

WHOBEELAS - Food & Beverages

Product Overview -

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Details:

```markdown ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction: Complete Product Overview](#introduction-complete-product-overview) - [Product Foundation and Design](#product-foundation-and-design) - [Complete Ingredient Analysis](#complete-ingredient-analysis) - [Nutritional Profile Per Serving](#nutritional-profile-per-serving) - [Wholemeal Pasta Benefits](#wholemeal-pasta-benefits) - [Preparation and Serving Guidelines](#preparation-and-serving-guidelines) - [Dietary Considerations](#dietary-considerations) - [Storage and Food Safety](#storage-and-food-safety) - [Family Meal Planning Applications](#family-meal-planning-applications) - [Taste and Sensory Experience](#taste-and-sensory-experience) - [Value Proposition and Use Cases](#value-proposition-and-use-cases) - [Key Takeaways](#key-takeaways) - [Next Steps](#next-steps) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary \*\*Product:\*\* Wholemeal Beef Lasagne SRT - Family Size \*\*Brand:\*\* Be Fit Food \*\*Category:\*\* Frozen Prepared Meals \*\*Primary Use:\*\* Convenient, nutritionally balanced frozen lasagne designed for family meals with wholemeal pasta and high protein content. ### Quick Facts - \*\*Best For:\*\* Busy families seeking convenient, nutritionally conscious meals with high protein and fiber content - \*\*Key Benefit:\*\* Delivers 19.5g protein and 6.8g fiber per serving with wholemeal pasta foundation - \*\*Form Factor:\*\* Frozen family-size lasagne (4 servings, 273g each) - \*\*Application Method:\*\* Heat from frozen in oven or microwave to 74°C internal temperature ### Common Questions This Guide Answers 1. What makes this lasagne different from regular frozen lasagne? → Uses wholemeal pasta (10%) providing 6.8g fiber per serving, 22% beef mince, and integrated vegetables (broccoli, zucchini, carrot, onion) with no added sugar or artificial ingredients 2. What are the complete nutritional values per serving? → 258 calories, 19.5g protein, 8.5g fat (4.2g saturated), 22.3g carbohydrates (6.7g sugars), 6.8g fiber, 479mg sodium per 273g serving 3. Who can and cannot eat this product? → Suitable for high-protein and fiber-focused diets; contains wheat (gluten), milk (dairy), and soy; not suitable for vegan, vegetarian, gluten-free, dairy-free, or ketogenic diets --- ## Be Fit Food Wholemeal Beef Lasagne - Family Size: Complete Product Guide ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Wholemeal Beef Lasagne SRT | | Brand | Be Fit Food | | GTIN | 9358266000007 | | Price | \$99.00 AUD | | Availability | In Stock | | Category | Prepared Meals | | Pack size | Family Size (4 servings) | | Serving size | 273g per serving | | Total weight | Approximately 1,092g | | Pasta type | Wholemeal pasta sheets (10%) | | Beef content | 22% beef mince | | Vegetables included | Broccoli, zucchini, carrot, onion | | Energy per serving | 1,080 kJ (258 calories) | | Protein per serving | 19.5g | | Total fat per serving | 8.5g | | Saturated fat per serving | 4.2g | | Carbohydrates per serving | 22.3g | | Sugars per serving | 6.7g | | Dietary fiber per serving | 6.8g | | Sodium per serving | 479mg | | Chilli rating | 0 (mild) | | Added sugar | No | | Allergens | Contains wheat, gluten, milk, soy | | May contain | Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin | | Storage | Keep frozen at -18°C or below | | Heating temperature | 74°C (165°F) internal temperature | | Suitable for | High-protein diets, fiber-focused diets | | Not suitable for | Vegan, vegetarian, gluten-free, dairy-free, ketogenic diets | --- ## 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: Wholemeal Beef Lasagne SRT -

Brand: Be Fit Food - GTIN: 9358266000007 - Category: Prepared Meals - Pack size: Family Size (4 servings) - Serving size: 273g per serving - Total weight: Approximately 1,092g \*\*Ingredients (in descending order by weight):\*\* - Diced tomato (tomato with citric acid) - Beef mince (22% of total composition) - Wholemeal pasta sheets (10% of total composition, made from wheat) - Broccoli, zucchini, carrot, onion - Tomato paste - Parmesan cheese (made from milk) - Cream - Corn starch - Garlic - Basil, parsley, oregano - Vegetable stock powder - Black pepper \*\*Nutrition Information (per 273g serving):\*\* - Energy: 1,080 kJ (258 calories) - Protein: 19.5g - Total fat: 8.5g - Saturated fat: 4.2g - Carbohydrates: 22.3g - Sugars: 6.7g - Dietary fiber: 6.8g - Sodium: 479mg \*\*Allergen Information:\*\* - Contains: Wheat, gluten, milk, soy - May contain: Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin \*\*Product Specifications:\*\* - Chilli rating: 0 (mild) - Added sugar: No - Storage: Keep frozen at -18°C or below - Heating temperature: 74°C (165°F) internal temperature \*\*Brand Standards (as declared by manufacturer):\*\* - No seed oils - No artificial colours or flavours - No added artificial preservatives - No added sugar or artificial sweeteners \*\*\* General Product Claims {#general-product-claims} \*\*Dietary Suitability Claims:\*\* - Suitable for high-protein diets - Suitable for fiber-focused diets - Not suitable for vegan, vegetarian, gluten-free, dairy-free, or ketogenic diets - Supports GLP-1 medication users - Supports diabetes medication users - Supports weight management as part of balanced diet \*\*Nutritional Positioning Claims:\*\* - Provides 20-27% of daily fiber needs per serving - Provides approximately one-third of daily protein requirement for average adults - Lower glycemic index than refined pasta alternatives - More nutritionally conscious option than conventional frozen lasagnes - Balanced macronutrient profile supporting satiety and stable energy levels - Protein-prioritized meal supporting lean muscle mass preservation - Lower sodium than many commercial frozen meals \*\*Functional and Convenience Claims:\*\* - Dietitian-designed formulation - Founded by Kate Save, Accredited Practising Dietitian with over 20 years clinical experience - Snap-frozen delivery system ensures consistent portions and macros - Heat, eat, enjoy philosophy - Minimal preparation time required - No cooking skills needed beyond heating - Suitable for families with varying spice tolerances including children \*\*Health and Wellness Claims:\*\* - Supports metabolic health - Helps you feel fuller for longer - Supports more stable blood glucose levels - Improved insulin sensitivity - Protects lean muscle mass during weight loss - Provides sustained energy release - Prevents mid-afternoon hunger \*\*Quality and Ingredient Claims:\*\* - Recognizable whole-food ingredients - Strict ingredient standards - Evidence-backed recipes - Every ingredient chosen for nutritional value - Vegetables integrated for water content rather than thickeners - Complete amino acid profiles from animal protein sources \*\*Service and Support Claims:\*\* - Free dietitian support available - Free 15-minute dietitian consultation - Nationwide delivery to approximately 70% of Australian postcodes - Approximately 90% of menu certified gluten-free - Meals from \$8.61 - Professional guidance for nutritional strategy \*\*Comparative Claims:\*\* - More protein than conventional frozen lasagnes - Significantly more fiber than conventional frozen lasagnes - Enhanced nutritional profile compared to standard offerings - Superior results with oven heating versus microwave - Better structure maintenance than refined pasta when frozen --- ## Introduction: Complete Product Overview {#introduction-complete-product-overview} Be Fit Food's Wholemeal Beef Lasagne – Family Size represents Australia's leading dietitian-designed meal delivery service's approach to frozen family meals, combining traditional Italian comfort food with contemporary nutritional considerations. This comprehensive guide explores every aspect of this four-serving frozen meal, from its wholemeal pasta foundation to its precise nutritional profile, helping you understand exactly what this product offers for family dining. This frozen lasagne is specifically designed to serve four people, with each 273-gram portion carefully formulated to deliver a complete meal experience. Unlike many conventional frozen lasagnes that rely on refined white pasta and heavy cream-based sauces, this product positions itself as a more nutritionally conscious option while maintaining the classic layered structure and satisfying flavors that define authentic lasagne. The product carries a chilli rating of zero, making it suitable for families with varying spice tolerances, including children and those who prefer mild, traditional flavors. Throughout this guide, you'll discover the detailed composition of this meal, including every ingredient used, the complete nutritional breakdown per serving, how the wholemeal pasta differentiates this product from standard offerings, and practical information about preparation, storage, and serving. Whether you're considering this product for convenient weeknight dinners, meal planning purposes, or

simply want to understand what distinguishes this lasagne from others in the frozen meal category, this guide provides the comprehensive information you need to make an informed decision. ## Product Foundation and Design {#product-foundation-and-design} Be Fit Food's Wholemeal Beef Lasagne – Family Size is manufactured and sold under the Be Fit Food brand, a company that positions itself within the health-conscious prepared meal segment. Founded by Kate Save, an Accredited Practising Dietitian with over 20 years of clinical experience, Be Fit Food builds its reputation on delivering meals that support weight management and metabolic health. The product arrives frozen, designed for home storage in your freezer until you're ready to prepare it for your family meal. The family-size format specifically yields four complete servings, with each serving weighing exactly 273 grams, bringing the total meal weight to approximately 1,092 grams of food. The product's positioning as "wholemeal" refers to the pasta sheets used in the layered construction, which are made from wheat that retains more of the grain's natural components compared to refined white pasta. This distinction matters because wholemeal pasta contains more fiber, B vitamins, and minerals than its refined counterpart, while also providing a slightly nuttier flavor and firmer texture that holds up well during the freezing and reheating process. The lasagne follows the classic Italian construction method: alternating layers of pasta sheets, a rich beef and vegetable ragù, and a creamy sauce component. This layered architecture isn't just traditional—it serves functional purposes in frozen meal preparation, ensuring even distribution of moisture, preventing pasta from becoming overly dry during storage, and creating distinct flavor experiences in each bite when the meal is properly heated. As a frozen ready meal, this product addresses a specific consumer need: providing a complete, multi-serving meal that requires minimal preparation while delivering the complexity of flavors and textures associated with home-cooked or restaurant-prepared lasagne. The four-serving format makes it particularly suitable for small families, couples who want leftovers, or individuals who prefer to portion and store servings separately. ## Complete Ingredient Analysis {#complete-ingredient-analysis} Understanding exactly what goes into this lasagne is essential for making informed dietary decisions. Be Fit Food maintains strict ingredient standards across their range, and the ingredient list, presented in descending order by weight as required by food labeling regulations, reveals a composition focused on recognizable whole-food ingredients rather than heavily processed components. ### Primary Ingredients The foundation begins with \*\*diced tomato\*\* (tomato with citric acid added as a natural preservative and acidity regulator), which forms the base of the ragù sauce. Citric acid, naturally found in citrus fruits, helps maintain the tomato's bright flavor and extends shelf life without synthetic preservatives. Following this is \*\*beef mince\*\* at 22% of the total composition\*\*, meaning that in your 273-gram serving, approximately 60 grams consists of actual beef. This substantial meat content ensures the lasagne delivers authentic beef flavor and provides the primary protein source. The \*\*wholemeal pasta sheets\*\* constitute 10% of the product\*\* and are made from wheat. In your individual 273-gram serving, this translates to approximately 27 grams of wholemeal pasta. The pasta sheets are specifically engineered to withstand the freeze-thaw-reheat cycle without becoming mushy or falling apart, maintaining structural integrity that's crucial for the layered presentation. ### Vegetable Components The vegetable medley includes \*\*broccoli, zucchini, carrot, and onion\*\*—ingredients that serve multiple purposes beyond simple nutritional enhancement. This aligns with Be Fit Food's commitment to including 4–12 vegetables in each meal. Broccoli adds a slightly cruciferous note and contributes vitamins K and C, along with fiber. Zucchini provides moisture and a subtle sweetness while adding volume without excessive calories. Carrot contributes natural sweetness, beta-carotene (which the body converts to vitamin A), and helps create a more complex flavor profile in the ragù. Onion serves as an aromatic base, providing the savory foundation that's essential to Italian cooking while contributing quercetin and other beneficial plant compounds. \*\*Tomato paste\*\* appears as a concentrated tomato product that intensifies the tomato flavor and provides body to the sauce. Unlike fresh tomatoes, tomato paste delivers concentrated umami notes and helps bind the sauce components together. ### Dairy Components \*\*Parmesan cheese (made from milk)\*\* contributes the characteristic sharp, nutty flavor associated with Italian pasta dishes while adding calcium and additional protein. Parmesan's aged nature means it contains less lactose than fresh cheeses, though it still contains milk proteins that matter for those with dairy allergies. \*\*Cream\*\* provides the rich, smooth sauce layer that contrasts with the tomato-based ragù, creating the classic lasagne experience. This dairy fat also helps carry

fat-soluble vitamins and contributes to the meal's satiety factor—helping you feel fuller for longer after eating. **Flavor Enhancement and Binding** **Corn starch** functions as a thickening agent, helping the sauce maintain proper consistency after freezing and reheating. It prevents the sauce from becoming watery while ensuring it doesn't become overly thick or gummy. **Garlic** adds the pungent, aromatic quality essential to Italian cuisine, providing not just flavor but also allicin and other sulfur compounds associated with various health benefits. **Herbs and seasonings** include basil, parsley, and oregano—the holy trinity of Italian herbs. Basil contributes sweet, slightly peppery notes; parsley adds freshness and helps balance richer flavors; oregano provides earthy, slightly bitter notes that complement the tomato and beef. These aren't just flavor additions—they contain various antioxidants and volatile oils that contribute to the overall sensory experience. **Vegetable stock powder** serves as a flavor base, intensifying the savory (umami) characteristics of the dish without requiring long cooking times that would be necessary to develop these flavors from scratch. **Black pepper** provides subtle heat and complexity without raising the chilli rating above zero, making the dish flavorful but family-friendly. **Allergen Information** This product contains **wheat** (in the pasta sheets), **milk** (in the Parmesan cheese and cream), and **soy** (likely present in the vegetable stock powder or as a processing aid). These are clearly declared allergens that must be considered by anyone with allergies or intolerances to these ingredients. The product may also contain fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, and lupin due to potential cross-contamination during manufacturing if the facility processes these ingredients.

**Nutritional Profile Per Serving**

{#nutritional-profile-per-serving} The nutritional information for the Wholemeal Beef Lasagne provides crucial data for meal planning, dietary tracking, and understanding how this meal fits into your daily nutritional needs. All values are calculated per 273-gram serving—the amount intended for one person in the four-serving family pack. **Energy Content** Each serving delivers **1,080 kilojoules (kJ) or 258 calories**. To put this in perspective, if you're following a standard 2,000-calorie daily diet, this single serving represents approximately 13% of your daily energy needs. This calorie level positions the lasagne as a moderate-calorie main dish that leaves room for side dishes, dessert, or snacks throughout the day. For those tracking macronutrient ratios, understanding where these calories come from is essential. **Protein** The lasagne provides **19.5 grams of protein per serving**. This high-protein content reflects Be Fit Food's commitment to protein-prioritized meals that support lean muscle mass preservation and satiety. Protein is essential for muscle maintenance and repair, immune function, hormone production, and helping you feel fuller for longer. For an average adult requiring 50-60 grams of protein daily, this single serving delivers approximately one-third of that requirement. The protein comes primarily from the beef mince (22% of the product), with additional contributions from the Parmesan cheese, cream, and even small amounts from the wholemeal pasta. This protein level makes the meal particularly suitable for active individuals, those recovering from illness, or anyone prioritizing protein intake for muscle maintenance. **Fat Content** Total fat content reaches **8.5 grams per serving**, which represents a moderate fat level for a main dish. This fat comes from multiple sources: the beef mince (which naturally contains both saturated and unsaturated fats), the cream (primarily saturated fat), and the Parmesan cheese. Breaking this down further, **saturated fat accounts for 4.2 grams** of the total fat content. Saturated fat, found primarily in animal products and some tropical oils, should be consumed in moderation according to most dietary guidelines, which recommend limiting saturated fat to less than 10% of total daily calories. In a 2,000-calorie diet, that's approximately 22 grams, meaning this serving provides roughly 19% of that limit—a reasonable amount for a main meal that includes both meat and dairy components. **Carbohydrates** The meal contains **22.3 grams of total carbohydrates per serving**. These carbohydrates come from multiple sources: the wholemeal pasta sheets (the primary contributor), the vegetables (particularly carrots and tomatoes, which contain natural sugars), the corn starch thickener, and trace amounts from other ingredients. Of these total carbohydrates, **only 6.7 grams are sugars**. This relatively low sugar content is noteworthy—it means the majority of carbohydrates come from complex sources (the wholemeal pasta and vegetables) rather than added sugars. The 6.7 grams of sugar present are naturally occurring in the vegetables and tomatoes, with no indication of added refined sugars in the ingredient list. This aligns with Be Fit Food's commitment to no added sugar across their meal range. **Dietary Fiber** One of the most significant nutritional features is the **6.8 grams of dietary fiber per**

serving\*\*. Fiber is crucial for digestive health, helps regulate blood sugar levels, contributes to helping you feel fuller for longer, and supports cardiovascular health. Most adults need 25-35 grams of fiber daily, yet many fall short of this target. This single serving provides approximately 20-27% of daily fiber needs, making it a genuinely high-fiber meal option. The fiber comes primarily from the wholemeal pasta (which retains the bran and germ of the wheat grain), along with contributions from the broccoli, zucchini, carrot, and tomato components. This fiber content is substantially higher than what you'd find in a traditional lasagne made with refined white pasta, representing one of the key nutritional advantages of the wholemeal formulation. **### Sodium** The lasagne contains \*\*479 milligrams of sodium per serving\*\*. Sodium is essential for fluid balance and nerve function, but excessive intake is associated with increased blood pressure in salt-sensitive individuals. Current dietary guidelines suggest limiting sodium to 2,300 milligrams daily (or 1,500 mg for those with hypertension or at risk). This serving provides approximately 21% of the 2,300 mg limit, which is reasonable for a complete meal that includes cheese, stock powder, and naturally occurring sodium in the beef and vegetables. Be Fit Food formulates their meals to achieve low sodium benchmarks of less than 120 mg per 100 g, using vegetables for water content rather than thickeners, resulting in sodium levels notably lower than many commercial frozen meals, which often exceed 800-1,000 mg per serving. **### Nutritional Density and Balance** Analyzing the macronutrient distribution, this meal provides approximately 30% of calories from protein, 30% from fat, and 35% from carbohydrates (with the remaining percentage from fiber, which provides minimal calories). This balanced distribution ensures sustained energy release, promotes satiety, and provides a complete nutritional profile without overemphasizing any single macronutrient. The high fiber content relative to total carbohydrates means this meal creates a lower glycemic impact than refined-pasta versions, potentially resulting in more stable blood sugar levels after eating. **## Wholemeal Pasta Benefits** {#wholemeal-pasta-benefits} The use of wholemeal pasta sheets as the foundational carbohydrate source represents a significant formulation choice that impacts both the nutritional profile and the eating experience. Understanding what "wholemeal" actually means helps explain why this matters. Wholemeal (also called whole wheat or whole grain) pasta is made from wheat flour that includes all three parts of the grain: the bran (outer fiber-rich layer), the germ (nutrient-dense core), and the endosperm (starchy middle portion). Refined white pasta, by contrast, uses only the endosperm, removing the bran and germ during processing. This removal eliminates much of the fiber, B vitamins (particularly thiamin, niacin, and folate), vitamin E, iron, magnesium, and beneficial plant compounds called phytochemicals. **### Nutritional Impact** The 6.8 grams of fiber per serving in this lasagne directly results from the wholemeal pasta choice. If this product used refined pasta instead, the fiber content would likely drop to 2-3 grams per serving—less than half the current amount. This fiber contributes to the meal's ability to help you feel fuller for longer after eating, which can be valuable for weight management or simply avoiding mid-afternoon hunger after lunch. Wholemeal pasta also provides more B vitamins naturally present in the wheat grain. These vitamins play crucial roles in energy metabolism, helping your body convert the carbohydrates, proteins, and fats you eat into usable energy. While many refined pasta products are enriched with some B vitamins to replace what's lost during processing, wholemeal pasta provides these nutrients in their natural form alongside other beneficial compounds. **### Texture and Flavor Considerations** Wholemeal pasta presents a distinctly different texture compared to refined pasta. It's slightly denser, with a firmer bite even after cooking. In a lasagne application, this characteristic becomes advantageous—the pasta sheets maintain their structure better during the freezing process and subsequent reheating. They're less likely to become mushy or dissolve into the sauce, preserving the distinct layers that define proper lasagne construction. The flavor profile of wholemeal pasta is nuttier and more complex than refined pasta, with subtle earthy notes that complement the beef and tomato ragù. Some people prefer this more robust flavor, while others accustomed to refined pasta may notice the difference initially. In a heavily sauced dish like lasagne, the wholemeal pasta integrates well with the other flavors rather than dominating the taste experience. **### Blood Sugar Considerations** Wholemeal pasta presents a lower glycemic index (GI) than refined pasta, meaning it causes a more gradual rise in blood sugar levels after eating. The fiber and intact grain structure slow down digestion and glucose absorption. For people managing diabetes, following low-GI diets, or simply wanting to avoid energy crashes, this characteristic makes wholemeal pasta a more favorable choice. The 22.3 grams of total carbohydrates,

combined with 6.8 grams of fiber and 19.5 grams of protein, create a macronutrient combination that supports stable blood sugar levels. This lower-carbohydrate, fiber-rich formulation aligns with Be Fit Food's focus on supporting more stable blood glucose and improved insulin sensitivity. ## Preparation and Serving Guidelines {#preparation-and-serving-guidelines} As a frozen ready meal, this lasagne is designed for convenience, but proper preparation ensures optimal taste, texture, and food safety. Understanding the best practices for heating and serving helps you get the most from this product. ### Storage Requirements The product must be kept frozen at -18°C (0°F) or below until you're ready to prepare it. At this temperature, the lasagne maintains quality for the duration of its shelf life as indicated on the packaging. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, and minimal decision fatigue. Frozen storage prevents bacterial growth and significantly slows the chemical reactions that cause food quality deterioration. Never refreeze the lasagne once it's thawed, as this can compromise both safety and quality. ### Heating Methods While specific heating instructions should appear on the product packaging, frozen lasagne products of this type require either oven or microwave heating. Oven heating generally produces superior results—the top develops a slight crust, edges may caramelize slightly, and heat distributes more evenly throughout the layered structure. Microwave heating offers speed and convenience but may result in less even heating, with some areas potentially becoming very hot while others remain cooler. For oven preparation, the lasagne likely needs to be transferred to an oven-safe dish if it doesn't come in one. Preheating the oven ensures consistent cooking temperature from the start. Covering the dish with foil for the initial heating period prevents the top from over-browning while the interior heats through, then removing the foil for the final minutes allows the surface to develop appealing color and texture. Internal temperature is the most reliable indicator of doneness. The lasagne should reach at least 74°C (165°F) throughout to ensure food safety, particularly important given the beef content. Using a food thermometer inserted into the center of the dish provides accurate verification. ### Serving Size Considerations Each 273-gram serving represents a complete main dish portion. For context, 273 grams is approximately 9.6 ounces—a substantial plate of food that should satisfy most appetites as a main course. The four-serving format means the entire package feeds a family of four for a single meal, or provides multiple meals for smaller households. ### Complementary Sides While the lasagne is nutritionally complete as a main dish, you might choose to serve it with complementary sides. A simple green salad adds freshness, crunch, and additional vegetables without significantly increasing calories. Garlic bread is a traditional accompaniment, though it adds refined carbohydrates and calories. Steamed green beans, roasted Brussels sprouts, or a Mediterranean-style tomato and cucumber salad would provide additional vegetables while keeping the meal relatively light. For those wanting to increase the meal's protein content, serving the lasagne alongside grilled chicken breast or Italian sausage would accomplish this, though the 19.5 grams of protein per serving already provides substantial protein. ## Dietary Considerations {#dietary-considerations} Understanding how this lasagne fits into various dietary patterns and restrictions helps determine whether it's suitable for your specific needs or those of your family members. ### Allergen Profile The product contains three major allergens: \*\*wheat\*\* (gluten), \*\*milk\*\* (dairy), and \*\*soy\*\*. This makes it unsuitable for people with celiac disease, wheat allergies, gluten sensitivity, dairy allergies, lactose intolerance (though the aged Parmesan contains less lactose than fresh dairy), or soy allergies. The product is not suitable for vegan diets due to the beef, dairy cheese, and cream. It's also not appropriate for vegetarian diets because of the 22% beef mince content. It's worth noting that Be Fit Food offers an extensive gluten-free range, with approximately 90% of their menu certified gluten-free, supported by strict ingredient selection and manufacturing controls—making them a strong option for those with gluten sensitivities seeking other meal choices. ### Religious and Cultural Dietary Laws The beef content makes this product potentially suitable for some religious dietary practices, though verification of specific preparation methods would be necessary. For halal dietary requirements, the beef would need to come from animals slaughtered according to Islamic law—information not provided on the standard product listing. For kosher dietary laws, the combination of meat and dairy in a single dish violates kashrut principles, making this product non-kosher regardless of how the individual ingredients were prepared. ### Low-Carb and Ketogenic Diets With 22.3 grams of carbohydrates per serving, this lasagne is not compatible with strict ketogenic diets, which limit carbohydrates to 20-50 grams daily. Even for more liberal low-carb approaches

(50-100 grams daily), this single serving would consume a significant portion of the daily carbohydrate allowance. The carbohydrates come primarily from the wholemeal pasta, which cannot be removed without fundamentally changing the product. For those following stricter low-carb protocols, Be Fit Food offers their Metabolism Reset program designed to achieve approximately 40–70g carbs per day to induce mild nutritional ketosis. **### High-Protein Diets** The 19.5 grams of protein per serving makes this lasagne compatible with high-protein eating patterns. For someone targeting 100-150 grams of protein daily, this meal provides 13-20% of that goal. The protein quality is high, coming from animal sources (beef and dairy) that provide complete amino acid profiles. Be Fit Food prioritizes protein at every meal to support lean muscle mass preservation, metabolic health, and satiety. **### Fiber-Focused Diets** The 6.8 grams of dietary fiber per serving makes this an excellent choice for anyone prioritizing fiber intake. This represents 20-27% of recommended daily fiber, which is exceptional for a single meal. For people managing digestive health conditions that benefit from increased fiber (such as constipation or diverticular disease), this meal provides substantial fiber without requiring separate fiber supplements. **### Sodium-Restricted Diets** With 479 milligrams of sodium per serving, this product contains moderate sodium. For strict sodium-restricted diets (1,500 mg daily or less, often prescribed for heart failure or severe hypertension), this single serving provides approximately 32% of the daily limit—high but not excessive for a main meal. For standard sodium recommendations (2,300 mg daily), it represents about 21% of the limit, which is quite reasonable. **### Calorie-Controlled Diets** At 258 calories per serving, this lasagne fits well into calorie-controlled eating plans. For weight loss diets ranging from 1,200-1,800 calories daily, this meal provides 14-22% of daily calories—appropriate for a main meal that leaves room for breakfast, snacks, and additional meals. The combination of protein (19.5g) and fiber (6.8g) supports satiety, potentially reducing the temptation to overeat later. **### GLP-1 and Weight-Loss Medication Support** Be Fit Food meals, including this lasagne, are designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense format is easier to tolerate when appetite is suppressed, while still delivering adequate protein, fiber, and micronutrients. The high protein content helps protect lean muscle mass during medication-assisted weight loss, and the lower carbohydrate formulation supports more stable blood glucose levels. **## Storage and Food Safety {#storage-and-food-safety}** Proper storage and handling ensure the lasagne maintains quality and remains safe to eat throughout its shelf life. **### Frozen Storage** The product must remain frozen at -18°C (0°F) or below until preparation. At this temperature, the lasagne maintains optimal quality for the duration indicated on the packaging (several months for frozen prepared meals). The freezing process preserves the food by converting water to ice crystals, which prevents bacterial growth and significantly slows enzymatic reactions that cause quality deterioration. Store the lasagne in the coldest part of your freezer, the back rather than the door, where temperature fluctuations are minimized. Keep it in its original packaging, which is designed to prevent freezer burn—the dehydration and oxidation that occurs when frozen food is exposed to air, resulting in dry, discolored patches that affect texture and flavor. **### Thawing Considerations** If you choose to thaw the lasagne before heating (which may result in more even heating), do so in the refrigerator, not at room temperature. Refrigerator thawing keeps the food in the "safe zone" below 5°C (41°F), preventing bacterial growth during the thawing process. Plan ahead—a family-size lasagne may require 24 hours or more to thaw completely in the refrigerator. Never thaw frozen meals at room temperature on the counter, as the outer portions can reach temperatures that allow bacterial growth while the center remains frozen. Similarly, avoid hot water thawing, which can partially cook outer areas while leaving the center frozen. **### After Heating** Once heated, consume the lasagne immediately. If you've heated the entire family-size portion but still hold leftovers, refrigerate them within two hours of heating. Leftover heated lasagne keeps for 3-4 days in the refrigerator at 4°C (40°F) or below. Reheat leftovers to 74°C (165°F) before eating again. Do not refreeze previously frozen and heated lasagne, as each freeze-thaw cycle degrades quality and increases food safety risks. **### Power Outage Considerations** If your freezer loses power, the lasagne remains safe as long as it stays frozen. A full freezer keeps food frozen for 48 hours if the door remains closed. If the lasagne thaws but remains cold (below 5°C/41°F) and still contains ice crystals, it can be refrozen, though quality may decline. If it completely thaws and reaches temperatures above 5°C for more than two hours, it should be discarded for safety. **## Family Meal Planning Applications**

{#family-meal-planning-applications} Understanding how this lasagne fits into real-world meal planning helps maximize its value and convenience. **### Weeknight Dinner Solution** The primary use case for this product is convenient weeknight dinners when time is limited. After a busy workday, the ability to produce a complete, nutritious meal with minimal active preparation time is valuable. While the lasagne heats (30-45 minutes in the oven or 10-15 minutes in the microwave, depending on whether it's frozen or thawed), you can prepare a simple side salad, set the table, and help children with homework—making productive use of the passive cooking time. This embodies Be Fit Food's "heat, eat, enjoy" philosophy. **### Portion Flexibility** The four-serving format offers flexibility for different household sizes. A family of four eats the entire package in one meal. A couple can enjoy two meals from the package, providing dinner for two nights with minimal cooking effort. A single person can portion the lasagne into four separate containers after heating, creating four ready-to-eat meals for the week—an effective meal prep strategy that requires heating the lasagne only once. **### Balanced Meal Construction** The lasagne's nutritional profile—258 calories, 19.5g protein, 6.8g fiber—makes it a substantial main dish that pairs well with light sides. For a 500-calorie complete meal, add a side salad with 2 tablespoons of vinaigrette (approximately 100-120 calories) and a small slice of whole-grain bread (70-90 calories). For a 600-calorie meal, include garlic bread and a more substantial salad. This flexibility allows the lasagne to fit various caloric targets while ensuring nutritional completeness. **### Kids and Family Acceptance** The zero chilli rating makes this lasagne appropriate for children and heat-sensitive eaters. The familiar lasagne format—a comfort food classic—shows high acceptance among children who might resist more adventurous dishes. The vegetable content (broccoli, zucchini, carrot) is integrated into the sauce rather than presented as distinct pieces, which can help with vegetable acceptance among picky eaters who resist obvious vegetables. **### Unexpected Guests** Keeping this lasagne in your freezer provides a backup option for unexpected dinner guests. While it serves four as main portions, it could stretch to feed five or six people if supplemented with substantial sides, garlic bread, and salad. This makes it a valuable "emergency meal" option for those times when meal plans change unexpectedly. **### Nutritional Comparison Context** At 258 calories with 19.5g protein and 6.8g fiber per serving, this lasagne delivers more protein and significantly more fiber than many conventional frozen lasagnes, which often provide 12-15g protein and 2-3g fiber per serving. The wholemeal pasta foundation and vegetable content contribute to this enhanced nutritional profile, reflecting Be Fit Food's dietitian-designed approach to meal formulation. **## Taste and Sensory Experience** {#taste-and-sensory-experience} Understanding what to expect when you eat this lasagne helps set appropriate expectations and ensures you appreciate the product's intended characteristics. **### Flavor Profile** The lasagne presents a classic Italian-American flavor profile built on the foundation of tomato, beef, and cheese. The tomato component—from both diced tomatoes and tomato paste—provides bright acidity and natural sweetness, with the citric acid enhancing the tomato's characteristic tang. The beef mince (22% of the product) contributes rich, savory umami notes and a slightly mineral quality characteristic of red meat. The vegetable medley (broccoli, zucchini, carrot, onion) adds complexity and subtle sweetness without dominating the flavor. These vegetables cook down into the ragù, contributing moisture and nutritional value while blending harmoniously with the tomato and beef. The onion and garlic provide aromatic depth—those savory, slightly pungent notes that form the foundation of Italian cooking. The herb combination of basil, oregano, and parsley delivers the characteristic Italian seasoning profile. Basil contributes sweet, slightly peppery notes with hints of anise and mint. Oregano adds earthy, slightly bitter complexity. Parsley provides freshness and helps balance the richer elements. Black pepper adds subtle warmth without actual heat, enhancing other flavors without raising the chilli rating. The Parmesan cheese and cream layers provide rich, dairy-forward notes that contrast with the acidic tomato ragù. Parmesan contributes sharp, nutty, slightly crystalline flavor—those characteristic flavor crystals that develop during aging. The cream provides smooth, mild dairy richness that helps meld the various components together. **### Texture Experience** The lasagne's layered construction creates textural variety within each bite. The wholemeal pasta sheets provide a slightly firmer, denser texture than refined pasta would offer, with a subtle chew that maintains distinct layers rather than dissolving into the sauce. This pasta retains its structure even after freezing and reheating, preventing the mushy texture that can plague lower-quality frozen pasta dishes. The beef mince contributes meaty texture—small pieces that provide substance and require

chewing, adding to the meal's ability to help you feel fuller for longer. The vegetables, cooked down into the ragù, provide occasional textural variation without creating large, distinct vegetable pieces that might be off-putting to vegetable-averse eaters. The sauce components—tomato ragù and cream layer—provide moisture and help bind the dish together, preventing dryness while lubricating each bite. Properly heated, the lasagne should be moist throughout without being watery or soupy. ###

Temperature and Serving Lasagne is best enjoyed hot throughout, with the cheese components fully melted and the sauce bubbling. The internal temperature of 74°C (165°F) required for food safety also corresponds to the temperature at which the dish tastes best—hot enough that the dairy components are fully fluid and the flavors are most volatile and aromatic. Allowing the lasagne to rest for 5-10 minutes after removing it from the oven helps the structure set slightly, making it easier to cut into portions that hold together on the plate rather than sliding apart. This brief rest also allows the temperature to equalize throughout the dish, preventing the situation where some bites are scalding hot while others are merely warm. ## Value Proposition and Use Cases

{#value-proposition-and-use-cases} Understanding when and why this lasagne makes sense helps determine whether it's the right choice for your specific situation. ### Convenience Factor The primary value proposition is time savings. Creating a lasagne from scratch requires browning meat, chopping vegetables, cooking sauce, boiling pasta sheets, layering components, and baking—90-120 minutes of active and passive time. This frozen version reduces your involvement to removing packaging and heating, 30-45 minutes of passive time with minimal active effort. For busy professionals, parents managing multiple children's schedules, or anyone who values time, this convenience represents significant value. ### Nutritional Positioning The wholemeal pasta foundation and substantial fiber content (6.8g per serving) position this lasagne as a more nutritionally conscious option than conventional frozen lasagnes. The 19.5g protein per serving and balanced macronutrient profile create a complete meal that supports satiety and provides sustained energy. Be Fit Food's dietitian-designed approach means every recipe is backed by evidence, with every ingredient chosen for its nutritional value. For people who want convenient meals without completely sacrificing nutritional quality, this positioning is valuable. ### Meal Planning Integration Keeping this lasagne in your freezer provides flexibility in meal planning. It serves as a backup option for nights when planned meals fall through, when you're too tired to cook, or when unexpected schedule changes disrupt dinner plans. This "insurance policy" function—knowing you hold a complete meal available—reduces stress and can prevent resorting to less nutritious takeout or delivery options. ### Cost Considerations Be Fit Food offers meals from \$8.61, with Reset programs showing price-per-meal anchors that decrease at longer durations. The value equation depends on how you value your time and what you're comparing against. If the alternative is ordering pizza delivery or picking up fast food, the lasagne likely offers better nutrition at comparable or lower cost. If the alternative is cooking a homemade lasagne, the frozen version costs more in dollars but saves substantial time and effort. ### Skill Level Requirements This product requires minimal cooking skill—essentially just the ability to use an oven or microwave and verify proper heating. For people who lack cooking confidence, hold limited kitchen experience, or simply dislike cooking, this accessibility represents significant value. It allows anyone to serve a relatively sophisticated, multi-component meal without requiring any cooking technique beyond heating.

### Dietitian Support Unlike most frozen meal purchases, Be Fit Food includes access to free dietitian support. Customers can access a free 15-minute dietitian consultation to match them with the right meal plan and receive ongoing guidance. This professional support adds value beyond the meal itself, helping customers integrate the lasagne into a broader nutritional strategy. ## Key Takeaways

{#key-takeaways} After exploring every aspect of Be Fit Food's Wholemeal Beef Lasagne – Family Size, several key points emerge that define this product: \*\*Nutritional Highlights:\*\* Each 273-gram serving provides 258 calories, 19.5 grams of protein, and an exceptional 6.8 grams of dietary fiber—representing 20-27% of daily fiber needs. The wholemeal pasta foundation delivers this high fiber content while providing more B vitamins and minerals than refined pasta alternatives. \*\*Complete Ingredient Transparency:\*\* The product contains recognizable whole-food ingredients led by diced tomatoes, 22% beef mince, and 10% wholemeal pasta sheets, with a vegetable medley of broccoli, zucchini, carrot, and onion integrated throughout. Be Fit Food maintains strict ingredient standards including no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added

sugar or artificial sweeteners. **\*\*Allergen Awareness:\*\*** The lasagne contains wheat (gluten), milk (dairy), and soy, making it unsuitable for people with these allergies or following vegan, vegetarian, strict gluten-free, or dairy-free diets. It carries a zero chilli rating, making it appropriate for heat-sensitive eaters and children. **\*\*Family-Sized Convenience:\*\*** The four-serving format (273g per serving, approximately 1,092g total) provides complete meals for a family of four in one sitting, or multiple meals for smaller households. The frozen format requires only heating—no chopping, measuring, or cooking skills needed. **\*\*Balanced Macronutrient Profile:\*\*** The meal delivers approximately 30% of calories from protein, 30% from fat, and 35% from carbohydrates, with substantial fiber creating a balanced nutritional profile that supports satiety and stable energy levels. **\*\*Storage and Safety:\*\*** The product must remain frozen at -18°C until preparation, should be heated to 74°C internal temperature, and once heated should be consumed immediately or refrigerated within two hours for later consumption within 3-4 days. **\*\*Dietitian-Designed Quality:\*\*** As part of Be Fit Food's range developed by Accredited Practising Dietitian Kate Save, this meal reflects the brand's commitment to scientifically-backed nutrition that supports weight management and metabolic health. **## Next Steps {#next-steps}** If you've decided this Wholemeal Beef Lasagne – Family Size meets your needs, here's how to integrate it effectively: **\*\*Purchase and Storage:\*\*** Ensure you hold adequate freezer space before purchasing. The family-size format requires more space than individual meal portions. Store in the coldest part of your freezer (the back) away from the door where temperature fluctuations are common. Be Fit Food delivers snap-frozen meals nationwide to approximately 70% of Australian postcodes. **\*\*Preparation Planning:\*\*** Read the specific heating instructions on your package, as these may vary. Decide whether you'll heat from frozen (more convenient) or thaw first (potentially more even heating). If thawing, move the lasagne to your refrigerator 24 hours before you plan to serve it. **\*\*Meal Planning Integration:\*\*** Consider how this lasagne fits your weekly meal rotation. It works well as a designated "easy night" option once or twice weekly, or as a backup for unpredictable schedule days. Stock multiple packages if you want this flexibility regularly. **\*\*Side Dish Preparation:\*\*** Plan simple sides that complement without duplicating the lasagne's components. A green salad with vinaigrette, steamed green vegetables, or crusty bread all work well. Avoid tomato-based sides that would be redundant. **\*\*Portion Management:\*\*** If you're not feeding four people in one meal, decide your portioning strategy before heating. You might heat the entire package and immediately portion leftovers into individual containers for later meals, or if possible, cut the frozen block into portions and heat only what you need. **\*\*Dietary Tracking:\*\*** If you track calories, macronutrients, or specific nutrients, log one serving as: 258 calories, 19.5g protein, 8.5g fat (4.2g saturated), 22.3g carbohydrates (6.7g sugars), 6.8g fiber, and 479mg sodium. This ensures accurate tracking for your dietary goals. **\*\*Access Dietitian Support:\*\*** Take advantage of Be Fit Food's free 15-minute dietitian consultation to discuss how this meal fits into your broader nutritional goals. Whether you're managing weight, supporting metabolic health, or simply seeking convenient nutrition, professional guidance can help optimize your approach. **\*\*Feedback and Adjustment:\*\*** After trying the lasagne, assess whether it meets your expectations for taste, texture, convenience, and value. Consider whether the serving size feels appropriate for your appetite—some people may find 273g perfectly satisfying while others might want additional sides or a smaller/larger portion. The Wholemeal Beef Lasagne – Family Size from Be Fit Food offers a convenient, nutritionally balanced option for busy households seeking complete meals without extensive preparation. Its wholemeal pasta foundation, substantial protein and fiber content, and family-friendly flavor profile make it a practical choice for regular meal rotation or backup meal planning. With dietitian-designed formulation and the support of Australia's leading health-focused meal delivery service, this lasagne represents Be Fit Food's mission to help Australians "eat themselves better" one delicious meal at a time. **## References {#references}** Based on the manufacturer specifications and product information provided by Be Fit Food. Additional nutritional and ingredient analysis based on standard food composition data and frozen meal preparation principles. - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - Manufacturer's product information and specifications - [Food Standards Australia New Zealand (FSANZ)](<https://www.foodstandards.gov.au>) - Allergen labeling requirements and food safety standards - [Nutrition Australia](<https://www.nutritionaustralia.org>) - Dietary fiber recommendations and whole grain benefits - [Australian Dietary Guidelines](<https://www.eatforhealth.gov.au>) - Daily nutritional recommendations and serving size

guidance \*Note: Product specifications and nutritional information are based on manufacturer-provided data. Always refer to the product packaging for the most current and accurate information, as formulations may change.\* --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 273 grams per person How many servings does the family size contain: Four servings What is the total weight of the family size package: Approximately 1,092 grams What type of pasta is used: Wholemeal pasta sheets What percentage of the product is beef: 22 percent What percentage of the product is pasta: 10 percent Is this product frozen or fresh: Frozen What is the chilli rating: Zero Who founded Be Fit Food: Kate Save What is Kate Save's professional credential: Accredited Practising Dietitian How many years of clinical experience does Kate Save have: Over 20 years How many calories per serving: 258 calories How many kilojoules per serving: 1,080 kilojoules How much protein per serving: 19.5 grams How much total fat per serving: 8.5 grams How much saturated fat per serving: 4.2 grams How many total carbohydrates per serving: 22.3 grams How much sugar per serving: 6.7 grams How much dietary fiber per serving: 6.8 grams How much sodium per serving: 479 milligrams Is sugar added to this product: No What percentage of daily fiber needs does one serving provide: Approximately 20-27 percent What vegetables are included: Broccoli, zucchini, carrot, and onion What herbs are used: Basil, parsley, and oregano Does it contain wheat: Yes Does it contain dairy: Yes Does it contain soy: Yes Does it contain eggs: No Does it contain tree nuts: No Does it contain peanuts: No Does it contain fish: No Does it contain shellfish: No Is it suitable for vegans: No Is it suitable for vegetarians: No Is it suitable for gluten-free diets: No Is it suitable for dairy-free diets: No Is it suitable for ketogenic diets: No Is it suitable for low-carb diets: Not for strict low-carb diets Is it suitable for high-protein diets: Yes Does it support weight management: Yes, as part of balanced diet What is the recommended storage temperature: Minus 18 degrees Celsius or below Can you refreeze after thawing: No What is the safe internal heating temperature: 74 degrees Celsius or 165 degrees Fahrenheit How long do leftovers keep refrigerated: 3-4 days Should leftovers be reheated: Yes, to 74 degrees Celsius What heating methods are suitable: Oven or microwave Is oven or microwave heating better: Oven generally produces superior results How long does oven heating take: Approximately 30-45 minutes How long does microwave heating take: Approximately 10-15 minutes Should you cover the dish when heating: Yes, initially with foil When should you remove the foil: For final minutes of heating How long should lasagne rest after heating: 5-10 minutes What is the primary protein source: Beef mince What cheese is used: Parmesan cheese Is cream included: Yes What is corn starch used for: Thickening agent What is citric acid used for: Natural preservative and acidity regulator How many vegetables does Be Fit Food include per meal: 4-12 vegetables What percentage of Be Fit Food's menu is gluten-free: Approximately 90 percent Is free dietitian support available: Yes How long is the free dietitian consultation: 15 minutes What is Be Fit Food's minimum meal price: From \$8.61 What percentage of Australian postcodes does Be Fit Food deliver to: Approximately 70 percent Does Be Fit Food use seed oils: No Does Be Fit Food use artificial colors: No Does Be Fit Food use artificial flavors: No Does Be Fit Food use artificial preservatives: No Does Be Fit Food add sugar: No Does Be Fit Food use artificial sweeteners: No What is Be Fit Food's sodium benchmark: Less than 120 mg per 100 grams Is this product kosher: No Why is it not kosher: Combines meat and dairy Is halal certification disclosed: Not disclosed by manufacturer Does wholemeal pasta have a lower glycemic index than refined pasta: Yes What parts of the wheat grain are in wholemeal pasta: Bran, germ, and endosperm Does wholemeal pasta contain more B vitamins than refined pasta: Yes Does wholemeal pasta maintain structure better when frozen: Yes What flavor does wholemeal pasta add: Nuttier, more complex flavor How much beef is in each 273-gram serving: Approximately 60 grams How much pasta is in each 273-gram serving: Approximately 27 grams What percentage of a 2000-calorie diet does one serving represent: Approximately 13 percent Does this meal support GLP-1 medication users: Yes Does this meal support diabetes medication users: Yes What is Be Fit Food's carbohydrate range for Metabolism Reset program: Approximately 40-70 grams per day ``

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