

Customise Your Own Menu

Canonical: <https://befitfood.com.au/pages/customize-your-own-menu>

Details:

Choose the meals you enjoy, in quantities that work for your week. Whether you want a few lunches ready to go or a mix of dinners and snacks, start with the food you actually want covered. Use the interactive menu to explore dishes and quantities, then review your selection before checkout.

Open the interactive menu builder

Build a menu around your preferences

The menu includes different styles of prepared food, from curries and baked dishes to soups and snack packs. For example, you can compare a Naked Burrito Bowl with a Cottage Pie with Cauliflower Mash, or look at Curried Pumpkin & Chicken Soup when you would prefer soup. These are different recipes with their own ingredients and portion sizes, so use each product's details to make your choice.

Count the meals you want covered. Think about your work lunches, evenings at home and other commitments. Buying seven meals does not automatically cover every meal for seven days.

Choose a mix you will enjoy. Balance repeated favourites with recipes you want to try. Check spice information and ingredients rather than choosing from a photo alone.

Check the unit you are adding. A prepared meal and a seven-pack of snacks are different order quantities. Read the pack and serving information before deciding how many to buy.

Review the finished selection. Check names, quantities, current prices and your total before proceeding.

Read the details that matter to you

Open a meal's product information to review its ingredients, full allergen declaration and nutrition panel. Compare nutrition using the stated serving size: a snack serving, soup and main meal are not interchangeable portions. GF means gluten free, V means vegetarian and VG means vegan, but those labels do not replace the ingredient and may-contain statements.

If you avoid a particular ingredient, check every item you choose, including snacks. For example, the menu includes both vegetarian products containing egg or dairy and meat-containing products. Ask the team if a recipe or potential replacement needs clarification.

Custom selection, bundle or pre-selected box?

Customising is useful when you know which dishes and quantities you want. A meal bundle gives you a quantity to build around, while a pre-selected box starts with a listed menu. Compare the complete contents and final prices rather than assuming different ways of ordering produce the same selection.

If you want breakfast, lunch, dinner and snack categories within a structured package, compare the current programs before choosing individual items.

Check delivery and storage

Check your delivery postcode and delivery schedule, then confirm the available date and final charges at checkout. Plan storage space for the quantities you select and follow the preparation and storage instructions on each pack.

Questions before you build

Can I compare recipes before opening the builder?

Yes. Browse the individual meal menu to read product details first, then return to your selection.

Does a snack pack count as one snack serving?

Not necessarily. Several listed snacks are seven-packs or seven-serve products. Use the specific pack's serving information to understand what you are ordering.

Can someone help me choose?

Book a free dietitian consultation for help discussing your food choices, or contact the team on 1300 263 257 or support@befitfood.com.au for ordering questions.