

Individual Meals

Canonical: <https://befitfood.com.au/collections/individual-meals-1>

Details:

Product

Product Facts

Product Name: Nutritious & Delicious Individual Meals Delivered - Be Fit Food **Fulfillment Type:** online **Category:** Food & Beverages > Meal Delivery Services

Choose prepared meals that fit your everyday routine

Good food should work with your life. Explore Be Fit Food's individual meals to find lunches, dinners and other menu options you enjoy, then compare the details for each specific product. You can choose by flavour, dietary preference or the nutrition information that matters to your own needs.

Three ways to decide what to order

Choose individual products when you want to compare particular dishes or build your own selection. Open the product page for the current price, pack size, ingredients and nutrition.

Choose a meal bundle when you want a defined number of meals or a collection such as breakfast, soup or smoothies. The bundle guide explains the different quantities and starting prices.

Choose a structured program when you want to compare a specified set of meals over a stated period. Check the program inclusions : a bundle of seven meals and a seven-day program do not necessarily contain the same food.

Find flavours you look forward to

The menu includes chicken dishes, beef meals, fish, vegetarian and vegan choices, alongside soups, breakfast products and snacks. For example, you can explore Butter Chicken , Cottage Pie with Cauliflower Mash , Chilli & Ginger Baked Fish or Yellow Vegetable Curry . These are examples to help you browse, not a fixed bundle or a promise of current stock.

Think about when you need the food as well as what you like to eat. A selection for weekday lunches is a different purchase from breakfast for the week or meals across your whole day. Check how many servings each pack provides before deciding how many items to add.

A few menu examples to compare

These individual product prices were displayed in the menu on 19 October 2026, in Australian dollars. Check the current product and selected variant before ordering; this is a price comparison, not a statement of stock availability.

Menu example	Displayed price	Choice to explore
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Butter Chicken (GF)	A\$14.95	A chicken meal
Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG)	A\$13.95	A vegan soup
Yellow Vegetable Curry (GF) (VG)	A\$13.95	A vegan curry

The prepared meals are snap-frozen for convenience, so you can keep options in the freezer and heat them when needed. Follow the heating instructions on each pack.

Use dietary filters, then check the product details

The collection provides filters for Gluten Free, High Protein, Keto, Low Calories, Low Carbs, Vegan and Vegetarian. These help narrow the menu; the individual product information is the place to confirm your selection.

GF identifies products labelled gluten free.

V identifies products labelled vegetarian.

VG identifies products labelled vegan.

Read the complete ingredient and allergen declaration, including any “may contain” statement. A dietary label does not mean a product is free of every allergen.

Compare nutrition per serving and the serving size. Products vary, so do not apply one meal's protein, carbohydrate or energy values to the whole menu.

If you are unsure which option suits your needs, a complimentary dietitian consultation can help you explore the choices. For an ingredient or allergen question that the product listing does not answer, contact the team before ordering.

Check price, pack size and delivery before ordering

Prices and availability can change. Use the current price for your selected product and variant, and review the final basket before paying. A multi-serve breakfast pack or a seven-pack of snacks is not the same unit as a single prepared meal; compare the stated number of servings rather than the pack price alone.

Check your address against the delivery areas and review the delivery dates for your location. Use the current checkout to confirm delivery availability and the charge for your order. For storage and heating, follow the instructions for the individual product and the label on the item you receive.

Frequently asked questions

Do all meals have the same nutrition?

No. Compare the nutrition panel for each dish and check whether a figure is per serving or per 100 g. Dietary filters make browsing easier, but do not replace the product's own information.

Does a seven-meal bundle cover seven full days of food?

Seven meals describes a quantity of meals, not automatically breakfast, lunch, dinner and snacks for seven days. If you want more structure, compare the stated inclusions of a program.

Can I choose a mix of dietary preferences?

Browse individual products using the filters and check each choice. A vegetarian product is not automatically vegan, and gluten-free labelling does not establish suitability for other allergies.

Where can I get help choosing?

Book a free 15-minute dietitian consultation for help exploring your food options, or visit the help centre for ordering and product questions.

Explore individual products

Naked Burrito Bowl (GF)
Cottage Pie with Cauliflower Mash (GF)
Cauliflower Fried Rice & Chicken (GF)
Indian Chicken Curry (GF)
Curried Pumpkin & Chicken Soup (GF)
Wholemeal Beef Lasagne
Chilli Con Carne (GF)
Chilli & Ginger Baked Fish (GF)
Italian Meatball Soup (GF)
Butter Chicken (GF)
Chunky Chicken, Ham & Sweet Corn Soup (GF)
Satay Chicken (GF)
Keto Chicken Pizza - Single Serve
Country Chicken, Pea & Ham Soup (GF)
Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG)
Gluten Free Beef Lasagne
Italian Beef Meatballs (GF)
Yellow Vegetable Curry (GF) (VG)
Thai Green Chicken Curry (GF)
Mexican Stovetop Penne (GF)
Spiced Lentil Dahl (GF) (VG)
Vegan Bolognese (GF) (VG)
Vegetable & Chickpea Frittata (GF) (V)
Cauliflower Leek & Bacon Soup (GF)
Sunset Crush 30g Protein Smoothie (VG)
Choc Caramel 30g Protein Smoothie (VG)
Low Carb Carrot Cake Muffin (V)
Low Carb Bacon, Spinach & Fetta Protein Muffin
Fetta & Spinach Egg Bites (V) - 7 Serve
Be Fit Protein Dim Sim - 7 Pack
Lemon & Coconut Protein Balls - 7 Pack (GF) (V)

Minty Choc Protein Balls - 7 Pack (GF) (V)
Sticky Date Protein Balls - 7 Pack (GF) (V)
Vanilla Choc Chip Low Carb Cookie - 7 Pack (GF) (V)
Double Choc Low Carb Cookie - 7 Pack (GF) (V)
Protein Walnut Brownie - 7 Pack (V) (GF)
Choc Coconut Protein Bircher (GF)
Nut & Flaxseed Protein Granola (GF) (V) - Bulk 7 Serve Pack
Mixed Berry Protein Bircher (GF)
Almond & Quinoa Protein Porridge (GF) - 7 Serves
Almond & Quinoa Protein Porridge (GF) - Single Serve
Spanish Eggs (GF)
French Eggs (GF)
5 Veg Eggs (GF) (V)
Baked Bean & Fetta Bowl (GF) (V)
Success Kit- Journal | Lunch Bag | Tape Measure