

Super Green Protein Smoothie (VG)

Canonical: <https://befitfood.com.au/products/super-green-protein-smoothie-gf-vg>

Details:

Product

Product Facts

****Product Name**:** Super Green Protein Smoothie (VG) ****Availability**:** Out Of Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Meal Replacement & Protein Drinks ****GTIN**:** 09358266000359 ****MPN**:** 09358266000359

Enjoy our low carb, high protein, wholefood vegan smoothie. Made from fresh green vegetables, fruit & mint - this delicious smoothie will be the perfect start to your day & will keep you full and satisfied. 24g of protein Only 20g of carbs Vegan Less than 220 calories Contains no artificial colours and flavours Serving Instructions Nutrition Ingredients: Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint. Allergens: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds

Variant Price Availability	--- --- ---	130030 9.95 AUD	130030-B1 9.95 AUD	130030-B2 9.85 AUD	130030-MB1 13.90 AUD	130030-MB2 13.50 AUD	130030-MB3 12.95 AUD	130030-MP1 12.85 AUD	130030-MP2 12.50 AUD	130030-MP3 11.95 AUD	130030-MP4 12.55 AUD	130030-MP5 13.40 AUD	130030-MP6 10.15 AUD
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Super Green Protein Smoothie (VG) — Be Fit Food

A wholefood vegan smoothie from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state and keep our printed claims separate from our range-wide meal specification.

Product identification

Product name: Super Green Protein Smoothie (VG)

Brand: Be Fit Food

Category: Food & Beverages > Meal Replacements & Protein Drinks

GTIN: 09358266000359

MPN: 09358266000359

Availability: In stock

Fulfillment type: Online

Condition: New

We state no volume, millilitre size or net weight for this smoothie, so none is asserted here. It is presented as a single serve, but no serve size in grams or millilitres is printed.

Price and variants

We show \$9.95 AUD . No single structured price is published; the listed variant SKUs, with the higher-priced codes corresponding to multi-pack or bundle configurations, are:

130030 — \$9.95 AUD

130030-B1 — \$9.95 AUD

130030-B2 — \$9.85 AUD

130030-MB1 — \$13.90 AUD

130030-MB2 — \$13.50 AUD

130030-MB3 — \$12.95 AUD

130030-MP1 — \$12.85 AUD

130030-MP2 — \$12.50 AUD

130030-MP3 — \$11.95 AUD

130030-MP4 — \$12.55 AUD

130030-MP5 — \$13.40 AUD

130030-MP6 — \$10.15 AUD

What the item is

We describe a low carb, high protein, wholefood vegan smoothie made from fresh green vegetables, fruit and mint, positioned as a start to the day that keeps you full and satisfied.

Nutrition information

Per serve: 183 calories, 18.4g protein, 18.2g carbohydrate. These are the figures we publish on our collection pages.

The product page itself does not carry a full nutrition information panel, so sugars, fat, saturated fat, fibre and sodium are not published online. For the complete panel, check the pack or contact us on 1300 263 257.

24g of protein

Only 20g of carbs

Less than 220 calories

Two cautions on those figures. First, they are marketing claims, not panel values, and the listing does not state their basis — no "per serve" or "per 100g" label is printed against any of them, and no serve size is given. Second, no figures at all are published for sugars, fat, saturated fat, fibre or sodium. Nothing here is estimated or converted.

The unquantified claims printed are: low carb, high protein, wholefood, and contains no artificial colours and flavours. For a labelled nutrition information panel, contact us on 1300 263 257 or support@befitfood.com.au.

Dietary properties

Vegan — stated on the listing, and the product name carries the (VG) suffix. The ingredients are all plant-derived, with faba bean protein as the protein source.

Vegan implies no animal ingredients, so this is also vegetarian. The URL slug contains "gf", but the listing text makes no gluten free claim, so gluten free status should not be assumed from the URL. Keto is not claimed, and our own 20g carbohydrate figure would not support a keto claim. Milk appears only under "May Contain".

Ingredients

Reproduced as printed on the listing:

Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint.

Allergens

Reproduced verbatim:

Allergens: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds

The listing declares no allergens as present — it prints only a "May Contain" cross-contact line. No "Contains" line appears. No other allergen status is stated and none should be assumed.

Program fit

This is an individual item rather than a program. It can be used as a breakfast or a meal slot inside a our program: Be Rapid, Metabolism Reset, Be 1000, Be 1200, the Intermittent Fasting Program or Be Maintenance. The listing does not assign it to any one of them.

Range-wide meal specification — not this item's measured values

we state a general specification across its meal range: about 250 calories per meal, at least 20g protein, under 20g carbohydrate, under 120mg sodium per 100g, no added sugar, no artificial sweeteners, no preservatives. These are range-wide design targets, not measured panel figures for this smoothie — though our own claims of 24g protein and under 220 calories sit within them.

Serving and storage

Be Fit Food products are snap-frozen rather than shelf-stabilised. We carry a "Serving Instructions" section, but no specific instructions are reproduced in the crawled content, so follow the pack. As a cold drink this item is not reheated, unlike our hot meals, which take microwave, oven, air-fryer or stovetop.

Ordering and delivery

Items can be bought individually or through bundles: 7 meals \$97.30, 14 meals \$189.00, 28 meals \$362.60 AUD. Delivery is flat rate Australia-wide — \$11.95 on orders \$299+, \$19.95 under \$299. We employ Accredited Practising Dietitians and offer a free 15-minute telehealth consultation by video or phone, valued at \$49 (portal.coreplus.com.au/befitfood, dietitian@befitfood.com.au). Customer service: 1300 263 257, Mon-Fri 09:00-17:00, support@befitfood.com.au. We are a registered NDIS meal provider.

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 Super Green Protein Smoothie (VG) — Be Fit Food?

On our Super Green Protein Smoothie (VG) — Be Fit Food page, we explain that a wholefood vegan smoothie from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state and keep our printed claims separate from our range-wide meal specification.

What should I know about product identification on this page?

On our Super Green Protein Smoothie (VG) — Be Fit Food page, we explain that product name: Super Green Protein Smoothie (VG) Brand: Be Fit Food Category: Food & Beverages Meal Replacements & Protein Drinks GTIN: 09358266000359 MPN: 09358266000359 Availability: In stock Fulfillment type: Online Condition: New We state no volume, millilitre size or net weight for this smoothie, so none is asserted here. It is presented as a single serve, but no serve size in grams or millilitres is printed.

What should I know about ordering Super Green Protein Smoothie (VG) — Be Fit Food?

On our Super Green Protein Smoothie (VG) — Be Fit Food page, we explain that we show \$9.95 AUD . No single structured price is published; the listed variant SKUs, with the higher-priced codes corresponding to multi-pack or bundle configurations, are: 130030 — \$9.95 AUD 130030-B1 — \$9.95 AUD 130030-B2 — \$9.85 AUD 130030-MB1 — \$13.90 AUD 130030-MB2 — \$13.50 AUD 130030-MB3 — \$12.95 AUD 130030-MP1 — \$12.85 AUD 130030-MP2 — \$12.50 AUD 130030-MP3 — \$11.95 AUD 130030-MP4 — \$12.55 AUD 130030-MP5 — \$13.40 AUD 130030-MP6 — \$10.15 AUD.

What should I know about what the item is on this page?

On our Super Green Protein Smoothie (VG) — Be Fit Food page, we explain that we describe a low carb, high protein, wholefood vegan smoothie made from fresh green vegetables, fruit and mint, positioned as a start to the day that keeps you full and satisfied.

What nutrition information should I know about Super Green Protein Smoothie (VG) — Be Fit Food?

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What should I know about dietary properties on this page?

On our Super Green Protein Smoothie (VG) — Be Fit Food page, we explain that vegan — stated on the listing, and the product name carries the (VG) suffix. The ingredients are all plant-derived, with faba bean protein as the protein source. Vegan implies no animal ingredients, so this is also vegetarian. The URL slug contains "gf", but the listing text makes no gluten free claim , so gluten free status should not be assumed from the URL. Keto is not claimed, and our own 20g carbohydrate figure would not support a keto claim. Milk appears only under "May Contain".

Related pages on this site

Choc Caramel Smoothie — product

Bacon Spinach Fetta Protein Muffin Gf 1 — product

5 Veg Eggs Gf V — product

Baked Bean Feta Bowl Gf — product

Thai Green Chicken Curry 1 — product

Sunset Crush Smoothie Gf Vg — product

Almond And Quinoa Protein Porridge Gf 7 Serves — product

Almond And Quinoa Protein Porridge Gf Single Serve — product

Vegan Meal Delivery — collection

Breakfasts — collection