

Breakfasts

Canonical: <https://befitfood.com.au/collections/breakfasts>

Details:

Product

Product Facts

****Product Name**:** Shop Prepared Breakfast Meals Delivered | Be Fit Food ****Fulfillment Type**:** online

****Category**:** Food & Beverages > Meal Delivery Services

Breakfast choices for the way you start your day

Find a breakfast format that works with your morning: savoury eggs, a bean-and-fetta bowl, porridge, granola, muffins, bircher or a smoothie. Be Fit Food's breakfast collection includes individual portions and multi-serve packs, so compare the format as well as the recipe.

Browse current breakfast ordering options . The examples below help explain the differences; use each product page for its current price, ingredients and availability.

Compare breakfast formats

| Breakfast | Format and key distinction | Stated serving | | --- | --- | --- | | 5 Veg Eggs | Vegetarian egg-and-cheese breakfast with leek, mushroom, pumpkin, spinach and spring onion | 275g | | French Eggs | Eggs with bacon, spinach, onion and parmesan | 206g | | Baked Bean & Fetta Bowl | Cannellini beans, vegetables and cheese in tomato sauce | 342g | | Almond & Quinoa Protein Porridge — Single Serve | One-serve porridge format; a separate seven-serve pack is also listed | 60g | | Nut & Flaxseed Protein Granola | Bulk seven-serve pack; yoghurt or milk is a serving suggestion, not a separate inclusion | 40g | | Mixed Berry Protein Bircher | Prepared yoghurt-and-ricotta breakfast with berries, seeds and nuts | 196g | | Carrot Cake Muffin | Vegetarian sweet muffin with carrot, fruit, nuts, egg and dairy ingredients | 110g | | Sunset Crush Protein Smoothie | Mango, orange juice, passionfruit and pea protein | 350mL |

Individual breakfasts or several servings?

The seven-serve porridge and bulk granola are multi-serve products. Their per-serving nutrition does not describe the whole pack. The porridge portion is 60g; the granola portion is 40g. Do not assume they use the same portion simply because both packs offer seven serves.

If you want to choose several different breakfast dishes, compare the breakfast selection in meal bundles . If you want breakfast alongside lunches, dinners and other included food, explore programs . Continental Breakfast and Full Breakfast programs have different inclusions, so check the actual program card.

The granola bulk title and linked panel differ on servings per pack. Use the stated 40 g portion, and confirm the pack quantity before calculating total pack weight or nutrition.

Match preparation to your morning

Bircher is a different format from a hot egg breakfast. The Choc Coconut and Mixed Berry birchers specify overnight defrosting in the fridge and can be enjoyed cold once thawed. Their instructions say to keep refrigerated after defrosting and use within three days.

The muffin pages provide their own microwave and sandwich-press directions and say to keep frozen, then refrigerated after defrosting and consume within five days. Egg breakfasts have their own cooking guidance. Follow the pack for the product you choose; these timings should not be applied across every breakfast.

Read dietary labels alongside ingredients

Vegetarian breakfasts may contain egg, cheese, milk or whey. French Eggs contains bacon, and Spanish Eggs contains pork chorizo. Granola contains whey-based protein powder, so serving it with plant-based milk does not make the granola itself dairy free.

A vegan smoothie can still have a “may contain milk” declaration. Likewise, an old web address ending in “gf” is not enough to establish gluten-free suitability. Review each product’s ingredients, contained allergens and “may contain” information before ordering for a restriction.

Breakfast questions

Do the birchers need yoghurt added?

No. Greek yoghurt and ricotta are already in those recipes. Granola is a separate product format with yoghurt or milk suggested for serving.

Are all egg breakfasts vegetarian?

No. Compare the actual recipes: 5 Veg Eggs is labelled vegetarian, while French Eggs contains bacon and Spanish Eggs contains chorizo.

Can I compare the price of a seven-serve pack with one breakfast?

Compare like quantities. Check the number of serves, the stated serving size and whether anything you add is supplied separately. Use the final selected product price at checkout.

Before ordering, check your delivery postcode and delivery dates . For recipe or product questions, contact Be Fit Food .