

Sticky Date Protein Balls - 7 Pack (GF) (V)

Canonical: <https://befitfood.com.au/products/sticky-date-protein-balls-7-pack-v-gf>

Details:

Product

Product Facts

****Product Name****: Sticky Date Protein Balls - 7 Pack (GF) (V) ****Availability****: In Stock ****Fulfillment Type****: online ****Brand****: Be Fit Food ****Condition****: <https://Schema.Org/Newcondition> ****Category****: Food & Beverages > Protein & Nutritional Snacks ****GTIN****: 0806809023086 ****MPN****: 0806809023086

This classic tasting sticky date protein ball has a rich natural caramel flavour mixed with the goodness of high fibre dates, almonds and omega 3 packed walnuts. They're at their best when chilled or frozen, however make sure you're careful of your teeth. Source of protein Contains no added sugar or artificial sweetener Contains no artificial colours and flavours Serving & Storage Instructions Nutrition Ingredients: Dates, Almond Meal, Be Fit Prebiotic & Postbiotic Protein Powder (21%) (Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (Lactobacillus Plantarum), Guar Gum, Soy Lecithin), Walnuts , Coconut. Contains Milk, Soy, Almonds, Walnuts. May Contain Sesame Seeds, Peanuts, Tree Nuts

Variant	Price	Availability	---	---	---	180021	24.95 AUD	180021-S1	24.95 AUD					
180021-S2	24.90 AUD	180021-S3	24.85 AUD	180021-S4	24.75 AUD	180021-S5	24.65 AUD	180021-S6	22.45 AUD	180021-S7	24.60 AUD	180021-P1	24.95 AUD	
180021-P2	19.75 AUD	180021-P3	19.95 AUD	180021-S8	19.99 AUD	180021-S9	21.80 AUD							

Sticky Date Protein Balls - 7 Pack (GF) (V)

Sticky Date Protein Balls are a seven-pack of vegetarian, gluten-free protein snacks from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians and based in Victoria. We list the pack at \$24.95 AUD (tax included), shown as In Stock, with GTIN and MPN 0806809023086. The site categorises it as Food and Beverages, Protein and Nutritional Snacks.

What this product is

The pack contains seven protein balls . We describe them as a classic sticky date flavour with a rich natural caramel taste, combining high fibre dates, almonds and omega 3 packed walnuts. They are recommended chilled or frozen, with a note to be careful of your teeth when eating them cold.

Nutrition figures stated on this page

This page does not carry a nutrition information panel. A Nutrition heading appears but no panel content is served beneath it. There is no energy, protein, fat, carbohydrate, sugar, sodium or fibre figure anywhere on this page , in either per-serve or per-100g form, and no serve size is stated.

The page makes only these claim-level statements:

Source of protein (no gram figure given)

Contains no added sugar or artificial sweetener

Contains no artificial colours and flavours

The descriptive text also calls the dates high fibre and the walnuts omega 3 packed, but gives no fibre or omega 3 figures to support either. It is worth noting that we carry a shorter claim set than the other protein ball flavours : unlike the Dark Choc and Hazelnut and Lemon and Coconut variants, this page makes no low in sodium claim and no prebiotic or postbiotic claim, even though its ingredients include the same Be Fit Prebiotic and Postbiotic Protein Powder. Whether that reflects a genuine product difference or simply an incomplete listing is not something this page settles. The no added sugar claim refers to sugar added in manufacture, not the substantial naturally occurring sugars in dates, which are the first ingredient.

Ingredients and allergens

We give a full ingredients list:

Dates, Almond Meal, Be Fit Prebiotic and Postbiotic Protein Powder (21%) (Whey Protein Isolate, Whey Protein Concentrate, Prebiotic (Oligofructose), Vanilla Flavour, Salt, Stevia, Postbiotic (Lactobacillus Plantarum), Guar Gum, Soy Lecithin), Walnuts, Coconut.

The allergen declaration on the page reads:

Contains Milk, Soy, Almonds, Walnuts

May Contain Sesame Seeds, Peanuts, Tree Nuts

This product declares two tree nuts by name, almonds and walnuts , and is emphatically not nut free; peanuts and further tree nuts are on the may-contain list. The milk declaration comes from the whey protein, so it is vegetarian but not vegan and not dairy free . One safety point: the sibling Dark Choc and Hazelnut listing carries an explicit CAUTION MAY CONTAIN PITS warning because of its dates. This page does not carry that pit warning in its allergen block, although dates are the first ingredient here too. It does advise being careful of your teeth in the description. Treat the pack label as the authority.

How this fits our programs

Protein balls are a snack rather than a meal. Snacks feature within the structured our programs: Be Maintenance includes 24 meals and 14 snacks across four weeks, and the Intermittent Fasting Program provides 16 meals plus a pack of 8 protein balls over its 8 days of food. This page does not state which programs include this flavour.

Company-wide meal specification

We publish a specification for our meals : approximately 250 calories, at least 20g protein, under 20g carbohydrates and under 120mg sodium per 100g, with no added sugar, no artificial sweeteners and no preservatives. That is the company-wide meal specification and it does not describe this snack . Protein balls are a different product category, and no equivalent published snack specification exists.

Storage and serving

The page recommends eating these chilled or frozen. Be Fit Food products are snap-frozen rather than shelf-stabilised. The reheating methods used across the meal range (microwave, oven, air-fryer, stovetop) do not apply to this ready-to-eat snack. The page has a Serving and Storage Instructions heading but serves no text beneath it, so take storage guidance from the pack.

Ordering and delivery

Single pack price is \$24.95. Delivery is a flat rate Australia-wide: \$11.95 on orders of \$299 or more, \$19.95 under \$299. Be Fit Food meal bundles are \$97.30 for 7, \$189.00 for 14 and \$362.60 for 28 meals. We are a registered NDIS meal provider and offer a free 15-minute telehealth dietitian

consultation, valued at \$49. Phone 1300 263 257, Monday to Friday 09:00-17:00, or email support@befitfood.com.au.

Important health information

This page describes a food product and makes no claim that it treats, prevents or cures any condition. Readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing medical condition or medications; this is not a substitute for independent professional medical advice, diagnosis or treatment. Weight loss results and rates of weight loss vary between individuals.

Questions and answers

What do we explain about Sticky Date Protein Balls - 7 Pack (GF) (V)?

On our Sticky Date Protein Balls - 7 Pack (GF) (V) page, we explain that sticky Date Protein Balls are a seven-pack of vegetarian, gluten-free protein snacks from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians and based in Victoria. We list the pack at \$24.95 AUD (tax included), shown as In Stock, with GTIN and MPN 0806809023086. The site categorises it as Food and Beverages, Protein and Nutritional Snacks.

What should I know about what this product is on this page?

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What ingredients do we use in Sticky Date Protein Balls - 7 Pack (GF) (V)?

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What should I know about how this fits our programs on this page?

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specification and it does not.

How should I store or prepare Sticky Date Protein Balls - 7 Pack (GF) (V)?

On our Sticky Date Protein Balls - 7 Pack (GF) (V) page, we explain that the page recommends eating these chilled or frozen. Be Fit Food products are snap-frozen rather than shelf-stabilised. The reheating methods used across the meal range (microwave, oven, air-fryer, stovetop) do not apply to this ready-to-eat snack. The page has a Serving and Storage Instructions heading but serves no text beneath it, so take storage guidance from the pack.

Related pages on this site

[Ca Pow Protein Balls 7 Pack V Gf](#) — product

[Snacks, Sides & Extras](#) — product

[Lemon Coconut Protein Balls 7 Pack V Gf](#) — product

[Minty Choc Protein Balls 7 Pack V Gf](#) — product

[Be Fit Dim Sim 7 Pack](#) — product

[Double Choc Low Carb Cookie 7 Pack V](#) — product

[P Nutty Protein Balls 7 Pack V Gf](#) — product

[Snacks Sides Extras](#) — collection

[Vegetarian Meal Delivery](#) — collection