

14 Meal Bundle | Gluten Pre-Selected Box | Be Fit Food

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

Details:

Product

Product Facts

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

189.00 AUD

Our 14 Meal Gluten-Free Set Box features a handpicked selection of tasty, gluten-free meals, perfect for keeping in the freezer. Whether you're looking to replace one meal a day with a healthy option or simply enjoy convenient, nutritious dishes, this bundle has you covered. Each meal contains approximately 250 calories, 20-30 grams of protein (15+ grams for vegetarian meals), and all are under 20 grams of carbs. We've thoughtfully chosen these gluten-free favourites to make healthy eating easy and enjoyable!

| Variant | Price | Availability | | --- | --- | --- | | 160390S | 189.00 AUD | |

14 Meal Bundle | Gluten Free Pre-Selected Box

This 14-meal pre-selected box brings together the gluten-free selection described on the product page, with a mix of curries, meatballs, lasagne, fish and vegetable dishes. The current menu includes two Gluten Free Lasagnes, two Italian Beef Meatballs and two Beef Madras Curries, alongside eight other meals. It gives you prepared options for lunches and dinners without building a selection from scratch. Review the individual recipes as well as the box description when choosing for any additional dietary requirements.

Listed box price: A\$189.00 as checked on 19 October 2026. Confirm current availability and the final order total before paying.

[View this box and order](#)

Choose the box that fits your routine

The larger count also changes the mix. This selection includes Chilli & Ginger Baked Fish, Yellow Vegetable Curry and Baked Bean & Fetta Bowl, while the seven-meal box has its own listed combination. Choose based on the actual dishes rather than expecting two identical smaller boxes. Gluten-free does not mean dairy-free, vegetarian or free from every allergen; check the recipe labels and any proposed replacement before ordering for specific needs.

What is listed in this box?

The menu below was listed on this product page on 19 October 2026. Quantities describe the named items or packs; a multi-serve pack is not one individual serving. Check the current menu when ordering.

Lunch/Dinner

| Quantity | Listed item | | --- | --- | | 1 | Indian Chicken Curry | | 1 | Yellow Vegetable Curry | | 2 | Italian Beef Meatballs | | 2 | Gluten Free Lasagne | | 1 | Protein + Bolognese | | 1 | Baked Bean & Fetta Bowl | | 1 | Chilli & Ginger Baked Fish | | 1 | Cauliflower Fried Rice & Chicken | | 2 | Beef Madras Curry | | 1 | Spicy Mexican Pulled Beef | | 1 | Satay Chicken |

Dietary needs and your current selection

This box is offered as a gluten-free selection. That does not establish suitability for other allergies. Check the ingredient and “may contain” statements for every included item, particularly if you need to manage coeliac disease or an allergy.

Nutrition varies by recipe. Use the individual product’s per-serving panel for energy, protein, carbohydrate and other nutrients rather than assuming one value applies to every meal in the box. Product photos are illustrative; use the named menu to compare the selection.

If an included item or dietary requirement is essential to your order, contact our team to confirm the current selection before paying.

Ordering, storage and getting started

Check delivery availability for your postcode and the delivery charge at checkout. Plan freezer space for the meal quantity you choose, and follow the storage and preparation instructions on each item’s label. Breakfasts, snacks and multi-serve packs can have different instructions from prepared lunch and dinner meals.

Questions before you order

Which lasagne is included?

The current menu specifically lists two Gluten Free Lasagnes. This is a different product name from Wholemeal Lasagne, so check that distinction when reviewing the order.

Does the gluten-free description cover my other allergies?

No. The box includes different recipes with different ingredients. Review the allergen and may-contain statements for each meal, and contact the team if an ingredient or replacement needs clarification.

Can I choose a different mix of 14 meals?

Explore the customisable bundles if you want control over the recipes. This page is for the pre-selected menu shown above; custom pricing may vary.

Compare your next step

Explore other bundle sizes and build-your-own options , or choose recipes from our individual meal menu . For a structured breakfast, lunch, dinner and snack approach, compare our food programs . Contact our team for help with a specific selection.