

Helpful Resources

Canonical: <https://befitfood.com.au/pages/helpful-resources>

Details:

Find the information you need to choose your food, prepare for a program and make the most of your meals. Start with our user guide for an overview, use the ingredient resources when comparing dishes, and speak with our team when you need help applying the information to your own order.

Start with the user guide

You can download the Be Fit Food User Guide for an introduction to our food approach, meal and program options, snack and extra-food ideas, dietitian support and common questions. It also includes information about GLP-1 support, bariatric nutrition, NDIS and Support at Home, plus a menu overview. These sections help you identify questions to discuss; they do not replace your individual medical or dietary advice.

For current program inclusions and ordering choices, compare our program guide . Use the live meal menu for current recipes and availability rather than assuming every item in a downloaded booklet is still offered.

For more detail on a particular approach, read the Metabolism Reset information or intermittent fasting information , then discuss suitability and the current food selection with your dietitian.

Check ingredients and allergens

Open the 2026 allergen checklist to compare the foods listed across meals, breakfasts and snacks. Its key distinguishes ingredients that are present, may be present and are not listed as present. The checklist itself notes that recipes may change.

Check the current product page and packaging for the meal you will receive, including precautionary “may contain” statements. A vegetarian or gluten-free label does not answer every allergy question. If an ingredient or a proposed replacement needs clarification, contact our team before ordering.

Ideas for extras, snacks and breakfast

Recommended Extras Guide : vegetables, condiments and snack alternatives to discuss alongside your chosen program. This is an older standalone guide; confirm how the suggestions fit your current program rather than applying every allowance automatically.

Granola information sheet : examples pairing a 40 g granola portion with yoghurt, milk or alternatives. It includes named supermarket products and nutrition examples; check current pack labels and your granola serving instructions before using those figures.

Be Fit Food recipes : explore the recipe resource for serving ideas and ways to add variety.

Research and professional reference material

Read the preliminary type 2 diabetes study poster . This reports a small study involving ten participants, comparing a week of self-selected food with a week of a Be Fit Food meal program. It is a specific study summary, not a promise of an individual result or advice to change diabetes medication.

View the RDI and EAR nutrition reference . This older document contains example program-day calculations against nutrient reference values. Those examples are not the nutrition panel for every current meal or a personalised assessment of your needs.

Get help choosing your next step

Book a free introductory dietitian consultation to discuss your food preferences and program questions. You can also compare meal bundles if you want prepared meals without a full program structure.

Questions about these resources

Can I get a printed guide?

See the Free Printed Be Fit Food User Guide product listing. Check availability and order arrangements; a free guide does not establish free delivery for an order.

What should I use if a PDF and a product label differ?

Check the current product information and ask our team to clarify the item you are ordering. Keep the exact product name and the document you are reading handy so we can help with the right recipe.