

Prepared Meal Bundles | Be Fit Food

Canonical: <https://befitfood.com.au/pages/healthy-meal-bundles>

Details:

A freezer stocked with meals you enjoy can take one thing off a busy day. Be Fit Food bundles let you choose prepared meals, breakfasts, soups, smoothies or snacks in useful quantities, without planning a full programme. Start with the meals you want covered, then select your favourites from the available menu.

Our doctor- and dietitian-designed range brings together real food and convenient portions. A bundle is useful when you want work lunches ready to go, easier dinners or breakfast options on hand. You can also browse individual meals if you prefer to build your order item by item.

Compare meal bundle sizes and prices

These quantities and displayed starting prices were checked on 19 October 2026. Prices are in Australian dollars. Your final price depends on your selections; optional extras are additional. Confirm your total in the meal builder and checkout.

| Bundle | What you select | Displayed price | A practical way to use it | | --- | --- | --- | --- | | 7 Meal Bundle | 7 meals | From A\$97.30 | Cover one meal a day for a week. | | 14 Meal Bundle | 14 meals | From A\$189.00 | Plan more lunches and dinners or stock up for longer. | | 28 Meal Bundle | 28 meals | From A\$362.60 | Build a larger freezer supply. | | High Protein 10 Meal Bundle | 10 meals from the 30g+ protein range | A\$149.50 | Choose meals from the higher-protein selection. |

Gluten Free 7, 14 and 28 Meal Bundles are also listed, with the same respective starting prices. These direct you to the gluten-free meal range. Check each selected recipe's current ingredients and allergen information if you have additional dietary requirements.

Breakfasts, soups, smoothies and snacks

You do not need to fill every meal slot to make your routine easier. The range also includes:

10 Soup Bundle: choose 10 soups. Examples include Cauliflower Leek & Bacon Soup and Malaysian Spiced Pumpkin & Chickpea Soup.

10 Smoothie Bundle: mix and match 10 smoothies. Examples include Choc Caramel 30g Protein Smoothie and Sunset Crush 30g Protein Smoothie.

7 Breakfast Bundle: choose seven breakfast options. Examples include French Eggs, Mixed Berry Protein Bircher and Low Carb Carrot Cake Muffin.

Protein Snacks | 4 Weeks: select four snack packs. Check the serving quantity on each pack when planning your snacks.

Examples show the type of choice available, rather than a fixed box or a promise that every item will be in stock.

A meal bundle or a full programme?

Choose a bundle when you want flexibility around the rest of your eating routine. Seven meals means seven meals to use when you need them. A 28 Meal Bundle contains 28 meals; it does not mean breakfasts, lunches, dinners and snacks for 28 days.

If you want a structured selection covering several meals each day, compare our weight loss programmes . Those programmes have their own inclusion lists, durations and meal categories. For help choosing between them, book a free dietitian consultation .

Choose your meals in a few simple steps

Choose the bundle and quantity that fit the meals you want covered.

Select the required number of items from the available menu. Review ingredients, allergens and nutrition in the meal details.

Review your selections and total. The builder offers a once-off order or an ongoing subscription; select the order type you intend.

Check your delivery address, available timing and shipping charge before completing checkout.

Products are subject to availability. The bundle information states that an unavailable item may be substituted with another item in the same meal category. If a substitution could affect an allergy or specific dietary need, confirm suitability with the team before ordering.

Questions before you choose

Are the meals in the photos the meals I will receive?

The photos show examples. You choose your own meals in the next step, so review your completed selection rather than relying on the images.

How do I compare nutrition?

Use the nutrition information for each recipe and serving. Meal types differ, so one calorie, carbohydrate or protein figure should not be applied to every item in a mixed bundle. The High Protein 10 Meal Bundle specifically draws from the 30g+ protein range.

What do the dietary labels mean?

GF means gluten free, V means vegetarian and VG means vegan. These labels describe individual choices. They do not mean every item in every bundle has the same dietary suitability or is free from all allergens.

How should I plan storage and delivery?

Allow freezer space for your selected quantity and follow each product's storage and preparation directions. Check delivery coverage , delivery timing and the current shipping information for your order.

Choose your bundle and build your menu .