

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

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

Details:

Product

Product Facts

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

589.10 AUD

Our 14-Day Reset Program is expertly designed to make your journey to better health as simple and effective as possible. With this pre-selected box, we've done the hard work for you by choosing our absolute favourite meals and snacks, carefully curated to deliver maximum flavour and nutrition. This low-carb, high-protein program is scientifically formulated by a doctor and accredited dietitians to support safe weight loss of around 5kg in just two weeks*. You'll also enjoy benefits such as healthier skin, better sleep, improved gut health, and increased energy levels. With approximately 850-950 calories per day and 40-70g of carbohydrates, the program promotes mild nutritional ketosis, helping your body burn stored fat for energy. Each meal in the box is perfectly portioned with around 250 calories, 20-30g of protein, and 15g of carbs, making it easier than ever to stick to your goals while enjoying delicious, satisfying meals and snacks handpicked by us. ****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 | | --- | --- | --- | | 189043S | 589.10 AUD | |

Reset 14 Days - Favourites Pre-Selected Box

Bring more variety to your mornings while taking meal planning off your list. The 14-Day Favourites Reset box includes 14 breakfasts, 28 meals for lunch and dinner, and four snack packs. Breakfast moves between Choc Coconut Bircher, muffins, egg dishes and Baked Bean & Fetta Bowls. The main meals feature beef, chicken and fish, with curries, pasta dishes and soup in the selection. It is a practical choice if you want us to select the menu and enjoy a mix of sweet and savoury breakfasts.

Listed box price: A\$589.10 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

This is a mixed menu with meat, fish, eggs and dairy; it is not the vegetarian box. Its breakfast range includes Bacon, Spinach & Fetta Protein Muffins and Spanish Eggs alongside vegetarian choices. The snack selection is one seven-pack each of Dark Choc & Hazelnut and Minty Choc Protein Balls, plus two seven-packs of Dim Sims. Compare these specific inclusions with the Continental box if breakfast variety is your main deciding factor.

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 | | --- | --- | | 3 | Choc Coconut Bircher | | 2 | Bacon, Spinach & Fetta Protein Muffin | | 3 | Baked Bean & Fetta Bowl | | 3 | 5 Veg Eggs | | 2 | Spanish Eggs | | 1 | Carrot Cake Muffin |

Lunch/Dinner

| Quantity | Listed item | | --- | --- | | 4 | Italian Beef Meatballs | | 2 | Spicy Mexican Pulled Beef | | 2 | Satay Chicken | | 4 | Mexican Stovetop Penne | | 3 | Protein + Bolognese | | 2 | Curried Pumpkin & Chicken Soup | | 3 | Thai Green Chicken Curry | | 3 | Indian Chicken Curry | | 3 | Cauliflower Fried Rice with Chicken | | 2 | Chilli & Ginger Baked Fish |

Snacks

| Quantity | Listed item | | --- | --- | | 1 | Dark Choc & Hazelnut Protein Balls - 7 pack | | 1 | Minty Choc Protein Balls - 7 pack | | 2 | Dim Sim - 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.

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.

If a particular ingredient or allergen matters to you, confirm any replacement with our team before ordering.

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

Is this simply two copies of the seven-day Favourites box?

No. The listed menus differ. This box includes Bacon, Spinach & Fetta Protein Muffins, 5 Veg Eggs and Carrot Cake Muffin at breakfast, while the seven-day Favourites selection has a different breakfast mix.

Does the box include 28 different main dishes?

No. There are 28 lunch and dinner meals across ten listed dishes, with repeated portions of favourites such as Italian Beef Meatballs and Mexican Stovetop Penne.

What if I want to select every meal?

Explore our customisable programs . This product is the pre-selected option, and builder prices 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.