

Metabolism Reset Program

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

Details:

Bring structure to your meals with real food and support to help you understand your choices. Metabolism Reset is Be Fit Food's doctor- and dietitian-designed program range, with prepared breakfasts, lunches, dinners and snacks. You may also see it referred to as Be Rapid in earlier guides and in this page's address.

The useful starting point is the food you want covered: how many days, which breakfast format and whether you want to choose your own dishes or order a pre-selected box. Review those details first, then discuss suitability if you are considering a very-low-calorie approach.

Compare current Reset programs and build your menu

What is included?

The current builder offers these Reset formats. Quantities below describe the listed food categories, not a fixed menu of pictured dishes.

| Reset format | Listed inclusions | | --- | --- | | 7 days — Continental Breakfast | 1 cereal pack with 7 serves, 7 lunches, 7 dinners and 2 snack packs | | 7 days — Full Breakfast | 7 breakfasts, 7 lunches, 7 dinners and 2 snack packs | | 14 days — Continental Breakfast | 2 cereal packs with 7 serves each, 14 lunches, 14 dinners and 4 snack packs | | 14 days — Full Breakfast | 14 breakfasts, 14 lunches, 14 dinners and 4 snack packs | | 28 days — Full Breakfast | 28 breakfasts, 28 lunches, 28 dinners and 8 snack packs |

Snack packs contain multiple portions; check the selected product's pack and serving information. Current prices depend on your choices and any extras, so review the completed menu and total in the builder.

Continental or Full Breakfast?

Continental Breakfast is the cereal-style option, with seven serves per cereal pack. Full Breakfast lets you select individual breakfast items from the available menu. Choose according to the breakfasts you enjoy and their preparation requirements, rather than assuming both formats include the same food.

The customisable program menu and a pre-selected box are also different ordering formats. Customisable programs let you select the available items in each category. A pre-selected Reset box has its own named menu and price. Review that exact product rather than treating a box photograph as a complete inclusion list.

Understanding the program approach

Reset is presented as a structured, very-low-calorie food approach. Your actual intake depends on the meals, snacks and any other food or drinks you have. Individual recipes do not all contain the same calories, protein or carbohydrates.

A program name does not guarantee ketosis, a particular number of kilograms lost or a treatment outcome. Talk through the approach, your goals and an appropriate review plan with a qualified health professional before beginning. If you have a medical condition or take medication, involve your treating clinician; food selection does not replace medication or treatment advice.

Support and practical preparation

A free dietitian consultation gives you a place to ask about program choices and food preferences. Have the format you are considering and any dietary requirements ready to discuss. Our helpful resources bring together supporting guides.

Check freezer space for your chosen order and follow each item's storage and preparation directions. Breakfasts, snacks and main meals do not necessarily need the same preparation. Read current ingredient and allergen statements, including any replacement items, before eating.

Questions about Reset

Is a seven-day program just seven meals?

No. A seven-day Reset option includes breakfast, seven lunches, seven dinners and snack packs. Continental breakfast is supplied as a multi-serve cereal pack; Full Breakfast lists seven individual breakfast selections.

What if I want more food categories or only some meals?

Compare Protein+ and the calorie-labelled options in the current program guide . For selected lunches or dinners without the full Reset structure, explore meal bundles .

How long should I continue?

The available order lengths are not a personalised recommendation for program duration. Agree a suitable timeframe and review points with your healthcare professional.

Are the pictured meals guaranteed?

Builder images are examples. Check your selected menu and the substitution terms before ordering, particularly when you have dietary requirements.