

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

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

Details:

Product

Product Facts

****Product Name****: Reset 7 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

299.45 AUD

Our 7-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, 20g 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 | | --- | --- | --- | | 169842S | 299.45 AUD | |

Reset 7 Days - Vegetarian Pre-Selected Box

A pre-selected 7-day Reset program with meals and snacks. Choose this box for its vegetarian selection and review the inclusions below before ordering.

Price: A\$299.45 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

Meals included

Breakfast

3x Choc Coconut Bircher

2x Carrot Cake Muffin

2 x 5 Vege Eggs

Lunch/Dinner

3 x Baked Bean and Feta Bowl

3 x Yellow Vegetable Curry

3 x Spiced Lentil Dahl

3 x Vegetable & Chickpea Frittata

2 x Trio of Green Soup

Snacks

1 x Double Choc (Ca-Pow) Protein Balls - 7 Pack

1 x Spinach & feta Egg Bites- 7 Pack

Products are subject to availability. Check the current selection and any substitutions when ordering. Ingredients, allergens and nutrition vary between the individual meals; review each meal label rather than treating the box as having one nutrition profile.

This is a vegetarian selection. It is not a vegan box: check each included item for milk, eggs and other allergens.

Program support

Before starting a very low calorie program, discuss suitability with a qualified health professional, especially if you take medication or have an existing medical condition. Book a free dietitian phone consultation to discuss your goals and dietary requirements. Weight loss results vary between individuals.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .

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