

Be Maintenance Program

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

Details:

Prepared meals can make an ongoing routine easier, but it helps to know exactly how much of your week an order covers. This earlier Be Maintenance guide describes food for two selected days a week across four weeks. Our current Monthly Maintenance builder option has different inclusions: one dinner for each of 28 days, plus snack packs.

If you are returning to Be Fit Food, check the comparison below before repeating an order. The similar names do not mean the boxes contain the same food.

Earlier Be Maintenance and current Monthly Maintenance

| Format | Food described | Coverage | | --- | --- | --- | | Earlier Be Maintenance guide | 8 breakfasts, 8 lunches, 8 dinners and two seven-packs of snacks | 24 meals and 14 snacks, described for two program-food days per week over four weeks | | Current Monthly Maintenance — 4 Weeks | 28 dinners and 4 snack packs | One dinner a day across four weeks, with snacks; other meals are not included |

Neither format supplies every meal for a whole month. The current builder's selected products, quantities and final total determine your order. Review them directly rather than using the earlier guide as a current packing list.

View current Monthly Maintenance and other programs

How the earlier guide organised the food

The earlier Be Maintenance approach was linked to a 5:2-style routine. Its example program-food day listed a Be Fit Food breakfast, snack, lunch and dinner, with an optional additional snack and side salads or non-starchy vegetables.

This is a description of that earlier format, not an instruction to fast or a recommendation for a particular daily intake. The 14 snacks in that older selection also should not be read as two snacks for each of eight program-food days; the total pack count and a day-by-day eating plan are different pieces of information.

Choose the coverage you actually want

If your main challenge is deciding what to cook in the evening, the current Monthly Maintenance dinner selection is the relevant place to start. It leaves breakfast and lunch outside the order.

If you want lunches and dinners for selected days, compare the current Intermittent Fasting program and its actual quantities. If you want breakfast, lunch, dinner and snacks across consecutive days, explore Metabolism Reset with appropriate professional guidance.

You can also use meal bundles or select individual meals when you simply want prepared food without adopting a particular eating schedule.

Plan the order and storage

Check your freezer space and the preparation instructions for your selected meals. A four-week program name describes the food selection; check the available delivery dates and order settings separately rather than assuming four weekly deliveries are included.

Read each meal's ingredients, allergen information and nutrition panel. The meals have different recipes and serving sizes, so a single nutrition figure should not be applied to the full selection. Supporting program material is available in our helpful resources .

Questions before ordering

Can I still order the exact earlier Be Maintenance format?

The current Monthly Maintenance builder lists a different selection. Contact our team if you are trying to recreate an earlier order; do not assume the previous quantities are included.

Does Monthly Maintenance mean an automatic subscription?

The program name describes its four-week food selection. Review the builder's once-off and ongoing order settings separately before checkout.

Can someone help me choose between a daily dinner order and a structured program?

Book a free dietitian consultation to discuss your routine and preferences. Discuss fasting or a restrictive eating plan with your treating clinician if you have a medical condition or take medication.