

Be 1200 Program

Canonical: <https://befitfood.com.au/pages/be-1200-program>

Details:

The earlier Be 1200 guide introduces a prepared-food approach for people exploring gradual weight management, portions and meals around an active routine. It describes approximately 1,200–1,500 calories per day . That range belongs to this program description; it does not establish your individual needs or guarantee the nutrition of every menu you might choose.

Our current ordering page uses updated labels and meal categories. If you have arrived here from an older guide or previous order, compare those current inclusions before adding a program to your cart.

Explore current programs and choose your meals

Compare the current choices

The builder lists both a 1200-labelled and a 1500-labelled seven-day Full Breakfast program. Their food quantities differ:

| Current program label | Listed seven-day inclusions | | --- | --- | | 1200 Calories — Full Breakfast | 7 breakfasts, 7 lunches, 7 entrées, 7 dinners and 2 snack packs | | 1500 Calories — Full Breakfast | 7 breakfasts, 7 brunches, 7 lunches, 7 entrées, 7 dinners and 2 snack packs |

The additional brunch category is a practical difference to consider. Check what is available in each category and the final price of your selection. The numbers in the program names should not replace checking individual nutrition panels.

The earlier Be 1200 example day

The earlier guide lists breakfast, a snack, an entrée before lunch, lunch, another entrée before dinner, and dinner. It also lists an optional additional snack and side salads or non-starchy vegetables.

That example explains the earlier format. It does not mean the current builder supplies two daily entrée categories: the current 1500-labelled option lists brunch and one entrée category. Use the current ordering inclusions when counting the food that will arrive.

Choosing around your routine

The earlier page discusses active lifestyles and training, but an activity label alone cannot tell you which food intake is right for you. If you want to compare this approach with Protein+ Reset or another program, bring your usual routine and food preferences to a dietitian consultation .

You can also choose a less comprehensive food order. Healthy meal bundles provide a selection of meals, while the individual meal menu lets you choose dishes separately. These are useful comparisons if you already have a breakfast routine and mainly want prepared lunches or dinners.

Check the details that affect your order

Food quantities: count each category in the current builder rather than using the earlier example day as a shopping list.

Dietary requirements: read the ingredients and allergen statements for every meal and snack, including any replacement items.

Pack sizes: a snack pack may contain several servings; follow the selected product's information.

Preparation: use the storage and preparation directions for the actual product. Not every item is prepared in the same way.

Questions about Be 1200

Does this page describe the current 1200-labelled builder option?

It is an earlier Be 1200 guide with a 1,200–1,500 calorie description and a different example-day structure. Compare the current program table above and ask our team if you need help matching a previous order.

Is a particular result or duration guaranteed?

No. The program name does not establish an individual weight-loss result or how long you should follow it. Discuss your goals and review points with an appropriate health professional.

Where can I find help with extras and program information?

Visit our helpful resources and dietitian services . If you take medication or have a medical condition, involve your treating clinician before starting a restrictive eating program.