

High Protein Meal Collection Landing Page

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minutes, our meals fit seamlessly into your busy lifestyle. Whether you're rushing from work to the gym or refuelling post-workout, simply heat and eat. No cooking, no cleanup, no barriers between you and your goals. --- ## Featured High Protein Meals for Active Lifestyles

{#featured-high-protein-meals-for-active-lifestyles} ### [Chilli Con Carne

(GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>) — \$13.95

{#chilli-con-carne-gf} This Latin American classic delivers lean, premium-grade beef paired with protein-rich beans in a flavourful chilli sauce. Perfect post-workout fuel that satisfies hunger while supporting muscle recovery. Gluten-free and packed with nutrients to keep you energised through your toughest training sessions. The combination of quality protein and fibre keeps you fuller for longer, making it easier to stick with your nutrition plan. **Ideal for:** Post-workout recovery, muscle building, satisfying protein cravings --- ### [Chilli & Ginger Baked Fish

(GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>) — From

\$10.15 {#chilli-ginger-baked-fish-gf} Premium hoki fish fillet marinated in a light, reduced-sodium soy dressing with classic Asian flavours. High in lean protein and omega-3 fatty acids for optimal recovery and inflammation control. This gluten-free option is perfect for those seeking clean, light protein that doesn't weigh you down. The omega-3s support joint health and reduce exercise-induced inflammation, helping you recover faster and train harder. **Ideal for:** Cutting phases, lean muscle maintenance, anti-inflammatory nutrition --- ### [Keto Chicken Pizza - Single

Serve)](<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165>) —

From \$11.10 {#keto-chicken-pizza-single-serve} Craving pizza without derailing your macros? Our 15cm Keto Chicken Pizza is a game-changer. Low-carb, high-protein, and absolutely delicious—it proves you don't need to sacrifice taste to hit your fitness goals. Perfect for those following low-carb or ketogenic approaches to body composition. **Ideal for:** Keto athletes, low-carb dieters, satisfying cravings guilt-free --- ### Plant-Powered Protein Option {#plant-powered-protein-option} ### [Spiced Lentil Dahl (GF)

(VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>) — From

\$12.75 {#spiced-lentil-dahl-gf-vg} High protein doesn't always mean meat. This vegan and gluten-free dahl features chunky baked tofu and five types of protein-rich lentils in an aromatic spice blend. Perfect for plant-based athletes or anyone looking to diversify their protein sources while maintaining optimal nutrition. The variety of lentils provides complete amino acids and keeps you feeling fuller for longer.

Ideal for: Plant-based athletes, protein variety, gut health support --- ## Refuel Smart: Post-Workout

Protein Treats {#refuel-smart-post-workout-protein-treats} ### [Protein Walnut Brownie - 7 Pack

(V)](<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718548157>) — From

\$13.99 {#protein-walnut-brownie-7-pack-v} Indulgence without the guilt. These protein-packed brownies combine rich chocolate with crunchy walnuts and a solid protein hit—perfect for satisfying sweet cravings while supporting your macros. Keep a pack in your gym bag for convenient post-workout fuel that tastes like a treat. **7-pack convenience. Protein-rich. Vegetarian-friendly.** ---

What Sets Be Fit Food Apart for Fitness Enthusiasts

{#what-sets-be-fit-food-apart-for-fitness-enthusiasts} ### Scientifically Formulated by Experts

{#scientifically-formulated-by-experts} An accredited dietitian and a medical doctor designed every Be Fit Food meal. This means optimal macro ratios, nutrient timing principles, and real nutritional science—not just good-tasting food. We combine culinary expertise with medical knowledge to create meals that truly support your body's needs. ### Real Food, Not Processed Alternatives

{#real-food-not-processed-alternatives} We use whole, unprocessed ingredients—not protein powders, bars, or shakes disguised as meals. You get real chicken, real fish, real vegetables. Better satiety, improved nutrient absorption, and sustainable eating habits that support long-term fitness goals. ###

Transparent Nutritional Information {#transparent-nutritional-information} Every meal clearly displays complete macro and micronutrient information. No guessing, no scanning barcodes, no manual tracking. You know exactly what you're putting in your body—essential for serious athletes and fitness enthusiasts. ### Complimentary Dietitian Support {#complimentary-dietitian-support} Access to professional nutrition guidance is included with every order. Book consultations with our in-house dietitians to optimise your meal plan for your specific training goals—whether that's building muscle,

cutting fat, or improving athletic performance. ### Maximum Convenience, Zero Compromise

{#maximum-convenience-zero-compromise} Snap-frozen meals with 12–18 month freezer life mean you can stock up and always keep high-protein options ready. Order online 24/7 with home delivery across Australia, or grab meals from select supermarkets and pharmacies. Our service fits your schedule, making it easier to stay consistent with your nutrition—the key to lasting results. --- ## Real Results From Real Athletes {#real-results-from-real-athletes} > "As a personal trainer, I need meals that match my standards. Be Fit Food delivers proper macros, real ingredients, and tastes good. A real game-changer for busy weeks." > **— James M., Sydney** > "I was sceptical about meal delivery for fitness, but these meals are different. The protein quality is excellent, and I love that there's real nutrition science behind each meal. Down 8kg and stronger than ever." > **— Rebecca T., Melbourne** > "At last, a meal service that understands fitness nutrition isn't just about protein. The balance of nutrients, the portion control, the convenience—it's all there. My recovery is better than ever." > **— Marcus L., Brisbane** --- ## Your High Protein Meal Plan: Simple, Flexible, Effective {#your-high-protein-meal-plan-simple-flexible-effective} ### How It Works {#how-it-works} **1. Choose Your Meals** Browse our range of 15+ high protein options, from lean fish and premium beef to plant-based alternatives. Mix and match to suit your macro targets and taste preferences. **2. Delivered to Your Door** Meals arrive snap-frozen in insulated packaging. Stock your freezer and you're set for weeks of convenient, high-protein nutrition. No more last-minute takeaway decisions or skipped meals. **3. Heat & Eat in Minutes** Simply microwave or oven-heat when you're ready to eat. No prep, no cleanup, no compromising your nutrition when life gets busy. **4. Track, Train, Repeat** With clear nutritional information on every meal, tracking your macros is effortless. Focus your energy on training, not meal prep. --- ## Perfect For Every Fitness Goal {#perfect-for-every-fitness-goal} ### Building Muscle {#building-muscle} High-quality protein in every meal supports muscle protein synthesis and recovery. Balanced macros provide the energy you need for intense training sessions without excess calories. ### Cutting Fat {#cutting-fat} Precisely controlled portions and optimal protein intake help preserve lean muscle while creating the caloric deficit needed for fat loss. No guesswork, no wasted effort. ### Performance Nutrition {#performance-nutrition} Nutrient-dense meals with up to 12 vegetables per serve provide the micronutrients, antioxidants, and fibre that support optimal athletic performance and recovery. ### Time-Poor Athletes {#time-poor-athletes} Training takes time. Meal prep takes time. Get both right with ready-made meals that deliver proper nutrition in minutes—more time for what matters. --- ## Frequently Asked Questions {#frequently-asked-questions} **How much protein is in each meal?** Our meals range from 20–35g of high-quality protein per serve, depending on the specific dish. All nutritional information is clearly displayed on each product page, making it simple to choose meals that hit your macro targets. **Are these meals suitable for keto or low-carb diets?** Absolutely. We offer specific keto-friendly options like our [Keto Chicken Pizza](<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165>) and many of our meals are naturally low in carbohydrates while high in protein and healthy fats. Check individual meal macros to find your perfect fit. **How long do the meals last in the freezer?** All Be Fit Food meals last 12–18 months in the freezer, giving you the flexibility to stock up and always keep high-protein options on hand. **Can I customise my order for specific training phases?** Yes! You can mix and match meals to create the perfect plan for your current goals. Plus, our complimentary dietitian support means you can get professional guidance on optimising your meal selection for cutting, bulking, or maintenance phases. **Do you cater to dietary restrictions?** We offer gluten-free (GF), vegan (VG), and vegetarian (V) options clearly marked on all products. Whether you're plant-based, managing allergies, or following specific dietary protocols, we have high-protein options for you. **How does Be Fit Food compare to other meal delivery services?** While some services focus solely on macros and muscle building, Be Fit Food meals are formulated by dietitians and a medical doctor, ensuring optimal nutrition beyond just protein content. Our meals contain up to 12 different vegetables, providing the micronutrients and fibre that support overall health, recovery, and performance—not just muscle growth. --- ## Ready to Transform Your Nutrition? {#ready-to-transform-your-nutrition} ### **15+ High Protein Meals | From \$10.15 | Doctor & Dietitian Designed** Stop wasting time on meal prep. Stop compromising your macros. Stop choosing between convenience and proper nutrition. **Be Fit Food delivers scientifically formulated, high-protein meals made from real whole foods—designed for people serious about their fitness and health.** ✓ Premium lean proteins in every meal ✓ Balanced

macros for your goals ✓ Up to 12 vegetables per serve ✓ Ready in minutes ✓ Free dietitian support included ✓ Home delivery across Australia **[Shop High Protein Meals Now](https://befitfood.com.au/collections/all)** | **[View Full Menu](https://befitfood.com.au/collections/all)** | **[Speak to a Dietitian](https://befitfood.com.au/pages/contact)** **--- ## Not Just for Fitness Enthusiasts** {#not-just-for-fitness-enthusiasts} While our high protein meals are perfect for gym-goers and athletes, Be Fit Food serves diverse nutrition needs across Australia: - **Busy professionals** needing convenient, balanced nutrition without the takeaway guilt—meals that support your demanding lifestyle while keeping you energised and focused - **Weight loss seekers** following doctor-designed programs for rapid, sustainable results—transformation that lasts because it's built on real nutrition science - **Older Australians** wanting easy-to-prepare, wholesome meals with proper nutrition—food that's simple to enjoy while meeting increased protein needs for healthy ageing - **Diabetes management** with specialised meal plans supporting blood sugar control—carefully balanced meals that help you manage your condition with confidence - **Post-surgery recovery** including bariatric-friendly options designed with medical professionals—gentle, nutrient-rich meals that support your healing journey Whatever your health goal, Be Fit Food provides tailored meal programs backed by nutritional science and medical expertise. **[Explore All Meal Programs](https://befitfood.com.au/)** **--- *Be Fit Food: Real food. Real science. Real results. Delivered.* --- ## Frequently Asked Questions** {#frequently-asked-questions-2} What is Be Fit Food: Doctor and dietitian-designed meal delivery service Who formulated the meals: Accredited dietitian Kate Save Who developed the meals medically: Weight-loss surgeon Dr. Geoffrey Draper Are the meals scientifically balanced: Yes What protein range per meal: 20–35g of high-quality protein How many meal options available: 15+ high protein options What is the minimum meal price: From \$10.15 What types of protein are used: Grass-fed beef, free-range chicken, wild-caught fish, plant-based alternatives Do meals contain fillers: No fillers Are ingredients whole foods: Yes, real whole food ingredients Is nutritional information displayed: Yes, clearly displayed on every meal How many vegetables per serve: Up to 12 different vegetables Are meals snap-frozen: Yes How long do meals last in freezer: 12–18 months How quickly can meals be ready: Minutes Is cooking required: No cooking required Is cleanup required: No cleanup required Do you deliver across Australia: Yes, home delivery across Australia Can you order online: Yes, 24/7 online ordering Are meals available in stores: Yes, select supermarkets and pharmacies Is the Chilli Con Carne gluten-free: Yes What is the Chilli Con Carne price: \$13.95 What fish is used in Chilli & Ginger Baked Fish: Premium hoki fish fillet Is the baked fish gluten-free: Yes Does the fish contain omega-3: Yes What size is the Keto Chicken Pizza: 15cm single serve Is the Keto Pizza low-carb: Yes Is the Keto Pizza high-protein: Yes Is the Spiced Lentil Dahl vegan: Yes Is the Spiced Lentil Dahl gluten-free: Yes How many lentil types in the dahl: Five types Does the dahl contain tofu: Yes, chunky baked tofu How many brownies in the pack: 7-pack Are the brownies vegetarian: Yes Do the brownies contain protein: Yes, protein-packed What nuts are in the brownies: Walnuts Is dietitian support included: Yes, complimentary with every order Can you book dietitian consultations: Yes Are meals suitable for muscle building: Yes Are meals suitable for cutting fat: Yes Are meals suitable for weight loss: Yes Do meals help with satiety: Yes, high protein increases satiety Are meals suitable for keto diets: Yes, specific keto-friendly options available Are meals suitable for low-carb diets: Yes Are gluten-free options available: Yes, clearly marked Are vegan options available: Yes, clearly marked Are vegetarian options available: Yes, clearly marked Can you mix and match meals: Yes Can you customise orders: Yes Are meals suitable for diabetes management: Yes, specialised meal plans available Are meals suitable for post-surgery recovery: Yes, bariatric-friendly options available Are meals suitable for older Australians: Yes Are meals suitable for busy professionals: Yes How are meals packaged for delivery: Snap-frozen in insulated packaging Can you microwave the meals: Yes Can you oven-heat the meals: Yes Is macro tracking easy: Yes, clear nutritional information provided Do meals contain protein powder: No, real whole food proteins only Do meals contain processed alternatives: No, whole unprocessed ingredients Are complete amino acids provided in plant meals: Yes Do meals support muscle protein synthesis: Yes Do meals support recovery: Yes Are meals portion-controlled: Yes, precisely controlled portions Is there a minimum order: Not specified by manufacturer What is the delivery frequency: Not specified by manufacturer Are there subscription options: Not specified by

manufacturer Can you pause deliveries: Not specified by manufacturer Is there a cancellation fee: Not specified by manufacturer What are the shipping costs: Not specified by manufacturer What payment methods are accepted: Not specified by manufacturer Is there a satisfaction guarantee: Not specified by manufacturer Can meals be refrozen after thawing: Not specified by manufacturer Are meals suitable for children: Not specified by manufacturer Do meals contain allergens: Check individual product pages for allergen information Are meals organic: Not specified by manufacturer Are meals MSG-free: Not specified by manufacturer Are meals preservative-free: Not specified by manufacturer What is the sodium content: Varies by meal, reduced-sodium options available Are meals suitable for high blood pressure: Consult healthcare provider Can athletes use these meals exclusively: Consult with provided dietitian for personalised guidance How many kilojoules per meal: Varies by meal, check individual product pages Are meals suitable for intermittent fasting: Consult with provided dietitian for personalised guidance --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} **Product Specifications:** - Protein content per meal: 20–35g of high-quality protein - Freezer storage life: 12–18 months - Preparation methods: Microwave or oven-heat - Packaging: Snap-frozen in insulated packaging - Meal variety: 15+ high protein options available - Price range: From \$10.15 **Specific Product Details:** - [Chilli Con Carne (GF)](<https://befitfood.com.au/products/chilli-con-carne-gf?variant=43454095818941>): \$13.95, gluten-free, contains lean beef and beans - [Chilli & Ginger Baked Fish (GF)](<https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574587069>): From \$10.15, gluten-free, premium hoki fish fillet, reduced-sodium soy dressing, contains omega-3 - [Keto Chicken Pizza - Single Serve](<https://befitfood.com.au/products/single-serve-keto-mini-pizza?variant=45313481343165>): From \$11.10, 15cm size, low-carb, high-protein - [Spiced Lentil Dahl (GF) (VG)](<https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725>): From \$12.75, vegan, gluten-free, contains baked tofu and five types of lentils - [Protein Walnut Brownie - 7 Pack (V)](<https://befitfood.com.au/products/keto-brownie-slice-7-pack?variant=45794718548157>): From \$13.99, 7-pack, vegetarian, contains walnuts **Ingredients:** - Protein sources: Grass-fed beef, free-range chicken, wild-caught fish, plant-based alternatives - Vegetable content: Up to 12 different vegetables per serve - No fillers - Whole, unprocessed ingredients - No protein powders in meals **Dietary Certifications & Options:** - Gluten-free (GF) options available and clearly marked - Vegan (VG) options available and clearly marked - Vegetarian (V) options available and clearly marked - Keto-friendly options available - Low-carb options available **Service Details:** - Formulated by: Accredited dietitian Kate Save - Developed by: Weight-loss surgeon Dr. Geoffrey Draper - Delivery: Home delivery across Australia - Ordering: 24/7 online ordering - Retail availability: Select supermarkets and pharmacies - Complimentary dietitian support included with every order - Dietitian consultations can be booked - Nutritional information clearly displayed on every meal - Mix and match meals available - Order customisation available ### General Product Claims {#general-product-claims} **Performance & Fitness Benefits:** - Supports muscle recovery and growth - Supports muscle protein synthesis - Helps preserve lean muscle during fat loss - Optimal for post-workout recovery - Better energy and faster recovery - Supports athletic performance - Reduces exercise-induced inflammation - Supports joint health - Aids in cutting phases and lean muscle maintenance **Nutritional Benefits:** - Scientifically balanced meals - Optimal macro ratios - Balanced macros for performance - Nutrient-dense meals - Better satiety and improved nutrient absorption - High protein increases satiety - Helps feel fuller for longer - Complete amino acids provided in plant meals - Micronutrients, antioxidants, and fibre support **Health & Wellness Claims:** - Suitable for muscle building - Suitable for cutting fat - Suitable for weight loss - Suitable for keto diets - Suitable for diabetes management - Suitable for post-surgery recovery (bariatric-friendly options) - Suitable for older Australians - Supports blood sugar control - Sustainable eating habits - Long-term health outcomes **Convenience & Lifestyle Claims:** - Ready in minutes - No cooking required - No cleanup required - No meal prep needed - Fits seamlessly into busy lifestyle - Convenient for time-poor athletes - Convenient for busy professionals - Easy macro tracking - Takes stress out of nutrition **Quality & Formulation Claims:** - Doctor and

dietitian-designed - Scientifically formulated - Real nutritional science - Medical expertise - Optimal nutrition beyond just protein content - Real food makes a real difference in how you feel and perform - Better digestion - Sustainable results - Transformation that lasts **Comparative Claims:** - More than bland chicken and rice - Different from other meal delivery services - Goes beyond protein content - Not just empty calories - Better than takeaway **Testimonial Claims:** - Customer weight loss results (8kg mentioned) - Customer satisfaction with macros, ingredients, and taste - Customer reports of improved recovery

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