

Vegetarian Meals

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

Details:

Whether you eat vegetarian every day or want more meat-free choices in your week, start with recipes you will enjoy. Be Fit Food offers vegetarian meals individually and in pre-selected boxes, with different quantities to suit the lunches and dinners you want covered. You can also explore a customisable bundle if you prefer to choose the mix yourself.

Browse the vegetarian meal selection

Choose your own dishes or start with a set menu

Choosing individual meals gives you control over the recipes and quantities. A pre-selected vegetarian box brings together five named dishes: Yellow Vegetable Curry, Vegetable & Chickpea Frittata, Baked Bean & Fetta Bowl, Spiced Lentil Dahl and Trio of Green Soup. It combines curry, dahl, soup and other meal styles, with repeated dishes rather than a different recipe for every meal.

| Vegetarian box | How the current selection is arranged | | --- | --- | | 7 meals | Two curries and two frittatas, plus one bean bowl, one dahl and one soup. | | 14 meals | Three each of the curry, bean bowl, dahl and soup, plus two frittatas. | | 28 meals | Six each of the curry, bean bowl and soup, plus five frittatas and five dahls. |

Choose the size for its mix as well as its meal count. If you like all five dishes and enjoy repeated favourites, a set box may simplify the decision. If you want more of one recipe or do not eat a particular ingredient, compare the customisable bundle options instead.

Vegetarian and vegan are different choices

The vegetarian boxes include egg and dairy ingredients, so they are not vegan boxes. Frittata and the fetta bowl are useful examples of why the full recipe matters. If you avoid eggs, milk or other animal-derived ingredients, browse the vegan selection and check each product's current ingredients.

V means vegetarian and VG means vegan. Neither label means a product is free from every allergen, and a vegan product may still carry precautionary may-contain statements. Review the full allergen information and ask the team about any proposed replacement that could affect your requirements.

Plan the meals you want covered

A meal bundle provides its listed number of prepared lunches or dinners. Seven meals could cover one meal each day for a week; it does not include all of your food for that week. If you want a package with breakfast, lunch, dinner and snack categories, compare the current programs and check every category for suitable vegetarian choices.

Nutrition varies between recipes and serving sizes. Use the individual meal's nutrition panel when comparing protein, carbohydrate or energy, rather than assuming the whole vegetarian selection has one nutrition profile.

Questions before you order

Does a bigger vegetarian box have more different recipes?

The three current set-box sizes use the same five named dishes in different quantities. A larger box increases the number of meals, rather than the number of recipes.

Can I order vegetarian meals alongside other meals?

You can explore individual products and customisable selections to build the mix you want. Check the current ordering options and completed selection before paying.

What should I check for delivery and storage?

Confirm your delivery postcode and available timing at checkout, allow storage space for your quantity and follow each pack's instructions. For help with food choices, book a free dietitian consultation .