

YELVEGCUR - Food & Beverages

Product Overview -

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Details:

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at \$12.50 AUD. This prepared meal provides a 267-gram single serving designed as a complete main course. The product carries dual certifications as both gluten-free (GF) and vegan (VG), making it suitable for multiple dietary requirements. The main ingredients appear in descending order by weight: Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Coconut Milk, Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts, Green Peas (2%), Faba Bean Protein, Yellow Curry Paste (1.5%). This formulation incorporates seven different vegetables: Broccoli, Eggplant, Tomato, Zucchini, Edamame, Onion, and Green Peas. The allergen statement confirms the product contains Soybeans and Peanuts. It may contain Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, and Lupin due to manufacturing facility cross-contact possibilities. Storage instructions specify frozen storage at -18°C or below to maintain quality and safety. Ingredient sub-components include Coconut Milk (containing coconut cream and xanthan gum) and Diced Tomato (containing citric acid). The aromatic profile features Coriander, Ginger, Garlic, and Lemongrass. Oil components include Olive Oil and Peanut Oil, while Vegetable Stock provides savoury depth. The Yellow Curry Paste at 1.5% traditionally contains turmeric, coriander seeds, cumin, lemongrass, galangal, garlic, shallots, and chili peppers. **## General Product Claims {#general-product-claims}** The meal claims to be an excellent source of dietary fibre and high in protein while remaining low in sodium. It contains 4-12 different vegetables per serving, maintains low saturated fat levels, and contains no artificial colours or flavours. The formulation delivers authentic Thai-inspired flavours in a nutritionally balanced, plant-based format that serves as a complete main course requiring no preparation beyond heating. Be Fit Food positions this product within their CSIRO-backed nutritional science framework, offering scientifically-designed, whole-food meals that help Australians achieve sustainable weight loss and improved metabolic health. The tofu component provides complete protein containing all nine essential amino acids, supporting satiety, muscle maintenance, and various metabolic functions. The brown rice selection ensures slower digestion and more gradual glucose release compared to white rice alternatives. The seven-vegetable composition provides broad micronutrient coverage across the serving. The frozen format locks in nutrient content and flavour immediately after preparation, preventing nutrient degradation that occurs in shelf-stable alternatives. The gluten-free certification makes this product suitable for celiac disease, non-celiac gluten sensitivity, or those following elimination diets. The vegan certification accommodates ethical vegans, environmental vegans, and those following plant-based diets for health reasons. The spice level delivers gentle chilli warmth described as mild-to-moderate heat, accessible to heat-sensitive palates and milder than red or green Thai curry varieties. The nutritional profile provides sustained energy without rapid spikes and crashes, supports blood sugar management, and supports healthy cholesterol levels. The plant-based formulation achieves 50-90% lower greenhouse gas emissions compared to meat-based equivalents, significantly reducing environmental impact. This meal supports GLP-1 receptor agonists, weight-loss medications, and diabetes medications by providing appropriate portion sizes with high protein content that helps protect lean muscle mass during medication-assisted weight loss. The formulation supports insulin sensitivity and Type 2 diabetes management while accommodating menopause and midlife metabolic transitions. A clinical trial published in *Cell Reports Medicine* demonstrated greater improvement in microbiome diversity with food-based approaches compared to supplement-based alternatives. Vegetables frozen shortly after harvest often retain more nutrients than fresh produce that degrades during transport and storage. The frozen format reduces food waste compared to fresh ingredients while providing consistent portions, consistent macros, and minimal decision fatigue. Be Fit Food operates as Australia's leading dietitian-designed meal delivery service, founded by Kate Save, an accredited practising dietitian with over 20 years of clinical experience. Approximately 90% of their menu carries gluten-free certification. The company offers free 15-minute dietitian consultations and provides meals from \$8.61. As an NDIS registered provider (registration valid until 19 August 2027), NDIS eligible customers can access meals from around \$2.50 per meal. The rotating menu features over 30 dishes with 12+ months frozen shelf life. The company headquarters sits at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia. --- **## Introduction {#introduction}** The Be Fit Food Yellow Vegetable Curry (GF) (VG) delivers authentic Thai-inspired flavours in a nutritionally balanced, plant-based format designed for modern health-conscious consumers. This 267-gram individually portioned meal combines firm tofu, seven different vegetables, brown rice, and a fragrant yellow curry sauce infused with lemongrass and kaffir

lime. Together, these components create a complete main course that requires no preparation beyond heating. Certified both gluten-free and vegan, this meal represents Be Fit Food's commitment to providing accessible, nutritionally dense convenience foods that never compromise on flavour complexity or ingredient quality. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service, combining CSIRO-backed nutritional science with convenient ready-made meals to help Australians achieve sustainable weight loss and improved metabolic health. Founded by Kate Save, an accredited practising dietitian with over 20 years of clinical experience, Be Fit Food delivers meals designed to help you "eat yourself better" through scientifically-designed, whole-food meals. In this comprehensive guide, you'll discover everything about this specific product—from the precise role each ingredient plays in the dish's nutritional profile and flavour architecture, to the dietary certifications that make it suitable for multiple eating patterns, to practical guidance on storage, preparation, and how this meal fits into various lifestyle contexts. Whether you're evaluating this product for dietary compatibility, assessing its nutritional merit, or simply curious about what makes this particular curry formulation unique, this guide provides the complete picture.

--- ## Product Overview and Philosophy

{#product-overview-and-philosophy} The Yellow Vegetable Curry from Be Fit Food sits within their Individual Meals range, a collection of frozen ready meals engineered to bridge the gap between convenience and nutritional integrity. This particular offering showcases the brand's approach to plant-based eating: rather than relying on heavily processed meat alternatives or simple grain-and-vegetable combinations, this curry builds protein content through multiple complementary sources while delivering genuine culinary depth through traditional Thai aromatics.

Portion Design and Format

The 267-gram serving size represents a carefully calibrated portion designed to provide satiety without excess—substantial enough to serve as a complete main meal for most adults, yet portioned to align with contemporary understanding of appropriate serving sizes. This portion control approach aligns with Be Fit Food's core philosophy of providing structure and adherence tools that support sustainable weight management. The frozen format locks in nutrient content and flavour immediately after preparation, eliminating the nutrient degradation that occurs in shelf-stable alternatives while providing extended storage flexibility that fresh meals cannot match.

Certification Benefits

The dual certification as both gluten-free and vegan significantly expands this product's potential audience. The gluten-free designation means individuals with celiac disease, non-celiac gluten sensitivity, or those following elimination diets can consume this meal with confidence. Approximately 90% of Be Fit Food's menu carries gluten-free certification, supported by strict ingredient selection and manufacturing controls. The vegan certification confirms the complete absence of animal products, animal-derived ingredients, and animal-based processing aids, making it suitable for ethical vegans, environmental vegans, and those following plant-based diets for health reasons.

--- ## Complete Ingredient Analysis

{#complete-ingredient-analysis} Understanding what's actually in this curry requires examining each component and its functional role in the finished dish. The ingredient list reveals a thoughtfully constructed formula where each element serves nutritional, textural, or flavour purposes—often multiple simultaneously. Be Fit Food's commitment to real food means no artificial colours, artificial flavours, artificial preservatives, or added sugars appear in their formulations.

Primary Protein Sources

{#primary-protein-sources} **Tofu** leads the ingredient list, indicating it comprises the largest proportion by weight. Tofu, made from coagulated soy milk pressed into blocks, provides the meal's primary protein foundation. As a complete protein containing all nine essential amino acids, tofu delivers the protein quality associated with animal products while remaining entirely plant-based. Its neutral flavour profile allows it to absorb the curry's aromatic complexity, while its firm texture provides satisfying bite and substance. Tofu also contributes isoflavones, plant compounds with potential health benefits, and provides a good source of iron and calcium depending on the coagulant used in processing.

Faba Bean Protein appears later in the ingredient list as a supplemental protein source. Faba beans (also called broad beans) get processed into a concentrated protein powder that boosts the meal's overall protein content without adding bulk or significantly altering flavour. This ingredient choice reflects sophisticated formulation—faba bean protein offers excellent amino acid composition, particularly high lysine content, and helps create a more complete amino acid profile when combined with the rice and tofu. It also contributes to the curry's body and mouthfeel, helping create a more substantial sauce texture.

Peanuts (listed with peanut oil) provide additional protein while

contributing essential healthy fats and distinctive flavour. In Thai curry applications, peanuts add richness, subtle sweetness, and textural contrast. They're also nutritionally dense, providing vitamin E, niacin, folate, and minerals including magnesium and phosphorus. **### Vegetable Composition**
{#vegetable-composition} The curry incorporates seven distinct vegetables, each contributing unique nutritional properties, textures, and flavours. This aligns with Be Fit Food's standard of including 4–12 vegetables in each meal, ensuring broad micronutrient coverage. ****Broccoli (11%)**** provides cruciferous vegetable benefits, including glucosinolates (compounds that convert to potentially protective isothiocyanates during digestion), substantial vitamin C and K content, and fibre. The 11% inclusion rate means approximately 29 grams of broccoli per serving—a meaningful contribution to daily vegetable intake. In the curry context, broccoli florets provide textural variety and a slight bitterness that balances the coconut milk's richness. ****Eggplant (11%)**** contributes the same percentage as broccoli, adding approximately 29 grams of this nightshade vegetable. Eggplant's spongy texture absorbs curry flavours exceptionally well while providing nasunin (an anthocyanin antioxidant found in the purple skin), fibre, and a creamy texture when cooked. Its mild, slightly earthy flavour complements rather than competes with the curry's aromatic profile. ****Diced Tomato (11%)**** includes citric acid as a natural preservative and pH regulator. At 29 grams, tomatoes add umami depth through their natural glutamate content, acidity that brightens the overall flavour profile, and lycopene—a carotenoid antioxidant that becomes more bioavailable when tomatoes get cooked. The diced format ensures distinct tomato pieces remain identifiable in the finished dish. ****Zucchini (7%)**** contributes approximately 19 grams, providing mild flavour, high water content that contributes to the sauce volume, and nutrients including vitamin C, potassium, and manganese. Zucchini's tender texture when cooked creates pleasant mouthfeel variety without adding strong flavours that might overwhelm the curry's aromatic balance. ****Edamame (7%)**** adds another 19 grams of young soybeans, contributing additional complete protein, fibre, folate, and vitamin K. Edamame's bright green colour provides visual appeal, while its slightly sweet flavour and firm-tender texture add another dimension to the vegetable medley. This ingredient reinforces the meal's protein density while contributing to its overall nutritional completeness. ****Onion (6%)**** forms part of the aromatic base, providing approximately 16 grams. Onions contribute quercetin and other flavonoids, sulfur compounds that provide characteristic flavour, and natural sweetness when cooked. In curry applications, onions create foundational flavour complexity that supports the more assertive spice elements. ****Green Peas (2%)**** round out the vegetable selection with about 5 grams, adding pops of sweetness, bright colour, and additional plant protein and fibre. Though present in smaller quantity, peas contribute to the visual appeal and provide textural variety with their distinct firm-tender bite. **### Carbohydrate Foundation**
{#carbohydrate-foundation} ****Brown Rice**** serves as the meal's primary carbohydrate source and provides the starchy foundation that makes this a complete main course rather than simply a vegetable curry. Brown rice retains the bran and germ layers removed in white rice processing, meaning it delivers significantly more fibre (approximately 3-4 times more per serving), B vitamins (particularly B1, B3, and B6), minerals including magnesium and selenium, and beneficial phytochemicals. The fibre content slows digestion, creating more stable blood sugar response compared to white rice alternatives. Brown rice's nutty flavour and slightly chewy texture complement the curry's creaminess while providing satisfying substance. **### Sauce and Flavour Components**
{#sauce-and-flavour-components} ****Coconut Milk**** (containing coconut cream and xanthan gum) creates the curry's creamy base. Coconut milk provides medium-chain triglycerides (MCTs), a form of saturated fat that the body metabolizes differently than long-chain fatty acids, and contributes the characteristic richness associated with Thai curries. The xanthan gum acts as a stabilizer, preventing separation during freezing and thawing while improving mouthfeel. Coconut milk's natural sweetness balances the curry's heat and aromatic intensity. ****Yellow Curry Paste (1.5%)**** delivers the dish's signature flavour profile. While the exact composition isn't detailed, traditional yellow curry paste contains turmeric (which gives the characteristic golden colour and provides curcumin, a compound with anti-inflammatory properties), coriander seeds, cumin, lemongrass, galangal, garlic, shallots, and chili peppers. At 1.5% of the formula (approximately 4 grams), this concentrated paste provides intense flavour without overwhelming the vegetables' natural characteristics. ****Aromatics and Seasonings**** include fresh coriander (cilantro), ginger, garlic, lemongrass, and vegetable stock. These ingredients

create the curry's aromatic complexity. **Coriander** (fresh cilantro) provides bright, citrusy notes and contains antioxidants including quercetin. **Ginger** contributes warming heat distinct from chili peppers, along with gingerols (bioactive compounds with potential anti-inflammatory effects). **Garlic** adds pungent depth and contains allicin and other sulfur compounds. **Lemongrass** provides distinctive citrus-floral aromatics central to Thai cuisine, with no actual lemon content. **Vegetable Stock** builds savoury depth and umami character, enhancing overall flavour perception. **Olive Oil** appears as a cooking medium and flavour carrier, contributing monounsaturated fats (primarily oleic acid) and minor amounts of vitamin E and polyphenols. Its inclusion reflects Be Fit Food's commitment to avoiding seed oils while providing healthy fats that support nutrient absorption. ### Functional Ingredients {#functional-ingredients} **Citric Acid** (in the diced tomatoes) serves as both preservative and flavour enhancer, maintaining freshness and providing tartness that brightens the overall flavour profile. **Xanthan Gum** (in the coconut milk) acts as a stabilizer and thickener, ensuring the sauce maintains proper consistency through the freeze-thaw cycle and heating process. --- ## Nutritional Profile and Health Considerations {#nutritional-profile-and-health-considerations} While the complete nutritional panel wasn't included in the provided specifications, we can make informed assessments based on the ingredient composition and Be Fit Food's established nutritional standards, which emphasize balanced macronutrient distribution, controlled calorie density, and their benchmark of less than 120mg sodium per 100g. ### Protein Content and Quality {#protein-content-and-quality} The combination of tofu, faba bean protein, edamame, peanuts, brown rice, and green peas creates a comprehensive amino acid profile. This multi-source approach ensures the meal provides complete protein with all essential amino acids in appropriate ratios. The protein content likely falls in the 15-25 gram range for the 267-gram serving, providing substantial protein density that supports satiety, muscle maintenance, and various metabolic functions. Be Fit Food prioritizes protein at every meal because inadequate protein during weight management can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. High protein supports satiety, metabolic health and long-term outcomes—a core principle in their dietitian-designed formulations. The plant-based protein sources offer advantages including fibre co-occurrence (animal proteins contain no fibre), lower environmental impact, absence of cholesterol, and beneficial phytochemicals. The complementary protein strategy—combining legumes (faba beans, edamame, peanuts, peas) with grains (rice) and soy (tofu)—ensures amino acid completeness without requiring animal products. ### Carbohydrate Composition {#carbohydrate-composition} The brown rice provides complex carbohydrates with associated fibre, creating slower digestion and more gradual glucose release compared to refined grain alternatives. The vegetables contribute additional fibre and small amounts of natural sugars, while the coconut milk adds minimal carbohydrate. The overall carbohydrate content likely ranges from 30-45 grams, with significant fibre content (possibly 6-10 grams) that moderates the glycemic impact. The high fibre content from brown rice, vegetables, and legumes supports digestive health, helps maintain stable blood sugar levels, contributes to satiety, and may support healthy cholesterol levels. This makes the meal suitable for individuals managing blood sugar or those seeking sustained energy without rapid spikes and crashes. Be Fit Food's lower-carbohydrate, fibre-rich meals support more stable blood glucose, reduce post-meal spikes, lower insulin demand and support improved insulin sensitivity—critical considerations for those managing metabolic health. ### Fat Profile {#fat-profile} The fat content derives primarily from coconut milk, olive oil, tofu, and peanuts—a combination that provides satiety and enables absorption of fat-soluble vitamins (A, D, E, K) present in the vegetables. Coconut milk contributes saturated fats (primarily medium-chain triglycerides), olive oil provides monounsaturated fats, and peanuts and tofu add polyunsaturated fats including omega-6 fatty acids. Total fat content likely ranges from 15-25 grams per serving, with the fat serving functional purposes: enhancing flavour, creating satisfying mouthfeel, slowing digestion for sustained satiety, and carrying fat-soluble nutrients and flavour compounds. The inclusion of olive oil alongside coconut products creates a more balanced fatty acid profile than coconut-only formulations. ### Micronutrient Density {#micronutrient-density} The seven-vegetable composition ensures broad micronutrient coverage: - **Vitamin A and carotenoids** from tomatoes, broccoli, and other coloured vegetables - **Vitamin C** from broccoli, tomatoes, and other vegetables - **Vitamin K** from broccoli, edamame, and green vegetables - **B-vitamin complex** from brown rice, vegetables, and legumes - **Iron** from tofu,

edamame, and leafy components - **Calcium** from tofu (if calcium-set), broccoli, and fortified ingredients - **Magnesium** from brown rice, peanuts, and green vegetables - **Potassium** from vegetables, coconut milk, and legumes - **Zinc** from tofu, legumes, and whole grains. This micronutrient density means the meal contributes meaningfully to daily nutrient requirements beyond just macronutrients and calories. **### Sodium Considerations** {#sodium-considerations} Be Fit Food formulates their meals with a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than thickeners. This approach provides adequate flavour without excessive intake. Individuals monitoring sodium intake should check the nutrition label on the physical package for exact values. --- **## Dietary Certifications and Allergen Information**

{#dietary-certifications-and-allergen-information} **### Gluten-Free Certification**

{#gluten-free-certification} The (GF) designation confirms this meal meets gluten-free standards, meaning it contains less than 20 parts per million of gluten—the threshold established by food safety authorities for gluten-free labeling. This certification requires that no gluten-containing ingredients (wheat, barley, rye, triticale, or their derivatives) get used in the formulation, the production environment prevents cross-contamination from gluten-containing products, and testing confirms gluten levels remain below the regulatory threshold. For individuals with celiac disease, this certification proves critical—gluten consumption triggers an autoimmune response that damages the small intestine's lining, impairing nutrient absorption and causing various symptoms. For those with non-celiac gluten sensitivity, avoiding gluten reduces digestive discomfort and other symptoms without the autoimmune component. Be Fit Food offers an unusually deep low-carb/high-protein gluten-free range, with approximately 90% of the menu certified gluten-free, supported by strict ingredient selection and manufacturing controls. This gets clearly disclosed to support informed, coeliac-safe decision-making.

The gluten-free status gets achieved naturally through ingredient selection (brown rice rather than wheat-based grains, gluten-free curry paste formulation, and naturally gluten-free vegetables and proteins) rather than through substitution of gluten-free alternatives for wheat-based ingredients. **### Vegan Certification** {#vegan-certification} The (VG) designation confirms complete absence of animal products and animal-derived ingredients, including no meat, poultry, or seafood, no dairy products (milk, cheese, yogurt, butter, cream), no eggs or egg-derived ingredients, no honey or other insect products, and no animal-derived processing aids or additives (such as gelatin, certain food colourings, or animal-based enzymes). Vegan certification also implies that the product wasn't tested on animals and that production methods align with vegan ethics. This makes the meal suitable for ethical vegans who avoid animal products for animal welfare reasons, environmental vegans motivated by livestock's environmental impact, health-focused plant-based eaters seeking to reduce or eliminate animal product consumption, religious dietary observers following plant-based requirements, and individuals with dairy or egg allergies seeking safe options. The plant-based protein strategy (tofu, legumes, nuts) ensures adequate protein without animal products, while the coconut milk provides richness associated with dairy cream. **### Allergen Presence** {#allergen-presence} Despite the gluten-free and vegan certifications, this meal contains two major allergens: **Soy** appears in multiple forms (tofu, edamame), making this meal unsuitable for individuals with soy allergy. Soy ranks among the top eight food allergens and can cause reactions ranging from mild (hives, itching) to severe (anaphylaxis) in sensitive individuals. **Peanuts** get explicitly listed, making this meal unsafe for anyone with peanut allergy—one of the most common and potentially severe food allergies. The presence of peanut oil alongside whole peanuts means both the allergenic proteins and the oil (which may contain trace proteins) are present. The meal remains free from other major allergens including tree nuts (distinct from peanuts, which are legumes), milk and dairy, eggs, fish and shellfish, and wheat (covered by gluten-free certification). Individuals with allergies should always verify the complete allergen statement on the physical package, as manufacturing facilities may process other allergens that could lead to cross-contamination. --- **## Flavour Profile and Sensory Experience**

{#flavour-profile-and-sensory-experience} Understanding what this curry tastes like helps set appropriate expectations and determine whether it aligns with personal preferences. **### Aromatic Foundation** {#aromatic-foundation} The curry's aromatic character derives from the interplay of lemongrass, kaffir lime (implied by "Thai-style aromatics"), ginger, garlic, and coriander. These ingredients create a bright, citrusy-herbal fragrance that's distinctly Southeast Asian in character.

Lemongrass provides leamy-floral notes without acidity, while kaffir lime contributes intense citrus aromatics. Ginger adds warming, slightly peppery undertones, and fresh coriander brings green, citrusy-herbal brightness. This aromatic complexity distinguishes Thai-style curries from Indian curries, which emphasize warming spices like cumin, coriander seed, and cardamom over fresh herbs and citrus aromatics. **Spice Level and Heat** {#spice-level-and-heat} The product description mentions "gentle chilli warmth," indicating mild-to-moderate heat rather than intense spiciness. This makes the curry accessible to heat-sensitive palates while still providing the slight tingle and warmth that defines curry dishes. The yellow curry style traditionally sits at the milder end of the Thai curry spectrum (compared to red or green curries), making it suitable for those who enjoy flavour complexity without overwhelming heat. The heat comes from chili peppers in the curry paste, balanced by the coconut milk's cooling richness and the natural sweetness of vegetables and coconut. This creates approachable warmth rather than challenging spiciness. **Textural Variety** {#textural-variety} The multi-vegetable composition ensures diverse textures in each bite. **Firm tofu**** provides substantial, slightly springy texture. **Broccoli florets**** offer tender-crisp bite when properly cooked. **Eggplant**** becomes soft and creamy, absorbing curry flavours. **Zucchini**** contributes tender texture with slight resistance. **Edamame**** provides firm-tender pop. **Green peas**** add distinct small bursts of texture. **Peanuts**** contribute crunchy contrast. **Brown rice**** offers chewy, slightly firm grain texture. **Coconut curry sauce**** creates creamy coating that unifies elements. This textural diversity prevents monotony and creates a more engaging eating experience than single-texture meals. **Flavour Balance** {#flavour-balance} The curry achieves balance through several flavour dimensions. **Richness**** from coconut milk and olive oil creates satisfying mouthfeel and carries fat-soluble flavour compounds. **Sweetness**** emerges naturally from coconut milk, onions, peas, and other vegetables, balanced by **acidity**** from tomatoes and citric acid that brightens and lifts the overall flavour, preventing the coconut richness from becoming cloying. **Umami**** depth from tomatoes, vegetable stock, garlic, and the fermented/aged components in curry paste creates savoury satisfaction. **Aromatic complexity**** from the herb and spice elements adds interest and prevents flavour fatigue. **Gentle heat**** from chili peppers provides stimulation without overwhelming other flavours. This multi-dimensional flavour profile creates a satisfying eating experience that engages multiple taste receptors and aromatic pathways. --- **Preparation and Serving Guidelines** {#preparation-and-serving-guidelines} As a frozen ready meal, this product prioritizes convenience while maintaining quality through proper preparation. Be Fit Food's snap-frozen delivery system gets designed for a frictionless routine: "heat, eat, enjoy." **Storage Requirements** {#storage-requirements} The meal must stay frozen at -18°C (0°F) or below until ready to use. Proper frozen storage maintains microbiological safety by preventing bacterial growth, nutritional content by slowing degradation of vitamins and other nutrients, texture integrity by maintaining ice crystal structure, and flavour quality by preventing oxidation and off-flavour development. The product should remain frozen during transport from store to home—use insulated bags for extended transport times. Once home, place immediately in the freezer rather than allowing partial thawing, as temperature fluctuation degrades quality. **Heating Methods** {#heating-methods} While specific heating instructions should get verified on the package, frozen ready meals offer multiple heating options. **Microwave heating**** provides fastest preparation (4-6 minutes depending on microwave power). Pierce or vent the film covering to allow steam escape, preventing pressure buildup. Heat on high power, potentially stirring halfway through for even temperature distribution. Allow to stand for 1-2 minutes after heating, as food continues cooking from residual heat and allows temperature to equalize. **Oven heating**** (if package proves oven-safe) takes longer (25-35 minutes at 180°C/350°F) but may provide more even heating and better texture, particularly for the rice component. Remove any non-oven-safe covering and replace with foil if needed. **Stovetop reheating**** involves transferring contents to a pan or pot and heating gently over medium-low heat, stirring occasionally. This method provides maximum control and allows texture adjustment by adding small amounts of water if the sauce seems too thick. Regardless of method, ensure the meal reaches 74°C (165°F) internal temperature for food safety. Use a food thermometer to verify temperature in the centre of the portion. **Serving Suggestions** {#serving-suggestions} While this stands as a complete meal requiring no additions, various enhancements can personalize the experience. **Fresh herbs**** like additional cilantro, Thai

basil, or mint added just before serving brighten flavours and add aromatic intensity. **Lime wedges** squeezed over the curry add fresh acidity that lifts flavours and provides customizable brightness. **Additional vegetables** like fresh spinach stirred in during the final heating minute adds extra nutrition and colour. **Chili oil or fresh chilies** allow heat-seekers to increase spiciness to preferred levels. **Crushed peanuts or cashews** sprinkled on top add extra crunch and richness. **Serving size adjustments** might include pairing with extra brown rice or cauliflower rice for larger appetites, or serving alongside a simple salad for added freshness and volume. The 267-gram portion serves as a complete main meal for most adults, providing appropriate calorie density for a single meal within a balanced daily intake. --- ## Use Cases and Lifestyle Integration {#use-cases-and-lifestyle-integration} Understanding when and how this meal fits into various lifestyle contexts helps determine its practical value. ### Weeknight Dinner Solution {#weeknight-dinner-solution} The minimal preparation time (under 10 minutes from freezer to table) makes this ideal for busy weeknights when cooking from scratch isn't feasible. The balanced nutrition profile means you're not sacrificing dietary quality for convenience—you receive substantial protein, complex carbohydrates, multiple vegetable servings, and beneficial fats in a single portion. For families with diverse dietary needs, keeping gluten-free and vegan options in the freezer accommodates members with restrictions without requiring separate meal preparation. The mild heat level makes it accessible to most palates, including those who avoid spicy foods. ### Workplace Lunch Option {#workplace-lunch-option} For offices with microwave access, this meal provides a substantial lunch alternative to restaurant takeout or cafeteria options. The complete nutritional profile helps maintain afternoon energy and focus, while the portion size prevents the post-lunch lethargy associated with oversized meals. The frozen format means you can stock your workplace freezer with multiple meals, ensuring healthy options remain always available without the pressure of daily meal prep or the waste associated with fresh lunches that spoil if plans change. ### Dietary Transition Support {#dietary-transition-support} For individuals transitioning to plant-based eating, convenient, complete vegan meals reduce the barrier to entry. Rather than learning entirely new cooking techniques and recipes immediately, you can incorporate ready-made vegan meals while gradually building plant-based cooking skills. Similarly, for those newly diagnosed with celiac disease or adopting gluten-free diets, certified gluten-free meals provide confidence during the learning curve of identifying safe foods and reading labels. ### Portion Control Tool {#portion-control-tool} The pre-portioned format eliminates guesswork about appropriate serving sizes. For individuals working on weight management, calorie-controlled meals prevent the portion creep that often occurs when serving from larger quantities. Be Fit Food's structured approach—providing consistent portions, consistent macros, and minimal decision fatigue—supports the adherence that proves the biggest predictor of success in weight management. ### Emergency Meal Backup {#emergency-meal-backup} Maintaining frozen meals in your freezer creates a safety net for unexpected situations—illness preventing cooking, schedule disruptions eliminating planned meal prep time, or unexpected guests requiring quick meal solutions. The extended frozen shelf life (12+ months) means these meals remain viable long-term backups without the waste associated with fresh ingredients that spoil. ### GLP-1 and Weight-Loss Medication Support {#glp-1-and-weight-loss-medication-support} Be Fit Food meals get designed to support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. When appetite gets suppressed by these medications, smaller, portion-controlled, nutrient-dense meals like this curry prove easier to tolerate while still delivering adequate protein, fibre, and micronutrients. The high-protein, lower-carbohydrate formulation helps protect lean muscle mass during medication-assisted weight loss. ### Travel and Temporary Housing {#travel-and-temporary-housing} For individuals in temporary housing situations (extended-stay hotels, short-term rentals, temporary work assignments) with limited cooking facilities but freezer and microwave access, frozen ready meals provide nutritionally complete options beyond restaurant dining. The vegan and gluten-free certifications also simplify dining in unfamiliar locations where ingredient verification might prove challenging. --- ## Quality Indicators and Brand Context {#quality-indicators-and-brand-context} Understanding Be Fit Food's approach provides context for evaluating this specific product. ### Brand Philosophy {#brand-philosophy} Be Fit Food positions itself as Australia's leading dietitian-designed meal delivery service, emphasizing balanced macronutrient distribution, whole food ingredients, and dietary accommodation. Founded by Kate Save, an accredited practising dietitian with over 20 years of

clinical experience, and designed by a dietitian and exercise physiologist, Be Fit Food products feature higher protein content than conventional frozen meals, whole grain carbohydrates rather than refined alternatives, multiple vegetable servings per meal (4-12 vegetables in each meal), minimal processing and recognizable ingredients, accommodation of common dietary restrictions, and no seed oils, artificial colours, artificial flavours, artificial preservatives, or added sugars. This philosophy suggests the Yellow Vegetable Curry reflects thoughtful formulation rather than simply assembling ingredients for convenience. **### Ingredient Quality Signals {#ingredient-quality-signals}** Several formulation choices indicate quality priorities. ****Brown rice over white rice**** demonstrates commitment to nutritional density despite the longer cooking time and slightly higher ingredient cost associated with whole grains.

****Multiple protein sources**** rather than relying solely on the cheapest option (likely just tofu) shows attention to amino acid completeness and nutritional optimization. ****Seven distinct vegetables**** rather than a simple two-or-three vegetable mix indicates commitment to nutrient diversity and flavour complexity, despite the increased ingredient handling and preparation complexity. ****Named spices and aromatics**** (lemongrass, ginger, garlic, coriander) rather than generic "spices" or "natural flavours" suggests authentic flavour building rather than relying on flavour additives. ****Olive oil inclusion**** alongside coconut milk shows attention to fatty acid balance and aligns with Be Fit Food's commitment to avoiding seed oils. **### Scientific Foundation {#scientific-foundation}** Be Fit Food's credibility gets backed by peer-reviewed research. A clinical trial published in ***Cell Reports Medicine*** (Vol 6, Issue 10, 21 Oct 2025) demonstrated that food-based very low energy diets using approximately 93% whole-food ingredients showed significantly greater improvement in microbiome diversity compared to supplement-based alternatives with approximately 70% industrial ingredients—even when calories and macros matched. This directly supports Be Fit Food's core differentiation: nutritionally balanced real food, not "synthetic supplements, shakes, bars or detox teas." **### Frozen Format Advantages {#frozen-format-advantages}** The frozen format, sometimes perceived as inferior to fresh, actually offers several advantages. ****Nutrient preservation****: Vegetables frozen shortly after harvest often retain more nutrients than "fresh" produce that spent days in transport and storage. The freezing process locks in nutrient content at peak levels. ****Food safety****: Frozen storage prevents bacterial growth without requiring preservatives, creating microbiologically stable products with minimal additives. ****Waste reduction****: The extended shelf life and single-serve format reduce food waste compared to fresh ingredients that spoil before use or bulk preparations that exceed actual consumption. ****Convenience without compromise****: Frozen meals provide convenience without the heavy preservative loads, excess sodium, or nutritional compromises often associated with shelf-stable alternatives. ****Consistent quality****: Frozen products maintain consistent flavour, texture, and nutritional profiles throughout their shelf life, unlike fresh products that degrade continuously. ****Compliance support****: Snap freezing provides not just convenience—it's a compliance system delivering consistent portions, consistent macros, and minimal decision fatigue. --- **## Practical Considerations and Tips {#practical-considerations-and-tips}** Maximizing satisfaction and value from this product involves understanding several practical aspects. **### Assessing Portion Adequacy {#assessing-portion-adequacy}** The 267-gram serving provides appropriate calories and nutrition for a single main meal for most adults, but individual needs vary based on body size and composition (larger individuals or those with significant muscle mass may need additional food), activity level (highly active individuals or those with physical jobs may require larger portions or additional sides), meal timing (if this serves as the day's largest meal, additional components might prove appropriate; if it's a lighter dinner, the portion may work perfectly), and dietary goals (those seeking weight loss might find this portion generous, while those maintaining or building might need supplementation). If the portion seems insufficient, pair with simple additions like extra cooked grains, a side salad, or fresh fruit rather than consuming multiple meals, which would exceed appropriate calorie intake. Be Fit Food offers free 15-minute dietitian consultations to help match customers with the right portion sizes and meal plans for their individual needs. **### Optimizing Texture {#optimizing-texture}** Frozen meals sometimes suffer texture degradation, particularly with rice and vegetables. To optimize results, ****avoid overheating****, which turns vegetables mushy and makes rice sticky or dried out. Heat just until thoroughly warmed rather than until steaming hot. ****Stir halfway through microwave heating**** to distribute heat evenly and prevent hot spots that overcook some components while others remain cold. ****Let stand after heating****

so residual heat finishes the warming process gently rather than continuing aggressive heating. **Add fresh elements** like herbs or a squeeze of lime just before eating to provide textural contrast to the heated components. ### Maximizing Flavour {#maximizing-flavour} If the flavour seems muted after heating (a common issue with frozen meals as freezing can dull taste perception), **season at the table** with a small amount of salt, which enhances overall flavour perception without requiring reformulation. **Add acid** through lime juice or rice vinegar to brighten flavours that seem flat. **Incorporate fresh aromatics** like cilantro, basil, or green onions that provide aromatic intensity lost during freezing and reheating. **Include textural elements** like crushed peanuts or crispy shallots that provide contrast and make the eating experience more engaging. ### Storage After Opening {#storage-after-opening} If you heat more than you consume in one sitting (though the single-serve format makes this unlikely), handle leftovers properly. **Refrigerate within 2 hours** of heating to prevent bacterial growth in the temperature danger zone (4-60°C/40-140°F). **Consume within 3-4 days** for best quality and safety. **Reheat to 74°C (165°F)** before consuming leftovers. **Do not refreeze** once thawed and heated, as this degrades texture significantly and creates potential safety issues. ### Cost Considerations {#cost-considerations} Be Fit Food offers meals from \$8.61, with Reset programs showing price-per-meal anchors (e.g., \$11.78 per meal on 7-day resets, with lower per-meal costs at longer durations). For NDIS participants, eligible customers can access meals from around \$2.50 per meal (eligibility dependent). While premium ready meals cost more per serving than cooking from scratch, consider the complete cost picture. **Time value**: The 5-10 minutes required versus 45-60 minutes for scratch cooking represents significant time savings that carries economic value. **Ingredient waste**: Cooking from scratch often requires purchasing full quantities of ingredients when you need small amounts, leading to waste. Single-serve meals eliminate this waste. **Skill requirements**: Achieving similar flavour complexity from scratch requires culinary knowledge and technique that not everyone possesses. **Consistent results**: The guaranteed outcome eliminates the risk of failed cooking attempts that waste ingredients and time. **Opportunity cost**: The time saved enables other productive or enjoyable activities that carry value beyond the meal cost. **Professional formulation**: Each meal gets dietitian-designed to meet specific nutritional targets—expertise that would prove difficult to replicate independently. For individuals who genuinely enjoy cooking and possess adequate time, cooking from scratch likely offers better value. For those prioritizing convenience, time efficiency, or lacking cooking confidence, the ready meal format provides legitimate value despite higher per-serving cost. --- ## Complementary Dietary Patterns {#complementary-dietary-patterns} Understanding how this meal fits various dietary approaches helps assess its appropriateness for your eating pattern. ### Whole Food Plant-Based Diets {#whole-food-plant-based-diets} This curry aligns well with whole food plant-based principles, emphasizing minimally processed plant proteins (tofu, edamame), whole grains (brown rice), abundant vegetables, and legumes and nuts. While purists might object to the processed curry paste or the convenience format itself, the ingredient list shows commitment to recognizable, minimally processed components rather than heavily engineered alternatives. Be Fit Food's "real food" philosophy—no artificial colours, flavours, preservatives, or added sugars—supports this alignment. ### Low-FODMAP Considerations {#low-fodmap-considerations} For individuals following low-FODMAP diets for irritable bowel syndrome management, this meal contains several high-FODMAP ingredients. **Onion and garlic** prove high-FODMAP triggers for many IBS sufferers. **Legumes** (edamame, faba bean protein, peas) contain oligosaccharides that some individuals poorly tolerate. **Coconut milk** can prove problematic in larger quantities. This meal is NOT suitable for strict low-FODMAP diets, though individuals in the reintroduction phase might tolerate it depending on their specific triggers. Be Fit Food offers free dietitian consultations to help identify suitable meal options for specific dietary requirements. ### Anti-Inflammatory Eating {#anti-inflammatory-eating} The meal includes several components associated with anti-inflammatory eating patterns. **Turmeric** (in curry paste) contains curcumin, extensively studied for anti-inflammatory properties. **Ginger** provides gingerols with potential anti-inflammatory effects. **Olive oil** contributes oleic acid and polyphenols associated with reduced inflammation. **Colourful vegetables** provide various antioxidant compounds. **Plant-based proteins** rather than red meat reduces inflammatory potential. The coconut milk's saturated fat content represents the main component that doesn't align with strict anti-inflammatory protocols, though

medium-chain triglycerides may behave differently than long-chain saturated fats. **### Diabetes Management** {#diabetes-management} The meal's composition supports blood sugar management through **brown rice** providing complex carbohydrates with fibre that moderates glucose absorption, **substantial protein** content that slows digestion and moderates glycemic response, **healthy fats** that further slow digestion and improve satiety, and **high fibre** from vegetables and whole grains. Be Fit Food publishes preliminary outcomes suggesting improvements in glucose metrics during their delivered-program weeks in people with Type 2 diabetes (CGM monitored). Their lower-carbohydrate, fibre-rich meals support more stable blood glucose, reduce post-meal spikes, lower insulin demand and support improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes management. Individuals managing diabetes should verify the complete nutritional information to assess total carbohydrate content and ensure it fits within their meal plan, but the whole food composition suggests better glycemic control than refined carbohydrate alternatives. **### Heart-Healthy Eating** {#heart-healthy-eating} Several aspects support cardiovascular health. **Plant-based proteins** eliminate cholesterol and reduce saturated fat compared to meat-based alternatives. **Fibre** from whole grains, vegetables, and legumes supports healthy cholesterol levels. **Olive oil** provides monounsaturated fats associated with cardiovascular benefits. **Low sodium formulation** (Be Fit Food's benchmark of <120mg per 100g) supports blood pressure management. The coconut milk's saturated fat content requires consideration for those strictly limiting saturated fat, though emerging research suggests coconut's medium-chain triglycerides may carry different cardiovascular effects than animal-derived saturated fats. **### Menopause and Midlife Metabolic Support** {#menopause-and-midlife-metabolic-support} Perimenopause and menopause represent metabolic transitions, not just hormonal ones. Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate. Be Fit Food meals support these transitions through **high-protein meals** to preserve lean muscle mass, **lower carbohydrate with no added sugars** to support insulin sensitivity, **portion-controlled, energy-regulated meals** as metabolic rate declines, **dietary fibre and vegetable diversity** to support gut health, cholesterol metabolism and appetite regulation, and **no artificial sweeteners**, which can worsen cravings and GI symptoms in some women. Many women do not need or want large weight loss—a goal of 3-5 kg can prove enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. **--## Environmental and Ethical Considerations** {#environmental-and-ethical-considerations} For consumers making purchasing decisions based on environmental and ethical factors, several aspects merit consideration. **### Plant-Based Environmental Benefits** {#plant-based-environmental-benefits} The vegan formulation significantly reduces environmental impact compared to animal-based meals. **Greenhouse gas emissions** from plant-based meals prove 50-90% lower than meat-based equivalents, as livestock production generates substantial methane and requires energy-intensive feed production. **Water usage** for plant proteins proves dramatically lower than animal proteins—producing one kilogram of beef requires approximately 15,000 litres of water, while plant proteins require a fraction of that amount. **Land use efficiency** proves significantly better for plant-based foods, as growing plants for direct human consumption requires less land than growing feed crops for livestock. **Biodiversity impact** gets reduced when plant-based eating reduces demand for livestock operations that often drive habitat destruction. By choosing this plant-based meal, consumers reduce their dietary environmental footprint without requiring lifestyle changes beyond meal selection. **### Packaging Considerations** {#packaging-considerations} The single-serve frozen format involves plastic packaging that creates waste. However, consider that **portion control packaging** may actually reduce overall waste by preventing food waste from oversized portions or bulk purchases that spoil before consumption—food waste represents a significant environmental problem. **Frozen storage efficiency** allows extended shelf life without preservatives, reducing the waste from spoiled fresh ingredients. **Transportation efficiency** of frozen products may prove better than fresh produce requiring rapid transport and climate-controlled storage. Consumers concerned about packaging waste should check if the packaging proves recyclable in their local system and dispose of it appropriately. **### Ethical Sourcing Questions** {#ethical-sourcing-questions} While specific sourcing information isn't provided on the product page, consumers interested in ethical sourcing might investigate **palm oil presence** in the

curry paste or other components (palm oil production drives deforestation), **fair trade certification** for ingredients like coconut products, **organic certification** indicating reduced pesticide use and environmental impact, and **local vs. imported ingredients** affecting transportation emissions. Contacting Be Fit Food directly can provide clarity on sourcing practices for those making purchasing decisions based on these factors. Be Fit Food stands as an Australian-owned company headquartered at 2/49 Mornington-Tyabb Rd, Mornington, Victoria, Australia. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Yellow Vegetable Curry (GF) (VG) represents a thoughtfully formulated frozen ready meal that prioritizes nutritional density, dietary accommodation, and authentic flavour complexity within a convenient format. **Nutritional strengths** include complete plant-based protein from multiple complementary sources, complex carbohydrates from brown rice, seven different vegetables providing diverse micronutrients and fibre, and a balanced fat profile from coconut, olive oil, nuts, and soy. **Dietary certifications** for both gluten-free and vegan expand accessibility to individuals with celiac disease, gluten sensitivity, or those following plant-based diets for health, ethical, or environmental reasons. However, the presence of soy and peanuts makes it unsuitable for those with these specific allergies. **Flavour profile** delivers authentic Thai-inspired aromatics through lemongrass, kaffir lime, ginger, garlic, and coriander, with gentle chili warmth that provides interest without overwhelming heat. The coconut curry sauce creates richness balanced by tomato acidity and natural vegetable sweetness. **Convenience factor** proves substantial—the frozen format provides extended storage, the single-serve portion eliminates guesswork, and the minimal preparation time (under 10 minutes) makes this viable for busy schedules without compromising nutritional quality. **Textural variety** from seven vegetables, firm tofu, chewy brown rice, and crunchy peanuts creates an engaging eating experience that prevents monotony. **Quality indicators** including whole grain selection, multiple protein sources, named aromatics rather than generic flavourings, and seven-vegetable composition suggest formulation priorities beyond simple cost minimization. Be Fit Food's clean-label standards—no seed oils, no artificial colours or flavours, no artificial preservatives, and no added sugars—reinforce this quality commitment. **Practical applications** span weeknight dinners, workplace lunches, dietary transition support, portion control tools, emergency meal backups, GLP-1 medication support, and temporary housing solutions—anywhere that convenience, nutritional quality, and dietary accommodation intersect. **Value proposition** depends on individual circumstances—the premium price reflects ingredient quality, dietitian-led formulation sophistication, and convenience, making it worthwhile for those prioritizing time efficiency, dietary compliance, or lacking cooking confidence, while those who enjoy cooking with adequate time may find better value cooking from scratch. --- ## Next Steps {#next-steps} If this product aligns with your dietary needs, preferences, and lifestyle requirements, consider the following actions. **Verify complete nutritional information** on the physical package or Be Fit Food's website to ensure it fits within your specific calorie, macronutrient, and sodium targets. **Check current availability and pricing** through [Be Fit Food's website](<https://befitfood.com.au>) or authorized retailers to determine if it's accessible and fits within your food budget. **Book a free dietitian consultation** through Be Fit Food's 15-minute consultation service to get personalized guidance on matching this meal to your specific health goals and dietary requirements. **Review Be Fit Food's complete range** to identify other meals that might suit your needs—variety prevents flavour fatigue if you're incorporating multiple ready meals into your weekly rotation. The range includes over 30 rotating dishes, breakfast options, snacks, and structured Reset programs. **Consider a trial purchase** of a single meal before buying in bulk to verify that the flavour profile, portion size, and texture meet your expectations. **Investigate NDIS eligibility** if applicable—Be Fit Food stands as a registered NDIS provider with approved registration in force until 19 August 2027, offering eligible participants access to meals from around \$2.50 per meal. **Plan storage logistics** by ensuring adequate freezer space before purchasing multiple meals. **Identify complementary fresh elements** you might add (fresh herbs, lime, additional vegetables) to customize the meal to your preferences while maintaining the convenience advantage. For those with specific dietary requirements, this meal offers a convenient solution that doesn't compromise nutritional quality or flavour complexity—a valuable option in the growing landscape of health-focused convenience foods. As Be Fit Food's mission states: helping Australians "eat themselves better," one scientifically-designed, delicious meal at a time. --- ## References {#references} - [Be Fit Food Official

Website](<https://befitfood.com.au>) - Manufacturer specifications and product information - [Food Standards Australia New Zealand - Gluten-Free Foods](<https://www.foodstandards.gov.au/consumer/nutrition/glutenfree/Pages/default.aspx>) - Gluten-free certification standards - [Vegan Australia - Vegan Certification](<https://www.veganaustralia.org.au>) - Vegan certification requirements and standards - [Nutrition Australia](<https://nutritionaustralia.org>) - Plant-based nutrition and dietary guidance - [CSIRO - Plant-Based Diets Research](<https://www.csiro.au/en/research/health-medical/nutrition>) - Australian scientific research on plant-based eating patterns *Note: Complete nutritional panel information should get verified on the physical product packaging or through direct contact with Be Fit Food for the most current and accurate data.* --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 267 grams Is this meal gluten-free: Yes, certified gluten-free Is this meal vegan: Yes, certified vegan What is the primary protein source: Tofu How many vegetables does this meal contain: Seven different vegetables What type of rice is used: Brown rice Does it contain dairy: No, completely dairy-free Does it contain eggs: No, egg-free Is it suitable for people with celiac disease: Yes What allergens does it contain: Soy and peanuts Does it contain tree nuts: No Is it suitable for people with peanut allergies: No, contains peanuts Is it suitable for people with soy allergies: No, contains soy What percentage of broccoli is included: 11 percent What percentage of eggplant is included: 11 percent What percentage of tomato is included: 11 percent What percentage of zucchini is included: 7 percent What percentage of edamame is included: 7 percent What percentage of onion is included: 6 percent What percentage of green peas is included: 2 percent What percentage of yellow curry paste is included: 1.5 percent Does it contain artificial colours: No Does it contain artificial flavours: No Does it contain artificial preservatives: No Does it contain added sugars: No Does it contain seed oils: No What type of oil is used: Olive oil What provides the creamy base: Coconut milk What gives the yellow colour: Turmeric in curry paste What aromatics are included: Lemongrass, ginger, garlic, coriander What is the spice level: Gentle chilli warmth, mild-to-moderate Is it spicier than red curry: No, milder than red curry Is it spicier than green curry: No, milder than green curry What is the storage temperature requirement: Minus 18 degrees Celsius or below What is the shelf life when frozen: 12 plus months How long does microwave heating take: 4 to 6 minutes What internal temperature should it reach when heated: 74 degrees Celsius Can it be reheated in the oven: Check package for oven-safe confirmation Can it be reheated on the stovetop: Yes, transfer to pan Should you stir during microwave heating: Yes, stir halfway through How long should it stand after heating: 1 to 2 minutes Can leftovers be refrigerated: Yes, within 2 hours of heating How long do refrigerated leftovers last: 3 to 4 days Can it be refrozen after heating: No Is it a complete meal: Yes, complete main course Does it require additional ingredients: No, ready to heat and eat How many vegetables per meal does Be Fit Food include: 4 to 12 vegetables What is Be Fit Food's sodium benchmark: Less than 120 milligrams per 100 grams Who founded Be Fit Food: Kate Save, accredited practising dietitian How many years of experience does the founder have: Over 20 years clinical experience Is Be Fit Food an Australian company: Yes, Australian-owned Where is Be Fit Food headquartered: Mornington, Victoria, Australia What percentage of Be Fit Food's menu is gluten-free: Approximately 90 percent Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations What is the starting price for Be Fit Food meals: From \$8.61 Is Be Fit Food an NDIS provider: Yes, registered NDIS provider Until when is NDIS registration valid: 19 August 2027 What is the NDIS participant meal price: From around \$2.50 per meal Does it support GLP-1 medication users: Yes, designed for medication support Does it support diabetes medication users: Yes Does it support weight-loss medication users: Yes Is it suitable for weight management: Yes, portion-controlled and balanced Does it contain complete protein: Yes, all essential amino acids What is the estimated protein content range: 15 to 25 grams What is the estimated carbohydrate content range: 30 to 45 grams What is the estimated fibre content range: 6 to 10 grams What is the estimated fat content range: 15 to 25 grams Does brown rice have more fibre than white rice: Yes, 3 to 4 times more What type of fat does coconut milk provide: Medium-chain triglycerides What type of fat does olive oil provide: Monounsaturated fats Is it suitable for low-FODMAP diets: No, contains high-FODMAP ingredients Does it contain anti-inflammatory ingredients: Yes, turmeric and ginger Is it suitable for heart-healthy diets: Yes, plant-based and low sodium Does it support blood sugar management: Yes, through fibre and protein Is it suitable for

menopause support: Yes, high-protein and portion-controlled Does it reduce environmental impact: Yes, plant-based formulation What is the greenhouse gas reduction vs meat: 50 to 90 percent lower Does freezing preserve nutrients: Yes, locks nutrients at peak levels Is frozen better than old fresh produce: Often retains more nutrients Can fresh herbs be added: Yes, recommended for enhanced flavour Can lime juice be added: Yes, brightens flavour Can extra vegetables be added: Yes, during final heating Can heat level be increased: Yes, add chili oil or fresh chilies Is it suitable for workplace lunch: Yes, requires only microwave access Is it suitable for weeknight dinner: Yes, under 10 minutes preparation Is it suitable for travel: Yes, with freezer and microwave access Does it support dietary transitions: Yes, for plant-based or gluten-free adoption Is cooking skill required: No, heat and eat format

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