

High Protein Meals

Canonical: <https://befitfood.com.au/collections/high-protein-meal-delivery>

Details:

Product

Product Facts

****Product Name**:** High Protein Meal Delivery ****Fulfillment Type**:** online ****Category**:** Food & Beverages > Meal Delivery Services

Compare protein across meals you will enjoy

Choosing protein-focused meals is easier when you can see the amount in the portion you will actually eat. Be Fit Food offers chicken, beef, egg and plant-based options in several formats, from prepared mains to breakfasts and smoothies. Start with your preferred flavours, then compare the stated serving and full nutrition information.

This guide highlights selected products with clear panel information. It does not set a protein target for you or suggest that every meal, snack or program contains the same amount.

Protein and portions at a glance

The figures below reproduce individual product nutrition panels reviewed on 19 October 2026. Protein and carbohydrate are per stated serving. A smoothie and a prepared main are different food formats, even when their protein figures are similar.

Product	Stated serving	Protein	Carbohydrate	---	---	---	---	Cauliflower Fried Rice & Chicken
360 g	31.8 g	13.7 g	Butter Chicken	322 g	30.7 g	11.5 g	Italian Beef Meatballs	316 g
30.6 g	23.9 g	Naked Burrito Bowl	247 g	30.2 g	13.3 g	Sunset Crush Protein Smoothie	350 mL	30.4 g
19.6 g								

For comparison by weight or volume, open the product panel's per-100 g or per-100 mL column. Keep those units separate. Do not compare one product's full serving with another product's per-100 g figure as though they describe the same quantity.

Choose a recipe, not just a number

For a creamy curry: Butter Chicken combines chicken, coconut milk and blended vegetables. Rice is not listed as an included ingredient.

For a fried-rice-style dish: Cauliflower Fried Rice & Chicken contains cauliflower, chicken, vegetables, quinoa, egg and peanuts.

For beef and pasta: Italian Beef Meatballs includes gluten-free penne, tomato sauce and vegetables.

For a chicken-and-bean bowl: Naked Burrito Bowl includes chicken, beans, quinoa, vegetables and cheese.

For a fruit-based smoothie: Sunset Crush combines mango, orange juice, passionfruit and pea protein.

Ingredients and allergens still matter when the protein numbers look similar. Cauliflower Fried Rice & Chicken declares egg, soybeans and peanuts. Naked Burrito Bowl declares milk. Sunset Crush is labelled vegan but has its own "may contain" and manufacturing statements.

Breakfasts and plant-based alternatives

5 Veg Eggs provides an egg-and-cheese breakfast, with 22.1 g protein for its stated 275 g serving. For a vegan prepared main, Spiced Lentil Dahl lists 18.1 g protein for its 273 g serving and includes tofu, lentils and vegetables.

These are different recipes and portions, not equivalent replacements based only on protein. Use the full panel, ingredient list and the meal occasion you want covered when choosing between them.

Individual meals, bundles or programs?

Choose individual meals when you want to build an order dish by dish. The High Protein 10 Meal Bundle lets you select ten meals from the advertised 30 g+ protein range. Review the actual choices and their panels in the builder, along with the final total.

For a structured selection covering several meals each day, compare programs . A ten-meal bundle is ten meals; it is not automatically ten days of complete food.

Questions about comparing protein

Does the protein figure apply to a whole multi-pack?

Only if the label identifies the whole pack as the serving. Snack packs and multi-serve breakfasts have separate serving information. Use the stated portion rather than the pack title.

Does more protein mean less carbohydrate?

Compare both figures directly. For example, Italian Beef Meatballs lists 30.6 g protein and 23.9 g carbohydrate per serving; Butter Chicken lists 30.7 g and 11.5 g respectively.

Can someone help me choose?

Book a free dietitian consultation to discuss options for your routine. Before ordering, confirm current prices, availability, delivery coverage and timing .