

VEGCHIFRI - Food & Beverages

Product Overview -

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Details:

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efitfood.com.au/products/vegetable-chickpea-frittata-gf-v?variant=43456575930557&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: Vegetable & Chickpea Frittata (GF) (V) MP4 - Brand: Be Fit Food - GTIN: 09358266000694 - Category: Food & Beverages - Prepared Meals - Price: 12.05 AUD - Availability: In Stock **Serving Specifications:** - Serving size: 229 grams - Format: Single-serve frozen meal **Dietary Certifications:** - Gluten Free (GF) - Vegetarian (V) **Ingredient List (in order as listed):** - Egg White - Egg (whole) - Pumpkin (14%) - Chickpeas (10%) - Broccoli (9%) - Red Capsicum (7%) - Green Beans (7%) - Sweet Potato (6%) - Fetta Cheese - Light Ricotta Cheese - Spring Onion (2.5%) - Light Tasty Cheese - Olive Oil - Garlic - Parsley - Pink Salt - Curry Powder - Canola Oil - Pepper (Black) **Allergen Information:** - Contains: Egg, Milk, Soybeans - May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin **Storage Requirements:** - Keep frozen at 0°F (-18°C) or below - Once thawed, consume within 3-4 days - Do not refreeze after thawing **Preparation Instructions:** - Can be enjoyed cold once thawed - Can be heated once thawed - Thaw in refrigerator for 8-12 hours - Reheat to internal temperature of 165°F (74°C) for food safety **Product Composition:** - 7 different vegetables - Protein sources: Eggs, cheese, chickpeas - No artificial colours - No artificial flavours - No added artificial preservatives ### General Product Claims {#general-product-claims} **Nutritional Claims:** - "Protein-rich, vegetarian eating experience" - "Nutritionally balanced meal" - "High-protein meal option" (estimated 20-28 grams per serving) - "Lower-carbohydrate profile" (estimated 15-25 grams per serving) - "Moderate-calorie meal" (estimated 250-350 calories per serving) - "Exceptional micronutrient diversity" - "Supports satiety" and helps you "feel fuller for longer" - "Provides sustained energy release" - "Low caloric density" **Health and Wellness Statements:** - "Dietitian-designed meal range" - "Accommodates gluten-free dietary requirements" - "Suitable for individuals with coeliac disease, gluten sensitivity" - "Complete protein" from eggs - "Supports lean muscle preservation" - "Promotes digestive health" - "Supports heart health" (from olive oil, canola oil) - "Supports immune function" (from various vitamins) - "Anti-inflammatory properties" (from turmeric, garlic) - "Supports cardiovascular health" - "Supports glucose stability and insulin sensitivity" **Product Benefits:** - "Thoughtfully crafted" - "Delivers genuine flavour satisfaction" - "Light, fluffy egg-based frittata" - "Convenient without compromising nutrition" - "Designed to maintain freshness and convenience" - "Appropriate portion control" - "Transforms the dish into a more substantial meal" - "Creates a more balanced macronutrient profile" - "Satisfying without requiring heavy sauces or condiments" **Quality and Sourcing Claims:** - "Real food philosophy" - "Prioritises whole food ingredients" - "Quality-focused formulation" - "Snap-frozen delivery system preserves nutrients" - "Locks in nutrients better than fresh foods that sit in refrigeration" - "No preservatives needed due to frozen state" - "Strict ingredient selection and manufacturing controls" **Usage and Application Claims:** - "Suitable for health-conscious individuals" - "Ideal for rushed mornings, office lunches" - "Excellent breakfast option" - "Complete lunch meal" - "Works as light dinner" - "Suitable for post-exercise consumption" - "Supports muscle recovery" - "Helps replenish glycogen stores" - "Easy to incorporate into calculated meal plans" - "Minimises decision fatigue" - "Supports adherence to structured eating plans" - "Designed to work alongside GLP-1 therapies" - "Supports medication-assisted weight loss" **Comparative and Positioning Claims:** - "Sets it apart in the prepared meal category" - "Exceptional plant diversity for a single prepared meal" - "More interesting than any single vegetable could provide" - "Unusual for frittatas" (regarding chickpea inclusion) - "Demonstrates culinary sophistication" (three-cheese blend) - "Lower environmental footprint than meat-based meals" - "Generally have lower footprint" (vegetarian meals vs. meat) **Convenience Claims:** - "Zero preparation time" when eaten cold - "Grab-and-go option" - "Transforms breakfast from a 20-minute cooking and cleaning project into a 30-second task" - "Reduces food waste" - "Allows for bulk purchasing" - "Consistent portions and consistent macros" **Be Fit Food Brand Claims:** - "Over 30 rotating dishes" - "Approximately 90% of menu is certified gluten-free" - "Low sodium benchmark of less than 120 mg per 100 g" - "Emphasises 4-12 veggies in each meal" - "Free dietitian consultations available" - "Founded to solve the challenge of balancing healthy eating with time

constraints" --- ## Introduction: A Complete Look at This Vegetarian Frittata
{#introduction-a-complete-look-at-this-vegetarian-frittata} The Be Fit Food Vegetable & Chickpea Frittata (GF) (V) is a thoughtfully crafted, single-serve frozen meal that delivers a protein-rich, vegetarian eating experience designed for health-conscious individuals seeking convenience without compromising nutrition. As part of Be Fit Food's dietitian-designed meal range, this light, fluffy egg-based frittata combines seven different vegetables with protein-packed chickpeas and three distinct cheese varieties, all carefully portioned at 229 grams to provide a satisfying, nutritionally balanced meal that accommodates gluten-free dietary requirements. In this comprehensive guide, you'll discover everything about this specific product—from its complete ingredient breakdown and detailed nutritional profile to its unique qualities that set it apart in the prepared meal category. Whether you're considering this frittata as part of a structured eating plan, looking for convenient vegetarian options, or simply curious about what makes this particular meal worth your attention, this guide will equip you with all the information you need to understand exactly what you're getting in every single-serve package. ## Product Overview: What Makes This Frittata Distinctive

{#product-overview-what-makes-this-frittata-distinctive} The Vegetable & Chickpea Frittata represents Be Fit Food's approach to creating prepared meals that balance nutritional density with genuine flavour satisfaction. At its core, this is an egg-based frittata—a traditional Italian dish that differs from omelettes or scrambles by incorporating ingredients throughout the egg mixture rather than folding them inside, then baking or cooking the entire mixture until set. This particular frittata arrives frozen in a single-serve format, designed to maintain freshness and convenience. The 229-gram serving size was specifically calculated to provide appropriate portion control while delivering substantial nutrition. The product carries two important dietary certifications prominently displayed: Gluten Free (GF) and Vegetarian (V), making it accessible to individuals with coeliac disease, gluten sensitivity, or those following plant-forward eating patterns that include eggs and dairy. The positioning as a "light fluffy frittata" speaks to the texture achievement—egg whites and whole eggs combine in a ratio that creates an airy, tender structure rather than a dense, heavy result. This texture consideration matters significantly for eating enjoyment and digestibility, particularly when consuming the meal cold straight from the refrigerator, which is one of the intended consumption methods. The inclusion of chickpeas alongside vegetables represents a strategic nutritional decision. While eggs provide complete protein, chickpeas contribute additional plant-based protein, dietary fibre, and complex carbohydrates, creating a more balanced macronutrient profile than a traditional vegetable frittata would offer. This combination transforms the dish from a simple egg preparation into a more substantial meal that can serve as breakfast, lunch, or dinner. The three-cheese blend—fetta, light ricotta, and light tasty cheese—serves multiple purposes beyond flavour. These cheeses contribute to the creamy texture, add calcium and additional protein, and provide the savoury depth that makes the frittata satisfying without requiring heavy sauces or condiments. The use of "light" varieties for both the ricotta and tasty cheese indicates a conscious effort to manage fat content while preserving the sensory experience that cheese provides.

Complete Ingredient Analysis: Understanding What's Inside

{#complete-ingredient-analysis-understanding-whats-inside} The ingredient list for this frittata reveals a carefully constructed formula that prioritises whole food ingredients while achieving the convenience of a ready-made meal. This aligns with Be Fit Food's commitment to real food—no artificial colours, artificial flavours, or added artificial preservatives. Let's examine each component and understand its role in the final product. ### Egg White and Whole Egg Listed as the first two ingredients, eggs form the structural foundation of this frittata. The inclusion of egg white as a separate ingredient before whole eggs suggests a higher proportion of whites to yolks, which increases protein content while moderating fat and cholesterol levels. Egg whites are pure protein, containing all nine essential amino acids in optimal ratios for human nutrition. Whole eggs contribute not just protein but also vitamins A, D, E, K, B vitamins (particularly B12 and folate), and essential minerals like selenium and choline. The combination creates a protein matrix that sets during cooking, holding all the vegetables and chickpeas in suspension. ### Pumpkin (14%) As the third ingredient and the first vegetable listed, pumpkin constitutes 14% of the total formulation—approximately 32 grams in your 229-gram serving. This substantial inclusion provides beta-carotene (which your body converts to vitamin A), supporting eye health and immune function. Pumpkin's natural sweetness balances the savoury elements, while its

soft texture when cooked integrates seamlessly into the egg matrix. The moisture content of pumpkin also contributes to the overall tenderness of the frittata. ### Chickpeas (10%) Representing roughly 23 grams of your serving, chickpeas deliver plant-based protein (approximately 2-3 grams from this quantity alone), dietary fibre (about 2 grams), and complex carbohydrates that provide sustained energy release. Chickpeas contain resistant starch, which functions similarly to fibre in supporting digestive health and promoting satiety. They also contribute folate, iron, phosphorus, and manganese to the nutritional profile. The firm texture of chickpeas provides textural contrast against the soft egg and vegetables, making each bite more interesting. ### Broccoli (9%) At approximately 21 grams, broccoli contributes vitamin C (important for immune function and iron absorption), vitamin K (essential for blood clotting and bone health), and sulforaphane—a compound with researched anti-inflammatory properties. Broccoli's slightly bitter, green flavour adds complexity to the overall taste profile, while its florets create visual appeal with their distinctive shape and colour. ### Red Capsicum (7%) Contributing about 16 grams to your serving, red capsicum (bell pepper) provides exceptional vitamin C content—red peppers actually contain more vitamin C per gram than oranges. They also deliver vitamin A, vitamin B6, and antioxidant compounds including lycopene and beta-carotene. The sweet, slightly fruity flavour of red capsicum brightens the overall taste, while the vibrant red colour creates visual appeal that makes the frittata more appetising. ### Green Beans (7%) Another 16 grams approximately, green beans add vitamin K, vitamin C, folate, and fibre. Their crisp-tender texture when properly cooked provides another textural element, and their mild, slightly grassy flavour complements rather than competes with other ingredients. Green beans also contribute to the overall vegetable diversity that makes this frittata nutritionally comprehensive. ### Sweet Potato (6%) At roughly 14 grams, sweet potato brings additional beta-carotene, vitamin C, potassium, and complex carbohydrates. Like pumpkin, sweet potato adds natural sweetness and a creamy texture when cooked. The orange-fleshed variety (most common) provides anthocyanins and other antioxidant compounds. Sweet potato's starchiness contributes to the meal's ability to provide sustained energy. ### Fetta Cheese This traditional Greek cheese made from sheep's or goat's milk (or cow's milk in many commercial versions) provides sharp, tangy, salty flavour that cuts through the richness of eggs. Fetta contributes calcium, protein, and probiotics (in traditional varieties). Its crumbly texture creates pockets of intense flavour throughout the frittata rather than a uniform cheese taste. ### Light Ricotta Cheese Ricotta is a whey cheese with a naturally mild, slightly sweet flavour and creamy texture. The "light" designation indicates reduced fat content compared to full-fat ricotta, achieved by using partially skimmed milk in production. Ricotta contributes creaminess to the egg mixture, helping achieve that "light and fluffy" texture while adding calcium and protein without excessive fat. ### Spring Onion (2.5%) At approximately 5.7 grams, spring onions (also called scallions or green onions) provide mild onion flavour without the harshness of raw regular onions. Both the white and green parts contribute different flavour notes—the white being more pungent, the green more delicate and grassy. Spring onions contain vitamin K, vitamin C, and sulfur compounds that support cardiovascular health. They also add visual appeal with green flecks throughout the frittata. ### Light Tasty Cheese "Tasty" cheese is Australian terminology for aged cheddar-style cheese with pronounced flavour. The "light" version reduces fat content while maintaining the sharp, savoury taste that mature cheese provides. This cheese melts into the egg mixture, contributing to overall creaminess and providing that satisfying cheese flavour that makes the frittata feel indulgent despite being nutritionally balanced. ### Olive Oil A small amount of extra virgin or refined olive oil provides healthy monounsaturated fats, particularly oleic acid, which supports heart health. In this application, olive oil likely serves multiple purposes: greasing the cooking vessel, contributing to moisture and mouthfeel, and carrying fat-soluble flavours from herbs and spices throughout the mixture. ### Garlic Fresh garlic adds pungent, savoury depth that enhances the overall flavour complexity. Garlic contains allicin and other sulfur compounds with researched health benefits including immune support and cardiovascular effects. Even in small quantities, garlic significantly impacts the savoury character of the dish. ### Parsley Fresh parsley contributes bright, slightly peppery, herbaceous notes that lift the heavier flavours of egg and cheese. Parsley is surprisingly nutrient-dense, providing vitamin K, vitamin C, and vitamin A, along with antioxidant flavonoids. The green colour also enhances visual appeal. ### Pink Salt Pink salt, often Himalayan pink salt, is rock salt with trace minerals that give it a pink hue. While nutritionally similar to regular salt

(primarily sodium chloride), pink salt is often perceived as a premium ingredient. Salt enhances all other flavours in the dish and is essential for proper seasoning. The amount used appears modest given its position in the ingredient list. **### Curry Powder** This spice blend contains turmeric, coriander, cumin, fenugreek, and other spices depending on the specific formulation. Curry powder adds warmth, complexity, and subtle heat without making the dish spicy. Turmeric, a common curry powder component, contains curcumin with researched anti-inflammatory properties. The curry notes complement the sweet vegetables particularly well. **### Canola Oil** Canola oil (derived from rapeseed) is a neutral-flavoured oil high in monounsaturated fats and containing omega-3 alpha-linolenic acid. It likely serves as a cooking medium alongside olive oil, chosen for its high smoke point and neutral flavour that won't compete with other ingredients. **### Pepper** Black pepper adds mild heat and aromatic complexity. Piperine, the compound responsible for pepper's pungency, enhances nutrient absorption, particularly of curcumin from turmeric in the curry powder. This creates a synergistic effect between spices.

Nutritional Profile: What Your Body Receives

{#nutritional-profile-what-your-body-receives} While the complete nutritional panel wasn't provided in the product specifications, we can make informed assessments based on the ingredient composition and values for similar prepared frittatas with the stated ingredients. Be Fit Food's dietitian-designed approach ensures each meal is formulated with specific nutritional targets in mind, supporting the brand's commitment to high protein, lower carbohydrate meals. The 229-gram serving size is substantial enough to serve as a complete meal for most individuals, particularly when consumed as part of a balanced eating pattern that includes this frittata alongside other meals and snacks throughout the day. **### Protein Content** The combination of egg whites, whole eggs, three types of cheese, and chickpeas creates a protein-rich meal. Eggs are considered the gold standard for protein quality, providing all essential amino acids in optimal ratios. The egg-to-vegetable ratio in this frittata, with eggs listed first and comprising the structural base, suggests a protein content likely in the range of 20-28 grams per serving. This amount represents approximately 40-56% of the daily protein requirement for an average adult, making this a genuinely high-protein meal option. The protein comes from both animal sources (eggs and cheese) and plant sources (chickpeas), providing a diverse amino acid profile. This high-protein formulation aligns with Be Fit Food's focus on protein prioritisation at every meal to support lean muscle preservation and help you feel fuller for longer. **### Carbohydrate Considerations** The vegetables and chickpeas contribute complex carbohydrates along with dietary fibre. Pumpkin, sweet potato, and chickpeas are the primary carbohydrate sources, all of which carry relatively low glycaemic index values, meaning they cause gradual rather than rapid blood sugar increases. The total carbohydrate content is likely moderate—estimated at 15-25 grams—with a significant portion coming from fibre (likely 4-6 grams). This fibre content supports digestive health, promotes satiety, and helps moderate blood sugar response. This lower-carbohydrate profile supports Be Fit Food's approach to glucose stability and insulin sensitivity. **### Fat Profile** The use of "light" cheese varieties, the egg white-to-whole egg ratio, and the modest use of olive and canola oils suggests a controlled fat content. Total fat is likely in the 8-15 gram range, with a favourable balance between saturated fats (from eggs and cheese) and unsaturated fats (from oils and chickpeas). The inclusion of olive and canola oils ensures a portion of the fat comes from heart-healthy monounsaturated sources. Omega-3 fatty acids from canola oil and eggs (particularly if the hens were fed omega-3 enriched feed) contribute to the overall fatty acid profile. **### Micronutrient Density** The seven different vegetables ensure exceptional micronutrient diversity. This single meal provides substantial amounts of: - ****Vitamin A and beta-carotene****: From pumpkin, sweet potato, red capsicum, and eggs - ****Vitamin C****: From broccoli, red capsicum, green beans, and parsley - ****Vitamin K****: From broccoli, green beans, and parsley - ****B-complex vitamins****: From eggs, chickpeas, and vegetables, including B12 from eggs and cheese - ****Folate****: From chickpeas, broccoli, and eggs - ****Calcium****: From all three cheese varieties and broccoli - ****Iron****: From chickpeas, eggs, and green vegetables - ****Potassium****: From sweet potato, pumpkin, and chickpeas - ****Selenium****: From eggs - ****Zinc****: From eggs, cheese, and chickpeas. This micronutrient density means that consuming this frittata contributes meaningfully to meeting daily requirements for numerous essential vitamins and minerals, not just providing macronutrients (protein, carbs, fat) for energy. **### Caloric Content** Based on the ingredient profile and portion size, the total caloric content is likely in the 250-350 calorie range. This positions the

frittata as a moderate-calorie meal suitable for various eating patterns, from weight management plans to maintenance diets. The caloric density (calories per gram) is relatively low due to the high vegetable and egg white content, both of which contain significant water. This lower caloric density contributes to satiety—you feel full from the volume of food relative to the calories consumed. **### Sodium**

Considerations With three types of cheese and added salt, the sodium content warrants attention for individuals monitoring salt intake. Cheese naturally contains sodium, and fetta in particular is high in salt. However, Be Fit Food formulates meals with a low sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners. This approach helps moderate sodium levels compared to prepared meals from other sources. Those on sodium-restricted diets should consider this frittata's contribution to their daily sodium budget, which for most adults is recommended at less than 2,300 milligrams per day. **## Dietary Certifications and Allergen Information**

{#dietary-certifications-and-allergen-information} **### Gluten-Free Certification (GF)** The prominent gluten-free designation makes this frittata suitable for individuals with coeliac disease, non-coeliac gluten sensitivity, or those choosing to avoid gluten for other health reasons. Examining the ingredient list confirms the absence of wheat, barley, rye, or derivatives of these grains. All ingredients are naturally gluten-free, from the eggs and vegetables to the oils and spices. The cheeses used don't contain gluten-containing additives or stabilisers. For individuals with coeliac disease, this certification is critically important because even trace amounts of gluten (generally defined as less than 20 parts per million in most jurisdictions) can trigger immune responses and intestinal damage. The GF designation indicates that Be Fit Food takes measures to prevent cross-contamination during manufacturing, including dedicated production lines or thorough cleaning protocols between product runs, and testing to verify gluten levels remain below regulatory thresholds. Approximately 90% of Be Fit Food's menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. **###**

Vegetarian Status (V) The vegetarian designation confirms that this frittata contains no meat, poultry, or fish. It does contain eggs and dairy (three types of cheese), making it suitable for lacto-ovo vegetarians—the most common vegetarian dietary pattern. The product is not vegan, as it relies heavily on eggs as the primary structural ingredient and includes multiple dairy products. For vegetarians seeking convenient, protein-rich meal options, this frittata addresses a common challenge: finding prepared foods that deliver adequate protein without meat. The combination of eggs, cheese, and chickpeas provides approximately the same protein content as a meat-based meal of similar size, making it a genuine protein alternative rather than just a vegetable side dish. **### Allergen Considerations**

The ingredient list reveals several allergens that individuals must be aware of: -

****Eggs**:** Both egg whites and whole eggs are primary ingredients, making this product unsuitable for anyone with egg allergy, which is one of the eight major food allergens. - ****Dairy**:** Three cheese varieties (fetta, ricotta, and tasty cheese) mean this product contains milk proteins and is unsuitable for individuals with milk allergy or lactose intolerance (though hard cheeses often contain minimal lactose, fresh cheeses like ricotta retain more). - ****Soybeans**:** Listed in the allergen declaration, though not visible in the ingredient list, suggesting potential cross-contamination during manufacturing. -

****Potential cross-contamination**:** The product may contain traces of fish, crustacea, sesame seeds, peanuts, tree nuts, and lupin due to manufacturing facility practices, though none of these are intentional ingredients. The absence of common allergens like gluten (wheat) in the intentional ingredient list makes this frittata accessible to individuals avoiding that specific allergen, provided manufacturing practices prevent cross-contamination. **## Unique Qualities That Define This Product** {#unique-qualities-that-define-this-product} Several distinctive characteristics set this particular frittata apart in the prepared meal category and deserve detailed exploration. **### Seven-Vegetable Diversity** The inclusion of seven distinct vegetables—pumpkin, broccoli, red capsicum, green beans, sweet potato, spring onion, and parsley (if counted as a vegetable rather than just an herb)—represents exceptional plant diversity for a single prepared meal. Most commercial frittatas or egg-based prepared meals contain 2-4 vegetable varieties at most. This diversity matters nutritionally because different vegetables provide different phytonutrients, vitamins, minerals, and beneficial compounds. The colour variety alone—orange (pumpkin, sweet potato, red capsicum), green (broccoli, green beans, spring onion, parsley), white (chickpeas)—indicates diverse antioxidant profiles, as plant pigments often correspond to specific beneficial compounds. Be Fit Food emphasises 4-12 veggies in each meal, and

this frittata exemplifies that commitment to vegetable density. From a culinary perspective, this vegetable diversity creates complexity in both flavour and texture. Each vegetable contributes its unique taste notes and mouthfeel, preventing the monotony that can occur with single-vegetable preparations. The combination ensures that each bite offers slightly different sensory experiences. ###

Chickpea Integration The inclusion of chickpeas at 10% of the formulation is unusual for frittatas, which traditionally focus on vegetables alone. This addition transforms the nutritional profile by adding plant-based protein, resistant starch, and soluble fibre that eggs and vegetables don't provide in significant amounts. Chickpeas also contribute a subtle nutty flavour and firm texture that contrasts with the soft egg and tender vegetables. For individuals trying to increase plant-based protein intake while still consuming eggs and dairy, this chickpea inclusion represents a "flexitarian" approach—incorporating more plant proteins without completely eliminating animal products. The chickpeas also make the frittata more filling, as the fibre and resistant starch promote satiety more effectively than eggs and vegetables alone, helping you feel fuller for longer. ###

Three-Cheese Complexity The use of three distinct cheeses rather than a single variety demonstrates culinary sophistication. Each cheese serves specific purposes: - Fetta provides sharp, salty, tangy notes and a crumbly texture that creates flavour pockets - Light ricotta contributes creaminess and subtle sweetness while maintaining moisture - Light tasty cheese delivers the familiar, comforting cheddar-like flavour and melting properties This combination creates a more complex cheese flavour profile than any single cheese could achieve. The use of "light" versions for ricotta and tasty cheese shows attention to fat management while the inclusion of full-fat fetta (not available in light versions) ensures adequate flavour intensity. ###

Versatile Consumption Methods The product specifications explicitly state that once thawed, the frittata can be enjoyed cold or heated. This versatility matters practically for several reasons: When consumed cold, the frittata serves as a grab-and-go option requiring zero preparation time—ideal for rushed mornings, office lunches without access to heating facilities, or post-workout meals when you need immediate nutrition. The flavour profile was designed to remain appealing at refrigerator temperature, unlike many prepared meals that become unpalatable when not heated. When heated, the frittata offers a warm, comforting meal experience with enhanced aroma from the garlic, curry powder, and cheese. Heating also softens the texture slightly and may intensify certain flavours through the Maillard reaction occurring at the surface. This dual consumption capability effectively makes this one product function as two different meal options depending on circumstances and preferences. ###

Snap-Frozen Format Benefits Be Fit Food's snap-frozen delivery system provides several advantages over fresh or refrigerated prepared meals:

- **Extended shelf life**: Properly frozen, this frittata can be stored for months rather than days, reducing food waste and allowing for bulk purchasing
- **Nutrient preservation**: Freezing shortly after preparation locks in nutrients, often preserving vitamins better than fresh foods that sit in refrigeration for days
- **Convenience**: You can keep multiple servings on hand without concern about spoilage
- **No preservatives needed**: The frozen state itself preserves the product, eliminating the need for chemical preservatives that refrigerated prepared meals often require
- **Compliance support**: Consistent portions and consistent macros minimise decision fatigue and support adherence to structured eating plans

###

Controlled Portion Size The 229-gram single-serve format removes the guesswork from portion control. Many people struggle with appropriate serving sizes, either under-eating (leaving them hungry and likely to snack on less nutritious foods) or over-eating (consuming more calories than intended). This pre-portioned format ensures consistency—you receive the same nutritional value every time, making it easier to plan your overall daily intake whether you're tracking calories, macronutrients, or simply trying to eat consistent portions. ##

Practical Usage Scenarios and Applications

{#practical-usage-scenarios-and-applications} Understanding when and how to incorporate this frittata into your eating routine maximises its value and ensures you get the most from the product. ###

Breakfast Application As a morning meal, this frittata provides substantial protein to support satiety throughout the morning hours. Research consistently shows that protein-rich breakfasts reduce mid-morning hunger and decrease overall calorie intake at lunch compared to carbohydrate-heavy breakfasts. The combination of protein from eggs and cheese with complex carbohydrates from vegetables and chickpeas provides sustained energy release, avoiding the blood sugar spike and crash cycle that can occur with high-sugar breakfast options. For those who struggle to prepare nutritious

breakfasts due to time constraints, this frittata offers a solution. You can heat it in the microwave in 2-3 minutes or eat it cold straight from the refrigerator, transforming breakfast from a 20-minute cooking and cleaning project into a 30-second task. **### Lunch Solution** The frittata serves excellently as a midday meal, particularly for those working in office environments. If you can access refrigeration and a microwave, you can bring the frozen frittata to work, let it thaw in the refrigerator during the morning, and heat it for lunch. Alternatively, if no heating is available, the cold consumption option makes it viable even in minimal-facility environments. The 229-gram portion provides enough substance to serve as a complete lunch for most people, though those with higher caloric needs might pair it with a piece of fruit, a small salad, or whole-grain crackers to increase the meal's size. **### Dinner Component** While substantial enough to potentially serve as a light dinner on its own, this frittata also functions well as part of a larger dinner plate. You might pair it with a side salad dressed with vinaigrette, roasted vegetables, or a whole-grain roll to create a more expansive meal. This approach works particularly well for those who prefer lighter dinners or are eating earlier in the evening. **### Post-Workout Nutrition** The high protein content makes this frittata suitable for post-exercise consumption. The eggs provide fast-digesting protein to support muscle recovery, while the carbohydrates from vegetables and chickpeas help replenish glycogen stores depleted during exercise. The convenience factor is particularly valuable here—after a workout, you want nutrition quickly without extensive preparation. Eating the frittata cold immediately after exercise provides rapid nutrient delivery. **### Meal Prep Integration** For individuals who practice meal prepping (preparing multiple meals in advance for the week), these single-serve frittatas can supplement home-cooked items. Perhaps you prepare dinners for the week but struggle with lunch preparation—keeping several of these frittatas in your freezer provides backup lunch options that require no additional cooking. **### Travel and On-the-Go Eating** The frozen format makes this frittata less suitable for travel without cooler bags, but for day trips or situations where you'll access a cooler, it can serve as a portable meal option. The cold consumption capability means you don't need to find heating facilities—once thawed, it's ready to eat anywhere. **### Dietary Plan Compliance** For individuals following structured eating plans—whether for weight management, athletic training, or health conditions—this frittata's consistent nutritional profile makes it easy to incorporate into calculated meal plans. You know exactly what you're getting each time, simplifying the tracking and planning process. This frittata can complement Be Fit Food's Reset programs or serve as part of a maintenance eating pattern. **### GLP-1 and Weight-Loss Medication Support** For individuals using GLP-1 receptor agonists or other weight-loss medications, this frittata offers several advantages. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed. The high protein content supports lean muscle preservation during medication-assisted weight loss, while the lower carbohydrate profile supports glucose stability. Be Fit Food meals are specifically designed to work alongside these therapies. **## Preparation and Consumption Guidelines** {#preparation-and-consumption-guidelines} To ensure the best experience with this frittata, understanding proper handling, storage, and heating methods is essential. **### Storage Requirements** The product must be kept frozen until you're ready to use it. Your freezer should maintain a temperature of 0°F (-18°C) or below to preserve quality and safety. At these temperatures, the frittata can be stored for several months (check the package for specific "best by" dates), though quality gradually declines over extended periods as freezer burn can affect texture and moisture. Store the frittata in its original packaging to protect it from freezer odours and prevent moisture loss. If you've opened the package but want to save a portion (though this is a single-serve item), wrap it tightly in plastic wrap and then aluminium foil to minimise freezer burn. **### Thawing Process** The specifications indicate that once thawed, the frittata can be enjoyed cold or heated. For optimal safety and texture, thaw in the refrigerator rather than at room temperature. Place the frozen frittata in your refrigerator 8-12 hours before you plan to eat it (overnight thawing works well for next-day consumption). This slow, cold thawing preserves texture better than rapid thawing methods and prevents the temperature danger zone (40-140°F or 4-60°C) where bacteria multiply rapidly. If you need to thaw more quickly, you can use the defrost setting on your microwave, though this may begin cooking the edges slightly. Avoid thawing at room temperature, as the exterior will reach unsafe temperatures while the interior remains frozen. **### Heating Methods** While specific heating instructions would appear on the package, standard approaches for heating frozen or thawed frittatas include: ****Microwave heating**** (most

convenient): Place the frittata on a microwave-safe plate. If frozen, use 50% power and heat in 1-minute intervals, checking and rotating between intervals, until hot throughout (3-5 minutes total depending on microwave wattage). If thawed, use full power for 1-2 minutes, checking at the halfway point. The frittata should reach an internal temperature of at least 165°F (74°C) for food safety. Cover with a microwave-safe lid or paper towel to prevent splattering and retain moisture. ****Oven heating**** (best for texture): Preheat your oven to 350°F (175°C). Place the frittata in an oven-safe dish, cover with aluminium foil to prevent drying, and heat for 15-20 minutes if thawed, or 25-35 minutes if frozen. Remove the foil for the last 5 minutes to allow the top to crisp slightly if desired. This method takes longer but produces the best texture, with a slightly crispy exterior and creamy interior. ****Stovetop heating****: If you prefer, you can reheat the frittata in a covered skillet over medium-low heat. Add a small amount of water or olive oil to the pan to prevent sticking. This method requires attention to avoid burning but can produce excellent results with a slightly caramelised bottom. **### Cold Consumption** When eating the frittata cold, ensure it was properly thawed in the refrigerator and hasn't sat at room temperature for more than 2 hours. Cold frittata carries a firmer texture than when heated, and the flavours are more subtle. Some people prefer this texture, finding it similar to a quiche served at room temperature. The cold version works particularly well in warm weather when hot meals are less appealing. **### Food Safety Considerations** Once thawed, consume the frittata within 3-4 days. Don't refreeze a thawed frittata, as this degrades texture significantly and can create food safety risks. If you've heated the frittata but don't finish it, refrigerate the leftovers within 2 hours and consume within 1-2 days. Always reheat leftovers to 165°F (74°C) before consuming. **## Flavour Profile and Sensory Experience** {#flavour-profile-and-sensory-experience} Understanding what to expect when you eat this frittata helps set appropriate expectations and allows you to determine if it matches your taste preferences. **### Overall Flavour Character** The dominant flavour foundation comes from eggs—that familiar, mild, slightly sulfurous, savoury taste that forms the backdrop for everything else. The eggs in this frittata, being a combination of whites and whole eggs, provide a lighter egg flavour than an all-whole-egg version would, allowing the other ingredients to shine through more prominently. The three-cheese blend creates layers of dairy flavour. Fetta's sharp, tangy, salty notes provide bright punctuation points throughout the frittata—when you encounter a fetta pocket, you get an intense burst of cheese flavour. The ricotta and tasty cheese work more subtly, creating an overall creamy, mildly cheesy background that enriches the egg base without overwhelming it. **### Vegetable Contributions** Each vegetable adds distinct flavour notes: The pumpkin and sweet potato contribute natural sweetness that balances the savoury elements. This sweetness isn't sugary or dessert-like; rather, it's the earthy, subtle sweetness characteristic of winter squashes and root vegetables. These ingredients also add a slightly nutty undertone. Broccoli brings a mild bitterness and green, cruciferous flavour that adds complexity. Red capsicum provides sweet, fruity notes with a slight pepper taste. Green beans contribute a fresh, grassy, slightly mineral quality. Together, these vegetables create a complex vegetable flavour that's more interesting than any single vegetable could provide. Spring onion adds mild onion flavour—less aggressive than raw onions, more nuanced than cooked onions, with both the pungent white portions and the fresher green tops contributing different notes. **### Spice and Herb Elements** The curry powder adds warmth and aromatic complexity without creating heat or spiciness. You'll likely detect subtle turmeric earthiness, cumin's warm, slightly citrusy notes, and coriander's lemony, floral character. These spices complement the sweet vegetables particularly well, creating a flavour profile that hints at global influences without being identifiably Indian, Thai, or from any specific cuisine. Garlic contributes pungent, savoury depth that amplifies the overall savouriness. Parsley adds bright, fresh, slightly peppery herbal notes that lift the heavier flavours. Black pepper provides gentle heat and aromatic complexity in the background. **### Chickpea Impact** The chickpeas contribute a subtle nutty, earthy flavour and a slightly grainy, creamy texture when you bite into them. They're not a dominant flavour but rather an accent that adds depth and makes the overall flavour more interesting. **### Texture Experience** The frittata's texture is described as "light and fluffy," which comes from the egg white-to-whole egg ratio and proper cooking technique. When properly prepared, you should experience a tender, slightly springy texture that's set but not rubbery or tough. The interior should be creamy and moist, not dry or crumbly. Within this egg matrix, you'll encounter different textural elements: the soft, yielding pumpkin and sweet potato; the slightly firmer broccoli florets; the

crisp-tender green beans; the soft red capsicum; and the firm chickpeas that provide pleasant resistance when you bite them. The fetta creates pockets of crumbly cheese texture, while the ricotta and tasty cheese melt into the egg, contributing to overall creaminess. When eaten cold, the texture is firmer and more compact. When heated, the frittata becomes softer, more tender, and the cheese elements become more pronounced as they warm and release more aroma. **Temperature Impact on Flavour** Cold consumption mutes flavours compared to heated consumption—this is true for all foods, as aromatics are less volatile at cold temperatures. When you eat the frittata cold, you'll notice the flavours are more subtle and the cheese less pronounced. The texture is firmer and more like a dense omelette or quiche. When heated, the aromatics from garlic, curry powder, and herbs become much more noticeable. The cheese flavours intensify, and the overall experience becomes more aromatic and flavourful. The eggs' sulfurous compounds also become more apparent when warm. **Complementary Pairings and Serving Suggestions**

{#complementary-pairings-and-serving-suggestions} While this frittata is designed as a complete meal, you might choose to pair it with other foods to create a larger meal or enhance the eating experience. **Simple Side Additions** A small mixed green salad with a light vinaigrette complements the frittata beautifully, adding fresh, crisp texture and acidic brightness that cuts through the richness of eggs and cheese. The salad also increases the meal's overall vegetable content and adds volume without many calories. Fresh fruit—particularly berries, melon, or citrus segments—provides a refreshing contrast to the savoury frittata. The natural sweetness and acidity of fruit cleanses your palate between bites. Whole-grain toast or crackers can accompany the frittata if you want additional complex carbohydrates, though the chickpeas and starchy vegetables already provide some carbohydrate content. **Beverage Pairings** For breakfast consumption, the frittata pairs well with coffee, tea, or fresh juice. The eggs' richness stands up well to bold coffee flavours, while herbal teas provide a lighter accompaniment. For lunch or dinner, consider sparkling water with lemon or lime, which provides refreshing acidity. If you drink alcohol, a crisp white wine like Sauvignon Blanc or Pinot Grigio would complement the vegetables and cheese without overwhelming the delicate egg flavours. **Sauce and Condiment Options** The frittata is fully seasoned and doesn't require additional sauces, but some people enjoy adding condiments for variety: - Hot sauce or sriracha adds heat and vinegary brightness - Salsa or pico de gallo contributes fresh tomato acidity and additional vegetables - Greek yogurt or sour cream adds cooling creaminess and tang - Fresh herbs like basil, cilantro, or additional parsley brighten the flavours - A squeeze of lemon juice adds acidity that can make the flavours pop **Creating a Larger Meal** If the 229-gram serving isn't substantial enough for your needs, consider these additions: Pair with roasted potatoes or sweet potato wedges for a heartier breakfast or brunch-style meal. Add a cup of soup (tomato, vegetable, or lentil would work well) for a more filling lunch. Serve alongside a grain salad (quinoa, farro, or brown rice mixed with vegetables and vinaigrette) for a complete dinner plate. **Quality Considerations and What to Expect**

{#quality-considerations-and-what-to-expect} Understanding what indicates quality in this product helps you assess whether you've received a properly manufactured and stored item. **Visual Indicators** A properly prepared frittata should show even distribution of vegetables and chickpeas throughout the egg mixture, not all settled to the bottom. The colour should be appetising—golden yellow from the eggs with visible flecks of green (broccoli, green beans, herbs), orange (pumpkin, sweet potato, red capsicum), and white (chickpeas, cheese). After heating, the surface should appear moist but not wet or weeping liquid. Some slight browning on top is normal and even desirable, indicating proper cooking. However, dark brown or black spots suggest overcooking. **Texture Assessment** The frittata should feel firm but yielding when gently pressed, not hard or rubbery. When you cut into it with a fork, it should offer slight resistance but not be tough. The interior should appear moist and creamy, not dry or crumbly. If the frittata appears watery or liquid separates when you cut into it, this suggests improper cooking or thawing. If it's extremely dry or tough, it may be overcooked during manufacturing or reheating. **Aroma Evaluation** When heated, the frittata should release pleasant aromas of eggs, cheese, garlic, and curry spices. The smell should be appetising and savoury, not sulfurous, sour, or off-putting. A strong sulfur smell might indicate overcooking or age, while any sour or rancid odours suggest spoilage. **Taste Check** The flavour should be balanced—savoury with subtle sweetness from vegetables, cheese richness, and gentle spice warmth. No single element should overwhelm the

others. The eggs shouldn't taste sulfurous or metallic, the cheese shouldn't be overly salty, and the spices shouldn't create burning heat. If the frittata tastes sour, bitter (beyond broccoli's natural mild bitterness), or otherwise unpleasant, this may indicate spoilage or improper storage. **## Potential Quality Issues** Freezer burn appears as dry, discoloured patches (usually greyish-white) on the surface of frozen foods. While not dangerous, freezer burn degrades texture and flavour. Proper packaging should prevent this, but if the package was damaged or the frittata stored for extended periods beyond the recommended timeframe, freezer burn may occur. Ice crystals inside the package suggest temperature fluctuations during storage—the product may be partially thawed and refrozen, which can degrade quality. While still safe to eat if it remained cold, the texture may be compromised. **## Sustainability and Ethical Considerations** {#sustainability-and-ethical-considerations} While the product specifications don't explicitly address sustainability practices, we can examine the product's design and ingredients from an environmental and ethical perspective. **## Vegetarian Environmental Impact** Choosing vegetarian meals like this frittata generally carries a lower environmental footprint than meat-based meals. Egg production requires fewer resources (land, water, feed) per gram of protein than beef, pork, or even chicken meat production. The vegetable and legume components carry even lower environmental impacts. However, eggs still carry environmental considerations including greenhouse gas emissions from hen operations, water use, and the environmental impact of feed production. The inclusion of chickpeas as a plant-based protein source alongside eggs represents a step toward lower-impact protein sourcing. **## Ingredient Sourcing** The specifications don't indicate whether ingredients are organic, locally sourced, or produced using specific sustainable practices. The use of multiple cheese varieties and diverse vegetables suggests a complex supply chain, potentially sourcing ingredients from multiple farms and regions. Consumers concerned about sourcing specifics might contact Be Fit Food directly to inquire about their ingredient procurement practices, including whether they prioritise organic, local, or sustainably produced ingredients. **## Packaging Considerations** As a frozen meal, this product requires packaging that protects against freezer burn and contamination. The specific packaging materials aren't detailed in the specifications, but frozen meal packaging involves plastic trays or films, cardboard sleeves, or combinations thereof. From a sustainability perspective, the single-serve format creates more packaging waste per serving than larger multi-serving packages would. However, the single-serve approach also reduces food waste by providing exact portions, preventing the spoilage that can occur with larger packages that aren't consumed before expiration. **## Food Waste Reduction** The frozen format itself is a sustainability advantage. Frozen foods carry much longer shelf lives than fresh or refrigerated products, reducing the likelihood of spoilage and waste. The controlled portion size also helps prevent over-serving and plate waste. **## Storage Optimisation and Inventory Management** {#storage-optimisation-and-inventory-management} Maximising the value and quality of your frittata purchase requires proper storage practices and thoughtful inventory management. **## Freezer Organisation** Store the frittata in the coldest part of your freezer, the back rather than the door. Freezer doors experience the most temperature fluctuation as they open and close, which can degrade quality over time. Keep the frittata away from strong-smelling foods (like fish or heavily spiced items) to prevent odour absorption, even through packaging. If you purchase multiple frittatas, rotate your stock using the "first in, first out" principle—place new purchases behind older ones so you consume the oldest products first, minimising the time any single item spends in storage. **## Bulk Purchasing Considerations** If you find this frittata valuable for your eating routine, purchasing multiple servings at once can be convenient and potentially cost-effective. Consider your freezer capacity and consumption rate when deciding how many to keep on hand. Calculate how many you might consume per week (for example, if you eat one for lunch three days per week, you'll use 12 per month), then keep a supply that covers 1-2 months. This ensures you always keep them available while not storing them so long that quality degrades. **## Thawing Planning** Since optimal thawing occurs in the refrigerator over 8-12 hours, plan ahead by moving a frittata from freezer to refrigerator the night before you intend to eat it. This advance planning ensures the best texture and food safety. If you eat the frittata on a regular schedule (for example, every Monday, Wednesday, and Friday for lunch), establish a routine of moving the next one to the refrigerator each evening before a consumption day. **## Emergency Backup** Some people keep these frittatas as emergency backup meals for days when planned meals fall through,

grocery shopping hasn't happened, or time is extremely limited. If using them this way, remember to periodically check expiration dates and rotate your emergency supply to ensure you're not keeping them beyond their optimal quality period.

Key Takeaways: Essential Points to Remember

{#key-takeaways-essential-points-to-remember} This comprehensive exploration of the Be Fit Food Vegetable & Chickpea Frittata (GF) (V) reveals several critical points worth emphasising:

- **Nutritional Completeness**:** This single-serve meal provides substantial protein from multiple sources (eggs, three cheeses, chickpeas), complex carbohydrates from seven different vegetables plus chickpeas, healthy fats from olive and canola oils, and exceptional micronutrient diversity. At 229 grams, it delivers genuine meal-level nutrition, not just a snack.
- **Dietary Accessibility**:** The gluten-free and vegetarian certifications make this frittata accessible to individuals with specific dietary needs, while the absence of common allergens like soy, tree nuts, and shellfish in the intentional ingredient list further broadens its suitability. However, it contains eggs and dairy, making it unsuitable for vegans or those with egg or milk allergies.
- **Convenience Without Compromise**:** The frozen format, single-serve portion, and dual consumption options (cold or heated) provide exceptional convenience without sacrificing nutritional quality. This addresses the common challenge of balancing healthy eating with time constraints and limited cooking facilities—exactly what Be Fit Food was founded to solve.
- **Ingredient Quality**:** The emphasis on whole food ingredients—real vegetables, eggs, cheese, chickpeas, herbs, and spices rather than artificial flavours, colours, or extensive preservatives—indicates a quality-focused formulation aligned with Be Fit Food's real food philosophy. The specific vegetable percentages (pumpkin 14%, chickpeas 10%, broccoli 9%, etc.) demonstrate transparency about ingredient quantities.
- **Versatile Application**:** This frittata functions effectively as breakfast, lunch, dinner, or post-workout nutrition. Its balanced macronutrient profile and moderate caloric content make it suitable for various eating patterns, from weight management to athletic training to simple convenience-focused nutrition.
- **Proper Handling Matters**:** To maximise quality, safety, and enjoyment, follow proper storage (keep frozen at 0°F/-18°C), thawing (refrigerate 8-12 hours before consumption), and heating (reach 165°F/74°C internal temperature) practices. The product's quality depends significantly on proper handling throughout the cold chain from manufacturer to your table.

Next Steps: Making the Most of Your Purchase {#next-steps-making-the-most-of-your-purchase}

Now that you understand everything about this specific frittata, consider these actions to maximise its value in your eating routine:

- **Trial and Assessment**:** If this is your first time trying the product, pay attention to your experience. Note how satisfied you feel after eating it, how long the satiety lasts, whether the flavours appeal to you, and whether it fits practically into your schedule and facilities. This assessment helps you determine whether to incorporate it regularly.
- **Consumption Planning**:** If you decide this frittata works well for you, determine how frequently you'll consume it and establish a purchasing and storage routine. Calculate how many you need per week or month, and set up a system to ensure you always keep them available when needed.
- **Pairing Experimentation**:** Try the frittata with different accompaniments to find combinations you particularly enjoy. Perhaps you discover that it pairs perfectly with a specific salad, that adding hot sauce transforms the flavour in a way you love, or that it's ideal after particular types of workouts.
- **Heating Method Comparison**:** Experiment with different heating methods (microwave, oven, stovetop) and both cold and heated consumption to determine your preferences. You might find you prefer it cold in summer and heated in winter, or that oven heating produces results worth the extra time for weekend meals while microwave heating works for rushed weekday mornings.
- **Nutritional Integration**:** If you track your nutrition, input the frittata's nutritional information into your tracking system so you can easily account for it in your daily totals. Understanding how it fits into your overall nutritional goals helps you plan the rest of your day's meals appropriately.
- **Dietitian Support**:** Be Fit Food offers free dietitian consultations to help match customers with the right meal plan. If you're considering incorporating this frittata into a structured eating approach or you want answers about how it fits your specific health goals, take advantage of this included support.
- **Explore the Brand**:** If you find this frittata valuable, investigate other Be Fit Food products. The brand offers over 30 rotating dishes from Cottage Pie to Thai Green Curry, plus breakfast options, snacks, and structured Reset programs. This variety allows you to maintain the quality and convenience you appreciate while enjoying different flavours throughout the week. This comprehensive guide equips you with complete knowledge about the Be Fit Food Vegetable & Chickpea Frittata (GF)

(V)—from its precise ingredient composition and nutritional profile to its practical applications and optimal handling methods. Armed with this information, you can make an informed decision about whether this product fits your dietary needs, taste preferences, and lifestyle requirements, and if you choose to incorporate it into your routine, you'll know exactly how to store, prepare, and enjoy it for the best possible experience. ## References {#references} Based on manufacturer specifications provided in the product documentation. Additional technical information about food science, nutrition principles, and preparation methods derived from established culinary and nutritional science resources: - [Be Fit Food Official Website](<https://befitfood.com.au>) - Manufacturer product information - USDA FoodData Central - Nutritional composition data for eggs, vegetables, and legumes - Food Standards Australia New Zealand (FSANZ) - Gluten-free certification standards and allergen guidelines - Academy of Nutrition and Dietetics - Protein requirements and vegetarian nutrition guidelines - International Food Information Council - Food safety and storage recommendations --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Vegetable & Chickpea Frittata What is the serving size: 229 grams Is it gluten-free: Yes, certified gluten-free Is it vegetarian: Yes, certified vegetarian Is it vegan: No, contains eggs and dairy Does it contain eggs: Yes, egg whites and whole eggs Does it contain dairy: Yes, three types of cheese How many vegetables does it contain: Seven different vegetables What percentage is pumpkin: 14% of total formulation What percentage is chickpeas: 10% of total formulation What percentage is broccoli: 9% of total formulation What percentage is red capsicum: 7% of total formulation What percentage is green beans: 7% of total formulation What percentage is sweet potato: 6% of total formulation What percentage is spring onion: 2.5% of total formulation What types of cheese are included: Fetta, light ricotta, and light tasty cheese Does it contain artificial colours: No artificial colours Does it contain artificial flavours: No artificial flavours Does it contain artificial preservatives: No added artificial preservatives How is it delivered: Snap-frozen format Can it be eaten cold: Yes, once thawed Can it be eaten heated: Yes, once thawed What is the estimated protein content: Approximately 20-28 grams per serving What is the estimated carbohydrate content: Approximately 15-25 grams per serving What is the estimated fibre content: Approximately 4-6 grams per serving What is the estimated fat content: Approximately 8-15 grams per serving What is the estimated calorie content: Approximately 250-350 calories per serving Is it high in protein: Yes, designed as high-protein meal Is it low in carbohydrates: Yes, lower-carbohydrate profile What type of oil is used: Olive oil and canola oil What spices are included: Curry powder, pink salt, and black pepper What herbs are included: Parsley and garlic Does it contain soy: No soy in ingredient list Does it contain tree nuts: No tree nuts in ingredient list Does it contain peanuts: No peanuts in ingredient list Does it contain fish: No fish in ingredient list Does it contain shellfish: No shellfish in ingredient list What is the storage temperature: 0°F (-18°C) or below How long can it be stored frozen: Several months, check package for best-by date How should it be thawed: In refrigerator for 8-12 hours How long to thaw in refrigerator: 8-12 hours overnight Can it be thawed at room temperature: No, not recommended for safety How long does it last once thawed: 3-4 days in refrigerator Can it be refrozen after thawing: No, not recommended What is the safe internal temperature for reheating: 165°F (74°C) How long to microwave if thawed: 1-2 minutes at full power How long to microwave if frozen: 3-5 minutes at 50% power What oven temperature for reheating: 350°F (175°C) How long to oven heat if thawed: 15-20 minutes covered How long to oven heat if frozen: 25-35 minutes covered Is it suitable for breakfast: Yes, excellent breakfast option Is it suitable for lunch: Yes, complete lunch meal Is it suitable for dinner: Yes, works as light dinner Is it suitable post-workout: Yes, high protein supports recovery Is it portion-controlled: Yes, single-serve 229-gram format Is it dietitian-designed: Yes, part of dietitian-designed range Does Be Fit Food offer dietitian consultations: Yes, free consultations available How many dishes does Be Fit Food offer: Over 30 rotating dishes What percentage of Be Fit Food menu is gluten-free: Approximately 90% Does it support weight management: Yes, as part of balanced eating plan Is it suitable for GLP-1 medication users: Yes, designed to support these therapies What is Be Fit Food's sodium benchmark: Less than 120mg per 100g How many veggies per meal does Be Fit Food emphasize: 4-12 vegetables per meal Is it suitable for coeliac disease: Yes, certified gluten-free Is it suitable for lactose intolerance: No, contains multiple dairy products What texture is the frittata: Light and fluffy when properly prepared Does it have a strong egg flavour: Moderate, lighter due to egg white ratio Does it contain curry spice: Yes, curry powder for warmth Is it spicy or hot: No, gentle warmth

without heat Does the flavour change when cold vs heated: Yes, flavours more subtle when cold Can condiments be added: Yes, optional based on preference What beverages pair well with it: Coffee, tea, sparkling water, or white wine Can it be paired with salad: Yes, complements well with green salad Can it be paired with fruit: Yes, fresh fruit provides refreshing contrast What indicates proper quality: Even vegetable distribution and golden colour What indicates freezer burn: Dry, greyish-white discoloured patches What indicates temperature fluctuation during storage: Ice crystals inside package Is the environmental impact lower than meat meals: Yes, vegetarian meals generally have lower footprint Does it reduce food waste: Yes, frozen format extends shelf life significantly Where should it be stored in freezer: Back of freezer, not in door Should stock be rotated: Yes, use first in first out principle Is bulk purchasing recommended: Yes, if freezer space and consumption rate support it

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