# What Program Is Best For Me

Canonical: https://befitfood.com.au/pages/what-program-is-best-for-me

## Details:

Start by comparing what is actually included. Be Fit Food offers individual meals, meal bundles and structured programs, with different amounts of your day covered by each. Understanding those differences helps you make a practical shortlist before discussing which approach suits your own needs.

## Start with the level of structure

Individual meals: choose particular recipes and quantities from the current menu .

Meal bundles: choose a supply of prepared meals, such as seven, 14 or 28 meals, to fit around the rest of your food routine. Compare the bundle options .

Structured programs: compare packages with defined meal categories and durations in the current program guide .

## Understand the current program formats

| Option | What distinguishes it | Useful question to ask | | --- | --- | --- | | Metabolism Reset — Continental Breakfast | The seven-day option lists one cereal pack with seven serves, seven lunches, seven dinners and two snack packs. | Would a cereal-style breakfast fit my routine? | | Metabolism Reset — Full Breakfast | The seven-day option lists seven individual breakfasts, seven lunches, seven dinners and two snack packs. | Would I prefer selecting individual breakfasts? | | Protein+ Reset | Adds pre-workout and post-workout selections to the breakfast, lunch, dinner and snack structure. | What are the exact extra selections, and do they fit my needs? | | Monthly Maintenance — 4 Weeks | The current ordering guide lists 28 dinners and four snack packs. | Am I looking mainly for help with dinner? | | Intermittent Fasting — 4 Weeks | The current ordering guide lists eight lunches, eight dinners and one snack pack. | Have I discussed whether this eating approach is appropriate for me? |

These are current ordering formats, not a personal recommendation. Program names and older information pages may use different descriptions, so review the actual package and food quantities you intend to buy.

## Look beyond the number of days

A four-week package does not necessarily supply breakfast, lunch and dinner every day. Monthly Maintenance lists dinners and snack packs; the Intermittent Fasting option supplies a smaller number of lunches and dinners across that period. Likewise, a 28 Meal Bundle means 28 meals, rather than a complete 28-day program.

Snack packs also contain their own serving quantities. Check the individual pack information rather than counting each pack as one snack.

## Check the meals within your choice

Review the available recipes, ingredients and full allergen information, including snacks. Gluten-free, vegetarian and vegan labels relate to particular foods or selections; they do not establish suitability for every other dietary requirement. Use each product’s nutrition panel and serving size when comparing energy, protein or carbohydrate.

Before ordering, check the final selections, price and any extras, then review delivery options at checkout. Current program pages provide the ordering details rather than the examples alone.

## Get help choosing your starting point

Book a free dietitian consultation to discuss your preferences and questions about program suitability. If you have a health condition or take medication, involve your treating health professional before starting a restricted eating plan.

Compare the full current program guide .

## Questions about comparing programs

### Does the highest-priced package automatically suit me best?

No. Compare the foods, quantities and support you need. More included categories do not by themselves establish a better fit for your circumstances.

### Can I buy meals without starting a program?

Yes. Individual meals and meal bundles offer ways to arrange prepared food around your existing routine.

### Where should I check the exact program price?

Use the current program page and review your completed selection. Food choices and optional extras can change the final total.