

Meal Plan Matchmaker

Canonical: <https://befitfood.com.au/pages/meal-plan-matchmaker>

Details:

Finding a starting point is easier when you know what you want your food order to do. You may want lunches organised, more choice in the freezer or a structured program with several meal categories. Use this page to put those priorities into words, then compare the current options or talk them through with a dietitian.

Compare current programs

Put together your own shopping brief

Before choosing, take a moment to think about the practical details below. Use these prompts to help with your decision.

What needs to be easier? Decide whether you want help with a particular meal, several meals each day or occasional busy days.

How much choice do you want? You might prefer choosing each recipe yourself, or starting with a pre-selected menu and reviewing its contents.

Which foods do you enjoy? Note your favourite styles of meal, ingredients you avoid and whether repeated dishes appeal to you.

What must your order account for? Keep dietary requirements, allergy questions, storage space, delivery timing and your spending limit in mind.

Three ways to turn that brief into an order

| Your priority | Where to start | What to check | | --- | --- | --- | | Choose particular dishes | Individual meals | Each recipe, portion, price and quantity. | | Build a supply of lunches or dinners | Meal bundles | The meal count and whether the menu is customisable or pre-selected. | | Compare a more structured food package | Programs | The duration, included meal categories, breakfast format and snack-pack quantities. |

There is no need to choose a full program just to buy prepared meals. Equally, a bundle of lunches or dinners does not include every food category in a structured program. Comparing the contents will help you understand the difference.

Bring your questions to a dietitian

If you are unsure which approach fits your circumstances, book a free dietitian consultation . Bring your shopping brief and the names of any programs you are considering. Questions such as “How does this fit around my usual breakfast?” or “What should I check for my dietary needs?” can make the conversation more useful.

A product comparison does not establish personal medical suitability. If you have a health condition, take medication or are considering a restricted eating plan, discuss that with your treating health professional.

Questions about finding your match

Do I need to complete a questionnaire before ordering?

You can go directly to the current meal, bundle and program pages to compare their contents. The links above give you those starting points.

Can I rely on a program name to compare nutrition?

Use the nutrition information for the foods you select. Energy, protein and carbohydrate vary by recipe and serving; a program name does not describe every item.

What should I review before buying?

Check the selected foods, pack quantities, ingredients and allergens, then confirm your delivery options and final total. For an ordering question, call 1300 263 257 or email support@benefitfood.com.au .