

Be Fit Food Intermittent Fasting Program

Canonical: <https://befitfood.com.au/pages/intermittent-fasting-program>

Details:

If you are comparing prepared food for selected days rather than every meal of the week, start with the quantities. Be Fit Food's current four-week Intermittent Fasting program lists eight lunches, eight dinners and one snack pack. The 16 main meals cover lunch and dinner on eight selected days across four weeks. They do not provide every meal for a month.

This page explains the food selection and how it differs from our other programs. Whether a fasting routine is suitable for you is a separate conversation with an appropriate health professional.

View the current four-week program and choose your meals

What the current order contains

| Category | Current listed quantity | What to check | | --- | --- | --- | | Lunch | 8 meals | Choose from the available lunch menu and review each recipe. | | Dinner | 8 meals | Choose from the available dinner menu and review ingredients and nutrition. | | Snacks | 1 pack | Check the selected pack's actual serving count and size. |

Breakfast and the meals you eat on other days are outside these listed inclusions. The builder shows a starting price, but your selections and extras determine the final order total. Check the completed menu before checkout.

Earlier guide and current selection

The earlier Intermittent Fasting guide described eight program-food days over four weeks, with 16 lunch and dinner meals and a pack of eight protein balls. The current builder specifies one snack pack, rather than guaranteeing that older eight-ball format. Use the current selected product's information when planning portions.

The earlier page also showed two example-day structures: lunch and dinner with side salads or non-starchy vegetables, and another example that added a snack. Those examples explain the older guide; they do not determine your personal intake or resolve how a current snack pack should be distributed.

Compare the food coverage

Intermittent Fasting — 4 Weeks: eight lunches, eight dinners and one snack pack for selected days across a month.

Monthly Maintenance — 4 Weeks: 28 dinners and four snack packs, providing a dinner for each day across four weeks.

Metabolism Reset: breakfast, lunch, dinner and snacks across the selected consecutive-day program format.

Meal bundles or individual meals: prepared-food choices when you want to decide which meals to cover without selecting a fasting program.

Explore the program comparison guide or healthy meal bundles to see which ordering format matches the amount of food you want.

Plan with support

You do not need to decide on a fasting schedule from a product page. A dietitian consultation can help you discuss your goals, preferences and the food selection. If you have a medical condition or take medication, discuss fasting with your treating clinician before starting.

When selecting meals, read the ingredients, allergen information and nutrition panel for each item. The dishes have different recipes and serving sizes; two meals and a snack do not automatically add up to the same daily nutrition for every selection.

Check storage and preparation directions on the products, along with delivery dates and your order settings. A four-week selection does not by itself mean four separate deliveries or an ongoing subscription. Our helpful resources provide additional program material.

Questions before ordering

Does this include 28 days of meals?

No. The current selection contains 16 main meals—eight lunches and eight dinners—plus one snack pack.

Do I have to skip breakfast to buy these meals?

This page describes the program's food inclusions, not a personal instruction to fast. Breakfast is not included in the selection. If you simply want prepared meals, you can also shop the individual menu .

Is one snack pack enough for every selected day?

Check the pack you choose. Do not infer eight servings from the program duration or the earlier eight-protein-ball description.

Will a particular weekly weight loss follow?

A food order cannot guarantee an individual result. Discuss suitability and goals with your healthcare professional rather than choosing from a promised weekly figure.