

Reset 14 Days - Gluten Free Pre-Selected Box | Be Fit Food

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

Details:

Product

Product Facts

****Product Name****: Reset 14 Days - Gluten Free 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 Gluten-Free Reset Program is specially designed for those seeking a low-carb, high-protein, and nutritionally balanced meal plan without compromising on flavour or dietary needs. This pre-selected box features a handpicked selection of our favourite gluten-free meals and snacks, crafted to support your goals while accommodating your lifestyle. Created by a doctor and a team of accredited dietitians, this program is designed to help you safely lose around 5kg in just two weeks *, while also promoting healthier skin, better sleep, improved gut health, and boosted energy levels . The program is a wholefood alternative to a Very Low-Calorie Diet (VLCD) approach, providing approximately 850-950 calories per day and 40-70g of carbohydrates . This helps your body enter mild nutritional ketosis, burning stored fat for energy and achieving rapid and effective weight loss . Each meal in this gluten-free box is carefully portioned, delivering around 250 calories, 20-30g of protein, and 15g of carbs , ensuring that you stay on track while enjoying a variety of delicious, gluten-free options that have been thoughtfully selected just for you . ****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 | | --- | --- | --- | | 160892S | 589.10 AUD | |

Reset 14 Days - Gluten Free Pre-Selected Box

Compare the full two-week menu before choosing this Gluten Free Reset box. It lists 28 lunch and dinner meals, breakfasts spanning bircher, egg dishes, bean bowls and granola, plus Minty Choc and Ca-Pow Protein Balls and Spinach & Feta Egg Bites for snacks. This is the 14-day product, despite the older seven-day wording in its web address. The menu includes meat, fish, eggs and dairy. If you need to avoid gluten, check the individual product labels and confirm the egg-bites inclusion with our team before ordering.

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 selection includes three portions of Gluten Free Lasagne and four of Italian Beef Meatballs, alongside curries, chicken dishes, fish and other mains. Breakfast lists three each of Choc Coconut Bircher, 5 Veg Eggs, Spanish Eggs and Baked Bean & Fetta Bowl, plus two granola items. It is not simply two copies of the seven-day box: both breakfast and snack selections change, and granola and

egg-bites pack sizes need confirmation.

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 | | 3 | 5 Veg Eggs | | 3 | Spanish Eggs | | 3 | Baked Bean & Fetta Bowl | | 2 | Nut & Flaxseed Granola |

Lunch/Dinner

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

Snacks

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

Dietary needs and your current selection

This box is offered as a gluten-free selection. That does not establish suitability for other allergies. Check the ingredient and “may contain” statements for every included item, particularly if you need to manage coeliac disease or an allergy.

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

Is this a seven-day or 14-day product?

It is the 14-Day Gluten Free Reset box. The current title and menu identify the product; the older web address does not reflect its duration.

What should I check if I need to avoid gluten?

The box lists Spinach & Feta Egg Bites, while the individual egg-bites product carries a may-contain warning for wheat and gluten. Contact our team to confirm the exact item and suitable selection before ordering.

Does each granola entry mean a seven-serve pack?

The included-menu text does not specify the granola pack size. Confirm the format with our team rather than multiplying the listed quantity by the standalone pack's servings.

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.