

Be 1000 Program

Canonical: <https://befitfood.com.au/pages/be-1000-program>

Details:

Looking for prepared meals with a little more structure around your day? Be 1000 is an earlier Be Fit Food program description focused on gradual weight management, portions and bringing our food approach into everyday life. This page explains that format and helps you compare it with the choices available in our current program builder.

The earlier Be 1000 description gives an approximate range of 1,000–1,200 calories per day . That describes the program as presented on this page; it is not a personal calorie recommendation or a measured total for every possible meal selection.

Compare current programs and their inclusions

Understand the name before ordering

Our current builder uses different program labels, including 1200 Calories — 7 Days, Full Breakfast and 1500 Calories — 7 Days, Full Breakfast . Do not choose by matching a number alone. Compare the actual food categories, quantities and selected meals, then review the price shown for your completed menu.

The current 1200-labelled option lists seven breakfasts, seven lunches, seven entrées, seven dinners and two snack packs. These are the current ordering quantities to check in the builder, rather than a promise that every day supplies exactly 1,200 calories.

The example day in the Be 1000 guide

The earlier guide shows the following structure. Use it to understand the approach, not as a packing list for a current order.

| Part of the day | Earlier example | | --- | --- | | Breakfast | Be Fit Food breakfast | | Snack | Be Fit Food snack | | Main meals | Be Fit Food entrée, lunch and dinner | | Additional food | An optional additional snack, side salads and non-starchy vegetables |

The original description also refers to a two-course lunch or dinner. If that distinction affects your choice, ask our team to explain the current entrée category and how it fits with the meals you select.

Compare the practical differences

Be 1000 was presented as an alternative to the more restrictive Be Rapid approach. Today, you can compare Metabolism Reset , the calorie-labelled programs and Protein+ options in the current guide. A dietitian can help you discuss the level of structure and food selection that fits your circumstances.

If you only want prepared lunches or dinners, explore meal bundles or individual meals instead. Those options let you choose food without assuming that a particular program covers your whole day.

Make your selection with confidence

Open each meal's ingredients, allergens and nutrition panel. Meals do not all have the same nutrition.

Check snack-pack servings separately from the number of packs in your order.

Follow each product's preparation and storage instructions. A heating method suitable for one dish may not suit another.

Use our helpful resources for supporting guides, and discuss additions with a dietitian when following a structured plan.

Questions before you choose

Is Be 1000 the same as the current 1200-labelled program?

The earlier guide and current builder use different names. Review the current inclusions and ask our team if you are trying to repeat a previous order; do not assume the products are identical.

How long should I follow a program?

Discuss duration and review points with a qualified health professional. The earlier guide's general timeframe does not establish what is appropriate for you.

Can someone help me choose?

Book a free dietitian consultation with your food preferences, activity routine and any dietary requirements ready to discuss. If you have a medical condition or take medication, involve your treating clinician before starting a restrictive eating program.