

If you are looking for slower weight loss or weight maintenance, but find it difficult to stick to a weekly program, then the Be5:2 is the program suited to you.

The 5:2 diet is when you follow your normal diet for 5 days per week and “fast” intermittently for 2 days. On your fasting days you will consume 500-600 calories per day. This is much easier to do with Be Fit Food. We will send you 2 days of prepared meals and snacks that equate to 500-600 calories. You will receive enough food to use over a 4 week period. (2 days per week for 4 weeks = enough food for 8 days of fasting)

The calories for the “fasting” days are based on meeting only 25% of the average metabolic requirements per day. Females will require 500 calories on their “fasting” days, while males and active females will require 600 calories on their “fasting” days. For the ladies on the 500cal program, the protein ball you receive will be a little treat for the non-fasting days!

## Females - What you'll need each week for 2 days

MEAL	CALORIES	BE FIT MENU OPTIONS
BREAKFAST	0	Most people skip this meal
LUNCH	230-250	Single Serve Meal / Single Serve Soup
DINNER	230-250	Single Serve Meal / Single Serve Soup
<b>TOTAL CALORIES:</b>	<b>500</b>	

## Males & Active Females - What you'll need each week for 2 days

MEAL	CALORIES	BE FIT MENU OPTIONS
BREAKFAST	0	Most people skip this meal
LUNCH	230-250	Single Serve Meal / Single Serve Soup
SNACK	100	Protein Ball
DINNER	230-250	Single Serve Meal / Single Serve Soup
<b>TOTAL CALORIES:</b>	<b>600</b>	

*\*Please note that all meals are approximate calories and may vary slightly from meal to meal*

The nutritional value of all our meals are nutritionally equal, so you can consume meals in an order that suits your needs.

## Special tips from your BFF

It is common to skip breakfast and just have lunch and dinner. You could however mix it up and have one meal at lunch and one at dinner, or just have 2 small serves for dinner. It is preferable to separate the fasting days by at least a day. Most of our customers choose Monday and Thursdays. Remember, alcoholic drinks and milk-based coffees often contain hidden calories and are high in carbohydrates that may inhibit your weight loss. Consuming these regularly may increase your appetite and your overall daily calorie intake, leading to unwanted weight gain. Having a splash of milk (approximately 30ml) in your coffee is fine, however if you do choose to have a small milk-based coffee, (<250mls) it will be considered as one of your daily snacks. The science behind BE Fit Food requires you do not alter the diet to achieve the best results in weight loss.

## How to order

Go online, or pick up an order in store!.

Choose between these two options

Chef's Selection Combo	OR	U Choose Combo
\$169.00/ month		\$179.00 /month

Select your own flavours with U-CHOOSE, or with Chef's Selection our chefs will choose a variety of our most popular dishes from the menu.

Week 1		Week 2		Week 3		Week 4	
Day 01	Day 02						
Cauliflower, Leek & Bacon Soup	Lamb Kofta	Smokey Chicken & Chorizo Paella	Thai Green Vegetable Curry	Mexican Beef & Vegetable Soup	Beef Madras Curry	Chicken, Ham & Sweetcorn Soup	Wholemeal Beef Lasagne
1 x Ca-Pow Protein Ball (optional)							
Wholemeal Beef Lasagne	Thai Chicken Stir-fry	Moroccan Lamb & Lentil Soup	Italian Beef Meatballs	Vegetable & Chickpea Frittata	Lamb Kofta	Salmon Al Forno	Curried Pumpkin & Chicken Soup

## Sample Side Dish Recipes <50 calories

### Tasty Slaw

- 1/4 cup low fat mayonnaise
- 1 tb apple cider vinegar
- 1 tsp mustard seeds
- 1/2 cups very thinly sliced green cabbage
- 1/2 cup very thinly sliced red cabbage
- 1/2 cup shredded carrot
- 1/4 thinly sliced brown onion

#### Instructions:

Add all ingredients in a bowl, toss to coat.

### Stir fried Asian greens with soy and ginger

- Makes 3-4 serves
- 1/2 head of broccoli, chopped
- 1 head bok choy, roughly chopped
- 1 head pak choy, roughly chopped
- 200g mushrooms, sliced
- 2tbsp soy sauce
- 1/2 knob of ginger, finely grated
- 1 clove garlic, minced
- 1/2 green chilli, finely chopped (optional)
- 1tsp crushed peanuts (optional)

#### Instructions:

1. Heat a non-stick fry pan with a spray of olive oil over a high heat
2. When the pan is hot, add garlic, ginger and chilli, if using. Stir fry for 30 seconds or until fragrant
3. Add broccoli and mushrooms. Stir fry for 2-3 minutes
4. Add greens and soy sauce. Stir fry until greens are wilted.
5. Serves topped with crushed peanuts

### Miso roasted broccolini

- Makes 1-2 serves
- 1 small bunches broccolini, ends removed
- 1 tbsp white miso paste
- 2 tsp extra virgin olive oil
- 1 tsp soy sauce
- 1 tbsp grated ginger
- 1 clove of garlic, minced
- 1/2 tsp red chilli flakes (optional)



#### Instructions:

1. Preheat the oven to 200 degrees Celsius
2. In a large bowl, whisk together the miso paste, oil, soy sauce, ginger and garlic until well combined.
3. Add broccolini and coat well with miso mixture
4. Transfer broccolini to a baking sheet and arrange in a single layer
5. Roast for 10 minutes, stir once half way through.
6. Serve immediately

