Be Fit Man Program

Canonical: https://befitfood.com.au/pages/be-fit-man-program

Details:

What is the Be Fit Man Program?

Our Be Fit Man 7 Day program has been scientifically formulated by a doctor & team of accredited dietitians specifically as a weight loss program for men. The program aims to maintain muscle mass whilst decreasing body fat percentage and is ideal for active men who participate in regular training or exercise. With approx 1200 calories per day, the program provides you with extra calories and carbs which need to be counteracted to assist your body to achieve a state of mild nutritional ketosis (body burn stored fat rather than carbohydrates as fuel) for effective weight loss.

What results will I achieve?

If you're trying to lose weight, our results suggest you can expect to shed around 5kg in 2 weeks.* On average a weight loss between ½ kilo – 2 kilos a week is considered successful weight loss.

What does a day look like?

Every day while you're on the program, you get breakfast, lunch, a two-course dinner and two protein balls. Additionally, we provide you with a 'Recommended Extras Guide' that consists of a variety of nutritious (low-starch) vegetable and salad items, protein-based snacks and low-carb fruit options. Each meal has approximately the same number of calories, so feel free to mix and match as you choose, just ensure you eat everything in the day for maximum results!

RECOMMENDED EXTRAS GUIDE

Example day on the program
Be Fit Food Breakfast
Be Fit Food Snack
Be Fit Food Lunch
Be Fit Food Entree
Be Fit Food Dinner
Additional Snack (Optional)
Side Salad & Non-Starchy Vegetables to add to meals (Refer to Recommended Extras Guide)

What is the difference in other programs?

Be Fit Man vs Be Rapid, Metabolism Reset & Challenge Yourself

Be Fit Man has been designed specifically as a weight loss program for men. It aims to maintain muscle mass whilst decreasing body fat percentage, targeting abdominal fat. Men typically have a 30% higher basal metabolic rate (or "metabolism") than females, so this program is 30% higher in protein and calories, when compared to the Be Rapid, Metabolism Reset or Challenge Yourself programs. This program is ideal for active men, who participate in regular training or exercise because you are provided with extra calories and carbs which need to be counteracted to assist your body to achieve a state of ''mild nutritional ketosis'' (fat burning state) for effective weight loss. Our Be Rapid, Metabolism Reset & Challenge Yourself programs will achieve this without the exercise given that they are a VLCD

(Very Low Calorie Diet) and would be suitable for those men that are less active. Overall the program is about 1200 calories, so if you need extra chat to one of our qualified dietitians who can help personalise your program.

How do I prepare my meals?

The meals are snap fresh frozen to lock in the nutrients, so simply heat them up using a microwave, oven, air-fryer or the stove top using instructions either on the label or on our website, and you're good to go. Check out the Recommended Extras Guide online for suggested vegetables and salads to bulk up the meal.

RECOMMENDED EXTRAS GUIDE

Healthy Tips

Have a protein ball within 10 to 30 minutes after exercising

Do not skip meals or snacks, even though you might not be hungry. Skipping meals will mean you will get very hungry later in the day or straight after your next meal

Drink a minimum of 2L of water each day

Herbs & Spices won't affect your results. If you like a little extra flavour, don't reach for the salt (which will stimulate your hunger) add some fresh parsley, basil or chilli

Keep off the booze, it will stop your liver clearing body fat and encourage fat storage instead which will stop you achieving the results you're after

Before starting a new way of eating we encourage you to seek medical advice and have a medical check-up, particularly if you have a current medical condition and are taking medications. Our programs can improve health markers and you may require ongoing follow up

HOW TO ORDER

CLICK HERE TO ORDER BOOK A FREE DIETITIAN CONSULT

*Weight loss results and rates of weight loss may vary and depend on the individual. ^The information is not a substitute for independent professional medical advice, diagnosis or treatment.