

If you are looking for slower weight loss, weight maintenance or lunch and dinner options for health and convenience, then the Be28 is the program suited to you.

Be Fit Food makes healthy eating easy! We will send you 28 small fully prepared meals, removing the preparation and guesswork from cooking. You can use the meals for lunch or dinner for 28 days, or store them in your freezer and bring them out when required. Alternatively, you could have 2 meals per day and organise your own breakfast and snacks over a 14-day period.

All of the meals in Be28 are;

- Low in carbs (<15g per serve)
- High in protein (>20g per serve)
- Portion controlled (<250 calories per serve)
- Contain 4-12 vegetables
- Source of dietary fibre

## What you'll get

MEAL	CALORIES	BE FIT MENU OPTIONS
LUNCH or DINNER x 28	230 EACH	Single Serve Meal / Single Serve Soup

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

When you choose your meals from Be Fit Food, remember you can eat any dish on any day, at any time of the day. Our meals have been designed to be nutritionally equal, so you can consume meals in an order that suits your needs.

## Special tips from your BFF

Alcoholic drinks and milk-based coffees (lattes, cappuccinos etc) often contain hidden calories and are high in carbohydrates, which may inhibit your weight loss. We often don't perceive liquids to be energy-dense, however consuming these regularly may increase your appetite for up to 24 hours after consumption and increase 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/1 cups worth) 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

<b>Chef's Selection Combo</b>	OR	<b>U Choose Combo</b>
<b>\$269.00</b>		<b>\$279.00</b>

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

## Sample Side Dish Recipes <50 calories

### Chopped Greek Salad

(36 calories per serve)

- 1 medium cucumber, diced
- ½ cup cherry tomatoes, chopped
- ½ red onion, diced
- Pinch of mint, chopped
- 2 tbs fresh lemon juice
- Pinch of salt and pepper

#### Instructions:

1. Toss together vegetables in large bowl.
2. Stir in remaining ingredients. Taste with salt and pepper.

### BBQ Veggies

Makes 3-4 serves

- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 zucchini, slices length ways
- 1 capsicum, sliced length ways
- ½ eggplant, sliced length ways
- 2 flat mushrooms, sliced thickly
- 1 red onion, cut into wedges

#### Instructions:

1. Heat BBQ plate.
2. Mix lemon and olive oil together in a bowl.
3. Brush lemon and olive oil mix over vegetables.
4. BBQ vegetables in a single layer until cooked through, about 5 minutes each side.
5. Serve hot.

### Miso Roasted Broccolini

Makes 1-2 serves

- 1 small bunches broccolini, ends trimmed
- 1 tbsp white miso paste
- 2 tsp extra virgin olive oil
- 1 tsp soy sauce
- 1 tbsp grated ginger
- 1 clove of garlic, minced
- ½ 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.

### Roasted Mediterranean Vegetables

Makes 5-6 serves

- 1 capsicum
- 1 red onion
- 2 zucchini
- ½ eggplant
- 2 tomatoes
- 3 garlic cloves
- 1 tsp extra-virgin olive oil
- Few sprigs fresh rosemary
- Few sprigs fresh thyme
- Pinch of salt and pepper

#### Instructions:

1. Pre-heat oven to 200 degrees Celsius.
2. Dice up capsicum, red onion, zucchini, eggplant, tomatoes into roughly 2cm pieces.
3. Leave garlic cloves in their skins but squash them with the heel of your knife.
4. Place all vegetables and 1 tsp olive oil in a large bowl and toss well.
5. Spread out vegetables in one layer on the tray.
6. Pick rosemary and thyme leaves and sprinkle over the vegetables. Season with salt and pepper.
7. Place tray in the oven for 30-40 minutes until soft, cooked through and golden.

### Fresh Summer Salad

100g green beans

- ½ red onion, cut into slivers
- 1 cup cherry tomatoes
- Handful of fresh basil, thinly sliced
- 1 tbs fresh lemon juice
- 1 tsp minced garlic
- ½ tsp dried oregano
- Pinch salt

#### Instructions:

1. Chop beans into 2cm long pieces. Steam for 5 minutes. Put aside to cool.
2. Cut cherry tomatoes into halves. Chop basil into thin strips. Whisk together the oil, lemon juice, garlic, oregano and salt.
3. Once beans are cool, combine all ingredients and serve.

