

Vegetarian Meals

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

Details:

Product

Product Facts

****Product Name**:** Vegetarian Meal Delivery | Be Fit Food ****Fulfillment Type**:** online ****Category**:** Food & Beverages > Meal Delivery Services

Vegetarian meals for breakfasts, lunches and easy dinners

Build variety into your week with vegetable-and-egg dishes, bean bowls, prepared birchers, pasta, curries and soups. Be Fit Food's vegetarian choices span different meal occasions, so you can start with the meals you want covered rather than choosing everything in the same format.

Some vegetarian options contain egg and dairy; others are labelled vegan. That difference matters when you are choosing for yourself or a household with several preferences. The examples below make the main ingredients and portions easier to compare.

Compare a few vegetarian choices

Values below come from individual product nutrition panels reviewed on 19 October 2026. Protein and carbohydrate refer to the stated serving, not to 100 g or a complete multi-serve pack.

Product	Stated serving	Protein	Carbohydrate	---	---	---	---	5 Veg Eggs	275 g	22.1 g	4.7 g
Baked Bean & Fetta Bowl	342 g	16.2 g	18.8 g								
Vegetable & Chickpea Frittata	229 g	20.5 g	14.0 g								
Vegan Bolognese	293 g	18.1 g	22.0 g								

Savoury meals: choose the ingredients you enjoy

5 Veg Eggs combines egg and egg white with leek, mushroom, pumpkin, spinach and spring onion, plus fetta and tasty cheese. Baked Bean & Fetta Bowl instead centres on cannellini beans, tomato, vegetables and cheese. It is not a plain serving of beans, and bread is not listed as included.

Vegetable & Chickpea Frittata includes egg, pumpkin, chickpeas, vegetables and three cheeses. Despite chickpeas in the name, it is not vegan. For a plant-based main, compare Spiced Lentil Dahl, Yellow Vegetable Curry or Vegan Bolognese, checking each recipe's own allergens.

Cold breakfasts and smaller snacks

Mixed Berry Protein Bircher includes Greek yoghurt, ricotta and berries. Choc Coconut Protein Bircher offers a chocolate-and-coconut alternative. Both are prepared breakfasts to enjoy cold after defrosting according to their directions, rather than dry mixes requiring yoghurt to be added.

For snacks, Minty Choc Protein Balls and Sticky Date Protein Balls have different recipes and serving weights. Both include whey protein. A seven-pack is a multi-portion product; its per-serving nutrition should not be read as the amount for the whole pack.

Check vegetarian, vegan and allergy needs separately

V means vegetarian and VG means vegan in the product labels. A vegetarian item can contain milk and egg. For example, 5 Veg Eggs declares both; the birchers contain yoghurt and ricotta; and the protein balls above include whey.

Gluten-free labelling answers a different question again. It does not mean a product is free from soy, nuts, egg or milk. Review ingredients, declared allergens and any “may contain” information for your selected meals, then check the delivered labels.

Questions when planning your menu

Is a vegetable-named dish necessarily vegan?

No. Vegetable & Chickpea Frittata contains egg and cheese, and Baked Bean & Fetta Bowl contains dairy. Use the specific recipe and label to choose.

Can I choose vegetarian meals in a bundle?

Explore bundle sizes and review the available recipes in the meal-selection step. Confirm every item meets your preference before completing your order.

Can all these products be prepared the same way?

No. A cold bircher, an egg breakfast and a prepared main have different instructions. Follow the product-specific preparation and storage directions on the pack.

Choose your next meals

Explore vegan options or compare more breakfasts . Check current prices, availability, delivery coverage and delivery timing before ordering. For help choosing a menu, book a free dietitian consultation .