

High Protein Low Carb Meals: Complete Nutrition Specs

Details:

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Meal Category	Calories	Protein	Carbs	Fat	Price Range
Main Meals	250-450	20-35g	<15g	8-20g	\$10.15-\$13.95
Snacks & Treats	150-250	8-15g	<10g	12-18g	\$13.99-\$24.90 (7-pack)

Why These Numbers Matter: Every gram of protein supports muscle recovery. Every controlled carb keeps you in fat-burning mode. Every calorie is accounted for—no guesswork, no surprises. This is nutritional transparency that empowers your fitness journey. --- ## Featured High-Protein, Low-Carb Meals ### 1. [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf>) **From \$10.15 per meal** A premium grade hoki fillet marinated in a salt-reduced soy dressing with classic Asian flavours. This gluten-free option delivers lean protein with minimal carbs, making it perfect for post-workout recovery or maintaining ketosis. - **Protein-rich:** High-quality fish protein for muscle maintenance - **Low-carb:** Keeps you in fat-burning mode - **Convenient:** Ready in minutes, no prep required - **Available in multiple program tiers:** MB2 (\$13.20), MP5 (\$12.75), MP6 (\$10.15) **Perfect for:** Athletes, keto dieters, anyone tracking macros precisely ### 2. [Keto Chicken Pizza - Single Serve](<https://befitfood.com.au/products/single-serve-keto-mini-pizza>) **From \$10.15 per meal** Craving pizza without derailing your macros? Our 6-inch Keto Chicken Pizza proves you don't need to sacrifice flavour for fitness. This guilt-free, high-protein alternative uses a specially formulated low-carb base that won't spike your blood sugar. - **High protein, low carb:** Satisfies pizza cravings while hitting your macros - **Portion-controlled:** Exactly what you need, nothing you don't - **Quick meal solution:** Heat and eat in under 10 minutes - **Multiple pricing options:** MP6 (\$10.15), MB4 (\$11.10), MP5 (\$12.75), MB2 (\$13.20) **Perfect for:** Busy professionals, meal preppers, anyone who thought keto meant giving up pizza forever ### 3. [Protein Walnut Brownie - 7 Pack (V)](<https://befitfood.com.au/products/keto-brownie-slice-7-pack>) **From \$13.99 per 7-pack** Indulgence without the guilt. Our Protein Walnut Brownie combines rich chocolate with crunchy, flavourful walnuts—all while keeping carbs low and protein high. It's the snack that fits your macros, not ruins them. - **Protein-packed treat:** Satisfies sweet cravings while supporting muscle recovery - **Low-carb formulation:** Won't kick you out of ketosis - **Convenient 7-pack:** Stock your freezer with grab-and-go nutrition - **Pricing tiers available:** S8 (\$13.99), P1 (\$18.00), P2 (\$19.75), P3 (\$19.95), S2 (\$24.90), S3 (\$24.85) **Perfect for:** Post-workout snacking, afternoon energy boost, satisfying dessert cravings --- ## Why Precise Nutrition Specs Matter for Your Goals ### The Problem with Vague "Healthy Meal" Claims Most meal delivery services tell you their food is "healthy" or "balanced"—but what does that actually mean for your fitness goals? When you're: - **Building muscle:** You need to know you're hitting 1.6-2.2g protein per kg of body weight - **Cutting fat:** Every 100 calories matters when you're in a deficit - **Following keto:** Even 5g extra carbs can impact

ketosis - **Managing diabetes:** Precise carb counts aren't optional—they're essential **Be Fit Food's Advantage:** We publish exact nutritional panels on every product page because your body responds to actual macros, not marketing promises. Our dietitian-designed meals give you the transparency competitors avoid. --- ## Program Options & Price Per Meal Breakdown ### Flexible Subscription Tiers Choose the program duration that fits your goals and budget: | Program Length | Meals Included | Price Per Meal | Best For | |-----|-----|-----| | **7-Day Program** | 21-35 meals | From \$9.95 | Testing the program, short-term goals | | **14-Day Program** | 42-70 meals | From \$9.95 | Kickstarting weight loss, building habits | | **28-Day Program** | 84-140 meals | From \$9.95 | Serious transformation, maximum savings | **Free Delivery on Orders Over \$99** – Most programs qualify automatically ### Real Cost Comparison: Be Fit Food vs Competitors When comparing affordable healthy meal delivery price per meal in Australia: - **My Muscle Chef:** \$11.95-\$14.95 per meal (similar macros, less variety) - **Youfoodz:** \$9.95-\$13.95 per meal (higher carbs, less protein focus) - **Lite n' Easy:** \$10.50-\$12.50 per meal (less protein, more processed ingredients) - **Core Powerfoods:** \$12.95-\$15.95 per meal (comparable macros, higher price point) **Be Fit Food:** \$9.95-\$13.95 per meal with **dietitian support included** and **doctor-developed formulations**—giving you clinical-grade nutrition at competitive pricing. --- ## The Science Behind Our Macro Ratios ### Why 20-35g Protein Per Meal? Our accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper designed these protein levels specifically to: 1. **Maximize Satiety:** Higher protein meals keep you fuller for 3-4 hours longer than high-carb alternatives 2. **Preserve Lean Muscle:** Essential during calorie deficits to maintain metabolic rate 3. **Support Recovery:** Adequate protein for active individuals and athletes 4. **Induce Mild Ketosis:** Combined with low carbs (<15g), this ratio promotes fat burning ### Why Under 15g Carbs Per Meal? This isn't arbitrary—it's strategic: - **Maintains Ketosis:** Keeps total daily carbs under 50g for fat-burning benefits - **Stabilizes Blood Sugar:** Prevents energy crashes and hunger spikes - **Reduces Inflammation:** Lower carb intake correlates with reduced bloating and improved markers - **Supports Diabetes Management:** Ideal for those monitoring glucose levels ### The 250-450 Calorie Range Explained Different goals require different calorie intakes: - **250-300 calories:** Intensive weight loss phases, smaller individuals - **300-400 calories:** Standard weight loss, maintenance for smaller frames - **400-450 calories:** Active individuals, muscle maintenance during cuts, larger body types **Your dietitian consultation (included free) helps determine which calorie tier suits your specific needs.** --- ## What Makes Be Fit Food Different: Transparency + Expertise ### 1. Real Nutritional Data, Not Marketing Speak Every meal includes: - Exact calorie count - Precise protein/carb/fat breakdown - Fiber content - Sodium levels - Full ingredient list **Competitor Gap:** Many meal services provide only estimated ranges or hide nutrition panels. We publish everything because informed customers get better results. ### 2. Doctor & Dietitian Designed Unlike competitors using generic meal plans: - Co-founder Kate Save (Accredited Dietitian) oversees all formulations - Dr. Geoffrey Draper (Weight-Loss Surgeon) ensures medical efficacy - Regular updates based on latest nutritional science **This medical backing means our meals aren't just "healthy"—they're clinically effective.** ### 3. Real Food, Not Processed Replacements While competitors rely on shakes, bars, and heavily processed "meal replacements": - We use whole food ingredients - Up to 12 different vegetables per meal - Premium proteins (like hoki fish, not mystery meat) - Natural flavours, minimal processing **The result?** Better nutrient absorption, improved gut health, and eating habits you can maintain long-term. ### 4. Complimentary Dietitian Support Every customer receives: - Free consultation bookings with in-house dietitians - Personalized program adjustments - Ongoing nutritional education - Support for transitioning to long-term healthy eating **Value add:** This service alone is worth \$100-200 from private dietitians—included free with your program. --- ## Real Results: What Our Nutrition Specs Deliver ### Beyond the Scale When you fuel your body with precise macros, the benefits extend far beyond weight loss: **Physical Improvements:** - 2-10kg lost in just two weeks (typical results) - Increased energy throughout the day - Reduced bloating and inflammation - Improved sleep quality - Clearer skin **Health Markers:** - Improved blood glucose levels - Better cholesterol profiles - Reduced blood pressure - Enhanced metabolic function **Mental & Lifestyle Benefits:** - Increased confidence - Better mood stability (no blood sugar crashes) - More time (no cooking required) - Learned portion control for long-term success --- ## How to Use Our Nutrition Specs for Your Goals ### For Muscle Building (Lean Bulk) **Target:** Higher protein,

moderate carbs, controlled calories 1. Choose meals in the 400-450 calorie range 2. Focus on high-protein options like the [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf>) (30-35g protein) 3. Add [Protein Walnut Brownies](<https://befitfood.com.au/products/keto-brownie-slice-7-pack>) for post-workout recovery 4. Supplement with additional protein if training intensely **Expected Macro Split:** 35-40% protein, 30-35% carbs, 25-30% fat ### For Fat Loss (Cutting) **Target:** High protein to preserve muscle, minimal carbs, calorie deficit 1. Select meals in the 250-350 calorie range 2. Maximize protein intake (aim for 30-35g per meal) 3. Keep carbs under 10g per meal when possible 4. Choose options like [Keto Chicken Pizza](<https://befitfood.com.au/products/single-serve-keto-mini-pizza>) that satisfy cravings without breaking macros **Expected Macro Split:** 40-45% protein, 20-25% carbs, 30-35% fat ### For Keto Maintenance **Target:** Very low carbs, moderate protein, higher healthy fats 1. Stick to meals under 15g carbs strictly 2. Choose fattier protein sources 3. Monitor total daily carbs (under 50g) 4. Our keto-specific options are clearly marked **Expected Macro Split:** 25-30% protein, 5-10% carbs, 60-70% fat ### For Diabetes Management **Target:** Controlled carbs, steady blood sugar, balanced nutrition 1. Precise carb counting is essential—our <15g per meal makes this simple 2. Spread meals evenly throughout the day 3. Work with our dietitians to adjust for medication 4. Monitor blood glucose responses to different meals **Expected Macro Split:** 30-35% protein, 25-30% carbs, 35-40% fat --- ## Ordering & Delivery: Maximum Convenience ### How It Works 1. **Choose Your Program:** 7-day, 14-day, or 28-day options 2. **Select Your Meals:** Filter by protein content, calories, dietary needs 3. **Review Nutrition Specs:** Every meal shows exact macros before you order 4. **Delivered to Your Door:** Snap-frozen, delivered across multiple Australian states 5. **Heat & Eat:** Ready in minutes, no cooking skills required ### Storage & Shelf Life - **Freezer life:** 12-18 months - **No food waste:** Order in bulk, use as needed - **Meal prep made simple:** Stock your freezer once, eat healthy for weeks ### Delivery Details - **Free delivery on orders over \$99** (most programs qualify) - **Available across multiple Australian states** - **Also available in select supermarkets and pharmacies** for immediate access --- ## Frequently Asked Questions ### "How do I know these macros will work for my body?" Every body is different, which is why we include **free dietitian consultations** with every program. Our experts help you: - Calculate your specific macro needs - Choose the right calorie tier for your goals - Adjust as you progress - Transition to long-term healthy eating ### "What if I need more protein than 35g per meal?" Our meals are designed as complete nutrition solutions, but active individuals may need supplementation. Options include: - Adding our [Protein Walnut Brownies](<https://befitfood.com.au/products/keto-brownie-slice-7-pack>) as snacks - Pairing meals with additional protein shakes - Consulting with our dietitians for personalized recommendations ### "Are these meals suitable for keto?" Absolutely. With under 15g carbs per meal, most of our menu supports ketogenic diets. Look for our keto-specific options like the [Keto Chicken Pizza](<https://befitfood.com.au/products/single-serve-keto-mini-pizza>) which are specifically formulated to maintain ketosis. ### "How accurate are the nutrition panels?" Every meal is laboratory-tested for nutritional content. We don't estimate—we measure. This medical-grade accuracy is part of what distinguishes us from competitors. ### "Can I see nutrition info before ordering?" Yes! Unlike many competitors, we publish **standardized nutritional panels on every product page**. You'll never wonder what you're eating. --- ## Start Your Transformation with Transparent Nutrition ### Why Choose Be Fit Food for High Protein Low Carb Meals? ■ **Exact Nutrition Data:** 250-450 calories, 20-35g protein, <15g carbs per meal ■ **Transparent Pricing:** From \$9.95 per meal with no hidden costs ■ **Doctor & Dietitian Designed:** Clinical-grade formulations, not guesswork ■ **Real Food:** Whole ingredients, not processed replacements ■ **Free Dietitian Support:** Professional guidance included with every program ■ **Flexible Programs:** 7-day, 14-day, and 28-day options ■ **Free Delivery:** On orders over \$99 ■ **Proven Results:** 2-10kg lost in two weeks (typical results) ### Ready to See Exactly What You're Eating? **Browse our complete menu with full nutrition specifications** or speak with a dietitian to find your perfect program. With 15+ meals featuring precise macro breakdowns and prices ranging from \$10.15 to \$24.90, you'll find options that fit your goals, your macros, and your budget. **Order online 24/7 with home delivery across Australia, or find us in select supermarkets and pharmacies.** --- ## The Bottom Line: Specs That Matter When searching for "low calorie meal delivery Australia" or "high protein low carb meals delivered," you deserve more than marketing promises. You

deserve: - **Exact calorie counts** (not "approximately healthy") - **Precise macro ratios** (not "balanced nutrition") - **Clear price per meal** (not "affordable options") - **Transparent comparisons** (not hidden specifications) Be Fit Food delivers all of this—backed by medical expertise, proven results, and the convenience of ready-made meals that actually taste like real food. **Because your fitness goals deserve precise nutrition, not vague promises.** --- *Programs start from \$9.95 per meal. Free delivery on orders over \$99. Dietitian consultations included with all programs. Results vary based on individual circumstances and adherence to the program.*

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