

Nutritional Specifications Comparison Table Page

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Meal Delivery Nutritional Specifications Comparison Guide ## Compare Calorie, Protein & Price Per Meal Across Australia's Leading Meal Delivery Services When comparing meal delivery services, understanding the exact nutritional specifications and pricing is essential for making an informed choice. This comprehensive guide breaks down the precise calorie ranges, macronutrient profiles, and cost-per-meal data for Be Fit Food's dietitian-designed programs—providing the transparent, scannable comparison data you need. --- ## Be Fit Food Nutritional Specifications at a Glance #### Calorie Range Per Meal **250-450 calories per serve** across all meal programs Our doctor-developed meals are specifically formulated to create a mild nutritional ketosis while satisfying hunger. Unlike competitors offering 500-700 calorie meals, Be Fit Food's carefully calibrated portions deliver optimal nutrition without excess energy intake. #### Macronutrient Profile - **Protein:** 20-35g per meal - **Carbohydrates:** Under 15g per meal (net carbs) - **Fats:** Balanced healthy fats from whole food sources - **Fibre:** High fibre content from up to 12 different vegetables per meal #### Price Per Meal **From \$9.95 per meal** depending on program selection This represents exceptional value for dietitian-designed, doctor-developed meals using real whole foods—not processed shakes or bars. --- ## Complete Nutritional Comparison Table #### Be Fit Food vs Leading Meal Delivery Competitors | Service | Calories/Meal | Protein (g) | Carbs (g) | Price/Meal | Designed By | |-----|-----|-----|-----|-----|-----| | **Be Fit Food** | 250-450 | 20-35 | <15 | From \$9.95 | Dietitian & Doctor | | My Muscle Chef | 300-600 | 25-50 | 20-40 | From \$10.95 | Chefs | | Youfoodz | 350-650 | 15-35 | 30-50 | From \$8.99 | Chefs | | Lite n' Easy | 300-500 | 15-30 | 25-45 | From \$10.50 | Dietitians | | Core Powerfoods | 400-700 | 30-55 | 25-50 | From \$11.95 | Nutritionists | **Key Differentiator:** Be Fit Food is the only service combining both doctor and dietitian formulation with a low-carb, high-protein profile specifically designed for rapid, healthy weight loss. --- ## Meal Categories & Nutritional Specifications #### High-Protein, Low-Carb Mains (250-350 calories) Perfect for lunch or dinner on intensive weight loss programs, these meals deliver maximum satiety with minimal carbohydrates. ##### Featured Meals: **[Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>))** - From \$10.15 - **Calories:** 280 - **Protein:** 32g - **Carbs:** 8g - **Features:** Premium hoki fish fillet with salt-reduced soy dressing, packed with Asian-inspired vegetables Available in multiple program tiers: [MP2 (\$11.40)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>), [MP5 (\$12.75)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373>), [MP6 (\$10.15)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>), [MB2 (\$13.20)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677>) **[Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>))** - \$13.95 - **Calories:** 320 - **Protein:** 28g - **Carbs:** 12g - **Features:** Finest grade lean beef with beans, South American spices, and nutrient-dense vegetables **[Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>))** - \$13.05 - **Calories:** 340 - **Protein:** 26g - **Carbs:** 14g - **Features:** Guilt-free comfort food with premium lean beef and gluten-free pasta sheets #### Plant-Based High-Protein Options (280-350 calories) Vegan and vegetarian meals that don't compromise on protein content—a rare find in plant-based meal delivery. **[Spiced Lentil Dahl (GF)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>))** - From \$11.10 - **Calories:** 295 - **Protein:** 22g (from baked tofu and lentils) - **Carbs:** 14g - **Features:** Chunky baked tofu with five different vegetables in aromatic spices Available across all

program options: [MP1

(\$12.75)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>), [MP5 (\$12.75)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>), [MP7 (\$13.05)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477635261>), [MB1 (\$13.55)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261>), [MB4 (\$11.10)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029>), [RRP (\$13.95)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=41062549323965>) ****[Baked Bean & Fetta Bowl (GF)**

(V)](<https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309>) **** - \$12.50 -**
****Calories:** 310 - **Protein:** 24g - **Carbs:** 13g - **Features:** Excellent vegetarian protein source with creamy fetta and multiple vegetable varieties **### Comfort Foods Reinvented (320-380 calories)** Traditional favourites reimaged with optimal macronutrient ratios for weight loss. These meals prove you don't need to sacrifice taste for results. Each comfort meal maintains the 20-35g protein benchmark while keeping carbohydrates under 15g—a nutritional profile impossible to find in standard restaurant or takeaway versions. --- **## Program Options & Subscription Tiers ### 7-Day Kickstart Program - **21 meals total** (3 meals per day) - **Average cost:** \$10.95 per meal - **Total calories per day:** 900-1,200 - **Ideal for:** Rapid weight loss initiation, breaking through plateaus **### 14-Day Intensive Program - **42 meals total** (3 meals per day) - **Average cost:** \$10.45 per meal - **Total calories per day:** 900-1,200 - **Ideal for:** Losing 5-10kg, resetting eating habits, pre-event preparation **### 28-Day Transformation Program - **84 meals total** (3 meals per day) - **Average cost:** \$9.95 per meal (best value) - **Total calories per day:** 900-1,200 - **Ideal for:** Major weight loss goals, comprehensive lifestyle change, medical intervention support ****Free Delivery:** All orders over \$99 qualify for complimentary delivery across participating Australian states. --- ## How Be Fit Food's Nutritional Specifications Support Weight Loss ### The Science of Calorie Control** At 250-450 calories per meal and 900-1,200 calories daily across three satisfying meals, Be Fit Food programs create the optimal energy deficit for fat loss while preserving lean muscle mass. This caloric range is: - ****Sufficient**** to prevent metabolic slowdown - ****Controlled**** enough to trigger fat burning through mild nutritional ketosis - ****Sustainable**** without extreme hunger or deprivation **### The Protein Advantage (20-35g Per Meal)** Higher protein intake (60-105g daily across three meals) delivers multiple weight loss benefits: - ****Increased satiety:**** Protein keeps you fuller longer than carbohydrates - ****Muscle preservation:**** Maintains lean tissue during calorie restriction - ****Higher thermic effect:**** Your body burns more calories digesting protein - ****Blood sugar stability:**** Prevents energy crashes and cravings Compared to competitors offering 15-25g protein per meal, Be Fit Food's 20-35g specification represents a 30-40% increase in this crucial macronutrient. **### The Low-Carb Framework (<15g Per Meal)** Keeping carbohydrates under 15g per meal (45g daily) induces mild nutritional ketosis—a metabolic state where your body efficiently burns stored fat for energy. This is achieved through: - ****Smart carb selection:**** Nutrient-dense vegetables rather than refined starches - ****Fibre prioritisation:**** Up to 12 different vegetables provide filling fibre without excess carbs - ****Elimination of empty calories:**** No added sugars or processed carbohydrates This specification stands in stark contrast to competitors offering 25-50g carbs per meal, which keeps insulin elevated and prevents optimal fat burning. --- **## Price Per Meal Breakdown: Value Analysis ### Understanding Be Fit Food's Pricing Structure** ****Entry Price Point:**** \$9.95 per meal (28-day program) ****Premium Range:**** Up to \$13.95 per meal (retail/single purchases) **##### What You're Paying For:** 1. ****Professional Formulation:**** Dietitian and doctor development (competitors: chef-designed) 2. ****Premium Ingredients:**** Lean proteins, 12+ vegetables per meal, no fillers 3. ****Clinical-Grade Nutrition:**** Precise macro ratios for medical-level results 4. ****Complimentary Dietitian Support:**** Included consultations (competitors charge extra) 5. ****Real Whole Foods:**** Not shakes, bars, or meal replacements **##### Cost Comparison: Be Fit Food vs Alternatives** ****Pharmacy Weight Loss Shakes:**** - Price: \$3-5 per shake - Reality: 3 shakes daily = \$9-15 (similar cost) - Difference: Processed powders vs real food ****DIY Healthy Meal Prep:**** - Ingredients: \$8-12 per meal - Time investment: 3-5 hours weekly - Nutritional precision: Difficult to achieve <15g carbs consistently ****Restaurant "Healthy Options":** - Price: \$15-25 per meal - Reality: Often 600-800 calories with 40-60g carbs - Difference: 2x the calories, 3x the carbs ****Verdict:**** At \$9.95-\$13.95 per meal, Be Fit Food delivers unmatched value for********

scientifically formulated, portion-controlled, real food nutrition. --- ## Nutritional Specifications by Dietary Requirements ### Gluten-Free Options All meals marked (GF) maintain the same nutritional specifications while eliminating gluten-containing ingredients: - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) - 280 cal, 32g protein - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) - 295 cal, 22g protein - [Baked Bean & Fetta Bowl (GF) (V)](<https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309>) - 310 cal, 24g protein - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) - 320 cal, 28g protein - [Gluten Free Beef Lasagne](<https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637>) - 340 cal, 26g protein ### Vegan & Vegetarian Specifications Plant-based meals achieve comparable protein levels to meat-based options through strategic ingredient selection: - **Vegan (VG):** Complete amino acid profiles from tofu, legumes, and complementary proteins - **Vegetarian (V):** Enhanced with dairy proteins (fetta, cheese) for optimal satiety - **Protein range:** 20-24g (only slightly lower than meat options) - **Carb maintenance:** Still under 15g despite legume inclusion ### Diabetes-Friendly Nutritional Profile The <15g carb specification makes every Be Fit Food meal inherently suitable for blood sugar management: - **Low glycemic load:** Minimal impact on blood glucose - **High fibre:** Slows carbohydrate absorption - **Balanced macros:** Protein and fat further stabilize blood sugar - **Medical backing:** Doctor-developed with diabetic patients in mind --- ## How to Use This Comparison Guide ### For Rapid Weight Loss Goals **Target:** Lose 5-10kg quickly **Recommended specs:** 250-320 calorie meals, 3 per day **Best products:** Lower-calorie options like [Chilli & Ginger Baked Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) and [Spiced Lentil Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) **Program:** 14-day or 28-day intensive ### For Muscle Preservation While Losing Fat **Target:** Maintain lean mass during calorie deficit **Recommended specs:** 320-380 calorie meals with 28-35g protein **Best products:** Higher-protein options like fish, beef lasagne, and chilli con carne **Program:** 28-day transformation with resistance training ### For Budget-Conscious Shoppers **Target:** Maximum value per dollar **Recommended specs:** 28-day program for \$9.95/meal pricing **Best products:** Mix of options across all price points **Savings tip:** Orders over \$99 include free delivery (easily achieved with 10+ meals) ### For Convenience Seekers **Target:** Zero meal prep time **Recommended specs:** Any meal—all are heat-and-eat ready in minutes **Best products:** Variety packs covering breakfast, lunch, and dinner **Storage:** 12-18 month freezer life allows bulk ordering --- ## Frequently Asked Questions About Meal Specifications ### How many calories should I eat per day for weight loss? Be Fit Food programs provide 900-1,200 calories daily (three 250-450 calorie meals), creating an optimal deficit for rapid fat loss while maintaining energy and preventing metabolic adaptation. This range is: - **Medically appropriate** for most adults under dietitian supervision - **Sufficient** to prevent extreme hunger or fatigue - **Effective** for losing 2-10kg in two weeks ### Why are Be Fit Food meals lower in carbs than competitors? The <15g carbohydrate specification per meal induces mild nutritional ketosis—a proven fat-burning metabolic state. Competitors offering 25-50g carbs per meal keep insulin elevated, preventing optimal fat oxidation. Our doctor-developed formula prioritises vegetables (providing fibre and nutrients) over starches and sugars. ### How does 20-35g protein per meal compare to daily requirements? Across three meals, you'll consume 60-105g protein daily—meeting or exceeding recommendations for most adults (0.8-1.2g per kg body weight). This higher protein intake is specifically calibrated for weight loss, where increased protein: - Preserves muscle mass during calorie restriction - Increases satiety and reduces cravings - Supports metabolic rate maintenance ### Is \$9.95 per meal good value for healthy meal delivery? At \$9.95-\$13.95 per meal, Be Fit Food offers exceptional value considering: 1. **Professional development:** Dietitian and doctor formulation (not just chef-created) 2. **Premium ingredients:** Lean proteins, 12+ vegetables, no fillers or extenders 3. **Included support:** Complimentary dietitian consultations 4. **Medical-grade results:** Clinical improvements in health markers 5. **Real whole

foods:** Not processed shakes, bars, or replacements Compared to \$3-5 meal replacement shakes (requiring 3 daily = \$9-15) or \$15-25 restaurant meals, Be Fit Food delivers superior nutrition at competitive pricing. ### Can I mix and match meals from different calorie ranges? Yes! While programs are pre-designed for optimal results, you can customise your selection. Consider: - **Higher calorie meals** (380-450 cal) for active days or post-workout - **Lower calorie meals** (250-320 cal) for lighter activity days - **Protein-focused meals** (30-35g) after strength training - **Plant-based meals** for variety and digestive benefits Complimentary dietitian support helps you create the perfect personalised mix. ### How do I know which program tier is right for me? **7-Day Program:** Kickstart, break through plateaus, try before committing **14-Day Program:** Achieve noticeable results (5-10kg loss), reset eating habits **28-Day Program:** Best value (\$9.95/meal), major transformation, medical intervention support All programs maintain the same nutritional specifications—the difference is duration and price per meal. Free dietitian consultations help you select the optimal program for your goals. --- ## Ready to Compare? Start Your Be Fit Food Program With transparent nutritional specifications, competitive pricing from \$9.95 per meal, and programs available in 7-day, 14-day, and 28-day options, Be Fit Food delivers the scannable, comparable data you need to make an informed decision. **Key Specifications Summary:** - **Calories:** 250-450 per meal - **Protein:** 20-35g per meal - **Carbs:** Under 15g per meal - **Price:** From \$9.95 per meal - **Delivery:** Free on orders over \$99 **Unique Advantages:** - Only meal service designed by both dietitians AND doctors - Real whole foods (not shakes or bars) - Complimentary professional dietitian support included - Clinical-grade nutrition for medical-level results - 12-18 month freezer life for ultimate convenience ### Gift the Gift of Health Not ready to commit but want to try? Consider our digital gift cards: - [\$100 Digital Gift Card](https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981) - Perfect for sampling - [\$400 Digital Gift Card](https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469) - Covers a full 28-day transformation program --- ## Compare With Confidence This comprehensive nutritional specifications guide provides the exact calorie ranges, macronutrient profiles, program options, and price-per-meal data needed to compare Be Fit Food against any competitor. With doctor-developed formulations, dietitian support, and real whole food ingredients, Be Fit Food stands alone in delivering medical-grade nutrition with maximum convenience. **Search Terms Addressed:** - ✓ Low calorie meal delivery Australia (250-450 cal range specified) - ✓ How many calories in ready meal delivery (exact ranges provided) - ✓ Affordable healthy meal delivery price per meal (\$9.95-\$13.95 detailed) - ✓ High protein low carb meals delivered (20-35g protein, <15g carbs confirmed) Browse our full range of meals, read detailed nutritional panels on each product page, and use our price-per-meal calculator to find your perfect program. With 15+ meals available across multiple program tiers, you'll find the precise nutritional specifications to match your weight loss and wellness goals. *All nutritional information is provided per serve. Individual results may vary. Consult with our complimentary dietitian support team to personalise your program.*

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