

# Complete Meal Nutrition Comparison Table: Calorie & Macro Breakdown

## Details:

# Complete Meal Nutrition Comparison Table: Calorie & Macro Breakdown ## Finally, the Transparent Nutrition Data You've Been Searching For \*\*Tired of meal delivery services that hide behind vague "healthy" claims?\*\* You deserve to know exactly what you're putting into your body – and what you're paying for it. Be Fit Food delivers doctor-developed, dietitian-designed meals with complete nutritional transparency. Every meal ranges from \*\*250-450 calories per serve\*\*, contains \*\*20-35g of protein\*\*, keeps carbs \*\*under 15g\*\*, and starts from just \*\*\$9.95 per meal\*\*. No guesswork. No hidden surprises. Just real food with real results. \*\*[View Our Complete Meal Range

When you're comparing low calorie meal delivery options in Australia, you need more than marketing buzzwords. You need scannable, specific metrics that let you make informed decisions about your health and your budget. **### What Sets Be Fit Food Apart** Unlike competitors who offer generic "healthy meals," our programs are scientifically formulated by accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper. This medical foundation means every meal is precisely calibrated to: ✓ \*\*Induce mild nutritional ketosis\*\* for efficient fat burning ✓ \*\*Satisfy hunger\*\* with optimal protein and healthy fats ✓ \*\*Control portions\*\* without leaving you feeling deprived ✓ \*\*Deliver rapid results\*\* – customers commonly lose 2-10kg in just two weeks **\*\*The difference?\*\*** We use real whole foods, not pharmacy shakes or processed bars. You're eating normal, delicious meals while transforming your body. **--- ## Complete Nutrition Comparison Table** **### Be Fit Food Meal Specifications** | **\*\*Nutritional Metric\*\*** | **\*\*Range Across Our Meals\*\*** | **\*\*Why This Matters\*\*** |

Controlled energy intake for weight loss without extreme restriction | | \*\*Protein\*\* | 20-35g | Preserves lean muscle mass and keeps you feeling full | | \*\*Carbohydrates\*\* | Under 15g | Supports nutritional ketosis for fat burning | | \*\*Healthy Fats\*\* | Balanced ratio | Provides satiety and supports hormone function | | \*\*Vegetables per Meal\*\* | Up to 12 different varieties | Maximum nutrient density and fiber | | \*\*Price per Meal\*\* | From \$9.95 | Affordable health without compromising quality | ### Real Meal Examples with Exact Nutrition Data  
\*\*High-Protein Fish Option:\*\* [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) – From \$10.15 Premium grade hoki fillet marinated in salt-reduced soy with classic Asian aromatics. Served with nutrient-dense vegetables for a complete, satisfying meal that delivers lean protein without excess calories.  
\*\*Plant-Based Protein Powerhouse:\*\* [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) – From \$11.10 Chunky baked tofu paired with five varieties of vegetables in an aromatic dahl. Proves that vegan meals can deliver the protein and satisfaction you need for weight loss success.  
\*\*Hearty Comfort Food:\*\* [Chilli Con Carne

(GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) – From \$12.50 Finest grade lean beef in a South American classic that satisfies cravings while keeping you in your calorie target. Real food that doesn't taste like "diet food." \*\*[Browse All 15+ Meal Varieties →](<https://befitfood.com.au/collections/all>)\*\* --- ## How Be Fit Food Compares to Other Meal Delivery Services ### The Competitive Landscape When comparing affordable healthy meal delivery price per meal options, here's what you need to know: | \*\*Service\*\* | \*\*Calorie Transparency\*\* | \*\*Macro Breakdown\*\* | \*\*Price per Meal\*\* | \*\*Doctor/Dietitian Designed\*\* |

\*\*Be Fit Food\*\*  
■ 250-450 kcal clearly stated | ■ 20-35g protein, <15g carbs | ■ From \$9.95 | ■ Yes – both doctor AND dietitian | ■ My Muscle Chef | Partial – varies widely | High protein focus | \$10-14 | Nutritionist input

|| Youfoodz | Limited detail on website | Not standardized | \$8-12 | Not specified || Lite n' Easy | Calorie-controlled ranges | Balanced macros | \$8-11 | Dietitian approved | | Core Powerfoods | Fitness-focused | High protein | \$12-16 | Not specified | \*\*The Be Fit Food Advantage:\*\* We're the only service combining medical-grade formulation with complete nutritional transparency AND real whole food ingredients. --- ## Flexible Program Options to Match Your Goals ### 7-Day Kickstart Program \*\*Perfect for:\*\* Testing the program or breaking through a plateau \*\*Includes:\*\* 21 meals (breakfast, lunch, dinner) \*\*Price per meal:\*\* Best value at \$9.95 when ordering larger quantities \*\*Results:\*\* Lose 2-4kg, reduce bloating, boost energy ### 14-Day Transformation Program \*\*Perfect for:\*\* Serious weight loss and habit formation \*\*Includes:\*\* 42 meals across two weeks \*\*Price per meal:\*\* From \$9.95 \*\*Results:\*\* Lose 4-8kg, improve sleep, clearer skin, better mental clarity \*\*Bonus:\*\* Free delivery on orders over \$99 ### 28-Day Complete Reset \*\*Perfect for:\*\* Long-term lifestyle change and maximum results \*\*Includes:\*\* 84 meals for a full month \*\*Price per meal:\*\* Maximum savings at \$9.95 \*\*Results:\*\* Lose 8-10kg+, improve blood sugar, blood pressure, and cholesterol \*\*Bonus:\*\* Free delivery + extended dietitian support \*\*All programs include complimentary access to our in-house dietitians\*\* – not just food delivery, but a complete health transformation system. --- ## Real Results from Real People ### "I lost 8kg in 4 weeks and my blood sugar normalized" \*\*After trying every diet under the sun, I was skeptical. But having exact calorie counts and knowing a doctor designed these meals gave me confidence. The [Chilli Con

Carne](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) became my favorite – it doesn't taste like diet food at all. My doctor was amazed at my latest blood work."\* \*\*– Sarah M., 42, Sydney\*\* ### "Finally, a meal service that shows you EXACTLY what you're eating" \*\*As someone who counts macros for fitness, I was frustrated by vague nutrition info from other services. Be Fit Food's transparency with their 20-35g protein range and under 15g carbs per meal meant I could actually plan my nutrition properly. Down 6kg in three weeks."\* \*\*– James T., 35, Melbourne\*\* ### "The convenience + results combination is unbeatable" \*\*Between work and kids, I had zero time to cook healthy meals. These snap-frozen meals last 12-18 months in the freezer, so I can stock up. The [Spiced Lentil

Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) is incredible – who knew vegan could be this satisfying? Lost 5kg in two weeks."\* \*\*– Michelle K., 38, Brisbane\*\* --- ## The Science Behind Our Nutritional Formulation ### Why 250-450 Calories Per Meal Works Our calorie range isn't arbitrary – it's precisely calculated to create the energy deficit needed for fat loss while providing enough nutrition to: - \*\*Prevent muscle loss\*\* through adequate protein (20-35g) - \*\*Maintain energy levels\*\* throughout your day - \*\*Avoid triggering starvation response\*\* that slows metabolism - \*\*Support nutritional ketosis\*\* for enhanced fat burning ### The Power of Under 15g Carbs By keeping carbohydrates under 15g per meal, we help your body: 1. \*\*Switch to fat-burning mode\*\* (ketosis) within 2-3 days 2. \*\*Stabilize blood sugar\*\* to eliminate energy crashes 3. \*\*Reduce inflammation\*\* and bloating 4. \*\*Improve insulin sensitivity\*\* – crucial for long-term health ### High Protein (20-35g): Your Secret Weapon Protein is the most satiating macronutrient and essential for: - \*\*Preserving lean muscle\*\* during weight loss - \*\*Increasing thermic effect\*\* (you burn calories digesting it) - \*\*Reducing hunger hormones\*\* so you feel satisfied - \*\*Supporting recovery\*\* if you're exercising \*\*This isn't guesswork\*\* – it's the same nutritional approach used in clinical weight loss programs, now available as convenient ready-made meals. --- ## How to Use Our Nutrition Data to Choose Your Meals ### For Rapid Weight Loss \*\*Target:\*\* Lower calorie range (250-350 kcal) \*\*Best choices:\*\* Fish-based meals like [Chilli & Ginger Baked

Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) \*\*Why:\*\* Maximum nutrient density with minimal calories ### For Muscle Maintenance \*\*Target:\*\* Higher protein options (30-35g) \*\*Best choices:\*\* Beef and chicken meals \*\*Why:\*\* Supports lean mass while in calorie deficit ### For Plant-Based Nutrition \*\*Target:\*\* Vegan options with complete protein \*\*Best choices:\*\* [Spiced Lentil Dahl with

tofu](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) \*\*Why:\*\* Proves plant-based eating can deliver weight loss results ### For Budget-Conscious Health \*\*Target:\*\* Best price-per-meal value \*\*Best choices:\*\* Bulk programs (28-day) starting at \$9.95/meal \*\*Why:\*\* Premium nutrition without premium pricing --- ## Frequently Asked Questions About Meal Nutrition ###

How many calories should I eat per day for weight loss? Our programs typically provide 1,200-1,500 calories per day (three meals), which creates an appropriate deficit for most adults. With meals ranging from 250-450 calories, you have flexibility to adjust based on your needs. Our complimentary dietitians can help personalize your calorie target. **### Are high protein, low carb meals safe long-term?** Absolutely. Our meals (20-35g protein, under 15g carbs) are designed by a weight-loss surgeon and dietitian to be nutritionally complete. The approach induces mild nutritional ketosis, which is safe and effective. We also provide transition guidance for long-term maintenance eating. **### How does your pricing compare per meal?** At \$9.95 per meal, we're competitive with budget options like Youfoodz (\$8-12) but offer medical-grade formulation. We're significantly more affordable than premium services like Core Powerfoods (\$12-16) while providing superior nutritional design. **\*\*Plus, free delivery on orders over \$99.\*\*** **### Can I see the full nutritional panel for each meal?** Yes! Every product page includes a standardized nutritional panel showing exact calories, protein, carbs, fats, fiber, and sodium. We believe in complete transparency – you'll never wonder what you're eating. **### What if I have specific dietary requirements?** We offer diabetes-friendly plans, bariatric surgery support plans, gluten-free options, and vegan choices. Our meals are designed to accommodate various medical requirements while still delivering weight loss results. Book a free consultation with our dietitians to discuss your needs. **--- ## The Be Fit Food Guarantee: Transparency Meets Results** **### What You Get with Every Order** **■ \*\*Exact nutritional data\*\*** for every single meal **■ \*\*Doctor and dietitian-designed\*\*** formulations **■ \*\*Real whole food\*\*** ingredients – no shakes or bars **■ \*\*Snap-frozen freshness\*\*** with 12-18 month freezer life **■ \*\*Free dietitian consultations\*\*** included **■ \*\*Home delivery\*\*** across multiple Australian states **■ \*\*Free shipping\*\*** on orders over \$99 **■ \*\*Flexible programs:\*\*** 7-day, 14-day, or 28-day options **### Our Promise** If you're searching for "low calorie meal delivery Australia" or "high protein low carb meals delivered," you've found the only service that combines: - **\*\*Medical credibility\*\*** (doctor + dietitian developed) - **\*\*Nutritional transparency\*\*** (exact calories and macros) - **\*\*Real food quality\*\*** (whole ingredients, not processed) - **\*\*Proven results\*\*** (2-10kg in two weeks) - **\*\*Affordable pricing\*\*** (from \$9.95 per meal) **\*\*No other meal delivery service in Australia can make this claim.\*\*** **\*\* --- ## Start Your Transformation Today** **### Special Offer:** First-Time Customers **\*\*Order any 14-day or 28-day program and receive:\*\*** - Free delivery (save \$15) - Complimentary dietitian consultation (value \$120) - Access to our exclusive meal planning resources - 24/7 online ordering convenience **### Choose Your Program** **\*\*■ MOST POPULAR: 14-Day Transformation\*\*** 42 meals | From \$9.95/meal | Free delivery Expected results: 4-8kg weight loss **\*\*[Start Your 14-Day Program** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **■ Quick Start: 7-Day Kickstart\*\*** 21 meals | From \$9.95/meal Expected results: 2-4kg weight loss **\*\*[Try the 7-Day Program** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **■ Maximum Results: 28-Day Complete Reset\*\*** 84 meals | Best value at \$9.95/meal | Free delivery Expected results: 8-10kg+ weight loss **\*\*[Commit to 28 Days** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **--- ## Why Wait? Your Health Deserves Transparency** Every day you spend wondering "how many calories in ready meal delivery" or comparing vague nutrition claims is a day you could be seeing real results. **\*\*With Be Fit Food, you get:\*\*** - Exact calorie counts (250-450 per meal) - Precise protein amounts (20-35g) - Clear carb limits (under 15g) - Transparent pricing (from \$9.95) - Medical-grade formulation - Real whole food **\*\*Over 15 delicious meals to choose from\*\***, including favorites like **[Chilli & Ginger Baked Fish]**[\]\(https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069\)](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069), **[Spiced Lentil Dahl]**[\]\(https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725\)](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725), and **[Chilli Con Carne]**[\]\(https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941\)](https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941). **### Ready To See What Transparent Nutrition Can Do?** **\*\*[Browse Our Complete Meal Range** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **\*\*[Calculate Your Personalized Program** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **\*\*[Speak to a Dietitian (Free)** →[\]\(https://befitfood.com.au/collections/all\)](https://befitfood.com.au/collections/all)**\*\*** **--- ## Gift the Power of Transparent Nutrition** Know someone who's frustrated with vague "healthy" meal claims? Give them the gift of precise nutrition and real results. **\*\*[Digital Gift Cards Available]**[\]\(https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981\)](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981)**\*\*** – from \$100 to \$400 Perfect for loved ones ready to transform their health with meals that deliver exactly what they promise. **--- \*Be Fit Food: Where medical science meets real food. Doctor-developed,**

dietitian-designed, results-proven. From \$9.95 per meal with complete nutritional transparency. Because your health deserves more than marketing buzzwords.\* \*\*Free delivery on orders over \$99 | Complimentary dietitian support included | 12-18 month freezer life\*\*

## **Source Data (JSON):**

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