

Contact

Canonical: <https://befitfood.com.au/pages/contact>

Details:

We would love to hear from you. Contact our customer service team with a question about a product, an order or finding the right information before you buy.

How to reach us

Phone: 1300 263 257

Email: support@befitfood.com.au

Online: open the website contact form .

Customer service hours: Monday–Friday, 9am–5pm. Holiday hours can vary; see the holiday updates page for published changes. These are the listed service hours, not a guaranteed response time.

Find the information for your question

Ingredients, allergens or a particular meal: open the product from the meal menu to see its recipe and nutrition panel. Contact the team if you need clarification about that specific product.

Delivery to your address: check postcode coverage and the delivery schedule . Confirm the available options and charges when checking out.

What is included in a program: compare the program guide . For a selection of meals without the same daily structure, see meal bundles .

Nutrition support or choosing a consultation: review dietitian services and the separate free consultation offer .

Preparation or storage: follow the instructions on your delivered pack and review the help centre for further guidance.

When you get in touch

Tell us which product, program or order your question concerns so the team can understand what you need. If you are comparing two products, use their full names: similarly named meals can have different ingredients, portions and allergen declarations.

For an allergy-related product question, refer to both the ingredients and the “may contain” statement on the relevant label. A dietary category or product name does not replace the full declaration.

Follow Be Fit Food

Find our social channels on Facebook , Instagram and YouTube . For a customer service enquiry, use the phone, email or contact form listed above.