

Breakfast

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

Details:

Product

Product Facts

****Product Name**:** Breakfast ****Fulfillment Type**:** online ****Category**:** Food & Beverages > Meal Prep & Delivery

Breakfast

Make breakfast fit the morning you actually have. Choose a cold bircher you can thaw ahead, a savoury egg breakfast to heat, or a cereal you can portion yourself. This range also includes two plant-based smoothies, so you can compare flavours and formats before filling your basket.

Shop the breakfast range and open each product for its current ingredients, nutrition, price and preparation directions.

Cold breakfast, ready with a little planning

Both protein birchers use Greek yoghurt and ricotta, so these are dairy-based breakfasts. Defrost them in the fridge overnight and enjoy them cold.

Choc Coconut Protein Bircher combines cocoa, chocolate chips and coconut with almonds, chia and brown rice flakes. Its stated serving is 182 g.

Mixed Berry Protein Bircher combines blueberries, raspberries, blackberries and redcurrants with dates, almonds and seeds. Its stated serving is 196 g.

Prefer a savoury start?

Choose by the ingredients you enjoy, as well as the time you have to prepare breakfast:

Baked Bean & Fetta Bowl : cannellini beans in a tomato sauce with fetta, vegetables, paprika, cumin and chilli. A bean-based vegetarian choice; toast is not included.

5 Veg Eggs : eggs with leek, mushroom, pumpkin, spinach, spring onion and cheese. A vegetarian option containing egg and milk.

Spanish Eggs : chorizo, capsicum, corn and spinach with eggs. The chorizo contains pork.

French Eggs : bacon, onion, spinach, chives and parmesan with eggs. This option also contains pork.

Low Carb Bacon, Spinach & Fetta Protein Muffin : a single 135 g savoury muffin with bacon, spinach, fetta, zucchini, egg white, almonds and seeds.

The egg products have product-specific microwave or pan directions. Follow the packet for thawing and heating rather than treating every breakfast the same way.

One serve or a multi-serve breakfast pack?

| Product | Portion guidance | Listed price (AUD) | | --- | --- | --- | | Almond & Quinoa Protein Porridge — Single Serve | 60 g serving; a way to try the recipe | \$5.95 | | Almond & Quinoa Protein Porridge — 7 Serves | 60 g per serving; seven-serve format | \$29.95 | | Nut & Flaxseed Protein Granola — Bulk 7

Serve | Nutrition panel uses a 40 g serving | \$29.95 |

Prices checked 19 October 2026; confirm the current product price before ordering. The porridge contains quinoa, almonds, whey protein, seeds, dates and cinnamon. The granola combines almonds, peanuts, pepitas, puffed grains, dates and whey protein. Milk or yoghurt you add to granola is separate from the pack. Both recipes contain milk, so neither is vegan.

Two different smoothie flavours

Choc Caramel Protein Smoothie combines pea protein with cocoa, cashews, peanuts and dates. Sunset Crush Protein Smoothie combines mango, orange juice and passionfruit with pea protein. Both are listed as vegan; check their individual allergen statements and serving instructions.

Before you order

Dietary labels help you narrow the range, but the product ingredient and allergen statements are the detail to use. Vegetarian breakfasts may contain dairy or eggs, and the bacon muffin declares egg, milk and almonds and may contain wheat. Check the current pack if you have an allergy.

Are the bulk cereals individually packed?

The seven-serve descriptions do not establish seven individual sachets. Granola also has a mismatch between its bulk title and its panel's servings-per-package entry. Confirm the pack quantity with Be Fit Food if it is important to your order; use the stated 40 g portion for its nutrition information.

Can I organise breakfast alongside lunch and dinner?

Yes—browse individual meals or compare meal bundles . Check the actual included menu when choosing a bundle, and enter your delivery details when ordering to see the options for your address.