

GLP-1 Support Programs

Canonical: <https://befitfood.com.au/pages/glp-1-support-programs>

Details:

Keep meal planning manageable with Be Fit Food's GLP-1 Support Programs. Designed by our accredited dietitians, these programmes bring together prepared breakfasts, lunches and dinners in a menu you can choose yourself. Compare 7-, 14- and 28-day options, then check each meal's nutrition and ingredients as you build your order.

These are food programmes for people seeking nutrition support alongside GLP-1 treatment. They do not include medication or replace advice from your prescribing healthcare professional. Our dietitians can help you discuss your food choices and individual needs, while treatment decisions stay with your prescriber.

Compare GLP-1 programmes and choose your meals

What is included in each programme?

The main choices are programme length and breakfast format. Continental Breakfast programmes provide cereal packs, with seven serves in each pack. Full Breakfast programmes include individual breakfasts selected from the available menu. All five options below include lunches and dinners.

| Programme | Breakfast | Lunch and dinner | From | | --- | | --- | | --- | | 7 Days — Continental Breakfast | 1 cereal pack, providing 7 serves | 7 lunches and 7 dinners | A\$209.60 | | 7 Days — Full Breakfast | 7 individual breakfasts | 7 lunches and 7 dinners | A\$249.55 | | 14 Days — Continental Breakfast | 2 cereal packs, providing 14 serves altogether | 14 lunches and 14 dinners | A\$409.30 | | 14 Days — Full Breakfast | 14 individual breakfasts | 14 lunches and 14 dinners | A\$489.30 | | 28 Days — Full Breakfast | 28 individual breakfasts | 28 lunches and 28 dinners | A\$947.80 |

These published inclusions do not list snack packs. If you want additional food, check what you are adding and its cost rather than assuming it is included. Prices depend on your meal choices; optional extras are additional. The builder shows the price for your selection, and checkout confirms the final order total.

Continental or Full Breakfast?

Choose Continental Breakfast if a cereal-style breakfast fits your routine. Examples shown include Almond & Quinoa Protein Porridge and Nut & Flaxseed Protein Granola. A seven-serve cereal pack counts as seven breakfasts, not one breakfast.

Choose Full Breakfast if you would rather select individual breakfast dishes. Examples include French Eggs and 5 Veg Eggs. Choose your actual breakfasts in the builder: the images show menu examples, not a fixed selection that automatically arrives.

The same principle applies to lunch and dinner. Butter Chicken and Keto Chicken Pizza appear as examples, but the available menu and your choices determine your order's contents.

Choose the amount of food you want to plan ahead

A 7-day programme supplies one week of the listed breakfast, lunch and dinner portions. A 14-day option doubles that coverage. The 28-day Full Breakfast programme includes 84 individual meals: 28 breakfasts, 28 lunches and 28 dinners. Consider the quantity you want to order and your freezer space when comparing lengths.

If you only want prepared lunches or dinners, you may prefer individual meals or healthy meal bundles . That lets you choose the food you need without ordering a programme that includes breakfast.

Check nutrition for the meals you choose

Be Fit Food positions this range around high-protein, low-carbohydrate meal choices. The useful comparison is the nutrition panel for each product and its serving size. Protein, carbohydrates, energy and sodium vary by meal; vegetarian selections can differ from meat-based dishes.

Use the meal detail cards to review nutrition before completing your menu, and check the label on the products you receive. Review cereal, breakfast and any separately added snacks as well as lunch and dinner. A single nutrition figure should not be assumed to describe every meal or the full day's food.

For help discussing how these choices fit your needs, book a free dietitian consultation . You can also read GLP-1s and Be Fit Food for further programme information.

How to order

Choose your programme. Select the duration and breakfast format.

Complete your menu. Select the required number of items in each category and check ingredients, allergens and nutrition.

Choose your order type. Select a once-off order, or review the subscription choices and frequency if you want recurring deliveries.

Check delivery and payment. Review your postcode coverage , delivery schedule and shipping information . Confirm the selected food and final total at checkout.

Questions before ordering

Does a GLP-1 programme include medication?

No. The listed inclusions are food. Speak with your prescribing healthcare professional about medication and treatment decisions.

Can I choose gluten-free, vegetarian or vegan meals?

Look for dietary labels on actual options available in your programme: GF means gluten free, V means vegetarian and VG means vegan. Check each product's ingredients and allergen information. Do not assume every category offers every preference or that the whole programme meets a restriction without reviewing your selections.

Are the meals shown in the photographs guaranteed?

No. Choose your meals in the builder and review the final menu before paying. Published terms allow substitution within the same meal category if an item becomes unavailable. Discuss allergy-related substitution needs with Be Fit Food before ordering.

Can I order once without subscribing?

Yes. The builder includes a Once-Off Order option alongside Ongoing Subscription. Choose the order type you want and review any recurring arrangement before checkout.

Build your GLP-1 meal programme .