

If your goal is to lose weight quickly, then our Be Rapid Program is perfect for you. In general our customers who have strictly completed this program have lost approx. 5kg over a two week period.

Be Rapid induces mild nutritional ketosis, and is a real food alternative to “bars and shakes”.

Whilst typically our Be Rapid program is used to lose excess weight quickly, it is also used to reset your metabolism. We recommend that you try to complete our Be Rapid Program every quarter for between 7-28 days.

## What you will get with your Be rapid Combo Box:

MEAL	CALORIES	BE FIT MENU OPTIONS
BREAKFAST	210	Yoghurt Chia Pod / Porridge/ Omelette/ Muffins/ Granola
SNACK	100	Protein Ball
LUNCH	230	Single Serve Meal / Single Serve Soup
SNACK (OPTIONAL)	100	Snack, chosen from our 'Allowed Extras' list
DINNER	230	Single Serve Meal / Single Serve Soup
SIDE SALAD/ SIDE VEG (OPTIONAL)	50	From our 'Allowed Extras' list, up to 3 serves per day
<b>TOTAL CALORIES</b>	<b>820-920</b>	

*\*Please note that all meals are approx. calories and may vary slightly from meal to meal. Keep in mind that the above table is only a suggestion and you can eat any dish at any time, on any day. All meals are nutritionally quite similar, so make the order that works for you.*

## Special tips from your BFF

- For the first 3 days on the program you may experience hunger, foggy headedness, sweating, irritability and lethargy. This will decrease over time, though remember to strictly stick to the diet otherwise initial symptoms may reappear.
- Drink 2- 3 litres of water each day to support the bodies process of mild nutritional ketosis.
- Do not skip meals or snacks. Skipping meals tends to make you hungry later in the day, or after your next meal.
- Please note that no alcohol, chocolate or additional milky coffees should be consumed whilst on Be Rapid. You may have a splash of milk in your coffee, but try and limit this to once a day.
- The science behind Be Fit Food requires that you do not alter the diet, to achieve best results.
- It is good to exercise for your overall health and fitness, but more than 30-60minutes per day whilst on Be Rapid may lead you to feeling hungrier. It is ok to do moderate intensity exercise during this program, such as walking or yoga for 30-60min per day. With high intensity training (HIIT), no more than 10-30min is recommended.

## How to order

Go online to order delivery, or to arrange pick up in store. For pick up, please place order by 2pm the day prior - [www.befitfood.com.au](http://www.befitfood.com.au)

Pop in store and order on the spot with our friendly team – 49 Mornington- Tyabb Rd, Mornington Victoria, 3931

## Sample Side Dish Recipes under 50 calories

### Rocket, Cherry Tomato and Parmesan Salad (Serves 3)

2 cups wild rocket leaves  
1/2 cup cherry tomatoes, halved  
20g grated parmesan cheese  
2 tsp rice vinegar  
Pinch salt and pepper

#### Instructions:

1. Combine the vinegar, salt and pepper.
2. Place other ingredients in bowl and toss together well with dressing

### Chopped Greek Salad (Serves 2)

1 medium cucumber, diced  
1/2 cup cherry tomatoes, chopped  
1/2 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 (Serves 4)

1 tbsp lemon juice  
1 tbsp olive oil  
1 zucchini, slices length ways  
1 capsicum, sliced length ways  
1/2 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.



## Sample Protein and Fruit Snack Options

### Carrot and Hummus

40g hummus dip  
1 medium carrot chopped  
Instructions: Dip and eat

### Yoghurt and Strawberries

100g Chobani yoghurt  
100g strawberries  
sprinkle of cinnamon  
Instructions: Mix all ingredients together and enjoy

### Tuna and Cucumber

100g tuna (spring water)  
1/2 cup diced cucumber  
dash lemon juice  
salt + pepper  
Instructions: Mix all ingredients together and it is ready to serve

### Boiled Egg and Cherry Tomatoes

1 hard-boiled egg  
1/2 cup cherry tomatoes  
sprinkle of curry powder or paprika  
salt + pepper  
Instructions: Combine all ingredients and enjoy

