

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) 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 Subscription Benefits: Automatic delivery on schedule, modify or cancel anytime Powered by: Recharge Payments Customer Service: 1300 263 257 Website: <https://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> 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

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