

Allowed Extras

Your Be Rapid and/or Be Lean Weekly Programs includes breakfast, lunch, dinner and 1 snack. You can have a 2nd snack from the list provided below. If you are on our Be Fit Man Program, both snacks are included in your combo box. All weekly programs enable you to add salad or vegetables from the list provided with breakfast, lunch and/ or dinner.

Snack Options

Select either a protein or fruit snack from the below lists (up to 2 snacks per day, including your protein ball).

Fruit Snacks

0-5g Carbs

- 2-3 Passionfruit
- 220g Cooked rhubarb
- 30g Grapes
- 3 Small slices (~225g) of watermelon
- ¼ Small banana (firmer bananas will contain less sugar)
- 1 Guava ~90g

5-10g Carbs

- 2 Fresh figs
- 2 Medium fresh apricots
- 2 Dates
- 1 Kiwi fruit
- 1 Orange
- 60g Cherries
- 200g Strawberries
- 80g Blueberries (fresh or frozen)

- 100g Raspberries (fresh or frozen)
- 50g Apple (~1/2 medium)
- 50g Pear (fresh or in natural juice, drained)
- 70g Plums
- 3 Prunes
- 4 Wedges of pineapple
- 1 Medium peach
- 1 Small wedge (125g) honeydew melon

- 1 Medium Mandarin
- 3 Tsp Goji Berries (~10g)
- 3/4 Small grapefruit
- 1 Small nectarine (~100g) (white or yellow)
- 130g Papaya

Protein Snacks

General Protein snacks

- 1 Be Fit Food Protein Ball
- 1 Be Fit Food Cheesecake
- 4 egg whites (1 large whole egg)
- 100g tuna (tinned) in spring water
- 50g skinless chicken, turkey, lean trimmed meats (lamb, beef, pork)
- 70g white fish (non-oily; flake, flathead, perch etc. NOT crumbed, battered, with sauce)

- 50g Oily Fish (salmon, ocean trout)
- 50g 5-star pre-cooked lean/diet beefs mince
- Tofu 150g

- Milk (~ 1 cup / 250ml) -** Low/ no fat cows milk or soy milk
- Sanitarium Health and Wellbeing, So Good Unsweetened Almond Milk

Yoghurt (~ 2/3 cup/ 150g)

- Chobani 0.5% Fat Free plain greek yoghurt
- YoPro Natural plain or flavoured yoghurt
- ProCal Icelandic SKYR Natural
- Rockeby Farms QUARK Natural Yoghurt
- Farmers Union Greek high protein 0.2% fat yoghurt
- Aldi protein Greek yoghurt - Woolworths SKYR yoghurt

Cheese (~2 slices/ 40g)

- Bega Super slim
- South Cape Tasmanian Reduced Fat Fetta
- Dairylea 97% Fat Free Slices
- Laughing Cow Light (3 wedges)

Side Vegetable & Side Salad Options

Additional to your 2 snacks, please feel free to add up 3 serves of salad or vegetables per day.

Salad - (1 cup per serve)

- Alfalfa sprouts
- Bamboo shoots
- Bean sprouts
- Cabbage (red or green)
- Capsicum
- Celery
- Cucumber
- Iceberg lettuce

- Kale
- Mung beans
- Onion
- Radish
- Rocket
- Snow peas
- Spinach
- Spring onion
- Tomatoes
- Water chestnuts
- Watercress

Vegetables - (1 cup per serve)

- Artichoke
- Asparagus
- Bok Choy
- Broccoli
- Broccolini
- Brussel sprouts
- Carrot
- Cauliflower
- Eggplant

- Fennel
- Green beans
- Leek
- Mushrooms
- Parsnip
- Silverbeet
- Squash
- Turnip
- Zucchini

Optional Extras

<p>Fats < 50 Calories per serve and <2g Carbs/protein Suitable in side meals, as required</p> <p>Females: 0-1 serves/day Males: 1-2 serves/day</p>	<p>Olive oil – 1tsp Coconut oil – 1tsp Avocado - 1tbsp Almonds – x 6 Other nuts x 5</p>																																		
<p>Herbs and Spices (fresh or dried) Suitable to add to meals and sides as needed</p>	<table border="0"> <tr> <td>All Spice</td> <td>- Cloves</td> <td>- Garlic</td> <td>- Paprika</td> <td>- Thyme</td> </tr> <tr> <td>- Basil</td> <td>- Coriander</td> <td>- Ginger</td> <td>- Parsley</td> <td>- Turmeric</td> </tr> <tr> <td>- Celery flakes</td> <td>- Cumin</td> <td>- Mint</td> <td>- Pepper</td> <td></td> </tr> <tr> <td>- Chilli</td> <td>- Curry powder</td> <td>- Mustard</td> <td>- Rosemary</td> <td></td> </tr> <tr> <td>- Chives</td> <td>- Dill</td> <td>- Nutmeg</td> <td>- Sage</td> <td></td> </tr> <tr> <td>- Cinnamon</td> <td>- Fennel</td> <td>- Oregano</td> <td>- Tarragon</td> <td></td> </tr> </table>					All Spice	- Cloves	- Garlic	- Paprika	- Thyme	- Basil	- Coriander	- Ginger	- Parsley	- Turmeric	- Celery flakes	- Cumin	- Mint	- Pepper		- Chilli	- Curry powder	- Mustard	- Rosemary		- Chives	- Dill	- Nutmeg	- Sage		- Cinnamon	- Fennel	- Oregano	- Tarragon	
All Spice	- Cloves	- Garlic	- Paprika	- Thyme																															
- Basil	- Coriander	- Ginger	- Parsley	- Turmeric																															
- Celery flakes	- Cumin	- Mint	- Pepper																																
- Chilli	- Curry powder	- Mustard	- Rosemary																																
- Chives	- Dill	- Nutmeg	- Sage																																
- Cinnamon	- Fennel	- Oregano	- Tarragon																																
<p>Sauces and Condiments Suitable to add to meals and sides (Consider sodium may be high - use sparingly)</p>	<table border="0"> <tr> <td>Stock cube (low sodium)</td> <td>- Mustard</td> <td>- Balsamic vinegar</td> </tr> <tr> <td>- Vegetable soup (made from the above low starch vegetables)</td> <td>- Worcestershire sauce</td> <td>- Apple cider vinegar</td> </tr> <tr> <td>- Miso</td> <td>- Lemon / lime juice</td> <td></td> </tr> <tr> <td>- Bonox</td> <td>- Salt or Lite Salt (reduced sodium salt)</td> <td></td> </tr> <tr> <td></td> <td>- Pepper</td> <td></td> </tr> </table>					Stock cube (low sodium)	- Mustard	- Balsamic vinegar	- Vegetable soup (made from the above low starch vegetables)	- Worcestershire sauce	- Apple cider vinegar	- Miso	- Lemon / lime juice		- Bonox	- Salt or Lite Salt (reduced sodium salt)			- Pepper																
Stock cube (low sodium)	- Mustard	- Balsamic vinegar																																	
- Vegetable soup (made from the above low starch vegetables)	- Worcestershire sauce	- Apple cider vinegar																																	
- Miso	- Lemon / lime juice																																		
- Bonox	- Salt or Lite Salt (reduced sodium salt)																																		
	- Pepper																																		
<p>Others Not recommended for daily use (sparingly if needed only)</p>	<table border="0"> <tr> <td>Artificial sweeteners</td> <td>Dash of milk – any type</td> </tr> <tr> <td>Unsweetened lollies / gum</td> <td>(30ml)</td> </tr> <tr> <td>Diet jelly</td> <td></td> </tr> </table>					Artificial sweeteners	Dash of milk – any type	Unsweetened lollies / gum	(30ml)	Diet jelly																									
Artificial sweeteners	Dash of milk – any type																																		
Unsweetened lollies / gum	(30ml)																																		
Diet jelly																																			

Drink Options

<p>Minimum of 2-3 litres of fluid per day</p>	<table border="0"> <tr> <td>Allowed</td> <td>Occasionally</td> </tr> <tr> <td>Water (still or Sparkling)</td> <td>Diet Cordial</td> </tr> <tr> <td>Coffee (black)</td> <td>Diet Soft Drink</td> </tr> <tr> <td>Tea (black)</td> <td>Kombucha</td> </tr> <tr> <td>Herbal Teas</td> <td></td> </tr> </table>		Allowed	Occasionally	Water (still or Sparkling)	Diet Cordial	Coffee (black)	Diet Soft Drink	Tea (black)	Kombucha	Herbal Teas	
Allowed	Occasionally											
Water (still or Sparkling)	Diet Cordial											
Coffee (black)	Diet Soft Drink											
Tea (black)	Kombucha											
Herbal Teas												

Vegetables to limit to under 2 table spoons per day

*Please note that if you have, for example, 2 tablespoons of potato with your dinner, this will be in place of the 1 cup of side salad and/ or veg from page 1.

<ul style="list-style-type: none"> - Potato - Sweet Pumpkin - Green Peas - Corn - Legumes - Lentils

