

28 Meal Bundle | Favourites Pre-Selected Box | Be Fit Food

Canonical: <https://befitfood.com.au/products/28-meal-bundle-favourites-set-box>

Details:

Product

Product Facts

****Product Name**:** 28 Meal Bundle | Favourites Pre-Selected Box ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Meal Delivery & Prepared Foods

362.60 AUD

Our 28 Meal Favourites Set Box is a pre-selected collection of our most-loved meals, designed to provide you with healthy, ready-to-eat options to keep in the freezer. It's perfect for when you want to replace one meal a day with a low-calorie, high-protein choice. 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 carefully chosen these favourites to make healthy eating simple and satisfying!

| Variant | Price | Availability | | --- | --- | --- | | 160490S | 362.60 AUD | |

28 Meal Bundle | Favourites Pre-Selected Box

Fill your freezer with a broader rotation of lunches and dinners in the 28 Meal Favourites Pre-Selected Box. The current menu spans 14 recipes, from Italian Beef Meatballs and Protein+ Bolognese to curries, baked fish, Mexican Stovetop Penne and two kinds of soup. Most dishes appear more than once, so you can revisit meals you enjoy while changing what you eat from day to day. This is a box of prepared meals to fit around your routine, rather than a complete 28-day food program.

Listed box price: A\$362.60 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

This selection includes three each of the meatballs, Indian Chicken Curry and Protein+ Bolognese, with a wider mix around them. Yellow Vegetable Curry and Baked Bean & Feta Bowl add vegetarian choices, but the overall box contains meat and fish. Compare the listed recipes with the 14-meal box before ordering: the larger selection adds dishes and changes quantities rather than simply doubling everything. Allow freezer space for all 28 meals.

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 | | --- | --- | | 3 | Italian Beef Meatballs | | 2 | Satay Chicken | | 3 | Indian Chicken Curry | | 1 | Yellow Vegetable Curry | | 3 | Protein+ Bolognese | | 1 | Baked Bean & Feta Bowl | | 2 | Chilli

& Ginger Baked Fish || 2 | Cauliflower Fried Rice & Chicken || 2 | Beef Madras Curry || 2 | Spicy Mexican Pulled Beef || 2 | Mexican Stovetop Penne || 2 | Thai Green Chicken Curry || 1 | Curried Pumpkin & Chicken Soup || 2 | Chunky Chicken, Ham & Sweet Corn Soup |

Dietary needs and your current selection

This is a mixed selection rather than an allergen-free box. Review each included meal's ingredients and allergen statement before choosing it for a specific dietary need.

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

Are there 28 different meals?

There are 28 meals across 14 named recipes in the current list. Several are repeated; the included-menu table gives the exact quantities.

Is this the same as buying two 14-meal Favourites boxes?

No. The selections differ. For example, this box includes Mexican Stovetop Penne, Yellow Vegetable Curry and Curried Pumpkin & Chicken Soup, with its own quantities across the other dishes.

What if I want a larger quantity of just a few recipes?

Look at the customisable bundle options . They let you explore your own meal selection instead of this fixed mix; the final price may differ.

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.