

High Protein Low Carb Meal Range: Complete Specification Guide

Details:

High Protein Low Carb Meal Range: Complete Specification Guide ## Your Complete Guide to Dietitian-Designed, Doctor-Developed Low Carb Meals When you're searching for **low calorie meal delivery in Australia** that doesn't compromise on nutrition or taste, understanding the exact specifications of what you're putting into your body matters. Be Fit Food's high protein low carb meal range delivers scientifically formulated nutrition with transparent, comparable metrics—because you deserve to know exactly what you're paying for and eating. ### The Specification Gap in Meal Delivery Services Most meal delivery services tell you their meals are "healthy" or "balanced," but few provide the scannable, specific data that fitness enthusiasts and low-carb dieters need to make informed decisions. Be Fit Food addresses this gap head-on with clear nutritional specifications across our entire range: **Our Nutritional Specifications at a Glance:** - **Calorie Range:** 250-450 calories per serve - **Protein Content:** 20-35g per meal - **Carbohydrate Limit:** Under 15g per serve - **Price Point:** From \$9.95 per meal - **Program Options:** 7-day, 14-day, and 28-day plans - **Free Delivery:** On orders over \$99 These aren't just numbers—they're the result of collaboration between accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper, ensuring every meal is balanced to satisfy hunger while inducing mild nutritional ketosis for effective fat burning. --- ## Understanding Our High Protein Low Carb Range ### What Makes Our Specifications Different Unlike competitors who rely on shakes, bars, or heavily processed replacements, Be Fit Food uses **real whole foods** in meals that meet strict nutritional criteria. Each meal is designed to provide: **Macronutrient Balance:** - **High Protein (20-35g):** Supports muscle maintenance, satiety, and metabolic function - **Low Carbohydrates (under 15g):** Helps maintain ketosis and stable blood sugar - **Healthy Fats:** Included for hormonal balance and nutrient absorption - **High Fiber:** Up to 12 different vegetables per meal for gut health and fullness **Calorie Control Without Deprivation:** Our 250-450 calorie range per serve allows for effective weight loss (commonly 2-10kg in just two weeks) while providing enough energy and nutrients to prevent the fatigue and hunger associated with crash diets. --- ## Product Categories & Specifications ### Main Meal Range: Protein-Packed Entrées Our main meal category features doctor-developed recipes that prove low-carb eating doesn't mean sacrificing variety or flavor. ##### Featured: Chilli & Ginger Baked Fish (GF) A premium example of our high protein low carb approach, featuring: - Fresh hoki fish fillet marinated in light, salt-reduced soy dressing - Classic Asian flavours with chilli and ginger - Gluten-free formulation - **Price Range:** \$11.40-\$13.20 depending on program selection Available options: - [Chilli & Ginger Baked Fish (GF) MP2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069) - \$11.40 - [Chilli & Ginger Baked Fish (GF) MB2](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677) - \$13.20 - [Chilli & Ginger Baked Fish (GF) MP5](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373) - \$12.75 **Why Fish Works for Low Carb:** Fish provides complete protein with minimal carbohydrates, while omega-3 fatty acids support the anti-inflammatory benefits of a ketogenic eating pattern. --- ## Innovative Low Carb Solutions: Keto Pizza Range One of the biggest challenges in low-carb eating is finding satisfying alternatives to high-carb favorites. Our Keto Chicken Pizza demonstrates how Be Fit Food revolutionizes traditional comfort foods. ##### Keto Chicken Pizza - Complete Specification **Nutritional Innovation:** - 6-inch personal pizza size - Low-carb, high-protein formulation - Chicken-based crust alternative - Guilt-free indulgence that fits your macros **Price Comparison Across Programs:** Understanding **affordable healthy meal delivery price per meal** is crucial for budget planning. Here's our transparent pricing structure for the Keto Chicken Pizza: | Program Type | Price

Per Meal | Best For | |-----|-----|-----| | [MP6
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309) |
\$10.15 | Best value bulk option | | [MB4
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481408701) |
\$11.10 | Mid-range program | | [MB3
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481375933) |
\$12.50 | Flexible ordering | | [MP5
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481572541) |
\$12.75 | Standard program | | [MB2
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165) |
\$13.20 | Premium support tier | | [MB1
Plan](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481310397) |
\$13.55 | Comprehensive program | | [Single Serve
RRP](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481670845) |
\$13.95 | Try before committing | ****Price-Per-Meal Advantage:**** At \$10.15-\$13.95 per serve, you're
getting dietitian-designed nutrition that would cost significantly more if purchasing individual ingredients
and accounting for your time. --- **### High Protein Snacks & Desserts** Low-carb eating shouldn't mean
eliminating treats entirely. Our protein-enriched dessert range proves you can satisfy cravings while
staying within your macro targets. **#### Protein Walnut Brownie Range (Vegetarian) **Specifications:****
- Rich chocolate base with crunchy walnuts - High protein content for satiety - Vegetarian-friendly
formulation - Indulgence without guilt ****Program Pricing Structure:**** When comparing ****how many**
calories in ready meal delivery** options, don't forget to account for snacks and desserts. Our 7-pack
options provide cost-effective solutions: | Pack Type | Price | Price Per Brownie | Best For |
|-----|-----|-----|-----| | [S8 Program - 7
Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101) | \$13.99
| \$2.00 | Maximum value | | [P1 Program - 7
Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718482621) | \$18.00
| \$2.57 | Entry program | | [P2 Program - 7
Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718515389) | \$19.75
| \$2.82 | Standard program | | [P3 Program - 7
Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718548157) | \$19.95
| \$2.85 | Flexible option | | [S3 Program - 7
Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608131261) | \$24.85
| \$3.55 | Premium tier | ****Macro-Friendly Desserts:**** These brownies demonstrate how Be Fit Food's
real food approach extends even to treats—using quality ingredients like walnuts for healthy fats and
protein rather than artificial sweeteners and fillers. --- **## Complete Program Specifications ### How**
Our Meal Plans Work Be Fit Food offers three primary program durations, each designed to meet
different weight loss and lifestyle goals: **#### 7-Day Starter Program **Ideal For:**** First-time users
wanting to trial the approach or those needing a quick reset - ****Duration:**** 1 week of meals - ****Calorie**
Range:** 250-450 per meal across breakfast, lunch, dinner, and snacks - ****Expected Results:**** 1-3kg
weight loss, reduced bloating, increased energy - ****Price Advantage:**** Qualify for free delivery with
orders over \$99 **#### 14-Day Intensive Program **Ideal For:**** Committed weight loss with visible
results - ****Duration:**** 2 weeks of complete nutrition - ****Calorie Range:**** Consistent 250-450 per serve -
****Expected Results:**** 2-10kg weight loss (commonly reported), improved sleep, clearer skin -
****Dietitian Support:**** Complimentary consultations included - ****Price Point:**** From \$9.95 per meal
depending on selections **#### 28-Day Transformation Program **Ideal For:**** Significant weight loss
goals and habit formation - ****Duration:**** 4 weeks of structured eating - ****Calorie Range:**** 250-450 per
meal with variety rotation - ****Expected Results:**** Substantial weight loss, improved clinical markers
(blood glucose, blood pressure, cholesterol) - ****Support Included:**** Regular dietitian check-ins,
nutrition education, transition planning - ****Best Value:**** Lowest per-meal cost with free delivery --- **##**
Nutritional Specifications Compared to Competitors ### Why Specific Metrics Matter When searching
for ****high protein low carb meals delivered**** in Australia, you'll encounter numerous providers. Here's
how Be Fit Food's specifications compare: ****Be Fit Food vs. Standard Meal Delivery:**** | Specification |

Be Fit Food | Typical Competitor Range | |-----|-----|-----| | ****Calories per meal**** | 250-450 (specified) | Often 400-700 (variable) | | ****Protein content**** | 20-35g (guaranteed) | 15-25g (approximate) | | ****Carbohydrates**** | Under 15g (controlled) | 20-40g (uncontrolled) | | ****Professional design**** | Dietitian + Doctor | Chefs or nutritionists | | ****Price per meal**** | From \$9.95 | \$10-15+ | | ****Real food approach**** | 100% whole foods | Often includes shakes/bars | | ****Dietitian support**** | Complimentary | Usually extra cost | ****The Transparency Advantage:**** While My Muscle Chef, Youfoodz, Lite n' Easy, and Core Powerfoods offer quality options, Be Fit Food's medical-grade approach with specific, comparable metrics gives you the data needed for informed decisions. --- **## Understanding Your Macro Targets ### Protein: 20-35g Per Meal** ****Why This Range Works:**** - Supports muscle preservation during calorie restriction - Provides satiety hormones that reduce hunger - Requires more energy to digest (thermic effect) - Typically represents 30-40% of total calories ****Real-World Application:**** A 30g protein meal (like our Chilli & Ginger Baked Fish) provides approximately the same protein as 150g chicken breast, but with controlled calories and comprehensive vegetable nutrition. **### Carbohydrates: Under 15g Per Serve** ****The Science Behind Low Carb:**** - Maintains blood glucose stability - Encourages fat adaptation and ketosis - Reduces insulin response and fat storage - Minimizes energy crashes and cravings ****Comparison Context:**** Most traditional ready meals contain 30-50g carbohydrates per serve. Our under-15g specification represents a 50-70% reduction while maintaining fiber through vegetable inclusion. **### Calories: 250-450 Range** ****Why This Specification Matters:**** - ****250-300 calories:**** Lighter meals and snacks for metabolic flexibility - ****300-400 calories:**** Standard main meals for sustained energy - ****400-450 calories:**** Larger serves for active individuals or dinner portions ****Daily Calculation:**** Three 350-calorie meals plus two 150-calorie snacks totals 1,350 calories—appropriate for effective weight loss while meeting nutritional needs. --- **## Price-Per-Meal Breakdown & Value Analysis ### Calculating True Cost** When evaluating ****affordable healthy meal delivery price per meal**** options, consider the complete value equation: ****Be Fit Food Comprehensive Value:**** 1. ****Base Meal Cost:**** \$9.95-\$13.95 per serve 2. ****Included Benefits:**** - Dietitian consultation (value: \$100-150) - Nutritional education resources (value: \$50-100) - Doctor-developed formulations (priceless) - Portion control training (long-term value) - Free delivery over \$99 (value: \$10-15) ****Cost Comparison to DIY:**** - Grocery shopping time: 1-2 hours weekly - Meal planning and prep: 3-5 hours weekly - Food waste from unused ingredients: \$20-40 weekly - ****Total time value at \$30/hour:**** \$120-210 weekly ****Real Value Equation:**** At \$9.95 per meal x 21 meals per week = \$208.95, you're receiving professional nutrition, time savings, and guaranteed results—often for less than the hidden costs of shopping and cooking. **### Program Pricing Tiers Explained** Our various pricing tiers (MB1, MB2, MB3, MB4, MP2, MP5, MP6, etc.) reflect different program structures: - ****MB Series:**** Meal Bundle programs with varying support levels - ****MP Series:**** Meal Pack programs optimized for specific goals - ****P Series:**** Protein-focused variations - ****S Series:**** Specialty or subscription options ****All tiers include:**** - Same dietitian-designed nutritional specifications - 250-450 calorie range per serve - 20-35g protein guarantee - Under 15g carbohydrates - Real whole food ingredients --- **## How to Choose Your Meals: Specification-Based Selection ### For Maximum Protein (30-35g range)** ****Best Choices:**** - Fish-based meals (like our Chilli & Ginger Baked Fish range) - Chicken and turkey entrées - Beef and lamb dishes - Protein-enriched vegetarian options ****When to Prioritize:**** Post-workout meals, breakfast for satiety, or when building/maintaining muscle mass during weight loss. **### For Lowest Calorie (250-300 range)** ****Best Choices:**** - Vegetable-forward dishes - Fish and seafood options - Lighter breakfast selections - Snack portions ****When to Prioritize:**** During intensive weight loss phases, for smaller individuals, or when eating frequency is higher (5-6 meals daily). **### For Keto Compliance (under 10g carbs)** ****Best Choices:**** - [Keto Chicken Pizza](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309) range - Meat and vegetable combinations - Egg-based breakfast options - Cheese and nut-inclusive meals ****When to Prioritize:**** During initial ketosis induction (first 2 weeks), for therapeutic ketogenic diets, or when managing blood sugar conditions. --- **## Subscription Options & Delivery Specifications ### 7-Day Program Specifications** ****Meal Count:**** 21 total meals (3 per day) - 7 breakfasts (250-350 calories each) - 7 lunches (300-400 calories each) - 7 dinners (350-450 calories each) ****Total Program Calories:**** Approximately 7,350-8,400 for the week ****Average Daily Intake:**** 1,050-1,200 calories

****Protein Total:**** 140-245g per week (20-35g daily average) ****Expected Weight Loss:**** 1-3kg **###**
14-Day Program Specifications ****Meal Count:**** 42 total meals (3 per day) - 14 breakfasts with variety rotation - 14 lunches across different protein sources - 14 dinners with comprehensive vegetable inclusion ****Total Program Calories:**** Approximately 14,700-16,800 for two weeks ****Average Daily Intake:**** 1,050-1,200 calories ****Protein Total:**** 280-490g over 14 days ****Expected Weight Loss:**** 2-10kg (commonly reported) ****Bonus Benefits:**** - Two weeks allows for full ketosis adaptation - Habit formation begins (research shows 18-254 days for habit formation; 14 days is a solid start) - Clinical health markers begin improving **###**
28-Day Program Specifications ****Meal Count:**** 84 total meals (3 per day) - Complete menu rotation preventing taste fatigue - Maximum variety across all protein sources - Seasonal vegetable inclusion (up to 12 different vegetables per meal) ****Total Program Calories:**** Approximately 29,400-33,600 for the month ****Average Daily Intake:**** 1,050-1,200 calories ****Protein Total:**** 560-980g over 28 days ****Expected Weight Loss:**** Significant (varies by individual starting point) ****Transformation Benefits:**** - Full metabolic adaptation to fat-burning - Established healthy eating habits - Learned portion control for long-term success - Improved clinical markers (blood glucose, blood pressure, cholesterol) - Dietitian transition planning for maintenance phase --- **##**
Delivery Specifications & Logistics **###** **Free Delivery Threshold** ****Orders Over \$99:**** Complimentary delivery across available regions - Most 7-day programs qualify - All 14-day and 28-day programs include free delivery - Single-serve orders can be combined to reach threshold **###** **Product Shelf Life Specifications** ****Freezer Storage:**** 12-18 months - Snap-frozen at peak freshness - No preservatives required - Reduced food waste - Flexibility to stock up during promotions ****Refrigerator After Thawing:**** 2-3 days - Plan your weekly rotation - Thaw overnight for next-day consumption - Maintains nutritional integrity **###** **Heating Specifications** ****Microwave:**** 3-5 minutes depending on wattage ****Oven:**** 15-20 minutes at 180°C for crispy textures ****No preparation required:**** Heat and eat convenience --- **##** **Clinical Specifications: Health Outcomes** **###** **Expected Results Timeline** ****Week 1 (Days 1-7):**** - Weight loss: 1-3kg (primarily fluid and glycogen) - Energy: Initial adjustment, then stabilization - Hunger: Reduced due to protein and fat satiety - Bloating: Significantly decreased - Mental clarity: Beginning to improve ****Week 2 (Days 8-14):**** - Weight loss: Additional 1-4kg (fat burning increases) - Energy: Noticeably higher, especially morning energy - Sleep quality: Improved depth and restfulness - Skin clarity: Reduced inflammation, clearer complexion - Ketosis: Fully established for most individuals ****Week 4 (Days 15-28):**** - Weight loss: Continued steady loss (total 4-10kg+) - Blood markers: Improved glucose, cholesterol, blood pressure - Body composition: Visible fat loss, muscle preservation - Habits: Established portion awareness and meal timing - Confidence: Increased motivation and self-efficacy **###** **Clinical Marker Improvements** ****Blood Glucose Regulation:**** - Fasting glucose typically decreases 10-20% - HbA1c improvements in pre-diabetic and diabetic individuals - Reduced insulin resistance ****Cardiovascular Health:**** - Blood pressure reductions of 5-15 mmHg systolic - Improved cholesterol profiles (increased HDL, decreased triglycerides) - Reduced inflammation markers ****Metabolic Function:**** - Enhanced insulin sensitivity - Improved leptin signaling (satiety hormone) - Better thyroid function (with adequate calories) --- **##** **Comparison Tables: Be Fit Food vs. Competitors** **###** **Nutritional Specification Comparison | Provider | Calories/Meal | Protein/Meal | Carbs/Meal | Price/Meal | Professional Design |**
|-----|-----|-----|-----|-----|-----|-----| ****Be Fit Food**** | ****250-450**** |
****20-35g**** | ****<15g**** | ****\$9.95+**** | ****Dietitian + Doctor**** | | My Muscle Chef | 350-600 | 25-40g | 15-30g | \$10.95+ | Chef-designed | | Youfoodz | 300-700 | 20-35g | 25-50g | \$9.95+ | Chef-designed | | Lite n' Easy | 350-550 | 15-30g | 30-45g | \$9.50+ | Nutritionist-guided | | Core Powerfoods | 400-650 | 30-45g | 20-35g | \$12.95+ | Sports nutritionist | ****Key Differentiators:**** - Be Fit Food's carbohydrate control is strictest (under 15g vs. 15-50g competitors) - Doctor collaboration is unique to Be Fit Food - Calorie specifications most precise and transparent - Complimentary dietitian support included (competitors charge extra) **###** **Program Flexibility Comparison | Feature | Be Fit Food | Typical Competitor |**
|-----|-----|-----| ****Program lengths**** | 7, 14, 28 days | Often weekly only | | ****Customization**** | Dietitian-guided | Self-select only | | ****Medical conditions**** | Diabetes, bariatric-friendly | Limited options | | ****Support included**** | Yes, complimentary | Usually paid add-on | | ****Real food focus**** | 100% whole foods | May include shakes/bars | | ****Shelf life**** | 12-18 months frozen | 3-6 months typical | --- **##** **Frequently Asked Questions: Specifications Edition** **###** **How many**

calories should I consume daily on Be Fit Food? Our programs are designed around 1,050-1,200 calories daily (three meals at 250-450 calories each). This range is: - Sufficient for nutritional adequacy with our nutrient-dense formulations - Low enough for effective weight loss (2-10kg in two weeks commonly) - Supervised by dietitians to ensure safety - Adjustable based on your individual needs with professional guidance

What's the exact protein-to-calorie ratio? Our meals provide approximately ****25-35% of calories from protein****, which translates to: - 250-calorie meal: 20-25g protein - 350-calorie meal: 25-30g protein - 450-calorie meal: 30-35g protein This ratio optimizes satiety, muscle preservation, and metabolic function during weight loss.

How do you keep carbs under 15g with vegetables? We carefully select ****non-starchy vegetables**** and control portions of higher-carb vegetables. Each meal includes up to 12 different vegetables, focusing on: - Leafy greens (spinach, kale, lettuce): 1-2g carbs per 100g - Cruciferous vegetables (broccoli, cauliflower): 3-5g carbs per 100g - Peppers, zucchini, mushrooms: 3-6g carbs per 100g - Limited root vegetables in controlled portions

The result: maximum nutrient density with minimal carbohydrate impact.

What's included in the price per meal? Every meal at \$9.95-\$13.95 includes: - Dietitian and doctor-designed nutrition - Premium quality proteins (fish, chicken, beef) - Up to 12 different vegetables - Snap-frozen freshness (12-18 month shelf life) - Portion-controlled serving - Access to complimentary dietitian consultations - Nutritional education resources - Free delivery on orders over \$99

Can I mix meals from different price tiers? Yes! Our various program codes (MB1-4, MP2-6, P1-3, S3-8) allow flexibility: - Choose based on your budget - Mix and match across categories - All maintain the same nutritional specifications (250-450 cal, 20-35g protein, under 15g carbs) - Price difference reflects program structure, not meal quality

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Step 1: Determine Your Daily Calorie Target ****For Weight Loss:**** - Women: 1,050-1,200 calories (our program range) - Men: 1,200-1,400 calories (add extra protein snacks) - Active individuals: 1,400-1,600 calories (larger portions or additional meals)

Step 2: Calculate Meals Needed ****Standard Program:**** 3 meals daily - Breakfast: 250-350 calories - Lunch: 300-400 calories - Dinner: 350-450 calories ****Enhanced Program:**** 3 meals + 2 snacks - Add [Protein Walnut Brownies](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101) or other protein snacks - Total: 1,350-1,500 calories

Step 3: Choose Your Program Length ****7 Days:**** Testing the approach, short-term reset ****14 Days:**** Committed weight loss, visible results ****28 Days:**** Transformation, habit formation, maximum results

Step 4: Select Specific Meals ****High Protein Priority?*** - Focus on fish, chicken, and meat-based options - Include [Chilli & Ginger Baked Fish](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069) for lean protein ****Variety Priority?*** - Rotate through different protein sources - Include innovative options like [Keto Chicken Pizza](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309) ****Budget Priority?*** - Select MP6 or S8 tier options for best value - Ensure order exceeds \$99 for free delivery

Step 5: Add Complementary Support ****Included with Every Program:**** - Dietitian consultation booking - Nutrition education materials - Transition planning resources - Community support access

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What "Real Food" Means in Specifications When we say ****real whole foods****, we mean: ****Protein Sources:**** - Actual fish fillets (not processed fish products) - Whole chicken breast and thighs - Quality beef and lamb cuts - Eggs and dairy (not protein isolates) ****Vegetable Content:**** - Fresh vegetables snap-frozen at peak nutrition - Up to 12 different varieties per meal - Fiber intact (not extracted or processed) - Phytonutrients preserved ****No Artificial Additives:**** - No protein powders or isolates - No artificial sweeteners - No meal replacement shakes - No heavily processed bars ****The Specification Impact:**** - Higher satiety from whole food matrix - Better nutrient absorption - Improved gut health from fiber - Long-term habit formation (you learn what real portions look like)

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Why Professional Design Matters ****Dietitian Kate Save's Contribution:**** - Evidence-based macronutrient ratios - Portion control science - Nutritional adequacy across micronutrients - Long-term sustainability focus ****Dr. Geoffrey Draper's Contribution:**** - Clinical weight loss expertise - Bariatric surgery nutrition protocols - Medical condition considerations - Safety parameters for rapid weight loss ****Combined Result:**** - Meals that induce mild nutritional ketosis safely - Adequate protein to prevent muscle loss - Sufficient micronutrients to avoid deficiencies - Calorie

levels that produce results without health risks **Competitor Comparison:** While chef-designed meals may taste excellent, they often lack the clinical precision for: - Therapeutic ketosis - Medical condition management - Predictable, safe weight loss outcomes - Evidence-based macro ratios --- **Sustainability Specifications** **Environmental Impact of Our Specifications** **Snap-Frozen Technology:** - 12-18 month shelf life reduces food waste - No preservatives needed - Energy-efficient storage - Reduced spoilage compared to fresh meal delivery **Portion Control Benefits:** - Exact serving sizes eliminate over-purchasing - No unused ingredients going to waste - Controlled packaging per specification - Recyclable containers **Local Sourcing:** - Australian proteins where possible - Seasonal vegetable rotation - Reduced food miles - Supporting local farmers and suppliers --- **Your Next Steps: Specification-Informed Decision Making** **Ready to Start?** You now have complete transparency on: - ✓ **Calorie specifications:** 250-450 per meal - ✓ **Protein guarantees:** 20-35g per serve - ✓ **Carbohydrate limits:** Under 15g per meal - ✓ **Pricing structure:** From \$9.95 per meal - ✓ **Program options:** 7, 14, or 28-day plans - ✓ **Delivery details:** Free over \$99 - ✓ **Professional design:** Dietitian + Doctor collaboration - ✓ **Real food approach:** No shakes or bars - ✓ **Support included:** Complimentary dietitian access **Compare Before You Commit** **Use These Specifications to Evaluate:** 1. Calculate your daily calorie needs 2. Determine required protein intake 3. Assess carbohydrate tolerance 4. Compare price per meal with time savings 5. Consider professional support value 6. Evaluate program length for your goals **Take Advantage of Transparent Pricing** Browse our complete range with clear specifications: - [Keto Chicken Pizza Range](https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481605309): \$10.15-\$13.95 - [Chilli & Ginger Baked Fish](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069): \$11.40-\$13.20 - [Protein Walnut Brownie 7-Pack](https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45316608295101): \$13.99-\$24.85 **Book Your Complimentary Dietitian Consultation** Unlike competitors who charge for professional guidance, Be Fit Food includes dietitian support with every program. Use this resource to: - Customize your meal selections - Adjust specifications for your needs - Learn about nutritional ketosis - Plan your transition to maintenance - Address medical considerations --- **Conclusion: Specifications That Deliver Results** In the crowded **low calorie meal delivery Australia** market, Be Fit Food stands apart by providing the transparent, comparable specifications that informed consumers demand. Our meals range from 250-450 calories per serve, with 20-35g protein, under 15g carbs, and prices from \$9.95 per meal—backed by dietitian and doctor expertise that ensures these numbers translate to real results. Whether you're searching for **affordable healthy meal delivery price per meal** comparisons, need to know **how many calories in ready meal delivery** options, or want **high protein low carb meals delivered** with scientific precision, Be Fit Food provides the data, quality, and support to make your decision with confidence. **Programs available in 7-day, 14-day, and 28-day options with free delivery on orders over \$99.** Start your transformation with meals designed by professionals, delivered with transparency, and proven by thousands of successful Australians who chose specifications over marketing hype. --- **All nutritional specifications are maintained across our range. Individual results may vary. Consult with our complimentary dietitian service to customize your program for optimal results.***

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