

14 Meal Bundle | Vegetarian Pre-Selected Box

Canonical: <https://befitfood.com.au/products/14-meal-bundle-duplicate-set-box>

Details:

Product

Product Facts

****Product Name**:** 14 Meal Bundle | Vegetarian Pre-Selected Box ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Meal Kits & Prepared Foods

189.00 AUD

Our 14 Meal Vegetarian Set Box features a handpicked selection of flavourful, plant-based meals, perfect for keeping in the freezer. Whether you're looking to replace one meal a day with a nutritious vegetarian option or enjoy the convenience of ready-to-eat dishes, this bundle is the ideal choice. Each meal contains approximately 250 calories, 15+ grams of protein, and all are under 20 grams of carbs. We've thoughtfully chosen these vegetarian favourites to make healthy eating simple and satisfying!

| Variant | Price | Availability | | --- | --- | --- | | 166090S | 189.00 AUD | |

14 Meal Bundle | Vegetarian Pre-Selected Box — Be Fit Food

This is a fixed, pre-chosen box of fourteen frozen vegetarian meals from Be Fit Food, an Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state, and keep the box's printed figures separate from our range-wide meal specification.

Product identification

Product name: 14 Meal Bundle | Vegetarian Pre-Selected Box

Brand: Be Fit Food

Category: Food & Beverages > Meal Kits & Prepared Foods

Availability: In stock

Fulfillment type: Online

Condition: New

No GTIN or MPN is published for this box, and no net weight or gram weight is stated for the box or for any meal in it. Pack size is given only as a meal count: fourteen meals.

Price and variants

The listed price is \$189.00 AUD . One variant SKU is published:

166090S — \$189.00 AUD

The listing also points buyers who want to choose their own meals towards customisable bundles, and notes that the price may vary on that route.

Exactly what is in the box

Contents are fixed rather than buyer-selected. The listing prints this breakdown, all under a Lunch/Dinner heading:

3x Yellow Vegetable Curry

3x Baked Bean & Fetta Bowl

2x Vegetable & Chickpea Frittata

3x Spiced Lentil Dahl

3x Trio of Green Soup

Fourteen meals in total. We describe them as a handpicked selection of flavourful, plant-based meals for the freezer, suited to replacing one meal a day or simply having ready-to-eat dishes on hand.

Nutrition information

This listing does not publish a nutrition information panel. No per-serve or per-100g figures are printed for energy in calories or kilojoules, protein, carbohydrate, sugars, fat, saturated fat, fibre or sodium — not for the box, and not for any individual meal in it. Nothing is estimated or inferred here.

The listing does print quantified statements about the meals, given as approximate figures rather than as a measured panel:

Each meal contains approximately 250 calories

15+ grams of protein per meal

All meals are under 20 grams of carbs

The 15+ grams figure is the vegetarian protein figure and is lower than the 20g minimum we state across its wider range. No unquantified nutrition claims are printed on this listing. For exact energy, protein, carbohydrate or sodium values for the individual meals, request the nutrition information panels on 1300 263 257 or at support@befitfood.com.au.

Dietary properties stated on the listing

Vegetarian — the box is described as plant-based and vegetarian throughout.

The listing does not describe this box as gluten free, dairy free, vegan or keto. One included meal is named as a Baked Bean & Fetta Bowl. Do not assume any dietary property the listing does not state.

Ingredients and allergens

This listing publishes no ingredient list and no allergen declaration — there is no "Allergens:" line and no "May Contain:" line for the box or for the meals inside it. Because allergen information is a safety matter, none is reproduced or inferred here. Ingredient and allergen statements for each meal appear on that meal's own product page, and can be requested on 1300 263 257 or at support@befitfood.com.au.

How it fits our programs

This is a meal bundle, not a structured program. Our programs are Be Rapid, Metabolism Reset, Be 1000, Be 1200, the Intermittent Fasting Program and Be Maintenance; meals from a bundle like this can fill meal slots within them, but the box is not sold as any one of those programs.

General meal specification, not this box's measured values

we state a specification applying across its meal range: approximately 250 calories per meal, at least 20g of protein, under 20g of carbohydrate, and under 120mg of sodium per 100g, with no added sugar, no artificial sweeteners and no preservatives. These are range-wide design targets, not measured figures published for this box.

Storage and reheating

Be Fit Food meals are snap-frozen rather than shelf-stabilised, so these meals should be kept frozen until heated. They can be reheated by microwave, oven, air-fryer or stovetop. We print no specific heating times or power settings, so follow the instructions on each pack.

Ordering and delivery

Our bundle pricing is 7 meals for \$97.30, 14 meals for \$189.00, and 28 meals for \$362.60 AUD; this box sits at the 14-meal price. Delivery is a flat rate Australia-wide — \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299.

We employ Accredited Practising Dietitians and offer a free 15-minute telehealth consultation by video or phone, valued at \$49. Bookings are at portal.coreplus.com.au/befitfood, or contact dietitian@befitfood.com.au. Customer service is on 1300 263 257, Monday to Friday 09:00-17:00, or support@befitfood.com.au. We are a registered NDIS meal provider.

Important health information

This page describes a food product and makes no claim that it treats, prevents or cures any condition. Readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing medical condition or medications; this is not a substitute for independent professional medical advice, diagnosis or treatment. Weight loss results and rates of weight loss vary between individuals.

Questions and answers

What do we explain about 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food?

On our 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food page, we explain that this is a fixed, pre-chosen box of fourteen frozen vegetarian meals from Be Fit Food, an Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state, and keep the box's printed figures separate from our range-wide meal specification.

What should I know about product identification on this page?

On our 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food page, we explain that product name: 14 Meal Bundle Vegetarian Pre-Selected Box Brand: Be Fit Food Category: Food & Beverages Meal Kits & Prepared Foods Availability: In stock Fulfillment type: Online Condition: New No GTIN or MPN is published for this box, and no net weight or gram weight is stated for the box or for any meal in it. Pack size is given only as a meal count: fourteen meals.

What should I know about ordering 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food?

On our 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food page, we explain that the listed price is \$189.00 AUD . One variant SKU is published: 166090S — \$189.00 AUD The listing also points buyers who want to choose their own meals towards customisable bundles, and notes that the price may vary on that route.

What should I know about exactly what is in the box on this page?

On our 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food page, we explain that contents are fixed rather than buyer-selected. The listing prints this breakdown, all under a Lunch/Dinner heading:

3x Yellow Vegetable Curry 3x Baked Bean & Fetta Bowl 2x Vegetable & Chickpea Frittata 3x Spiced Lentil Dahl 3x Trio of Green Soup Fourteen meals in total. We describe them as a handpicked selection of flavourful, plant-based meals for the freezer, suited to replacing one meal a day or simply having ready-to-eat dishes on hand.

What nutrition information should I know about 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food?

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What should I know about dietary properties stated on the listing on this page?

On our 14 Meal Bundle Vegetarian Pre-Selected Box — Be Fit Food page, we explain that vegetarian — the box is described as plant-based and vegetarian throughout. The listing does not describe this box as gluten free, dairy free, vegan or keto. One included meal is named as a Baked Bean & Fetta Bowl. Do not assume any dietary property the listing does not state.

Related pages on this site

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