

Which Program is Best for Me?

Canonical: <https://befitfood.com.au/pages/which-plan-is-best-for-me>

Details:

A useful food plan starts with your real week. Think about the days you cook, the meals that are hardest to organise and the amount of choice you want. Be Fit Food lets you explore prepared meals for part of your routine or compare a structured program with several food categories included.

Plan the meals you want help with

Write down the lunches and dinners you want covered before choosing a box size. Seven prepared meals could cover one meal a day for a week, or be used across fewer days when you want both lunch and dinner organised. The meal count tells you how much food you are buying; it does not mean all of your food for that many days.

For flexible quantities, compare the seven-, 14- and 28-meal bundles . If you only want particular recipes, start with the individual meal menu .

Decide who chooses the menu

| How you prefer to shop | What to look at | Before you choose | | --- | --- | --- | | I want to pick my own dishes. | Customise your own menu or explore customisable bundles. | Check recipes, quantities and the finished total. | | I would rather start with a chosen mix. | Pre-selected Favourites, Gluten Free or Vegetarian meal boxes. | Read the complete included-menu list and repeated quantities. | | I want several food categories organised. | Current structured programs . | Check breakfast format, lunches, dinners, snack packs and duration. |

Pre-selected does not mean every meal is different. For example, the seven-meal Vegetarian box lists five recipes, with Yellow Vegetable Curry and Vegetable & Chickpea Frittata each appearing twice. That can work well when you enjoy repeated favourites; choosing your own menu gives you a different way to control the mix.

Match the practical details to your week

Food preferences: look for recipes you will enjoy eating again, and check spice and ingredient information.

Dietary requirements: review each meal and snack. Vegetarian selections can include egg and dairy; gluten-free does not answer every allergy question.

Storage: allow space for your selected quantity and follow the individual pack's storage instructions.

Delivery: check your postcode and delivery schedule before finalising the order.

Cost: compare the final contents and total. A larger meal count or a program with extra categories is a different purchase from a smaller meal bundle.

Need more structure or personal guidance?

The program guide explains current inclusions, including Continental and Full Breakfast options. Use it to make a shortlist, then book a free dietitian consultation if you want help discussing your own starting point.

If you have a health condition, take medication or are unsure about a restricted eating approach, discuss suitability with your treating health professional.

Questions before you order

Should I use an older menu picture to choose my meals?

Use the current product pages and ordering menu. They let you check the actual recipes and information for the items you want to buy.

Is a meal bundle the same as a Reset program?

No. A bundle provides its stated number of meals. A Reset program has its own breakfast, lunch, dinner and snack inclusions, so compare the actual contents.

What if I only need help with dinner?

You can explore individual meals or bundles for those dinners. You do not need to choose a full daily program simply to have prepared meals ready.