

Dairy Free Meals

Canonical: <https://befitfood.com.au/collections/dairy-free-meal-delivery>

Details:

Product

Product Facts

****Product Name**:** Dairy Free Meal Delivery ****Fulfillment Type**:** online ****Category**:** Food & Beverages > Meal Delivery Services

Dairy Free Meals

Find food that fits your preferences, with the ingredient detail you need to choose confidently. Start with the products listed here, then check each recipe and its full allergen declaration. A dairy-free collection is a useful starting point, but the individual product label is the place to check what is included and what may be present.

Explore the current collection

Be Fit Protein Dim Sims — seven-pack are the product currently listed in this collection. They combine beef and pork mince with green cabbage, mushroom, carrot and zucchini, wrapped in a wheat-flour wrapper. Garlic, ginger, pepper and gluten-free soy sauce feature in the recipe.

Choose them when you want a savoury snack rather than a sweet protein ball or cookie. The product guidance identifies one dim sim as a snack on Reset programs, and the nutrition panel uses a 70 g serving. The per-serving values are 9.6 g protein and 7.8 g carbohydrate; they describe that portion, not all seven dim sims.

Check the milk declaration before choosing

Milk is not listed as an ingredient in the dim sim recipe, but Milk is included in its “may contain” declaration . Wheat, Gluten and Soybeans are declared as present. The complete may-contain list also includes Fish, Egg, Crustacea, Sesame Seeds, Peanuts, Tree Nuts and Lupin. Read the product page and your delivered label rather than treating collection membership as an allergy-safety guarantee.

If you need to avoid milk because of an allergy, ask our team about the specific product before ordering . Give the product name and the ingredient or allergen you need checked. Do not assume a change in flavour, pack size or recipe has the same declaration.

Looking for a wider choice?

Explore our vegan collection for other plant-based recipes, or browse the individual meal menu to compare dishes. Check each option separately: vegan recipe labelling and milk cross-contact information answer different questions.

Vegetarian products can contain milk, cheese, yoghurt or whey. For example, the protein-ball range includes whey-based recipes and the birchers contain yoghurt and ricotta. A vegetarian label alone will not identify a dairy-free choice.

Questions about choosing dairy-free options

Are the dim sims vegetarian?

No. They contain both beef and pork. The collection describes a dietary preference, not the absence of meat.

Are they gluten free?

No. Their wrapper contains wheat flour and Wheat and Gluten are declared allergens. The gluten-free soy sauce used in the recipe does not make the finished dim sim gluten free.

Can I assume every product in a meal bundle is suitable?

No. Check every selected product's ingredients and allergen declaration when choosing a meal bundle . If suitability is unclear, ask before adding it to your order.

Choose your product and delivery

View the collection and current ordering options . Follow the product's own heating and storage directions. Check your delivery postcode and delivery dates , then confirm availability, quantities and the final total at checkout.