

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

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

Details:

Product

Product Facts

****Product Name**:** Reset 14 Days - Vegetarian 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

589.10 AUD

Our 14-Day Vegetarian Reset Program is perfect for those looking to enjoy a low-carb, high-protein, and nutritionally balanced meal plan while embracing a plant-based lifestyle. This pre-selected box features a delicious selection of our favourite vegetarian meals and snacks, carefully chosen to support your health and wellness goals. Designed by a doctor and a team of accredited dietitians, this program is crafted to help you safely lose around 5kg in just two weeks *, while also delivering additional benefits like healthier skin, improved sleep, better gut health, and higher energy levels . As a wholefood alternative to a Very Low-Calorie Diet (VLCD), this program provides approximately 850-950 calories per day and 40-70g of carbohydrates , encouraging your body to enter mild nutritional ketosis. This process allows you to burn stored fat for energy, resulting in rapid and sustainable weight loss . Each vegetarian meal in the box is perfectly portioned with around 250 calories, 20-30g of protein, and 15g of carbs , ensuring a balance of nutrition and flavour. With meals and snacks handpicked by us , this program makes it easy to stick to your goals while enjoying a variety of plant-based options you'll love.

****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 | | --- | --- | --- | | 120043S | 589.10 AUD | |

Reset 14 Days - Vegetarian Pre-Selected Box

Make room for a vegetarian routine without choosing every dish yourself. The 14-Day Vegetarian Reset box brings together 28 lunch and dinner meals, a breakfast selection of bircher, muffins, granola and 5 Vege Eggs, plus egg bites and protein balls for snacks. Beans, lentils, chickpeas, vegetables, eggs and dairy feature across the listed menu. It is a vegetarian selection rather than a vegan box, so it suits a different set of preferences from an entirely plant-based order. Review the individual dishes below to see how the mix fits your tastes.

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

The main meal menu repeats five dishes: Baked Bean and Fetta Bowl, Spiced Lentil Dahl, Vege & Chickpea Frittata, Yellow Vegetable Curry and Trio of Green Soup. Compared with the seven-day vegetarian box, this breakfast selection adds Double Choc Muffins and Nut & Flaxseed Protein

Granola. It also lists Minty Choc Protein Balls among the snacks. Choose it for a longer vegetarian selection, while checking the precise pack sizes and ingredients before planning your daily portions.

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 | | --- | --- | | 4 | Choc Coconut Bircher | | 3 | Double Choc Muffin | | 2 | Carrot Cake Muffin | | 2 | Nut & Flaxseed Protein Granola | | 3 | 5 Vege Eggs |

Lunch/Dinner

| Quantity | Listed item | | --- | --- | | 6 | Baked Bean and Fetta Bowl | | 6 | Spiced Lentil Dahl | | 5 | Vege & Chickpea Frittata | | 6 | Yellow Vegetable Curry | | 5 | Trio of Green Soup |

Snacks

| Quantity | Listed item | | --- | --- | | 1 | Spinach & Feta Egg Bites | | 2 | Double Choc (Ca-Pow) Protein Balls- 7 pack | | 1 | Minty Choc Protein Balls- 7 pack |

Dietary needs and your current selection

This vegetarian selection includes egg and dairy ingredients, so it is not a vegan box. Check each recipe's ingredients and allergen statement if you avoid particular foods.

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 box vegan or dairy-free?

No. The menu includes egg dishes, feta and other dairy ingredients. Vegetarian does not mean vegan or dairy-free.

How much granola is included?

The box lists two Nut & Flaxseed Protein Granola items but does not specify their pack size. Ask our team to confirm the included format rather than assuming they are the standalone seven-serve packs.

Is it just double the seven-day vegetarian menu?

No. The breakfast and snack selections differ. Check both complete menus, especially if you want particular muffins, granola or protein-ball flavours.

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.