Ready Made Meals

Canonical: https://befitfood.com.au/pages/ready-made-meals

Details:

Keep prepared food on hand for work lunches, busy evenings or the days you would rather spend less time in the kitchen. Be Fit Food’s doctor- and dietitian-designed range includes main meals, soups, breakfasts and snacks. Choose particular recipes, build a meal bundle or compare a structured program, depending on how much of your food routine you want organised.

Explore the current meal menu

Start with the kind of meal you enjoy

Ready-made does not mean choosing the same style of food every day. The menu includes dishes such as Cottage Pie with Cauliflower Mash, Cauliflower Fried Rice & Chicken, curries and baked fish, alongside soups and vegetarian choices. Compare the actual recipe descriptions to find meals that appeal to you.

For a vegetable-and-bean dish, explore South American Chilli Bean & Vegetables . For another style of meat-free meal, compare Yellow Vegetable Curry or Vegan Bolognese . Each has its own ingredients, serving size and nutrition information.

Choose how much you want ready

| Your shopping approach | A useful starting point | What the quantity means | | --- | --- | --- | | Pick specific dishes | Individual meals | Review the serving and pack size of each item. | | Organise several lunches or dinners | 7, 14 or 28 Meal Bundles | The number is meals, not complete days of food. | | Start with a menu already selected | Favourites, Vegetarian or Gluten Free pre-selected boxes. | Check named dishes and repeated quantities in the included menu. | | Cover several meal categories | Structured programs | Check the specific breakfast, lunch, dinner and snack inclusions. |

A smaller selection can help you find favourite recipes before placing a larger order. If you already know what you enjoy, customise your menu and review the quantities you want.

Check portions, ingredients and pack sizes

Compare nutrition per serving as well as per 100 g when looking at different meals. A main meal, soup and snack do not necessarily have the same serving size. Snacks may come in multi-serve packs, so one pack in your order can represent more than one snack serving.

Read ingredients and the full allergen declaration before choosing. Dietary labels can help you navigate, but vegetarian does not mean vegan and gluten-free does not cover every allergy. If a replacement could affect your requirements, clarify it with the team before ordering.

From delivery to your plate

Check your address. Use the postcode information and delivery schedule , then confirm the available option and charges at checkout.

Plan storage space. Allow room for the quantity ordered and follow the storage instructions supplied with the products.

Prepare each item as directed. Follow its packaging for heating, appliance instructions and serving directions. Do not apply one meal’s heating time to every item.

Questions about ready-made meals

Do I have to join a weight loss program?

No. You can buy individual meals or bundles to fit around your existing food routine.

Will the meals in a photo be my exact order?

Use the named included menu for a pre-selected box and your completed selection for a custom order. Photos alone do not establish the contents.

Can I get help deciding what to buy?

Contact our team for ordering questions, or book a free dietitian consultation to discuss food choices and program questions.