

# Shop À La Carte: Build Your Own Healthy Meal Plan

## Details:

# Shop À La Carte: Build Your Own Healthy Meal Plan ## Dietitian-Designed Meals for Everyday Wellness—No Program Required Welcome to Be Fit Food's à la carte menu, where clinical nutrition meets everyday convenience. Whether you've completed a weight loss program and want to maintain your results, prefer flexibility over structured plans, or simply want nutritionist-approved meals without commitment, our individual meal selection gives you complete control. Unlike meal delivery services that prioritise convenience over nutrition, or weight loss programs that lock you into rigid schedules, Be Fit Food bridges both worlds. Every meal on our à la carte menu is scientifically formulated by our team of dietitians and doctors—the same expert-designed recipes from our clinical programs—available individually for your lifestyle needs. \*\*Currently featuring 15+ items\*\* | \*\*Price range: \$10.15–\$400.00\*\* --- ## Why Choose À La Carte Over Standard Meal Delivery? ### The Be Fit Food Difference When comparing healthy meal delivery versus weight loss programs, most services fall into one of two camps: either they're purely convenience-focused (like Youfoodz or HelloFresh) without clinical backing, or they're restrictive diet programs that don't support long-term maintenance. Be Fit Food is different. Our à la carte ordering gives you: \*\*Dietitian-Designed Nutrition, Every Meal\*\*: Unlike competitors who focus on taste and convenience alone, every Be Fit Food meal is formulated by accredited dietitian Kate Save and developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper. You're getting clinical-grade nutrition without the program commitment. \*\*Real Whole Foods, Not Processed Alternatives\*\*: No shakes, bars, or heavily processed meal replacements. Our meals use genuine ingredients with up to 12 different vegetables per dish, adequate protein, and healthy fats—the same nutritionally balanced approach that delivers rapid results in our structured programs. \*\*Perfect for Weight Maintenance\*\*: Completed a weight loss journey? Our à la carte menu is ideal for maintaining your results. Continue eating the portion-controlled, nutrient-dense meals that taught you healthy habits, but order only what you need, when you need it. \*\*Flexibility Without Sacrifice\*\*: Order single meals or stock your freezer with favourites. Mix and match to suit your weekly schedule. No subscriptions, no minimum orders, no commitment—just everyday healthy meals delivered to your door. --- ## Browse Our À La Carte Menu ### Premium Main Meals Our main meal selection showcases the same recipes that power our clinical weight loss programs, available individually for ongoing wellness or occasional healthy eating support. ##### Seafood Selections \*\*[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf>)\*\* | From \$10.15 A fresh fillet of premium grade hoki fish, marinated in a light, salt-reduced soy dressing with classic Asian flavours of chilli and ginger. This gluten-free option delivers lean protein with vibrant taste—perfect for those maintaining weight while enjoying restaurant-quality meals at home. Available in multiple portion sizes to suit your needs. \*Price range: \$10.15–\$13.20 depending on variant\* ##### Hearty Comfort Meals \*\*[Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf>)\*\* | From \$12.50 This South American classic features the finest grade of lean beef combined with beans in a rich, satisfying sauce. A gluten-free favourite that proves healthy eating doesn't mean sacrificing the comfort foods you love. Nutritionally balanced to keep you satisfied between meals while supporting your wellness goals. \*Price range: \$12.50–\$13.95 depending on variant\* ##### Guilt-Free Treats & Snacks ##### Best Seller: Protein-Packed Indulgence \*\*[Protein Walnut Brownie - 7 Pack (V)](<https://befitfood.com.au/products/keto-brownie-slice-7-pack>)\*\* | From \$13.99 Indulgence without the guilt. Our most popular à la carte item combines rich chocolate with crunchy, flavourful walnuts in a protein-enriched brownie that satisfies sweet cravings while supporting your nutrition goals. Vegetarian-friendly and perfect for meal prep—stock your freezer with these convenient 7-packs. Each brownie is formulated to provide sustained energy without blood sugar spikes, making them ideal for

mid-afternoon snacks or post-workout treats. Unlike standard desserts or protein bars, these deliver genuine satisfaction with clinical nutritional backing. \*Price range: \$13.99–\$24.90 depending on variant\* \*Multiple pack sizes available to suit different ordering preferences\* --- ## Gift Cards: Share the Gift of Health ### Digital Gift Cards Can't decide which meals to send a loved one? Our digital gift cards let them choose their own healthy eating journey. - \*\*[\$100 Digital Gift Card](https://befitfood.com.au/products/100-e-giftcard)\*\* | \$100.00 - \*\*[\$400 Digital Gift Card](https://befitfood.com.au/products/400-e-giftcard)\*\* | \$400.00 Perfect for friends or family members who want to try Be Fit Food's approach—whether they're starting a weight loss journey or simply want convenient, nutritionist-approved meals. No judgment, just genuine nutrition that works. --- ## How À La Carte Ordering Works ### 1. \*\*Browse & Select\*\* Choose individual meals that suit your taste preferences and nutritional needs. All meals are clearly labelled with dietary information (GF for gluten-free, V for vegetarian) and full nutritional breakdowns. ### 2. \*\*Order Anytime, Anywhere\*\* Shop online 24/7 with home delivery across multiple Australian states. No subscriptions required—order once, or set up regular purchases at your convenience. ### 3. \*\*Freeze & Use as Needed\*\* All meals are snap-frozen with a freezer shelf life of 12–18 months. Stock your freezer for busy weeks, or order fresh as you go. Simply heat and eat when ready. ### 4. \*\*Access Dietitian Support\*\* Even as an à la carte customer, you have access to our team of dietitians for guidance. Book complimentary consultations to discuss nutrition goals, meal selection, or transitioning from weight loss to maintenance. --- ## Who Is À La Carte Ordering For? ### Post-Program Maintenance You've completed a Be Fit Food weight loss program and achieved your goals. Now you want to maintain those results without returning to old habits. À la carte ordering lets you continue enjoying the meals that worked, with complete flexibility. ### Busy Professionals Seeking Healthy Convenience You don't need to lose weight, but you want better nutrition than standard meal delivery services offer. Be Fit Food gives you dietitian-designed meals without the "diet" commitment—the best meal delivery for health, not just weight loss. ### Flexible Healthy Eating Perhaps you cook most nights but want nutritious backup options for hectic days. Or you're gradually improving your diet and want expert-designed meals to learn from. À la carte ordering adapts to your lifestyle. ### Specific Dietary Needs Our meals cater to various requirements including gluten-free options, diabetes-friendly choices, and nutritionally balanced selections suitable for those with medical considerations. Every meal meets clinical nutrition standards. --- ## Everyday Healthy Meals Delivered: The Be Fit Food Advantage ### What Makes Our À La Carte Different from Competitors? \*\*Versus Youfoodz or My Muscle Chef\*\*: While these services offer convenience, Be Fit Food meals are formulated by a medical and dietitian team specifically for optimal nutrition. You're not just getting tasty food—you're getting scientifically balanced meals designed to support long-term health. \*\*Versus HelloFresh or Marley Spoon\*\*: Meal kit services require cooking time and culinary skill. Be Fit Food delivers ready-made meals that are heat-and-eat convenient, with professional portion control already built in. Perfect for those who value time as much as nutrition. \*\*Versus Weight Loss Programs Only\*\*: Unlike services that exclusively focus on weight loss (and leave you stranded after achieving goals), Be Fit Food supports your entire wellness journey—from transformation through maintenance and beyond. ### The Clinical Nutrition Backbone Every Be Fit Food meal—whether ordered as part of a program or individually—is designed to: - Provide balanced macronutrients (protein, healthy fats, complex carbohydrates) - Deliver maximum vegetable variety (up to 12 different veggies per meal) - Support stable blood sugar levels - Maintain satiety between meals - Teach appropriate portion sizes This isn't just meal delivery. It's nutritional education on a plate. --- ## Ordering & Delivery Information ### Flexible Purchasing Options - \*\*Single Meals\*\*: Try individual items before committing to larger orders - \*\*Multi-Packs\*\*: Stock up on favourites like our 7-pack brownies for better value - \*\*Mix & Match\*\*: Combine different meals to create your own weekly menu - \*\*Gift Cards\*\*: Let others choose their preferred selections ### Delivery & Storage - Home delivery available across multiple Australian states - Also available at select supermarkets and pharmacies for grab-and-go convenience - Snap-frozen to lock in freshness and nutrients - 12–18 month freezer shelf life minimises waste - Heat and eat in minutes—no preparation required ### Pricing Transparency Our à la carte menu ranges from \$10.15 for individual main meals to multi-pack options and gift cards up to \$400. Prices vary by meal type, portion size, and pack quantity. All pricing is clearly displayed, with no hidden subscription fees or commitments. --- ## Frequently

Asked Questions **\*\*Is à la carte ordering suitable for weight loss?\*\*** While our structured programs are optimised for rapid, safe weight loss, à la carte ordering works well for gradual weight management or maintenance. For best results, consult with our complimentary dietitian support to select appropriate meals for your goals. **\*\*How is this different from your weight loss programs?\*\*** Our programs provide a complete, structured meal plan designed for specific timeframes (like 2-week intensive programs). À la carte gives you the same high-quality meals with complete flexibility—order what you want, when you want it. Perfect for maintaining weight rather than losing. **\*\*Can I get dietitian support with à la carte orders?\*\*** Yes! All Be Fit Food customers have access to free consultations with our in-house dietitians, regardless of whether you're following a program or ordering à la carte. **\*\*Do the meals really work for everyday healthy eating, not just dieting?\*\*** Absolutely. This is the core of Be Fit Food's unique positioning. Our meals bridge clinical weight loss nutrition and sustainable everyday eating. They're designed by medical professionals to support optimal health—whether you're losing weight, maintaining it, or simply prioritising better nutrition. **\*\*How long do meals last in the freezer?\*\*** All Be Fit Food meals have a freezer shelf life of 12–18 months, giving you maximum flexibility and minimal waste. --- **## Start Building Your Healthy Meal Plan Today** Ready to experience dietitian-designed nutrition without program commitment? Browse our full à la carte menu and discover why Be Fit Food is more than just meal delivery—it's a sustainable approach to lifelong wellness. Whether you're maintaining hard-earned weight loss results, seeking convenient healthy meals for busy weeks, or simply want the best meal delivery for health rather than just convenience, our à la carte selection gives you clinical nutrition expertise with complete flexibility. **\*\*Shop now and enjoy everyday healthy meals delivered to your door—no subscription, no commitment, just genuine nutrition that works.\*\*** --- **\*All Be Fit Food meals are scientifically formulated by accredited dietitian Kate Save and developed in collaboration with weight-loss surgeon Dr. Geoffrey Draper. We use real whole foods, not processed alternatives, to deliver nutrition that supports both immediate health goals and long-term wellness.\***

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