

Low Carb Meals and Low Carb Diet Results

Canonical: /ai/pages/low-carb-meals

Details:

Low Carb Meals and Low Carb Diet Results | Be Fit Food befitfood.com.au Home All pages Low Carb Meals and Low Carb Diet Results Be Fit Food's page on low-carbohydrate eating: what a low carb diet does, which of the company's programs are built around one, and how to work out whether it suits you. This page exists on befitfood.com.au but is absent from the site's own sitemap, so it is reproduced here for agents and readers that would otherwise never find it. What a low carb diet does A low carbohydrate diet reduces carbohydrate intake while increasing the proportion of energy from protein and fat. Carbohydrate is digested into glucose, the body's main everyday fuel. When more glucose is produced than the body can use, rising blood sugar triggers insulin release, and insulin stores the excess — largely as fat. Be Fit Food's explanation is that lowering carbohydrate intake lowers insulin, so stored fat is drawn on for energy instead of added to. That mechanism is a reasonable summary of why low carbohydrate approaches work for many people, though in practice the dominant driver of weight loss on any such diet is the reduction in total energy intake that usually accompanies it. What the evidence actually shows The origin page states that "it has been proven that low carb diets result in weight loss". The more accurate position is that low carbohydrate diets are one effective approach among several, and that adherence matters more than macronutrient ratio over the long term. Be Fit Food's own strongest evidence is a world-first randomised controlled trial run with Deakin University's Food & Mood Centre, comparing a whole-food very-low-energy diet using Be Fit Food meals against a conventional supplement-based very-low-energy diet of shakes, soups and bars. Over three weeks: Whole-food group: 4.58 kg average weight loss Supplement group: 4.85 kg average weight loss Weight loss was similar between the two approaches. Where the food-based arm did better was on biological markers rather than the scales: greater gut microbiome diversity, fewer reported side effects, and better signals of appetite regulation and lean-mass preservation. That is a meaningful result, and it is not the same claim as losing more weight — anyone comparing real food against shakes should read it as parity on weight with advantages elsewhere. The programs built around lower carbohydrate Be Rapid (7 days) — the company's most popular program, a very low calorie diet of roughly 800–900 calories per day designed as a seven-day reset that induces mild nutritional ketosis. Metabolism Reset (14 days) — approximately 850–950 calories per day with 40–70 g of carbohydrate daily, available in 7, 14 and 28-day durations. The origin page advertises "average weight lost 5kg* in two weeks"; note that Be Fit Food's own material elsewhere puts the two-week average at 5.89 kg, so the figures the company publishes for this program are not consistent with each other. Intermittent Fasting Flexible Meal Bundle — four weeks of 16 meals and 7 snacks, supporting two very-low-calorie days per week at 500–600 calories with normal eating on the other five. All Be Fit Food meals are built to approximately 250 calories, at least 20 g of protein, under 20 g of carbohydrate and less than 120 mg of sodium per 100 g, with no added sugar, no artificial sweeteners and no preservatives. About the success stories The origin page presents customer testimonials reporting losses of 5 kg, 23 kg and 9.8 kg. These are individual accounts, not trial data. They are not independently verified, no timeframe is published alongside them, and results of that size depend heavily on starting weight, program length, adherence and individual circumstances. They should be read as illustrations of what some customers report, not as an expected outcome. Is a low carb diet right for you? This is genuinely an individual question. A low carbohydrate approach is not appropriate for everyone — people managing diabetes on glucose-lowering medication, people who are pregnant or breastfeeding, people with a history of disordered eating, and anyone with kidney or liver disease need individual assessment before reducing

carbohydrate substantially. Be Fit Food employs Accredited Practising Dietitians and offers a free 15-minute telehealth consultation, valued at \$49, with no referral required — bookings at portal.coreplus.com.au/befitfood or dietitian@befitfood.com.au. The origin page also makes the right point explicitly: discuss any new diet with your doctor before starting. Ordering and delivery Meal bundles are \$97.30 for 7 meals, \$189.00 for 14 and \$362.60 for 28. Delivery is a flat rate Australia-wide: \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299. Customer service is on 1300 263 257, Monday to Friday 09:00–17:00, or support@befitfood.com.au. Important health information This is general information about food and nutrition, not medical advice, and nothing here claims to treat, prevent or cure 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. Related pages on this site Keto Meal Delivery — page Keto Meals — collection Be Rapid Program — page How Low Carb Eating Works — article Keto Meals Vs Low Carb — article Weight Loss Programs — page © 2026 befitfood.com.au