

Pre-Selected Signature Boxes

Canonical: <https://befitfood.com.au/collections/set-weight-loss-programs>

Details:

Product

Product Facts

Product Name: Pre-Selected Signature Boxes **Fulfillment Type:** online **Category:** Food & Beverages
> Meal Plans & Prepared Foods

Pre-Selected Signature Boxes

Let us choose the meal mix, then find the box that fits your routine. Our Pre-Selected Signature Boxes bring together a fixed menu, so you can review the dishes and quantities without building an order meal by meal. Choose a meal bundle for lunches or dinners, or compare Reset boxes that also list breakfast and snacks.

Meal bundle or Reset box?

Meal bundles contain 7, 14 or 28 prepared lunch and dinner meals. Those numbers count meals, not complete days of food. A seven-meal bundle could cover seven dinners for one person; it does not include seven breakfasts, lunches and dinners.

Reset boxes are offered in 7- and 14-day formats. They list breakfast, 14 or 28 lunch and dinner meals respectively, and snacks. The breakfast style and snack selection differ between boxes. Reset is a structured very-low-energy food program; speak with a dietitian about suitability rather than choosing only by box size.

Compare the current boxes

Box	Listed price
Reset 7 Days - Continental Pre-Selected Box	A\$259.50
Reset 7 Days - Favourites Pre-Selected Box	A\$299.45
Reset 7 Days - Gluten Free Pre-Selected Box	A\$299.45
Reset 7 Days - Vegetarian Pre-Selected Box	A\$299.45
Reset 14 Days - Continental Pre-Selected Box	A\$509.10
Reset 14 Days - Favourites Pre-Selected Box	A\$589.10
Reset 14 Days - Gluten Free Pre-Selected Box	A\$589.10
Reset 14 Days - Vegetarian Pre-Selected Box	A\$589.10
7 Meal Bundle Favourites Pre-Selected Box	A\$97.30
7 Meal Bundle Gluten Free Pre-Selected Box	A\$97.30
7 Meal Bundle Vegetarian Pre-Selected Box	A\$97.30
14 Meal Bundle Favourites Pre-Selected Box	A\$189.00
14 Meal Bundle Gluten Free Pre-Selected Box	A\$189.00
14 Meal Bundle Vegetarian Pre-Selected Box	A\$189.00
28 Meal Bundle Favourites Pre-Selected Box	A\$362.60
28 Meal Bundle Gluten Free Pre-Selected Box	A\$362.60
28 Meal Bundle Vegetarian Pre-Selected Box	A\$362.60

Prices above are for the listed fixed boxes, not the custom meal builder. Check the individual page for its full menu and the final price at checkout. Photography is a serving suggestion; the written included selection is what you should compare.

Choose the menu style you will enjoy

Continental Reset: breakfast centres on Nut & Flaxseed Protein Granola. The 7-day box specifies one seven-serve pack and the 14-day box specifies two packs. The main meals include meat, fish and vegetable dishes. “Continental” describes the breakfast style, not a vegetarian or gluten-free designation.

Favourites: choose a mixed selection of familiar meals. The 7 Meal Favourites box includes beef and chicken dishes such as Italian Beef Meatballs, Satay Chicken and Curried Pumpkin & Chicken Soup. The Reset Favourites boxes also include varied breakfasts; open the relevant menu to compare bircher, egg dishes and muffins.

Vegetarian: the meal bundles rotate Yellow Vegetable Curry, Vegetable & Chickpea Frittata, Baked Bean & Fetta Bowl, Trio of Green Soup and Spiced Lentil Dahl. These are vegetarian selections, not vegan boxes: eggs and dairy appear in the menu.

Gluten-free-labelled selections: compare the actual included dishes and every product’s allergen statement. In particular, the 14-Day Gluten Free Reset menu lists Spinach & Feta Egg Bites, whose individual product carries a may-contain warning for wheat and gluten. Confirm the exact selection with our team before choosing that box for gluten avoidance.

Fixed selection or choose your own?

A pre-selected box gives you the listed combination. If you want to choose individual recipes, explore the healthy meal bundle builder or weight-loss program builder . Different menus and prices can apply. The 14-day fixed boxes are not always simply two copies of their 7-day equivalents.

Check packs, ingredients and substitutions

A seven-serve cereal pack or seven-pack of snacks is different from a single serving. Some 14-day menu entries do not state the granola or egg-bites pack size; confirm those details before calculating your daily portions. Nutrition also varies by recipe, so use individual product panels rather than assuming one protein or calorie figure describes every meal.

Products are subject to availability and substitutions may apply. If an ingredient or allergen matters to you, discuss replacement requirements before ordering. Check the label on every product you receive.

Questions before ordering

Does a bigger box have more recipe variety?

Not necessarily. Larger boxes can include more portions of the same dishes. For example, the vegetarian meal bundles use the same five named recipes across the different sizes. Compare quantities as well as the number of meals.

How do I plan delivery and storage?

Check your postcode and delivery dates , allow freezer space for the full order and follow each item’s storage and preparation instructions. Confirm delivery charges at checkout.

Can someone help me choose?

Yes. A free introductory dietitian consultation can help you discuss the food options. For specific box contents and ordering questions, contact our team .