

Weight Loss Programs

Canonical: <https://befitfood.com.au/pages/weight-loss-programs>

Details:

Make everyday meals easier with a programme you can build around your routine. Be Fit Food's doctor- and dietitian-designed range includes Metabolism Reset, Protein+ Reset, Maintenance and other structured meal options. Choose your programme, select your meals, then review your order before checking out.

The useful starting point is how much of your day you want covered. Some programmes include breakfast, lunch, dinner and snacks. Others supply selected meals across a longer period. Compare the actual inclusions below so you know what will arrive.

Choose your programme and build your menu

Compare Metabolism Reset programmes

Continental Breakfast options include cereal packs, with seven serves per pack. Full Breakfast options let you select individual breakfasts from the programme's available menu. The meal photos are examples, rather than a fixed box of dishes.

| Programme | Included food | From | | --- | --- | --- | | 7 Days — Continental Breakfast | 1 cereal pack with 7 serves, 7 lunches, 7 dinners and 2 snack packs | A\$259.50 | | Gluten Free, 7 Days — Continental Breakfast | 1 cereal pack with 7 serves, 7 lunches, 7 dinners and 2 snack packs | A\$259.50 | | 7 Days — Full Breakfast | 7 breakfasts, 7 lunches, 7 dinners and 2 snack packs | A\$299.45 | | Gluten Free, 7 Days — Full Breakfast | 7 breakfasts, 7 lunches, 7 dinners and 2 snack packs | A\$299.45 | | 14 Days — Continental Breakfast | 2 cereal packs with 7 serves each, 14 lunches, 14 dinners and 4 snack packs | A\$509.10 | | 14 Days — Full Breakfast | 14 breakfasts, 14 lunches, 14 dinners and 4 snack packs | A\$589.10 | | 28 Days — Full Breakfast | 28 breakfasts, 28 lunches, 28 dinners and 8 snack packs | A\$1,147.00 |

Starting prices depend on the meals you select. Optional extras cost more, and any advertised savings compare the selected items with their individual prices. Review your completed menu and final total in the builder and checkout.

Protein+ and other programme choices

Protein+ Reset adds pre-workout and post-workout selections to the breakfast, lunch, dinner and snack structure. The range lists 7 days from A\$349.35, 14 days from A\$688.90 and 28 days from A\$1,347.00. Open the chosen programme to check its full inclusions. Your selected meals determine the nutrition of your order; a programme name alone does not establish your personal protein needs.

| Programme | Included food | From | | --- | --- | --- | | 1200 Calories — 7 Days, Full Breakfast | 7 breakfasts, 7 lunches, 7 entrées, 7 dinners and 2 snack packs | A\$389.40 | | 1500 Calories — 7 Days, Full Breakfast | 7 breakfasts, 7 brunches, 7 lunches, 7 entrées, 7 dinners and 2 snack packs | A\$479.35 | | Monthly Maintenance — 4 Weeks | 28 dinners and 4 snack packs | A\$451.20 | | Intermittent Fasting — 4 Weeks | 8 lunches, 8 dinners and 1 snack pack | A\$239.35 |

The calorie-labelled options above are programme names; check your actual selections rather than treating the name as an exact daily nutrition total. Monthly Maintenance supplies one dinner a day across four weeks, with snacks. The Intermittent Fasting programme supplies lunches and dinners for two days a week across four weeks. Neither supplies every meal for 28 days.

Choose the level of structure that fits your routine

Prefer a cereal-style breakfast? Compare Continental Breakfast programmes and their available cereal choices.

Want individual breakfasts? Explore Full Breakfast options.

Only need help with some meals? Compare healthy meal bundles or individual meals .

Looking for food support alongside GLP-1 treatment? Visit GLP-1 Support Programs .

Prefer a pre-selected box? Compare the contents of our set weight loss programmes .

You do not have to work it all out alone. Book a free dietitian consultation to talk through food choices and programme suitability. Discuss your needs with your doctor before starting, particularly if you take medication or have an existing health condition.

Build and check your order

Choose your programme and breakfast format.

Complete each meal category in the builder. Open meal details to compare ingredients, allergens and nutrition.

Select a once-off order or review the available ongoing subscription options.

Check your delivery postcode , delivery schedule and shipping information , then confirm the total at checkout.

Questions before you choose

Can I choose the meals myself?

Yes. These build-your-own programmes let you choose from available options in each included category. Menu images show examples, not guaranteed selections.

What do GF, V and VG mean?

GF means gluten free, V means vegetarian and VG means vegan. Check ingredients and allergen information for each selected product, including snacks. A dietary label on one meal does not describe your whole order.

What happens if a selected item is unavailable?

The published programme terms allow substitution with another item in the same meal category. If you have a food allergy or a restriction that affects substitutions, discuss your order with Be Fit Food before purchasing.

Will the programme guarantee a particular weight loss?

No individual result can be guaranteed. Choose based on the food inclusions, your needs and appropriate professional guidance, rather than a promised number of kilograms.

Compare programmes and choose your meals .