

7 Meal Bundle | Gluten Free Pre-Selected Box | Be Fit Food

Canonical: <https://befitfood.com.au/products/7-meal-bundle-gluten-free-set-box>

Details:

Product

Product Facts

****Product Name**:** 7 Meal Bundle | Gluten Free 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

97.30 AUD

Our 7 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, 20-30g 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 | | --- | --- | --- | | 190140S | 97.30 AUD | |

7 Meal Bundle | Gluten Free Pre-Selected Box

Start with seven different meals from this pre-selected gluten-free menu. The current box pairs familiar dishes such as Italian Beef Meatballs and Gluten Free Lasagne with Indian Chicken Curry, Mexican Stovetop Penne, Cauliflower Fried Rice & Chicken, Beef Madras and Chunky Chicken, Ham & Sweet Corn Soup. There is one of each, so you can explore the mix without repeated recipes in the same box. It provides prepared lunch or dinner options to fit alongside the rest of your food routine.

Listed box price: A\$97.30 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

Choose this size if you want to try the listed gluten-free dishes before filling more freezer space. It has a different mix from the seven-meal Favourites box, including Gluten Free Lasagne and Mexican Stovetop Penne. It is still a meat-containing selection, and the soup includes ham. If you need to avoid additional ingredients, check each recipe's allergen information and consider choosing your own meals through the customisable bundle options.

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 | Italian Beef Meatballs | | 1 | Indian Chicken Curry | | 1 | Mexican Stovetop Penne | | 1 | Cauliflower Fried Rice & Chicken | | 1 | Beef Madras | | 1 | Gluten Free Lasagne | | 1 | Chunky Chicken, Ham & Sweet Corn Soup |

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

Does this box include lasagne and penne?

The current menu lists Mexican Stovetop Penne and Gluten Free Lasagne. Check the specific product recipes and labels rather than assuming every pasta dish on the wider menu is interchangeable.

Is this a vegetarian box?

No. It includes chicken, beef and a chicken-and-ham soup. Compare the vegetarian box if you want a meat-free selection, while still checking its individual ingredients.

Can I change the seven meals?

This page is for a pre-selected box. Visit the bundle guide to explore choosing your own meals; 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.