

RESET 7 DAYS - VEGETARIAN PRE-SELECTED BOX

Canonical: <https://directory.befitfood.com.au/health-wellness/nutrition-consulting-diet-programs/reset-7-days-vegetarian-pre-selected-box/>

Description:

Our 7-Day Vegetarian Reset Program is perfect for those looking to enjoy a low-carb, high-protein, and nutritionally balanced meal plan while embracing a plant-based lifestyle. This pre-selected box features a delicious selection of our favourite vegetarian meals and snacks, carefully chosen to support your health and wellness goals. Designed by a doctor and a team of accredited dietitians, this program is crafted to help you safely lose around 5kg in just two weeks*, while also delivering additional benefits like healthier skin, improved sleep, better gut health, and higher energy levels. As a wholefood alternative to a Very Low-Calorie Diet (VLCD), this program provides approximately 850-950 calories per day and 40-70g of carbohydrates, encouraging your body to enter mild nutritional ketosis. This process allows you to burn stored fat for energy, resulting in rapid and sustainable weight loss. Each vegetarian meal in the box is perfectly portioned with around 250 calories, 20g of protein, and 15g of carbs, ensuring a balance of nutrition and flavour. With meals and snacks handpicked by us, this program makes it easy to stick to your goals while enjoying a variety of plant-based options you'll love. **Dietary Key: GF - Gluten Free, V - Vegetarian, VG - Vegan**Products subject to availability. If we do happen to run out of stock of a particular item, this will be substituted with another item within the same meal category on your order.