

Lemon & Coconut Protein Balls - 7 Pack (GF) (V)

Canonical: <https://befitfood.com.au/products/lemon-coconut-protein-balls-7-pack-v-gf>

Details:

Product

Product Facts

****Product Name****: Lemon & Coconut Protein Balls - 7 Pack (GF) (V) ****Availability****: Out Of Stock
****Fulfillment Type****: online ****Brand****: Be Fit Food ****Condition****: <https://Schema.Org/Newcondition>
****Category****: Food & Beverages > Health & Nutrition Snacks ****GTIN****: 0806809023048 ****MPN****: 0806809023048

Made with real lemon zest, this classic combo of lemon and coconut really zings. Best enjoyed chilled or frozen, however make sure you're careful of your teeth. Source of protein Low in sodium Contains no added sugar or artificial sweetener Contains no artificial colours and flavours Contains Prebiotics for supporting Good Gut Health and Probiotics (Postbiotic type L. Plantarum) for Digestive and Immune Health Benefits Serving & Storage Instructions Nutrition Ingredients: Almond Meal , Be Fit Prebiotic & Postbiotic Protein Powder (27%) (Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (Lactobacillus Plantarum), Guar Gum, Soy Lecithin), Dried Apple (Apple, Preservative (220)), Lemon Juice (22%), Coconut (1%), Lemon Essence (0.2%). Allergens: Contains MILK, SOY, ALMONDS. May contain SESAME SEEDS, PEANUTS, TREE NUTS.

Variant	Price	Availability	---	---	---	180013	24.95 AUD	180013-S1	24.95 AUD					
180013-S2	24.90 AUD	180013-S3	24.85 AUD	180013-S4	24.75 AUD	180013-S5	24.65 AUD	180013-S6	22.45 AUD	180013-S7	24.60 AUD	180013-P1	24.95 AUD	
180013-P2	19.75 AUD	180013-P3	19.95 AUD	180013-S8	19.99 AUD	180013-S9	21.80 AUD							

Lemon and Coconut Protein Balls - 7 Pack (GF) (V)

Lemon and Coconut Protein Balls are a seven-pack of vegetarian, gluten-free protein snacks from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians and based in Victoria. We list the pack at \$24.95 AUD (tax included), shown as In Stock, with GTIN and MPN 0806809023048. The site categorises it as Food and Beverages, Healthy Snacks and Protein Foods.

What this product is

The pack contains seven protein balls . We describe them as made with real lemon zest, a classic lemon and coconut combination, and notes they are best enjoyed chilled or frozen with a warning to be careful of your teeth when eating them cold. Lemon juice makes up 22 per cent of the product; coconut, despite being in the name, is only 1 per cent, with lemon essence at 0.2 per cent.

Thirteen variant codes appear under the base code 180013, ranging from \$19.75 to \$24.95 , the lower prices applying within a larger order or program.

Nutrition figures stated on this page

This page does not carry a nutrition information panel. A Nutrition heading appears but no panel content is served beneath it. There is therefore no energy, protein, fat, carbohydrate, sugar, sodium or

fibre figure anywhere on this page , in either per-serve or per-100g form, and no serve size.

The page makes only these claim-level statements:

Source of protein (no gram figure given)

Low in sodium (no milligram figure given)

Contains no added sugar or artificial sweetener

Contains no artificial colours and flavours

The page also states the product contains prebiotics for supporting good gut health, and probiotics (postbiotic type L. Plantarum) for digestive and immune health benefits

That final item is reproduced here as a claim the page makes rather than as a measured value; no quantity of prebiotic or postbiotic is stated. The no added sugar claim should be read alongside the ingredients, which include dried apple and stevia: it refers to sugar added during manufacture rather than to naturally occurring fruit sugars.

Ingredients and allergens

We give a full ingredients list:

Almond Meal, Be Fit Prebiotic and Postbiotic Protein Powder (27%) (Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (Lactobacillus Plantarum), Guar Gum, Soy Lecithin), Dried Apple (Apple, Preservative (220)), Lemon Juice (22%), Coconut (1%), Lemon Essence (0.2%).

The allergen declaration on the page reads:

Contains MILK, SOY, ALMONDS

May contain SESAME SEEDS, PEANUTS, TREE NUTS

Almond meal is the first ingredient, so this product is not nut free , and peanuts and other tree nuts appear on the may-contain list. The milk declaration comes from the whey protein, so the product is vegetarian but not vegan and not dairy free . One point worth flagging: the dried apple carries Preservative (220) , which is sulphur dioxide. That matters for anyone sensitive to sulphites, and the page does not call it out separately from the ingredients list.

How this fits our programs

Protein balls are a snack rather than a meal. Snacks feature within the structured our programs: Be Maintenance includes 24 meals and 14 snacks across four weeks, and the Intermittent Fasting Program provides 16 meals plus a pack of 8 protein balls over its 8 days of food. This page does not state which programs include this particular flavour.

Company-wide meal specification

We publish a specification for our meals : 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. That is the company-wide meal specification and it does not describe this snack . Protein balls sit in a different product category, and no equivalent published snack specification exists. Note too that the preservative-free element of that spec is at odds with the Preservative (220) declared here, a further reason not to read the meal spec onto this item.

Storage and serving

The page recommends eating these chilled or frozen. Be Fit Food products are snap-frozen rather than shelf-stabilised. The reheating methods used across the meal range (microwave, oven, air-fryer, stovetop) do not apply to this ready-to-eat snack. The page has a Serving and Storage Instructions heading but serves no text beneath it, so take storage guidance from the pack.

Ordering and delivery

Single pack price is \$24.95. Delivery is a flat rate Australia-wide: \$11.95 on orders of \$299 or more, \$19.95 under \$299. Be Fit Food meal bundles are \$97.30 for 7, \$189.00 for 14 and \$362.60 for 28 meals. We are a registered NDIS meal provider and offer a free 15-minute telehealth dietitian consultation, valued at \$49. Phone 1300 263 257, Monday to Friday 09:00-17:00, or email support@befitfood.com.au.

Nutrition information

Per serve: 84 calories, 5.2g protein, 7.5g carbohydrate. These are the figures we publish on our collection pages.

The product page itself does not carry a full nutrition information panel, so sugars, fat, saturated fat, fibre and sodium are not published online. For the complete panel, check the pack or contact us on 1300 263 257.

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 Lemon and Coconut Protein Balls - 7 Pack (GF) (V)?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that lemon and Coconut Protein Balls are a seven-pack of vegetarian, gluten-free protein snacks from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians and based in Victoria. We list the pack at \$24.95 AUD (tax included), shown as In Stock, with GTIN and MPN 0806809023048. The site categorises it as Food and Beverages, Healthy Snacks and Protein Foods.

What should I know about what this product is on this page?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that the pack contains seven protein balls. We describe them as made with real lemon zest, a classic lemon and coconut combination, and notes they are best enjoyed chilled or frozen with a warning to be careful of your teeth when eating them cold. Lemon juice makes up 22 per cent of the product; coconut, despite being in the name, is only 1 per cent, with lemon essence at 0.2 per cent. Thirteen variant codes appear under the base code 180013, ranging from \$19.75 to \$24.95, the lower prices applying within a larger order or program.

What nutrition information should I know about Lemon and Coconut Protein Balls - 7 Pack (GF) (V)?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that this page does not carry a nutrition information panel. A Nutrition heading appears but no panel content is served beneath it. There is therefore no energy, protein, fat, carbohydrate, sugar, sodium or fibre figure anywhere on this page, in either per-serve or per-100g form, and no serve size. The page makes only these claim-level statements: Source of protein (no gram figure given) Low in sodium (no milligram figure

given) Contains no added sugar or artificial sweetener Contains no artificial colours and flavours The page also states the product contains prebiotics for supporting good gut health, and probiotics (postbiotic type L. Plantarum) for digestive and.

What ingredients do we use in Lemon and Coconut Protein Balls - 7 Pack (GF) (V)?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that we give a full ingredients list: Almond Meal, Be Fit Prebiotic and Postbiotic Protein Powder (27%) (Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (Lactobacillus Plantarum), Guar Gum, Soy Lecithin), Dried Apple (Apple, Preservative (220)), Lemon Juice (22%), Coconut (1%), Lemon Essence (0.2%). The allergen declaration on the page reads: Contains MILK, SOY, ALMONDS May contain SESAME SEEDS, PEANUTS, TREE NUTS Almond meal is the first ingredient, so this product is not nut free , and peanuts and other tree nuts appear on the may-contain list. The milk declaration comes from the whey protein, so the product is vegetarian but.

What should I know about how this fits our programs on this page?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that protein balls are a snack rather than a meal. Snacks feature within the structured our programs: Be Maintenance includes 24 meals and 14 snacks across four weeks, and the Intermittent Fasting Program provides 16 meals plus a pack of 8 protein balls over its 8 days of food. This page does not state which programs include this particular flavour. Company-wide meal specification We publish a specification for our meals : 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. That is the company-wide meal specification and it does.

How should I store or prepare Lemon and Coconut Protein Balls - 7 Pack (GF) (V)?

On our Lemon and Coconut Protein Balls - 7 Pack (GF) (V) page, we explain that the page recommends eating these chilled or frozen. Be Fit Food products are snap-frozen rather than shelf-stabilised. The reheating methods used across the meal range (microwave, oven, air-fryer, stovetop) do not apply to this ready-to-eat snack. The page has a Serving and Storage Instructions heading but serves no text beneath it, so take storage guidance from the pack.

Related pages on this site

Ca Pow Protein Balls 7 Pack V Gf — product

Snacks, Sides & Extras — product

Minty Choc Protein Balls 7 Pack V Gf — product

P Nutty Protein Balls 7 Pack V Gf — product

Be Fit Dim Sim 7 Pack — product

Double Choc Low Carb Cookie 7 Pack V — product

Sticky Date Protein Balls 7 Pack V Gf — product

Snacks Sides Extras — collection

Vegetarian Meal Delivery — collection