

Reset 7 Days - Continental Pre-Selected Box | Be Fit Food

Canonical: <https://befitfood.com.au/products/reset-7-days-continental-pre-selected-box>

Details:

Product

Product Facts

****Product Name**:** Reset 7 Days - Continental Pre-Selected Box ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Meal Plans & Prepared Meals

259.50 AUD

Our 7-Day Continental Reset Program is perfect for those seeking a quick and effective way to kickstart their health journey. This pre-selected box features a handpicked selection of our favourite meals and snacks, offering low-carb, high-protein options with the convenience of a continental-style meal plan. Carefully formulated by a doctor and a team of accredited dietitians, this program is designed to help you achieve safe and effective weight loss, along with benefits like healthier skin, better sleep, improved gut health, and boosted energy levels, in just one week. The Continental Reset includes breakfast options such as Nut & Flaxseed Granola, Almond & Quinoa Porridge, or Protein Booster, excluding egg-based dishes, birchers, and smoothies. This wholefood alternative to a Very Low-Calorie Diet (VLCD) provides approximately 850-950 calories per day and 40-70g of carbohydrates, this program promotes mild nutritional ketosis, encouraging your body to burn stored fat for energy and delivering rapid results. Each meal in this box is portioned to perfection, offering approximately 250 calories, 20g of protein, and 15g of carbs, making it easy to stay on track. With our carefully curated selection, you'll enjoy a variety of delicious, satisfying meals designed to help you see results in just 7 days. ****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.**

| Variant | Price | Availability | | --- | --- | --- | | 163852S | 259.50 AUD | |

Reset 7 Days - Continental Pre-Selected Box

If a familiar breakfast makes your week easier, start with the Continental selection. This seven-day Reset box includes one seven-serve pack of Nut & Flaxseed Protein Granola, 14 meals for lunch and dinner, and two seven-packs of snacks. The main menu mixes beef, chicken, fish and vegetable dishes, with soups alongside curries and other prepared meals. We have selected the combination for you, so you can check the ingredients and meal list without building an order one item at a time.

Listed box price: A\$259.50 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 is granola only. It does not include the porridge or Protein Booster mentioned as alternatives in the broader Continental description. Its lunches and dinners include three soups: Trio of Green Soup; Chunky Chicken, Ham & Sweet Corn Soup; and Curried Pumpkin & Chicken Soup. Curries and other main dishes complete the mix. The two snack packs are Dim Sims and Ca-Pow

Protein Balls. Compare the Favourites box if you would prefer bircher, eggs and muffins at breakfast.

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 | | --- | --- | | 1 | Nut & Flaxseed Protein Granola - 7 Serve |

Lunch/Dinner

| Quantity | Listed item | | --- | --- | | 2 | Italian Beef Meatballs | | 2 | Protein + Bolognese | | 2 | Indian Chicken Curry | | 1 | Cauliflower Fried Rice & Chicken | | 1 | Yellow Vegetable Curry | | 1 | Chilli & Ginger Baked Fish | | 1 | Spicy Mexican Pulled Beef | | 1 | Trio of Green Soup | | 1 | Chunky Chicken, Ham & Sweet Corn Soup | | 1 | Satay Chicken | | 1 | Curried Pumpkin & Chicken Soup |

Snacks

| Quantity | Listed item | | --- | --- | | 1 | Dim Sim - 7 Pack | | 1 | Ca-Pow 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.

Products subject to availability. If we do happen to run out of stock of a particular item, this will be substituted with another item.

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

Are breakfast and snacks included as well as main meals?

Yes. The listed contents include seven granola serves, 14 lunch and dinner meals, one seven-pack of Dim Sims and one seven-pack of Ca-Pow Protein Balls.

Can I have a different breakfast every day?

Not from this fixed breakfast selection, which contains granola only. Explore the other pre-selected Reset boxes or customisable programs if variety matters more to you.

Is Continental a vegetarian or gluten-free designation?

No. It describes the breakfast style. The box includes meat and fish, and Dim Sims contain wheat and gluten. Check each item for your dietary needs.

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.