

Reset 14 Days - Continental Pre-Selected Box | Be Fit Food

Canonical: <https://befitfood.com.au/products/reset-14-days-continental-pre-selected-box>

Details:

Product

Product Facts

****Product Name**:** Reset 14 Days - Continental Pre-Selected Box ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Health & Wellness > Meal Plans & Nutrition Programs

509.10 AUD

Our 14-Day Continental Reset Program is tailored for those who prefer a continental-style approach to meals. This pre-selected box includes a selection of our favourite meals and snacks, offering low-carb, high-protein options to help you achieve your health goals with ease and convenience. Specially crafted by a doctor and accredited dietitians, this program is designed to help you safely lose around 5kg in just two weeks * while supporting healthier skin, improved sleep, better gut health, and increased energy levels . The Continental Reset features breakfast options such as Nut & Flaxseed Granola, Almond & Quinoa Porridge, or Protein Booster , excluding egg-based dishes, birchers, and smoothies. With approximately 850-950 calories per day and 40-70g of carbohydrates , this wholefood alternative to a Very Low-Calorie Diet (VLCD) helps your body enter mild nutritional ketosis, burning stored fat for energy and resulting in rapid weight loss . Each meal in this box is carefully portioned, providing around 250 calories, 20-30g of protein, and 15g of carbs . With our handpicked selection of meals and snacks , you'll enjoy a variety of delicious options designed to make your journey to better health both satisfying and effective. Each of our meals contain approximately 250 calories, 20-30g of protein and 15g of carbs. ****Dietary Key:** GF - Gluten Free, V - Vegetarian, VG - Vegan****** Products subject to availability. If we do happen to run out of stock of a particular item, this will be substituted with another item within the same meal category on your order.

| Variant | Price | Availability | | --- | --- | --- | | 169043S | 509.10 AUD | |

Reset 14 Days - Continental Pre-Selected Box

Keep breakfast simple and let us take care of the meal selection. The 14-Day Continental Reset box pairs Nut & Flaxseed Protein Granola with 28 meals for lunch and dinner, plus four snack packs. It is the cereal-style breakfast option in our pre-selected Reset range, with a mix of beef, chicken, fish and vegetable dishes across the rest of the menu. If choosing every meal feels like another job on your list, this box gives you a ready-made selection to review before ordering.

Listed box price: A\$509.10 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 fixed breakfast selection is two seven-serve granola packs. Porridge and Protein Booster appear in the general Continental program description, but they are not listed in this box. Lunches and dinners include repeated favourites such as Italian Beef Meatballs, Mexican Stovetop Penne and Chunky

Chicken, Ham & Sweet Corn Soup. The snacks combine savoury egg bites and dim sims with Ca-Pow and Minty Choc Protein Balls. Choose this option if you prefer the same cereal-style breakfast rather than the varied breakfasts in the Favourites box.

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.

Breakfast

| Quantity | Listed item | | --- | --- | | 2 | Nut & Flaxseed Protein Granola - 7 pack |

Lunch/Dinner

| Quantity | Listed item | | --- | --- | | 4 | Italian Beef Meatballs | | 4 | Mexican Stovetop Penne | | 4 | Chunky Chicken, Ham & Sweet Corn Soup | | 2 | Thai Green Chicken Curry | | 2 | Chilli and Ginger Baked Fish | | 2 | Protein Bolognese | | 2 | Beef Madras Curry | | 2 | Cauliflower Fried Rice and Chicken | | 2 | Yellow Vegetable Curry | | 2 | Spicy Mexican Pulled Beef | | 2 | Satay Chicken |

Snacks

| Quantity | Listed item | | --- | --- | | 1 | Fetta and Spinach Egg Bites - 7 Pack | | 1 | Dim Sim - 7 Pack | | 1 | Ca-Pow Protein Balls- 7 Pack | | 1 | Minty Choc Protein Balls- 7 Pack |

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.

Reset is a structured very-low-energy food program. Speak with your doctor or dietitian about whether it suits your health needs before starting, especially if you take medication. Our free introductory dietitian consultation can help you discuss the food options and next steps.

Questions before you order

Does Continental mean the whole box is free from eggs?

No. Continental describes the breakfast selection. Fetta and Spinach Egg Bites are listed among the snacks, and other meals have their own ingredients and allergens.

Are four snack packs just four snacks?

No. Each snack line is listed as a seven-pack. Follow the individual pack's serving instructions when planning your snacks; a pack is not a single serving.

Can I choose different breakfasts or meals?

This product has a pre-selected menu. Visit our customisable programs to explore choosing your own meals. The selection and price may differ.

Compare your next step

Explore program lengths and breakfast options if you want a different structure. If you only need lunches and dinners, compare our meal bundles . Contact our team for current box contents or order questions.