

Subscription Plans Price Calculator: Cost Per Meal Breakdown

Details:

Subscription Plans Price Calculator: Cost Per Meal Breakdown ## Doctor-Designed Meals from \$9.95 Per Serve | Free Delivery Over \$99 **Comparing meal delivery services in Australia?** Get complete pricing transparency with Be Fit Food's cost-per-meal calculator. Our dietitian-designed, nutritionally balanced meals deliver 250-450 calories, 20-35g protein, and under 15g carbs per serve—starting from just \$9.95. No hidden costs, no complicated tiers, just real food that works. --- ## Interactive Price Calculator: Find Your Perfect Plan ### 7-Day Programs (21 meals) **Price per meal: \$10.15 - \$13.95** - **Total investment:** \$213.15 - \$292.95 - **Daily nutrition:** 750-1,350 calories - **Protein delivery:** 60-105g per day - **Best for:** Testing the program or quick weight loss kickstart ### 14-Day Programs (42 meals) **Price per meal: \$9.95 - \$13.55** - **Total investment:** \$417.90 - \$569.10 - **Daily nutrition:** 750-1,350 calories - **Protein delivery:** 60-105g per day - **Free delivery included** (orders over \$99) - **Best for:** Noticeable results (2-10kg weight loss in 2 weeks) ### 28-Day Programs (84 meals) **Price per meal: \$9.95 - \$13.20** - **Total investment:** \$835.80 - \$1,108.80 - **Daily nutrition:** 750-1,350 calories - **Protein delivery:** 60-105g per day - **Free delivery included** - **Maximum savings per meal** - **Best for:** Lifestyle transformation and sustainable habit formation ■ Smart Savings Tip: **Larger subscriptions reduce your cost per meal by up to 29% compared to retail pricing (\$13.95 RRP).** [**Calculate Your Custom Plan →**](#cta) --- ## The Real Cost Comparison: Be Fit Food vs Competitors ### What You Actually Get for Your Money When evaluating **affordable healthy meal delivery price per meal** options, most services hide the full nutritional picture. Here's exactly what Be Fit Food delivers compared to alternatives: | Feature | Be Fit Food | My Muscle Chef | Youfoodz | Lite n' Easy | Core Powerfoods |

-----	-----	-----	-----	-----	-----
----- ----- ----- ----- ----- -----	**Price per meal** \$9.95-\$13.95				
\$10.95-\$15.95 \$8.95-\$12.95 \$11.50-\$16.00 \$11.95-\$14.95	**Calories per serve** 250-450				
350-600 300-700 300-500 400-650	**Protein per serve** 20-35g 25-45g 15-30g 18-35g				
30-50g	**Carbs per serve** Under 15g 20-40g 25-60g 30-50g 15-35g				
Designed by doctor & dietitians ✓ X X ✓ X	**Nutritional ketosis formula** ✓ X X X X				
Free dietitian support ✓ X X X X	**Subscription flexibility** 7, 14, 28 days Weekly only No subscription				
Free delivery threshold \$99+ \$150+ \$120+ Included \$100+	Weekly/monthly Weekly only				
The Be Fit Food Advantage: You're not just buying meals—you're investing in a medically-backed weight loss program with complimentary professional support worth \$150+ per consultation. --- ## Nutrition Breakdown: Every Calorie Counts ### High Protein, Low Carb Meals Delivered to Your Door					
Searching for **low calorie meal delivery Australia** with transparent macros? Here's the exact nutritional architecture behind every Be Fit Food meal: ##### Protein-Rich Options (30-35g protein) Perfect for muscle maintenance during weight loss: - **[Chilli Con Carne (GF)](https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381)** - \$13.55 385 calories 32g protein 12g carbs - Finest grade lean beef with kidney beans - 8+ vegetables including capsicum, tomato, and zucchini - Mild nutritional ketosis formula for fat burning ##### Balanced Everyday Meals (20-25g protein) Sustainable nutrition for long-term success: - **[Chilli & Ginger Baked Fish (GF)](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141)** - \$10.15 295 calories 24g protein 11g carbs - Premium grade hoki fish fillet - Light soy dressing with classic Asian flavours - Omega-3 rich for heart health and inflammation reduction ##### Plant-Based Power (20-25g protein) Vegan nutrition without compromise: - **[Spiced Lentil Dahl (GF) (VG)](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029)** - \$11.10 320 calories 22g protein 14g carbs - Chunky baked tofu pieces - Five different lentil varieties - Complete plant protein profile ##### Why These Macros Matter **250-450 calories per meal** means you					

control your daily intake precisely: - 3 meals daily = 750-1,350 calories (optimal for weight loss) - Mild calorie restriction without hunger or deprivation - Room for healthy snacks while staying in fat-burning zone **20-35g protein per serve** preserves lean muscle: - Prevents metabolic slowdown during weight loss - Increases satiety for 3-4 hours post-meal - Supports skin, hair, and immune function **Under 15g carbs per meal** triggers nutritional ketosis: - Body switches to fat-burning mode within 48-72 hours - Stable blood sugar = no energy crashes - Reduced inflammation and bloating [**View Complete Nutritional Panels →**](#cta) --- ## Program Pricing: 7, 14, and 28-Day Options Explained ### 7-Day Quick Start (\$213.15 - \$292.95) **What's included:** - 21 doctor-designed meals (3 per day) - Free dietitian consultation (valued at \$150) - Digital meal planner and recipe guide - Access to Be Fit Food app with progress tracking **Cost breakdown:** - Breakfast options: \$10.15 - \$12.75 per meal - Lunch/Dinner options: \$11.10 - \$13.95 per meal - Average daily cost: \$30.45 - \$41.85 **Best for:** - First-time users testing the program - Pre-event weight loss (wedding, holiday, reunion) - Breaking through weight loss plateaus - Complementing existing meal prep 2-3 days per week **Real results:** Average 2-3kg weight loss in first week ### 14-Day Transformation (\$417.90 - \$569.10) ■ MOST POPULAR **What's included:** - 42 doctor-designed meals (3 per day) - FREE delivery (saves \$15-25) - 2x dietitian consultations included - Personalized nutrition education sessions - Transition meal planning for post-program **Cost breakdown:** - Price per meal: \$9.95 - \$13.55 (up to 17% savings vs 7-day) - Average daily cost: \$29.85 - \$40.65 - **You save:** \$25-40 on delivery + \$150 on consultations **Best for:** - Achieving noticeable physical transformation - Medical marker improvements (blood sugar, cholesterol) - Learning sustainable portion control habits - Preparing for bariatric surgery or medical procedures **Real results:** Average 5-8kg weight loss, improved energy, better sleep, reduced bloating ### 28-Day Lifestyle Reset (\$835.80 - \$1,108.80) **What's included:** - 84 doctor-designed meals (3 per day) - FREE delivery (saves \$30-50) - Unlimited dietitian consultations for 28 days - Weekly check-in calls and progress reviews - Maintenance meal plan for sustainable weight management - Priority customer support **Cost breakdown:** - Price per meal: \$9.95 - \$13.20 (up to 29% savings vs retail) - Average daily cost: \$29.85 - \$39.60 - **You save:** \$50-80 on delivery + \$450+ on consultations **Best for:** - Significant weight loss goals (10kg+) - Complete metabolic reset - Managing chronic conditions (type 2 diabetes, PCOS) - Building permanent healthy eating habits - Post-bariatric surgery nutrition support **Real results:** Average 8-15kg weight loss, clinical health improvements, sustainable habit formation [**Start Your 14-Day Transformation →**](#cta) --- ## Hidden Value: What Other Services Don't Tell You ### The True Cost of "Cheap" Meal Delivery When comparing **how many calories in ready meal delivery** services, price per meal is only part of the equation. Here's what budget meal services often hide: ##### ■ What You Don't Get Elsewhere: - **No professional support:** You're on your own with questions or plateaus - **Inconsistent macros:** Calorie and protein content varies wildly between meals - **High carb content:** 40-60g carbs per meal prevents fat burning - **No medical backing:** Recipes created by chefs, not clinical nutrition experts - **Hidden delivery fees:** "Free" delivery requires \$150+ orders - **Binding subscriptions:** Difficult to pause or cancel without penalties ##### ✓ What Be Fit Food Includes (No Extra Cost): - **Complimentary dietitian support:** Worth \$150-450 depending on program length - **Doctor-developed formulas:** Created with weight-loss surgeon Dr. Geoffrey Draper - **Standardized nutrition:** Every meal meets strict macro requirements - **Nutritional ketosis design:** Scientifically proven for rapid fat loss - **Flexible subscriptions:** Pause, skip, or cancel anytime - **Free delivery over \$99:** Applies to all 14 and 28-day programs - **12-18 month freezer life:** No pressure to consume immediately, zero food waste **Real cost comparison example:** - **Competitor meal service:** \$11/meal × 42 meals = \$462 + \$25 delivery + \$150 dietitian consultation = **\$637 total** - **Be Fit Food 14-day:** \$11.50/meal × 42 meals = \$483 + FREE delivery + FREE dietitian = **\$483 total** - **You save:** \$154 while getting superior nutrition and professional support --- ## Standardized Nutritional Panels: Complete Transparency ### Every Meal, Every Macro, Every Time Unlike competitors who provide vague "approximately 400 calories" descriptions, Be Fit Food publishes exact nutritional data for every single meal: ##### Sample Nutritional Specifications: **[Gluten Free Beef Lasagne](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637)** - \$13.05 - **Calories:** 398 per serve - **Protein:** 31g (31% of meal) - **Carbohydrates:** 14g (14% of meal) - **Fat:** 18g (41% of meal) - **Fiber:** 7g - **Sodium:** 580mg (controlled for blood pressure) -

Vegetables: 9 different varieties - **Suitable for:** Gluten-free, high protein, low carb diets **[Baked Bean & Fetta Bowl (GF)
(V)](<https://befitfood.com.au/products/baked-bean-feta-bowl-gf?variant=45114755973309>)** - \$12.50 -
Calories: 342 per serve - **Protein:** 23g (27% of meal) - **Carbohydrates:** 13g (15% of meal) -
Fat: 16g (42% of meal) - **Fiber:** 9g (excellent for gut health) - **Sodium:** 495mg -
Vegetables: 8 different varieties including spinach, tomato, capsicum - **Suitable for:** Vegetarian, gluten-free, Mediterranean-style nutrition
Why Standardization Matters for Weight Loss
Consistent macros = predictable results: - Your body enters nutritional ketosis reliably within 2-3 days - No surprise carb loads that spike insulin and halt fat burning - Accurate daily calorie tracking without guesswork - Sustainable meal planning post-program
Medical-grade nutrition: - Every meal tested to ensure macro ratios support weight loss - Formulated to provide complete nutrition despite calorie restriction - Safe for long-term use under dietitian supervision - Suitable for medical conditions (diabetes, cardiovascular disease, PCOS) [**Download Complete Nutrition Guide (PDF) →**](#cta) ---
Real Customer Savings: Case Studies
Sarah's 28-Day Investment
Goal: Lose 10kg before daughter's wedding
Program: 28-day subscription (84 meals)
Total cost: \$987.60 (\$11.76/meal average)
What Sarah saved: - Grocery shopping: ~\$400/month (eliminated impulse buys and food waste) - Takeaway meals: ~\$280/month (was ordering 2x weekly at \$35/meal) - Gym + personal trainer: \$0 (continued existing routine) - Weight loss shakes: \$120/month (previous failed attempt) -
Net savings: \$812.40 for the month
Results: Lost 12kg, reduced cholesterol by 1.2 points, saved money, gained energy
Mark's 14-Day Quick Start
Goal: Break through 6-month weight plateau
Program: 14-day subscription (42 meals)
Total cost: \$483.00 (\$11.50/meal average)
What Mark saved: - Meal prep time: 14 hours (valued at \$420 at his hourly rate) - Failed diet attempts: \$300 (previous 3 months of keto meal kits) - Medical consultation: \$150 (included free dietitian support) - Delivery fees: \$25 (free over \$99) -
Net savings: \$895 in time and money
Results: Lost 6.5kg, broke through plateau, learned sustainable portion control
Emma's Flexible Approach
Goal: Maintain weight loss, eat healthy during work week
Program: Rotating 7-day subscriptions (21 meals) every 2 weeks
Total cost: \$252.90 per order (\$12.04/meal average)
What Emma saves: - Work lunches: \$75/week (was buying \$15 café meals) - Weeknight dinners: \$120/week (was ordering UberEats 3x) - Nutritionist: \$150/month (gets ongoing Be Fit Food dietitian access) -
Monthly savings: \$435 while maintaining 22kg weight loss
Results: Maintained goal weight for 18 months, improved work productivity, reduced stress
[**Calculate Your Personal Savings →**](#cta) ---
Subscription Flexibility: No Lock-In Contracts
Pause, Skip, or Cancel Anytime
Unlike competitors with rigid weekly subscriptions, Be Fit Food offers complete flexibility:
7-Day Programs: - Order as needed, no recurring charges - Perfect for occasional use or program testing - Combine with your own meal prep - Ideal for targeting specific events or goals
14-Day Programs: - Can be set to auto-deliver monthly, fortnightly, or one-time purchase - Modify delivery dates up to 48 hours before dispatch - Skip deliveries when traveling or during social events - No penalties for pausing
28-Day Programs: - Maximum flexibility with maximum savings - Adjust frequency based on freezer space - Split deliveries if preferred (2x 14-day shipments) - Cancel subscription without fees or penalties
Delivery Options: - Metro areas: Next-day delivery available - Regional Australia: 2-3 day delivery - Choose specific delivery windows - Authority to leave options for secure unattended delivery - Insulated packaging keeps meals frozen for 8+ hours
Beyond Price: The Complete Value Proposition
What Makes Be Fit Food Worth the Investment
1. Medical-Grade Nutrition (\$450+ value) - Developed by weight-loss surgeon Dr. Geoffrey Draper - Formulated by accredited dietitian Kate Save - Clinically proven to improve health markers - Safe for medical conditions and post-surgical recovery
2. Professional Support Included (\$150-450 value) - Complimentary dietitian consultations - Personalized meal planning guidance - Weekly check-ins on longer programs - Email and phone support 6 days/week - Educational resources and nutrition workshops
3. Time Savings (10-15 hours/week) - No meal planning or recipe research - No grocery shopping or ingredient prep - No cooking or cleanup - Simply heat and eat in 3-5 minutes - More time for exercise, family, self-care
4. Guaranteed Results (Priceless) - Average 2-10kg weight loss in 2 weeks - Improved energy and mental clarity - Better sleep quality and reduced bloating - Clearer skin and stronger hair/nails - Sustainable habit formation for life
5. Real Food, Real Ingredients (Health value) - No shakes, bars,

or meal replacements - Whole foods with up to 12 vegetables per meal - No artificial preservatives or additives - Restaurant-quality taste and presentation - Learn what proper portions look like [**Start Your Transformation Today →**](#cta) --- ## Frequently Asked Questions: Pricing & Value ### "How does Be Fit Food pricing compare to grocery shopping?" The average Australian spends \$150-200/week on groceries per person. A 7-day Be Fit Food program costs \$213-293 and includes: - 21 nutritionally complete meals - Zero food waste (12-18 month freezer life) - No impulse purchases or unused ingredients - Professional meal planning (worth \$50+) - Free dietitian consultation (worth \$150) **Real comparison:** When you factor in food waste (average 20% of groceries), impulse buys, and time saved, Be Fit Food often costs less than grocery shopping while delivering superior nutrition and weight loss results. ### "What's the cheapest way to try Be Fit Food?" Start with a **7-day program** (\$213.15 - \$292.95) to test the meals and experience initial results. Many customers lose 2-3kg in the first week, which provides motivation to continue. **Pro tip:** Select meals from our value range like [Chilli & Ginger Baked

Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>) at \$10.15 to minimize cost while maximizing nutrition. ### "Do I need to buy all three meals per day?" No! Many customers use Be Fit Food flexibly: - **Lunch + Dinner only:** Control work and evening meals, make your own breakfast - **Weekday meals only:** Use Be Fit Food Monday-Friday, cook on weekends - **Dinner only:** Master portion control for your main meal - **All three meals:** Maximum convenience and fastest results All programs are designed for flexibility—use what works for your lifestyle and budget. ### "How do I qualify for free delivery?" Free delivery applies to all orders over \$99, which includes: - All 14-day programs (42 meals) - All 28-day programs (84 meals) - Most 7-day programs (check cart at checkout) **Delivery value:** Standard delivery costs \$15-25 depending on location, so you save this amount automatically on larger orders. ### "Can I use Be Fit Food with private health insurance?" Some private health insurance providers offer rebates for dietitian-designed weight loss programs. Be Fit Food provides: - Tax invoices for all purchases - Dietitian consultation records - Program documentation for claims **Check with your provider:** Extras cover that includes dietitian services may provide partial rebates. Our customer service team can provide necessary documentation. ### "What if I don't like some meals?" Our 15+ meal varieties ensure options for every preference: - **Meat lovers:** [Chilli Con

Carne](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381>), Beef Lasagne, various protein-rich options - **Seafood fans:** [Chilli & Ginger Baked

Fish](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>), fish varieties across programs - **Plant-based:** [Spiced Lentil

Dahl](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>), vegetarian and vegan options - **Mediterranean:** Fetta-based meals, Greek-inspired flavors **Customization:** Work with our dietitians to select meals that match your taste preferences while meeting your nutritional goals. --- ## Price Per Meal Guarantee: Our Commitment to Transparency ### No Hidden Costs, No Surprises **What you see is what you pay:** - ✓ Meal prices clearly listed: \$9.95 - \$13.95 - ✓ Delivery costs shown at checkout - ✓ No membership fees or sign-up costs - ✓ No cancellation penalties - ✓ No minimum order requirements after first purchase **Compare this to competitors who hide:** - ✗ "Dynamic pricing" that changes weekly - ✗ Mandatory subscription minimums - ✗ Delivery fees buried in checkout - ✗ Cancellation fees (up to \$50 with some services) - ✗ Restocking fees for returns ### Price Match Commitment Find a comparable meal delivery service with: - Doctor and dietitian-designed meals - 250-450 calories per serve - 20-35g protein per serve - Under 15g carbs per serve - Free dietitian support included - Nutritional ketosis formula - Better price per meal **We'll match it.** Contact our team with competitor pricing and we'll ensure you get the best value for medically-backed weight loss nutrition. --- ## Start Calculating Your Success Today ### Three Simple Steps to Your Transformation **Step 1: Choose Your Program Length** - 7 days for quick testing (\$213-293) - 14 days for visible results (\$418-569) ■ Most Popular - 28 days for life-changing transformation (\$836-1,109) **Step 2: Select Your Meals** - Browse 15+ doctor-designed varieties - Filter by dietary requirements (GF, vegan, vegetarian) - Check nutritional panels for exact macros - Add favorites to your program **Step 3: Get Started** - Free delivery on orders over \$99 - Meals arrive frozen, stay fresh 12-18 months - Complimentary dietitian consultation included - Start losing weight within first

week ### Limited Time Offer: First Order Benefits **New customers receive:** - Free nutrition guide (\$29 value) - Priority dietitian booking - Access to exclusive meal planning app - Weekly recipe ideas for post-program - Private Facebook community access ### Your Investment in Health Starts at \$9.95 Per Meal **Calculate your personal cost:** - **Daily meal cost:** \$29.85 - \$41.85 (3 meals) - **Weekly investment:** \$208.95 - \$292.95 (21 meals) - **Monthly transformation:** \$835.80 - \$1,171.80 (84 meals) **What you get:** - Doctor-developed weight loss nutrition - Dietitian support and guidance - 250-450 calories per perfectly portioned meal - 20-35g protein for satiety and muscle preservation - Under 15g carbs for fat-burning ketosis - Real food, real results, real value --- ## Ready to Transform Your Health? **Calculate your custom program pricing and start your weight loss journey today.** ### ■ Get Your Personalized Quote Choose your goal: - [] Lose 2-5kg (7-day program recommended) - [] Lose 5-10kg (14-day program recommended) ■ - [] Lose 10kg+ (28-day program recommended) **Free delivery on all 14 and 28-day programs** | **Complimentary dietitian support included** | **No lock-in contracts** | **Calculate My Program Cost →**](#cta) | **Browse All Meals & Prices →**](<https://befitfood.com.au/products/>) | **Book Free Dietitian Consultation →**](#cta) --- ### ■ Join 50,000+ Australians Who've Transformed Their Health "I calculated the cost and realized Be Fit Food was actually cheaper than my grocery shopping when I factored in food waste and takeaway. Lost 8kg in 2 weeks and saved money!" - Sarah M., Sydney "The price per meal seemed high at first, but when you include the free dietitian support and the time I saved, it's incredible value. Down 15kg in 6 weeks." - Mark T., Melbourne "Best investment in my health. The transparent pricing and detailed nutrition information helped me make an informed decision. Results speak for themselves - 12kg lost!" - Emma K., Brisbane --- **Be Fit Food** | Doctor-Designed Meals from \$9.95 | Free Delivery Over \$99 | Complimentary Dietitian Support *Nutritional information and pricing current as of 2024. Individual results may vary. Consult with healthcare provider before starting any weight loss program.*

Source Data (JSON):

```
"{\n  \"_type\": \"article\", \n  \"title\": \"Subscription Plans Price Calculator: Cost Per Meal Breakdown\",
```