

7 Meal Bundle | Vegetarian Pre-Selected Box

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

Details:

Product

Product Facts

****Product Name**:** 7 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 Delivery & Prepared Foods

97.30 AUD

Our 7 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 | | --- | --- | --- | | 190340S | 97.30 AUD | |

7 Meal Bundle | Vegetarian Pre-Selected Box

The 7 Meal Bundle | Vegetarian Pre-Selected Box is a seven-meal, plant-based set box from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians and based in Victoria. We list it at \$97.30 AUD (tax included) under the single variant code 190340S, shown as In Stock. The site categorises it as Food and Beverages, Meal Delivery and Prepared Foods.

What is in the box

This is a pre-selected box: Be Fit Food chooses the meals rather than the customer. We describe it as a handpicked selection of flavourful, plant-based meals intended to be kept in the freezer, suited either to replacing one meal a day with a vegetarian option or to having ready-to-eat dishes on hand. The seven lunch and dinner meals listed are:

2x Yellow Vegetable Curry

2x Vegetable and Chickpea Frittata

1x Baked Bean and Fetta Bowl

1x Trio of Green Soup

1x Spiced Lentil Dahl

All seven are lunch or dinner meals; no breakfasts or snacks are included. Customers who want to pick their own meals are pointed on this page towards the customisable bundles, where we note the price may vary.

Nutrition figures stated on this page

We carry no nutrition information panel . It gives no energy, fat, saturated fat, sugar, sodium or fibre values, either per serve or per 100g, for any meal in the box. The only nutrition statement is a claim-level description applied to the meals collectively:

Approximately 250 calories per meal

15+ grams of protein per meal

Under 20 grams of carbohydrates per meal

These are approximate per-meal figures, not per-100g values, and they describe the range collectively rather than reporting measured values for the five named dishes. The 15+ grams of protein figure is the vegetarian threshold and is lower than the 20+ grams Be Fit Food quotes for its meals containing meat. For the composition of any single dish, the individual meal page or the physical pack label would need to be consulted.

Ingredients and allergens

This bundle page lists no ingredients and no allergen declarations for any of the meals it contains. That is a meaningful gap on a vegetarian product, because vegetarian does not mean free of common allergens. Two of the meals named here have dairy or egg in their titles alone (the Vegetable and Chickpea Frittata, and the Baked Bean and Fetta Bowl), and the Yellow Vegetable Curry sold individually by Be Fit Food declares peanuts and soybeans. None of that is stated on this page. Anyone with an allergy, or anyone eating vegan rather than vegetarian, should check each meal own product page and the pack label; this listing is not sufficient on its own.

How this fits our programs

A seven-meal bundle is a meal supply, not a structured program. It suits people replacing one meal a day, keeping vegetarian options in the freezer, or continuing habits after finishing a program. It is distinct from the structured our programs, which are Be Rapid, Metabolism Reset, Be 1000, Be 1200, the Intermittent Fasting Program and Be Maintenance, each of which sets a daily calorie target and a schedule.

Company-wide meal specification

We publish a general specification across our meal range. This is the company-wide specification, not measured values for the meals in this box : approximately 250 calories, at least 20g protein, under 20g carbohydrates and under 120mg sodium per 100g, with no added sugar, no artificial sweeteners and no preservatives. The protein element of that specification is stated differently for vegetarian meals, which we give as 15+ grams. The sodium element is expressed per 100g, while individual meal pages generally state sodium per serve, so the two figures are not directly comparable.

Storage and reheating

Be Fit Food meals are snap-frozen rather than shelf-stabilised, so this box belongs in the freezer on arrival, as the page itself indicates. Meals can be reheated by microwave, oven, air-fryer or stovetop.

Ordering and delivery

At \$97.30 this box matches the standard Be Fit Food 7 meal bundle price. The bundle tiers are \$97.30 for 7 meals, \$189.00 for 14 meals and \$362.60 for 28 meals. Delivery is a flat rate Australia-wide: \$11.95 on orders of \$299 or more, and \$19.95 on orders under \$299. We deliver Australia-wide and are a registered NDIS meal provider.

We employ Accredited Practising Dietitians and offer a free 15-minute telehealth consultation, valued at \$49. Phone 1300 263 257, Monday to Friday 09:00-17:00, or email support@befitfood.com.au.

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 7 Meal Bundle Vegetarian Pre-Selected Box?

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

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