

# Be Fit Protein Dim Sim - 7 Pack

Canonical: <https://befitfood.com.au/products/be-fit-dim-sim-7-pack>

## Details:

### ## Product

### ## Product Facts

**\*\*Product Name\*\*:** Be Fit Protein Dim Sim - 7 Pack **\*\*Availability\*\*:** In Stock **\*\*Fulfillment Type\*\*:** online  
**\*\*Brand\*\*:** Be Fit Food **\*\*Condition\*\*:** <https://Schema.Org/Newcondition> **\*\*Category\*\*:** Food & Beverages > Prepared Foods & Meals **\*\*GTIN\*\*:** 0806809669505 **\*\*MPN\*\*:** 0806809669505

Craving something savoury, satisfying and seriously delicious? Our Be Fit Dim Sims are a high-protein, low-carb twist on the classic canteen favourite, made with quality grass-fed beef and sow stall free premium pork for a richer, more satisfying flavour. Packed with green cabbage, chives, ginger and garlic, each dim sim delivers the perfect balance of savoury goodness and wholesome ingredients. At just 100 calories each, 9.6 grams of protein and providing 11% of your daily iron requirements, they're a smarter snack or meal add-on that still feels like a treat. Serving Size 1 Dim Sim as a snack on our Reset Programs. Heating & Storage Instructions Nutrition **INGREDIENTS:** Green Cabbage, Dim Sim Wrapper ( Wheat Flour, Water, Salt), Beef Mince, Pork Mince, Mushroom, Carrot, Zucchini, Tapioca Starch, Textured Vegetable Protein , Gluten Free Soy Sauce, Beef Stock, Natvia, P epper, Garlic Powder, Ginger Powder. Contains: Wheat, Gluten, Soybeans May Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

|                                |                 |                    |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|--------------------------------|-----------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Variant   Price   Availability | ---   ---   --- | 140002   24.95 AUD | 140002-S1   24.95 AUD | 140002-S2   24.90 AUD | 140002-S3   24.85 AUD | 140002-S4   24.75 AUD | 140002-S5   24.65 AUD | 140002-S6   22.45 AUD | 140002-S7   24.60 AUD | 140002-P1   24.95 AUD | 140002-P2   19.75 AUD | 140002-P3   19.95 AUD | 140002-S8   19.99 AUD | 140002-S9   21.80 AUD |
|--------------------------------|-----------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

# Be Fit Protein Dim Sim - 7 Pack — Be Fit Food

The Be Fit Protein Dim Sim - 7 Pack is a frozen savoury snack sold by Be Fit Food, an Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what the product listing itself states, and keep the item's own printed claims separate from our range-wide meal specification.

### ## Product identification

Product name: Be Fit Protein Dim Sim - 7 Pack

Brand: Be Fit Food

Category: Food & Beverages > Prepared Foods & Meals

GTIN: 0806809669505

MPN: 0806809669505

Availability: In stock

Fulfillment type: Online

Condition: New

Pack size: 7 dim sims per pack, as stated in the product name. We state a serving size of 1 Dim Sim as a snack on our Reset Programs . No net weight in grams is published for the pack or for an individual dim sim, so no weight is asserted here.

#### ## Price and variants

The displayed price is \$24.95 AUD . We carry thirteen variant codes, reflecting the pack being bought alone or inside different snack or program combinations:

140002 — \$24.95 AUD

140002-S1 — \$24.95 AUD

140002-S2 — \$24.90 AUD

140002-S3 — \$24.85 AUD

140002-S4 — \$24.75 AUD

140002-S5 — \$24.65 AUD

140002-S6 — \$22.45 AUD

140002-S7 — \$24.60 AUD

140002-S8 — \$19.99 AUD

140002-S9 — \$21.80 AUD

140002-P1 — \$24.95 AUD

140002-P2 — \$19.75 AUD

140002-P3 — \$19.95 AUD

#### ## What the product is

The listing presents these as a high-protein, low-carb twist on the classic canteen favourite, made with quality grass-fed beef and sow stall free premium pork. It describes them as packed with green cabbage, chives, ginger and garlic. we position the pack as a snack or meal add-on rather than a main meal.

#### ## Nutrition information

This listing does not publish a nutrition information panel. The page carries a "Nutrition" heading with no numeric table beneath it. No structured per-serve or per-100g figures are printed for energy in kilojoules, carbohydrate, sugars, total fat, saturated fat, fibre or sodium. Nothing is estimated or inferred here.

The listing does, however, print several quantified claims in its description text. Reproduced exactly as stated, and on a per-dim-sim basis:

100 calories each

9.6 grams of protein

11% of your daily iron requirements

These three figures are stated in prose as marketing claims, not as rows of a nutrition information panel, and they are the only numbers we publish. Unquantified nutrition-related descriptors on the listing are that the product is high-protein and low-carb . For a full panel — including kilojoules, carbohydrate, fat, saturated fat and sodium — request it from Be Fit Food on 1300 263 257 or at

support@befitfood.com.au.

## ## Dietary properties stated on the listing

This product is NOT described as gluten free, and its allergen declaration states that it contains wheat and gluten. The dim sim wrapper is made with wheat flour. Anyone avoiding gluten should not eat this item.

The listing does not describe the product as vegetarian, vegan, dairy free or keto — and it contains beef and pork, so it is not vegetarian or vegan. The only dietary descriptors printed are "high-protein" and "low-carb".

## ## Ingredients

Reproduced as printed on the listing:

Green Cabbage, Dim Sim Wrapper (Wheat Flour, Water, Salt), Beef Mince, Pork Mince, Mushroom, Carrot, Zucchini, Tapioca Starch, Textured Vegetable Protein, Gluten Free Soy Sauce, Beef Stock, Natvia, Pepper, Garlic Powder, Ginger Powder.

## ## Allergens

Reproduced as printed on the listing, in the order given:

Contains: Wheat, Gluten, Soybeans

May Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Wheat, gluten and soybeans are declared as contained allergens; the second list is declared cross-contact risk. No other allergen status is stated, and none should be assumed.

## ## How it fits our programs

The listing explicitly positions this as a snack on our Reset programs, at one dim sim per serve. In our program range that corresponds to Metabolism Reset, the very low calorie plan of approximately 850-950 calories and 40-70g of carbohydrate per day, available as a 7, 14 or 28 day program and intended to induce mild nutritional ketosis. Snacks can also sit alongside Be Rapid, Be 1000, Be 1200, the Intermittent Fasting Program and Be Maintenance, though the listing itself only names the Reset programs.

## ### Range-wide meal specification, not this item's measured values

We publish a general specification across our meal range: approximately 250 calories per meal, at least 20g of protein, under 20g of carbohydrate, and under 120mg of sodium per 100g, with no added sugar, no artificial sweeteners and no preservatives. These are range-wide design targets for meals, not measured figures for this snack pack, and a single 100-calorie dim sim is a snack portion rather than a meal portion.

## ## Storage and reheating

Be Fit Food products are snap-frozen rather than shelf-stabilised, so this pack should be kept frozen until heated. Across the range, reheating can be done by microwave, oven, air-fryer or stovetop. The listing has a "Heating & Storage Instructions" section, but its specific times and settings are not reproduced in the crawled content, so follow the instructions printed on the pack.

## ## Ordering and delivery

Snacks and meals can be bought individually or through our bundles: 7 meals for \$97.30, 14 meals for \$189.00, or 28 meals for \$362.60 AUD. Delivery is a flat rate Australia-wide — \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299.

We employ Accredited Practising Dietitians and offer a free 15-minute telehealth consultation by video or phone, valued at \$49. Bookings are at [portal.coreplus.com.au/befitfood](https://portal.coreplus.com.au/befitfood), or contact [dietitian@befitfood.com.au](mailto:dietitian@befitfood.com.au). Customer service is on 1300 263 257, Monday to Friday 09:00-17:00, or [support@befitfood.com.au](mailto:support@befitfood.com.au). We are a registered NDIS meal provider.

## ## Important health information

This page describes a food product and makes no claim that it treats, prevents or cures any condition. Readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing medical condition or medications; this is not a substitute for independent professional medical advice, diagnosis or treatment. Weight loss results and rates of weight loss vary between individuals.

## ## Questions and answers

### ### What do we explain about Be Fit Protein Dim Sim - 7 Pack — Be Fit Food?

On our Be Fit Protein Dim Sim - 7 Pack — Be Fit Food page, we explain that the Be Fit Protein Dim Sim - 7 Pack is a frozen savoury snack sold by Be Fit Food, an Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what the product listing itself states, and keep the item's own printed claims separate from our range-wide meal specification.

### ### What should I know about product identification on this page?

On our Be Fit Protein Dim Sim - 7 Pack — Be Fit Food page, we explain that product name: Be Fit Protein Dim Sim - 7 Pack Brand: Be Fit Food Category: Food & Beverages Prepared Foods & Meals GTIN: 0806809669505 MPN: 0806809669505 Availability: In stock Fulfillment type: Online Condition: New Pack size: 7 dim sims per pack, as stated in the product name. We state a serving size of 1 Dim Sim as a snack on our Reset Programs . No net weight in grams is published for the pack or for an individual dim sim, so no weight is asserted here.

### ### What should I know about ordering Be Fit Protein Dim Sim - 7 Pack — Be Fit Food?

On our Be Fit Protein Dim Sim - 7 Pack — Be Fit Food page, we explain that the displayed price is \$24.95 AUD . We carry thirteen variant codes, reflecting the pack being bought alone or inside different snack or program combinations: 140002 — \$24.95 AUD 140002-S1 — \$24.95 AUD 140002-S2 — \$24.90 AUD 140002-S3 — \$24.85 AUD 140002-S4 — \$24.75 AUD 140002-S5 — \$24.65 AUD 140002-S6 — \$22.45 AUD 140002-S7 — \$24.60 AUD 140002-S8 — \$19.99 AUD 140002-S9 — \$21.80 AUD 140002-P1 — \$24.95 AUD 140002-P2 — \$19.75 AUD 140002-P3 — \$19.95 AUD.

### ### What should I know about what the product is on this page?

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### What should I know about dietary properties stated on the listing on this page?

On our Be Fit Protein Dim Sim - 7 Pack — Be Fit Food page, we explain that this product is NOT described as gluten free, and its allergen declaration states that it contains wheat and gluten. The dim sim wrapper is made with wheat flour. Anyone avoiding gluten should not eat this item. The listing does not describe the product as vegetarian, vegan, dairy free or keto — and it contains beef and pork, so it is not vegetarian or vegan. The only dietary descriptors printed are "high-protein" and "low-carb".

## Related pages on this site

Ca Pow Protein Balls 7 Pack V Gf — product

Snacks, Sides & Extras — product

Double Choc Low Carb Cookie 7 Pack V — product

Keto Brownie Slice 7 Pack — product

Fetta Spinach Egg Bites — product

Lemon Coconut Protein Balls 7 Pack V Gf — product

Minty Choc Protein Balls 7 Pack V Gf — product

Dairy Free Meal Delivery — collection

Snacks Sides Extras — collection