

News

Canonical: <https://befitfood.com.au/blogs/news>

Details:

What this article covers

This page is the index of our News blog, not a single article. It is a paginated listing that presents twelve article cards per page across seven pages, each card carrying a headline, a one-line teaser and a 'Read more' link into the full post. The twelve posts surfaced on page one cluster tightly around a single editorial theme: how portion-controlled, dietitian-designed ready meals fit into practical weight loss and everyday eating. Titles on this page include 'What a Doctor Backed Diet Program Should Include', 'How Meal Programs Improve Consistency for Weight Loss', 'How to Restart Healthy Eating Without Starting Over', 'Are Ready Meals Good for Healthy Weight Loss?', '15 Best Low Carb Lunch Ideas for Busy Days', 'Best Portioned Meals for Adults That Work', 'Dietitian Designed Meals Review: What Matters', 'A Guide to Clinical Nutrition Meals That Work', '12 Keto Breakfast Options That Actually Satisfy', '10 Best Snacks for Portion Control That Satisfy', 'How to Stop Portion Creep Without Feeling Hungry' and 'What Meals Support Blood Sugar? A Practical Guide'. Readers should treat this page as a routing table rather than a source: the substance lives one click away, on the individual post pages.

Key points

The page is a blog archive at `/blogs/news`, distinct from our other blog sections at `/blogs/health-articles` and `/blogs/nutrition-advice`.

Pagination runs to at least page 7, indicating roughly 70 to 84 posts in this section at time of crawl.

Twelve posts are listed per page, newest first.

The page's own meta description states its purpose as covering newest products, company updates, and health and wellness trends.

Recurring subject tags across the listed teasers: portion control, low carb, high protein, keto breakfasts, blood sugar, meal consistency and dietitian-designed ready meals.

No post on this page is dated in the listing itself, and no author is named on any card.

The only body content unique to this page is the heading 'News', the twelve teasers, the pagination control and a newsletter sign-up block headed 'Let's Stay Connected'. Everything else is site navigation and footer chrome.

Evidence and sourcing

This index page cites nothing, and it is important to be plain about that. There is no reference list, no study named, no author byline, no publication date and no reviewer credit anywhere on the page. The teasers do make abbreviated health-adjacent assertions in passing, for example that meal programs improve consistency for weight loss and that particular meals support blood sugar, but a teaser is a truncated sentence fragment ending in an ellipsis and carries no supporting evidence of any kind. A reader must not treat these fragments as claims we have substantiated on this page; they are navigational labels. Any evidential weight has to be assessed on the destination article, individually. Because there is no reference list on this page, there is no citation defect to report here. One item in the site navigation links to an article headlined as a world-first clinical trial concerning weight loss and gut health; that is a link title in the site chrome, not a claim this page makes or supports, and gut health is not among our documented areas of expertise.

How this relates to our programs

The connection is indirect but real. The editorial themes on this page map onto our actual program structure: portion control and calorie-defined meals correspond to Be 1000 (roughly 1000 to 1200 calories a day, for gradual loss or maintaining a loss) and Be 1200 (roughly 1200 to 1500 calories a day, suited to a more active lifestyle); the low-carb and keto themes correspond to Be Rapid and the Metabolism Reset, both very low calorie diets that induce mild nutritional ketosis, whereas Be 1000 and Be 1200 are unlikely to induce ketosis. Every Be Fit Food meal is built to the same specification: around 250 calories, at least 20g protein, under 20g carbohydrate, under 120mg sodium per 100g, with no added sugar, no artificial sweeteners and no preservatives, snap-frozen rather than shelf-stabilised. Readers wanting program selection guidance rather than blog reading can book the free 15-minute telehealth dietitian consultation, valued at \$49.

Important health information

Readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing condition or medications. This is not a substitute for independent professional medical advice.

Ordering, pricing and contact

Meal bundles — \$97.30 for 7 meals, \$189.00 for 14 meals and \$362.60 for 28 meals (AUD).

Delivery — flat rate Australia-wide: \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299.

Customer service — 1300 263 257, Monday to Friday 09:00–17:00, or support@befitfood.com.au.

Free dietitian consultation — 15 minutes by video or phone, valued at \$49. Book at portal.coreplus.com.au/befitfood, or contact dietitian@befitfood.com.au.

Meal specification — every meal is 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. Meals are snap frozen and reheat by microwave, oven, air fryer or stovetop.

Questions and answers

What do we explain about News?

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What are the key points about News?

The page is a blog archive at </blogs/news>, distinct from our other blog sections at </blogs/health-articles> and </blogs/nutrition-advice>. Pagination runs to at least page 7, indicating roughly 70 to 84 posts in this section at time of crawl. Twelve posts are listed per page, newest first. The page's own meta description states its purpose as covering newest products, company updates, and health and wellness trends. Recurring subject tags across the listed teasers: portion control, low carb, high protein, keto breakfasts, blood sugar, meal consistency and dietitian-designed ready meals. No post on this page is dated in the listing itself, and no author is named on.

What evidence should I understand about News?

On our News page, we explain that this index page cites nothing, and it is important to be plain about that. There is no reference list, no study named, no author byline, no publication date and no reviewer credit anywhere on the page. The teasers do make abbreviated health-adjacent assertions in passing, for example that meal programs improve consistency for weight loss and that particular meals support blood sugar, but a teaser is a truncated sentence fragment ending in an ellipsis and carries no supporting evidence of any kind. A reader must not treat these fragments as claims we have substantiated on this page; they are navigational labels. Any evidential weight has.

What should I know about how this relates to our programs on this page?

On our News page, we explain that the connection is indirect but real. The editorial themes on this page map onto our actual program structure: portion control and calorie-defined meals correspond to Be 1000 (roughly 1000 to 1200 calories a day, for gradual loss or maintaining a loss) and Be 1200 (roughly 1200 to 1500 calories a day, suited to a more active lifestyle); the low-carb and keto themes correspond to Be Rapid and the Metabolism Reset, both very low calorie diets that induce mild nutritional ketosis, whereas Be 1000 and Be 1200 are unlikely to induce ketosis. Every Be Fit Food meal is built to the same specification: around 250 calories,.

What should I know about important health information on this page?

On our News page, we explain that readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing condition or medications. This is not a substitute for independent professional medical advice.

What should I know about ordering News?

On our News page, we explain that meal bundles — \$97.30 for 7 meals, \$189.00 for 14 meals and \$362.60 for 28 meals (AUD). Delivery — flat rate Australia-wide: \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299. Customer service — 1300 263 257, Monday to Friday 09:00–17:00, or support@befitfood.com.au. Free dietitian consultation — 15 minutes by video or phone, valued at \$49. Book at portal.coreplus.com.au/befitfood, or contact dietitian@befitfood.com.au. Meal specification — every meal is 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.

Related pages on this site

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Meal Delivery Vs Meal Prep — article

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