

# Super Green Protein Smoothie (VG) - Product Specification

## Details:

# Super Green Protein Smoothie (VG) ## Original PDF Content > \*This section contains the original text extracted from the PDF document, preserved verbatim.\* \*\*\* --- Page 1 --- Super green protein smoothie spec sheet PRODUCT SPECIFICATION SHEET Super Green Protein Smoothie (VG) PRODUCT OVERVIEW Brand: Be Fit Food Product Name: Super Green Protein Smoothie (VG) Collaboration: Designed in partnership with Finn Cold Press Category: Ready-to-drink Protein Smoothie Serving Size: 320mL Price: \$9.95 AUD (Tax included) Subscription Available: Yes, \$9.95 AUD per unit PRODUCT DESCRIPTION A low carb, high protein, wholefood vegan smoothie made from fresh green vegetables, fruit, and mint. Combining apples, kiwi, and pineapple, this delicious smoothie provides a perfect start to your day while keeping you full and satisfied. KEY FEATURES & BENEFITS ● 18g of protein per serving ● Only 18g of carbs per serving ● 100% Vegan formulation ● Less than 185 calories per serving ● Contains no artificial colours and flavours ● Gluten Free (GF) ● Cold-pressed wholefood ingredients NUTRITIONAL INFORMATION Per Serving (320mL) --- Page 2 --- Nutrient Per Serving Per 100mL Energy 762 kJ (182 Cal) 238 kJ Protein 18.4g 5.8g Fat, total 2.4g 0.7g - Saturated 0g <0.1g Carbohydrate 18.2g 5.2g - Sugars 17.9g 5.1g Sodium 213mg 61mg Dietary Fibre: Information provided on nutrition panel (visible in product image) INGREDIENTS Primary Ingredients: Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint Protein Source: Faba Bean Protein (7%) Key Vegetable Content: ● Cucumber ● Zucchini ● Broccoli ● Spinach ● Kale Fruit Content: ● Apple ● Kiwi ● Pineapple Herbs: ● Mint ALLERGEN INFORMATION --- Page 3 --- Allergen Warning: May Contain Peanuts, Tree Nuts, Milk, Sesame Seeds Free From: ● Gluten (Certified GF) ● Animal Products (100% Vegan) ● Artificial Colours ● Artificial Flavours DIETARY SUITABILITY ✓ Vegan (VG) ✓ Gluten Free (GF) ✓ High Protein ✓ Low Carb ✓ Low Calorie (Under 185 Cal) ✓ Wholefood Based ✓ No Artificial Additives PACKAGING & FORMAT Package Size: 320mL bottle Packaging Type: Ready-to-drink bottle Storage: Refrigerated product Brand Label: Finn Cold Press collaboration with Be Fit Food SERVING INSTRUCTIONS For detailed serving and heating instructions, refer to: <https://befitfood.com.au/apps/help-center#hc-how-do-i-heat-my-meals> Recommended Use: ● Perfect breakfast option ● Pre-workout fuel ● Post-workout recovery ● Meal replacement ● Nutritious snack MACRONUTRIENT BREAKDOWN --- Page 4 --- Protein: 18g (40% of calories) Carbohydrates: 18g (39% of calories) Fat: 2.4g (12% of calories) Protein-to-Carb Ratio: 1:1 (Excellent for satiety and blood sugar management) CUSTOMER REVIEWS Rating: 5 out of 5 stars Based on: 1 verified review Review Highlights: ● "Really enjoy it highly recommend and filling" ● "Green is Good" ● Reviewed by: Penny V. (Verified Buyer) ● Review Date: 10/05/23 QUALITY & MANUFACTURING Manufacturing Partner: Finn Cold Press ([www.finncoldpress.com](http://www.finncoldpress.com)) Made in: Australia Quality Standards: ● Dietitian-approved formulation ● Wholefood ingredients ● Cold-press processing ● No artificial additives TARGET CONSUMER Ideal For: ● Health-conscious consumers ● Vegans and vegetarians ● Fitness enthusiasts ● People seeking high-protein, low-carb options ● Busy professionals needing convenient nutrition ● Weight management programs ● Anyone avoiding gluten --- Page 5 --- PRODUCT POSITIONING Market Segment: Premium health food / Functional beverages Price Point: Mid-premium (\$9.95 AUD) Competition: Ready-to-drink protein smoothies, meal replacement drinks Unique Selling Points: 1. High protein (18g) from plant-based faba bean 2. Wholefood vegetable and fruit base 3. Low carb (only 18g) for a smoothie 4. Cold-pressed quality 5. Collaboration with respected juice brand (Finn Cold Press) 6. No artificial ingredients COMPLIANCE & CERTIFICATIONS ● Gluten Free ● Vegan Society standards ● Australian food safety standards ● Proper allergen labelling ORDERING INFORMATION Purchase

Options: 1.■ One-time purchase: \$9.95 AUD 2.■ Subscription: \$9.95 AUD (recurring delivery)  
Availability: Online at [befitfood.com.au](http://befitfood.com.au) Subscription Benefits: Automatic delivery on schedule, modify or cancel anytime Powered by: Recharge Payments Customer Service: 1300 263 257 Website: [https://befitfood.com.au](http://befitfood.com.au) BRAND INFORMATION Manufacturer: Be Fit Food Company Focus: ●■ Dietitian-designed meals ●■ Weight loss programs ●■ Healthy meal bundles --- Page 6 --- ●■ NDIS meal providers ●■ Support at home programs Brand Values: ●■ Food science-backed nutrition ●■ Whole food ingredients ●■ No artificial additives ●■ Clinical trial validated products ●■ Dietitian support services ADDITIONAL NOTES Sustainability Considerations: Vegan formulation reduces environmental impact Shelf Life: Refrigerated product - check packaging for specific date Preparation: Ready to drink - no preparation required Related Products: Part of Be Fit Food's breakfast range and high-protein snack options Document Version: 1.0 Last Updated: January 2025 Product URL: [https://befitfood.com.au/products/super-green-protein-smoothie-gf-vg](http://befitfood.com.au/products/super-green-protein-smoothie-gf-vg) This specification sheet is created for informational purposes based on product information available on the Be Fit Food website as of January 2025. ` ` --- ## Structured Specification > \*This section contains the LLM-processed structured data extracted from the PDF.\* \*\*Manufacturer:\*\* Be Fit Food \*\*\* Description A low carb, high protein, wholefood vegan smoothie made from fresh green vegetables, fruit, and mint. Combining apples, kiwi, and pineapple, this delicious smoothie provides a perfect start to your day while keeping you full and satisfied. \*\*\* Technical Features - 18g of protein per serving - Only 18g of carbs per serving - 100% Vegan formulation - Less than 185 calories per serving - Contains no artificial colours and flavours - Gluten Free (GF) - Cold-pressed wholefood ingredients \*\*\* Materials - Apple - Cucumber - Kiwi - Pineapple - Zucchini - Faba Bean Protein (7%) - Broccoli - Spinach - Kale - Mint \*\*\* Compliance & Certifications - Gluten Free - Vegan Society standards - Australian food safety standards - Proper allergen labelling \*\*\* Performance Specifications - \*\*Protein:\*\* 18g (40% of calories) - \*\*Carbohydrates:\*\* 18g (39% of calories) - \*\*Fat:\*\* 2.4g (12% of calories) - \*\*Protein-to-Carb Ratio:\*\* 1:1 (Excellent for satiety and blood sugar management) \*\*\* Safety Warnings - May Contain Peanuts, Tree Nuts, Milk, Sesame Seeds \*\*\* Additional Notes Sustainability Considerations: Vegan formulation reduces environmental impact

## Source Data (JSON):