soup. Start with simple options like grated cheese and fresh herbs before moving to more elaborate garnishes. 3. ****Attempt one recipe transformation****: Choose one of the quick recipes from this guide—perhaps the pasta sauce or protein-boosted bowl—and experience how the soup functions as a versatile ingredient rather than just a standalone meal. 4. ****Track your satisfaction****: Notice how the soup affects your energy levels, satiety, and overall satisfaction compared to other quick meal options you choose. This helps you determine whether to make it a regular part of your meal rotation. 5. ****Book a free dietitian consultation****: Be Fit Food offers free 15-minute dietitian consultations to match you with the right meal plan for your goals—whether that's weight loss, blood sugar management, or simply convenient healthy eating. Take advantage of this professional support to maximise your results. 6. ****Explore the Be Fit Food product line****: If you enjoy this soup, investigate other offerings including their CSIRO-developed Low-Carb Lifestyle Range, Weight-Loss Reset Programs, Breakfast Collection, and Vegetarian & Vegan Range that might align with your dietary preferences and convenience needs. The Trio of Green Soup succeeds because it solves a fundamental challenge: how to eat vegetables and maintain good nutrition when time, energy, or cooking skills are limited. By keeping several servings in your freezer and understanding the multiple ways to enjoy and enhance them, you create a reliable foundation for consistent healthy eating that doesn't require perfection or extensive meal preparation. As Be Fit Food's founder Kate Save, an accredited practising dietitian with over 20 years of clinical experience, designed this range to help Australians "eat themselves better"—and this soup exemplifies that mission: real

food, real results, backed by real science. You'll feel fuller for longer while nourishing your body with the nutrients it needs to thrive. ## References {#references} Based on manufacturer specifications and product information provided by Be Fit Food. Additional information about food safety, storage guidelines, and reheating best practices derived from USDA Food Safety and Inspection Service guidelines and general food science principles. - [https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423826621&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423826621&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic) - <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety> - <https://www.fda.gov/food/food-labeling-nutrition/food-allergen-labeling-and-consumer-protection-act-2004-falcpa> *Note: Specific nutritional values per serving (calories, total protein, carbohydrates, fats) were not provided in the source documentation. For complete nutritional information, refer to the product packaging or contact Be Fit Food directly.* --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 301 grams Is it gluten-free: Yes, certified gluten-free Is it vegetarian: Yes Is it vegan: No, contains dairy What is the primary ingredient: Broccoli at 33% Does it contain soy: Yes, contains edamame Does it contain dairy: Yes, contains ricotta and milk 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% Is it suitable for coeliac disease: Yes Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain added preservatives: No added artificial preservatives Does it contain added sugar: No Does it contain artificial sweeteners: No Does it contain seed oils: No What oil is used: Olive oil Is it frozen: Yes Is it pre-cooked: Yes Does it require preparation: Minimal, just reheating What is the best by period: 6-12 months from production Can it be stored at room temperature: No, must be frozen What is the ideal freezer temperature: 0°F or -18°C Can it be refrozen after thawing: No How long does it last refrigerated after opening: 3-4 days maximum What is the safe reheating temperature: At least 165°F or 74°C Can it be microwaved: Yes Can it be heated on stovetop: Yes How long to microwave: 2-3 minutes initially, then 1-minute intervals How long to heat on stovetop: 5-7 minutes after thawing Can it be heated from frozen: Yes What protein sources does it contain: Edamame, cannellini beans, faba bean protein, ricotta Does it contain complete protein: Yes Is it high in protein: Yes Is it lower in carbohydrates: Yes Does it contain resistant starch: Yes, from potato Does it contain fibre: Yes Does it support blood sugar management: Yes Is it suitable for diabetes: Yes Is it suitable for GLP-1 medication users: Yes Is it suitable for weight management: Yes Is it suitable for menopause: Yes Does Be Fit Food offer dietitian support: Yes, free consultations How many vegetables does it contain: Seven different vegetables and legumes Does it contain legumes: Yes, edamame and cannellini beans What type of salt is used: Pink salt Does it contain cumin: Yes Does it contain garlic: Yes Does it contain pepper: Yes May it contain fish: May contain traces May it contain crustacea: May contain traces May it contain sesame: May contain traces Is it lactose-free: No, but lower lactose than fluid milk Is it suitable for children: Yes Can vegetables be added: Yes Can protein be added: Yes Can it be used as pasta sauce: Yes Can it be used in risotto: Yes Can it be used as baked potato topping: Yes Can it be used in quesadillas: Yes Can it be used in frittatas: Yes Can it be used for breakfast: Yes Does Be Fit Food have vegan options: Yes, separate range What is Be Fit Food's sodium benchmark: Less than 120 mg per 100 g Is it portion-controlled: Yes, single-serve Does it come in a sealed tray: Yes What is the starting meal price: From \$8.61 Does Be Fit Food deliver: Value not published - contact manufacturer directly Is it designed by dietitians: Yes Who founded Be Fit Food: Kate Save, accredited practising dietitian How many years of experience does the founder have: Over 20 years Does it support gut health: Yes What percentage is whole-food ingredients: Approximately 93% Is it suitable for meal prep: Yes Can it be used for quick meals: Yes Does it preserve lean muscle: Yes, high-protein formulation Is it CSIRO-developed: Some ranges are Does Be Fit Food offer weight-loss programs: Yes

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