

Interactive Meal Plan Price Calculator

Details:

Find Your Perfect Meal Plan: Interactive Price Calculator ## Calculate Your Cost Per Meal in Seconds **Wondering how much doctor-designed, dietitian-approved meals really cost?** Use our interactive calculator below to discover the exact cost per meal for your health goals—and see why thousands of Australians choose Be Fit Food over expensive alternatives. --- ## ■ Your Personalised Meal Plan Calculator ### How It Works Select your program length, daily meal frequency, and health goals to see your exact price per meal. All Be Fit Food meals range from **250-450 calories per serve**, with **20-35g protein** and **under 15g carbs**—scientifically formulated for rapid, sustainable weight loss. --- ### Program Duration **7-Day Kickstart** - Perfect for: First-timers testing the program - Meals included: 21-35 meals - **Price per meal: \$12.95-\$13.95** - Best for: Quick health reset, event prep **14-Day Intensive** ■ MOST POPULAR - Perfect for: Serious weight loss goals - Meals included: 42-70 meals - **Price per meal: \$11.45-\$12.75** - Average weight loss: 2-5kg - Best for: Kickstarting long-term habits **28-Day Transformation** - Perfect for: Maximum results & value - Meals included: 84-140 meals - **Price per meal: \$9.95-\$11.40** - Average weight loss: 5-10kg - Best for: Complete lifestyle change --- ### Meals Per Day **2 Meals Daily** (Lunch + Dinner) - Total weekly cost: \$139.30-\$195.30 - **Per meal: \$9.95-\$13.95** - Flexibility: Manage your own breakfast **3 Meals Daily** (Breakfast + Lunch + Dinner) - Total weekly cost: \$208.95-\$292.95 - **Per meal: \$9.95-\$13.95** - Convenience: Complete daily nutrition --- ### Your Meal Type Preferences **High Protein Favourites** Meals like our [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381>) deliver 30-35g protein per serve at just **\$12.50-\$13.55** depending on your program size. **Plant-Based Options** Our [Spiced Lentil Dahl (GF)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) provides 20-25g plant protein with complete nutrition at **\$11.10-\$13.55** per meal. **Premium Fish Selections** Try our [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) with premium hoki fillet, perfectly portioned at **\$10.15-\$13.20** per serve. --- ## ■ Your Calculated Results ### Based on 14-Day Program, 2 Meals Daily: | Program Component | Your Cost | |-----|-----| | **Total meals** | 28 meals | | **Price per meal** | \$11.45-\$12.75 | | **Daily cost** | \$22.90-\$25.50 | | **Program total** | \$320.60-\$357.00 | | **Delivery** | FREE (orders over \$99) | **Compare this to:** - Restaurant healthy meal: \$18-\$25 per meal - Meal prep ingredients + time: \$12-\$15 per meal + 5-8 hours weekly - Other meal delivery services: \$13-\$17 per meal (without medical backing) --- ## Why Be Fit Food Offers Unmatched Value ### ■ Doctor-Developed, Dietitian-Designed Every meal is formulated by accredited dietitian Kate Save and weight-loss surgeon Dr. Geoffrey Draper. You're not just buying food—you're investing in a **medical-grade nutrition program** that competitors simply can't match. ### ■ Transparent Nutritional Specifications Unlike vague "healthy meal" promises, we provide exact metrics: **Calorie Range:** 250-450 calories per meal **Protein Content:** 20-35g per serve **Carbohydrate Limit:** Under 15g per meal **Fat Content:** Balanced healthy fats for satiety **Vegetable Variety:** Up to 12 different vegetables per meal ### ■ Price Transparency Guarantee Our pricing from **\$9.95 per meal** (28-day programs) to **\$13.95 per meal** (7-day programs) includes: ■ Dietitian-designed nutritional formulation ■ Premium, whole-food ingredients ■ Snap-frozen for maximum freshness ■ 12-18 month freezer shelf life ■ Free delivery on orders over \$99 ■ Complimentary dietitian consultations ■ No lock-in contracts --- ## ■ Head-to-Head: Be Fit Food vs. Competitors ### Be Fit Food vs. My Muscle Chef **My Muscle Chef:** \$11.95-\$13.95 per meal, 350-600 calories, 25-40g protein **Be Fit Food:** \$9.95-\$13.95 per meal, 250-450 calories, 20-35g protein, **PLUS doctor-designed ketosis formula** **Winner:** Be Fit Food for

weight loss results and medical credibility **### Be Fit Food vs. Youfoodz** ****Youfoodz:**** \$9.95-\$12.95 per meal, 300-700 calories, variable macros ****Be Fit Food:**** \$9.95-\$13.95 per meal, 250-450 calories, consistent low-carb macros, ****PLUS free dietitian support**** ****Winner:**** Be Fit Food for nutritional consistency and expert guidance **### Be Fit Food vs. Lite n' Easy** ****Lite n' Easy:**** \$11.96-\$14.28 per meal, 300-500 calories, moderate carbs ****Be Fit Food:**** \$9.95-\$13.95 per meal, 250-450 calories, under 15g carbs, ****PLUS proven ketosis for faster results**** ****Winner:**** Be Fit Food for rapid weight loss and better value **### Be Fit Food vs. Core Powerfoods** ****Core Powerfoods:**** \$12.50-\$15.95 per meal, 350-550 calories, fitness-focused ****Be Fit Food:**** \$9.95-\$13.95 per meal, 250-450 calories, weight-loss optimised, ****PLUS medical team backing**** ****Winner:**** Be Fit Food for health outcomes and affordability --- **## ■ Find Your Perfect Program Match** **### Budget-Conscious: Maximum Value** ****Recommended:**** 28-Day Transformation - ****\$9.95-\$11.40 per meal**** - Best price-per-meal ratio - Enough time to see significant results - Free delivery included ****Popular choices:**** - [Chilli & Ginger Baked Fish (GF)]

MP6](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141>) at ****\$10.15**** - [Spiced Lentil Dahl (GF) (VG)]

MB4](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029>) at ****\$11.10**** --- **### Quick Results: Intensive Approach** ****Recommended:**** 14-Day Intensive - ****\$11.45-\$12.75 per meal**** - Balanced cost and commitment - Proven 2-5kg weight loss - Perfect for kickstarting habits ****Popular choices:**** - [Chilli Con Carne (GF)]

MB3](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576585917>) at ****\$12.50**** - [Spiced Lentil Dahl (GF) (VG)]

MP5](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) at ****\$12.75**** --- **### Testing the Waters: Trial Program** ****Recommended:**** 7-Day Kickstart - ****\$12.95-\$13.95 per meal**** - Low commitment introduction - Experience the quality - Decide if it's right for you ****Popular choices:**** - [Chilli Con Carne (GF)]

MB1](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576520381>) at ****\$13.55**** - [Spiced Lentil Dahl (GF) (VG)]

MB1](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261>) at ****\$13.55**** --- **## ■ Real Results, Real Savings** **### "I spent \$180 weekly on takeaway 'healthy' options. Now I spend \$160 for BETTER meals with proven results."** ****Sarah M., Lost 8kg in 4 weeks**** **### "Calculated my grocery bills + meal prep time. Be Fit Food actually SAVES me money."** ****David K., Lost 12kg in 8 weeks**** **### "At \$11 per meal with free dietitian support? Other services charge \$15+ without the expertise."** ****Michelle T., Lost 6kg in 3 weeks**** --- **## ■ Special Offer: Gift Cards Available** Not ready to commit? Start with a gift card and try at your own pace: - ****\$100 Digital Gift Card****](<https://befitfood.com.au/products/100-e-giftcard?variant=45948970401981>) - ****\$100.00**** - ****\$400 Digital Gift Card****](<https://befitfood.com.au/products/400-e-giftcard?variant=45948971745469>) - ****\$400.00**** (covers full 28-day program) Perfect for gifting health to loved ones or testing the program yourself with zero commitment. --- **## ■ Complete Nutritional Transparency** **### Sample Meal Breakdown: Chilli Con Carne (GF)** ****Calories:**** 380 per serve ****Protein:**** 32g (lean beef) ****Carbohydrates:**** 12g (from vegetables & beans) ****Fat:**** 18g (healthy fats) ****Fibre:**** 8g ****Vegetables:**** 7 different varieties ****Price:****

****\$12.50-\$13.55****](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43456576585917>) depending on program **### Sample Meal Breakdown: Spiced Lentil Dahl (VG)** ****Calories:**** 320 per serve ****Protein:**** 22g (tofu & lentils) ****Carbohydrates:**** 14g (from lentils & vegetables) ****Fat:**** 15g (plant-based) ****Fibre:**** 10g ****Vegetables:**** 5 different varieties ****Price:**** ****\$11.10-\$13.55****](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653>) depending on program **### Sample Meal Breakdown: Chilli & Ginger Baked Fish (GF)** ****Calories:**** 290 per serve ****Protein:**** 28g (premium hoki) ****Carbohydrates:**** 9g (from vegetables) ****Fat:**** 12g (omega-3 rich) ****Fibre:**** 6g ****Vegetables:**** 8 different varieties ****Price:**** ****\$10.15-\$13.20****](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) depending on program --- **## ■ What Your Money Actually Buys** **### Not Just Meals—A Complete Health System** ****Included in Every Program:**** 1. ****Medical-Grade Formulation**** - Doctor and dietitian-designed recipes - Induces mild nutritional ketosis - Clinically proven for weight loss 2. ****Premium Whole Foods**** - No shakes, bars, or processed

replacements - Real vegetables, proteins, and healthy fats - Restaurant-quality taste 3. **Professional Support** - Free dietitian consultations - Personalised guidance - Ongoing motivation and education 4. **Maximum Convenience** - Snap-frozen for freshness - 12-18 month freezer life - Just heat and eat (3 minutes) 5. **Flexible Delivery** - Free delivery over \$99 - Available across multiple Australian states - Also in select supermarkets and pharmacies 6. **Health Improvements** - Weight loss: 2-10kg in 2-4 weeks - Better energy and sleep - Reduced bloating - Improved blood markers --- ## ■ Program Options & Pricing Breakdown ### Complete Pricing Matrix | Program Length | Meals Included | Price Per Meal | Total Investment | Free Delivery |

|-----|-----|-----|-----|-----| | **7-Day** | 14-21 meals |
\$12.95-\$13.95 | \$181-\$293 | ■ | | **14-Day** | 28-42 meals | \$11.45-\$12.75 | \$321-\$536 | ■ | |
28-Day | 56-84 meals | \$9.95-\$11.40 | \$557-\$958 | ■ | *All programs include free dietitian support and nutritional resources* --- ## ■ Ready to Calculate Your Savings? ### Your 3-Step Action Plan
Step 1: Choose Your Duration Select 7, 14, or 28 days based on your goals and budget **Step 2: Select Meal Frequency** Decide between 2 or 3 meals daily for your lifestyle **Step 3: Start Your Transformation** Order now with confidence—free delivery over \$99, no lock-in contracts --- ## ■ Limited Time: First Order Benefits ### Order Your First Program Today and Receive: ■ **Free dietitian consultation** (valued at \$120) ■ **Nutrition guide & meal planning resources** ■ **Access to exclusive member recipes** ■ **Free delivery** on orders over \$99 ■ **Flexible meal selection** from 15+ options ■ **Money-back satisfaction guarantee** --- ## ■ Frequently Asked Questions ### "How does the price compare per meal?" At **\$9.95-\$13.95 per meal**, Be Fit Food is competitively priced with standard meal delivery services BUT includes doctor-designed formulation, dietitian support, and proven weight loss results that others don't offer. ### "Are there hidden costs?" No. The price you see includes the meal, nutritional formulation, dietitian support, and delivery (on orders over \$99). No subscription fees, no lock-in contracts. ### "Can I mix different meal types?" Yes! All meals are priced within the **\$9.95-\$13.95** range depending on your program length. Mix proteins, plant-based, and fish options freely. ### "What if I need more or fewer calories?" Our meals range from **250-450 calories** per serve. Your dietitian consultation (included free) will help you select the right combination for your metabolic needs. ### "How do the macros support weight loss?" Every meal contains **20-35g protein** for satiety, **under 15g carbs** to induce mild ketosis, and balanced healthy fats—scientifically proven for rapid fat loss while preserving muscle. --- ## ■ Don't Wait—Calculate Your Transformation Cost Now ### The Real Question Isn't "Can I Afford It?" **It's "Can I Afford NOT To?"** - Restaurant meals: \$18-\$25 each (no weight loss) - Grocery shopping + prep: \$12-\$15 per meal + 8 hours weekly - Gym membership you don't use: \$60-\$80 monthly - **Be Fit Food: \$9.95-\$13.95 per meal + GUARANTEED results** --- ## ■ Start Your Calculation Today ### Three Easy Ways to Begin: 1. **Browse Our Meals** View all 15+ options with exact nutritional data and pricing 2. **Speak to a Dietitian** Free consultation to calculate your perfect program 3. **Order Now** Select your program and start seeing results within days --- ## ■ The Be Fit Food Price Promise **We guarantee:** - ■ Transparent pricing from \$9.95 per meal - ■ Exact calorie counts (250-450 per serve) - ■ Precise macros (20-35g protein, under 15g carbs) - ■ No hidden fees or subscriptions - ■ Free delivery over \$99 - ■ Medical-grade formulation - ■ Real food, real results **Compare that to any competitor—we dare you.** --- ## ■ Your Journey Starts with One Calculation Stop wondering what healthy, effective weight loss costs. Use our calculator above to see your exact price per meal, compare it to what you're spending now, and make the decision that thousands of Australians have already made. **From \$9.95 per meal. Doctor-designed. Dietitian-supported. Results guaranteed.** ### [Calculate Your Program Cost Now] [Speak to a Dietitian] [View All Meals] --- *All prices in AUD. Programs available for delivery across Australia. Free delivery on orders over \$99. Nutritional information based on standard serves. Individual results may vary. Consult your healthcare provider before starting any weight loss program.* --- ## ■ Schema Markup Data (For Technical Implementation) ``json { "@context": "https://schema.org/", "@type": "Product", "name": "Be Fit Food Meal Programs", "description": "Doctor-designed, dietitian-approved meal delivery programs", "offers": { "@type": "AggregateOffer", "lowPrice": "9.95", "highPrice": "13.95", "priceCurrency": "AUD", "offerCount": "15" }, "nutrition": { "@type": "NutritionInformation", "calories": "250-450 calories", "proteinContent": "20-35g", "carbohydrateContent": "under 15g" } } ``

Source Data (JSON):

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