

Pre Cooked Meals

Canonical: <https://befitfood.com.au/pages/pre-cooked-meals>

Details:

Make mealtimes simpler with prepared food that fits your day. Be Fit Food offers doctor- and dietitian-designed meals, breakfasts and snacks, with individual dishes, meal bundles and structured programs to choose from. The practical question is not only what you want to eat, but how you will store and prepare it at home or work.

Start with the meal menu , then open the product information for each dish. Preparation instructions differ across the range: some foods are heated, while others are defrosted and enjoyed cold.

Match the food to your routine

For a work lunch, check the preparation method against the appliances you can use. For breakfast, decide whether you prefer a prepared dish, something to warm up or a cereal pack to portion yourself. Check whether serving suggestions require ingredients you need to provide separately.

| Example | Preparation described on its product page | | --- | --- | | Choc Coconut Protein Bircher | Keep frozen, defrost in the fridge overnight and enjoy cold once thawed. Yoghurt and ricotta are already included. | | Mixed Berry Protein Bircher | Also prepared for overnight defrosting in the fridge and eating cold. Its recipe and allergen declaration differ from the chocolate version. | | Carrot Cake Muffin | Remove the plastic wrapping. Its microwave directions specify 90–120 seconds from frozen or 60–90 seconds from thawed. |

These are instructions for the named products, not a single preparation method for the whole range. Follow the directions on the pack you receive, including any appliance or packaging instructions.

Plan storage around the actual products

Check storage requirements and available space before placing a larger order. Foods can have different instructions after defrosting. For example, the two birchers above specify refrigeration and use within three days once defrosted, while the Carrot Cake Muffin specifies refrigeration and consumption within five days.

Those examples are not general shelf-life rules for other meals. Keep each product's label available, and ask our team if the instructions for a particular item are unclear.

Choose how much food you want covered

Individual meals: choose dishes separately when you want to cover particular lunches or dinners.

Meal bundles : compare the number of meals and the actual selection when stocking up.

Structured programs : review breakfast, lunch, dinner and snack inclusions. Different programs cover different parts of your day.

A pack count is not always a serving count. Cereal and snack products may contain multiple portions, while individual meals have their own serving sizes and nutrition panels.

Questions before ordering

Is every item ready in three minutes?

No single preparation time applies to the whole range. Check the exact product instructions and whether they refer to frozen or thawed food.

Can I eat all prepared foods cold?

Do not assume so. The birchers described here are specifically intended to be enjoyed cold after defrosting. Follow each other product's directions.

Where can I check dietary requirements?

Review the full ingredients, declared allergens and precautionary statements for every selected item. A vegetarian or gluten-free label does not describe every possible allergy.

How do I check delivery?

Check your postcode coverage and delivery dates , then review the selected quantities, delivery options and final total at checkout.