



*be*  
*fitfood*<sup>®</sup>



# Our Food Philosophy

All Be Fit Food meals and programs have been scientifically designed by a Doctor and Dietitian, with a real food approach for weight loss and healthy low carb living.

Every meal is based on the principles of the low carb diet (approximately 50-70g per day as supported by the science of the CSIRO), containing as many plant-based ingredients as possible from all five food groups.

Underlying this philosophy is the belief that food is medicine. We use industry-leading science to design and create recipes and programs that we believe will have a long-term health impact, as well as making you feel happier, healthier and more energetic. We want to help you to thrive, and not just survive.

*“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”*

*- Anne Wigmore*

# Our promise to you

2

## **We will never compromise on our ingredients.**

Ingredients come first (they all have a role to play) + no bad stuff (added sugar or artificial sweeteners).

## **We will search high and low for the best team to support you on your BFF journey.**

Our health professionals will be there to guide you every step of the way.

## **We love the science as much as we do the food.**

We have used the latest nutrition research, to scientifically formulate what we believe is the healthiest, whole-food meals to enhance overall health and well-being. The science referred to supports a low-carb, high plant food based approach to food and nutrition.

## **Your guts will thank you.**

With a combination of 4-12 vegetables in every meal plus quality protein and healthy fats, your guts will stay nourished on your journey to better health.

## **Results speak for themselves.**

We have spent years designing our meals and programs so that you get the best results possible in a safe and healthy way.



# Our Programs

## ***Be Rapid***

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 an average of 5 kilograms over a two-week period. Be Rapid induces mild nutritional ketosis, and is a real food alternative to “bars and shakes”.

*Be Rapid contains between 820- 920 calories per day and less than 50g of carbs per day. You will receive 7x breakfasts, 7x lunches, 7x dinners and 7x protein balls.*

## ***Be Lean 1000***

If you enjoy low carb eating and are seeking slow and steady weight loss, then the Be Lean 1000 program is the right program for you. Be Lean 1000 is a scientifically formulated program designed improve nutrition and metabolism, whilst achieving slower weight loss of between 1-2kg per week.

*Be Lean 1000 contains between 1000- 1200 calories per day and between 50-70g of carbs per day. You will receive 7x breakfasts, 7x lunches, 14x dinners and 7x protein balls.*

## ***Be Lean 1200***

For anyone who is seeking a program that offers slower weight loss and weight management, with a more flexible eating program, our Be Lean 1200 is for you. This program combines the science of low carb living with the Mediterranean diet, which allows you to have the occasional glass of wine, piece of dark chocolate or a handful of nuts, whilst still sticking within Be Lean 1200's guidelines.

*Be Lean 1200 contains between 1200- 1500 calories per day and under 70g of carbs per day. You will receive 7x breakfasts, 14x lunches, 14x dinners and 7x protein balls.*

## ***Be5:2***

If you are looking for slower weight loss or weight maintenance, and would like more flexibility than a weekly program – then the Be 5:2 program is for you. The 5:2 diet is an intermittent fasting diet, where five days of the week are normal (healthy) eating days, and the other two restrict calories to 500-600 per day. Let Be Fit Food take care of these two days of meals and snacks for you – over a four week period.

*Be 5:2 contains 500-600 calories per day, for 2 days per week. This program covers four weeks of the 5:2 diet so you will receive an assortment of 16 meals and 7 snacks.*

## ***Meal Packs***

Be7/ Be14/ Be28

If you are looking for slower weight loss, weight maintenance or convenience, then these meal packs are for you. We will send you 7, 14 or 28 fully prepared meals, removing the preparation and guesswork from cooking. You can use the meals for lunch or dinner over each day, or alternatively you can store them in the freezer and bring out when convenient.

## ***Not looking for a complete program?***

That's ok! We have a wide variety of individual meals, sides, snacks and kids meals available both in store and online.



# Your Meals, Your Way

## ***Storing***

- Most meals and snacks will arrive to you snap frozen, so pop them in your freezer and either remove daily to defrost before cooking, or simply cook from frozen.
- All frozen meals have a shelf life of up to 6-12 months if stored correctly.
- Our Chia Yoghurt Pots and Cheesecakes are made fresh, so pop them in the fridge and check the production date on each product. To extend shelf life for up to 3 months, they can be stored in the freezer (texture may vary slightly when defrosted). Remember to defrost in fridge and use within 48 hours.

## ***Let's get eating***

Thaw and eat? No problem! Our meals are chef prepared & cooked, but as most meals come frozen, please look at our heating suggestions below.

*\*Please note this does not apply to the eggs, as you cannot consume the omelettes raw.*



## ***Pop it in the microwave***

If convenience is your thing, don't be afraid to put your meal straight in the microwave. Read the instructions on each meal for cooking times, but most meals take about 3-4 mins. To loosen meals out of the container, run under water and turn upside down.

## ***Place it in the oven***

Don't own a microwave? No stress! Just remove from the packaging and pop your meals in the oven. Times may vary with meals, so make sure you keep an eye on them.



## ***Cook it on the stove***

Are you a chef at heart, but don't always have the time to cook? Then the fry pan is the perfect place for you to start with our meals. If you don't have non-stick pans, don't stress! Simply pop 1 tsp of olive oil, or 3 seconds of olive oil spray in the pan and heat them up.



## ***Looking for an extra flavour hit?***

Add some of your favourite herbs, spices and oils in your meal as per our Allowed Extras List. If making a cup of side salad is too much work- then feel free to add half a cup of your favourite veggies from the list.

*Our Allowed Extras List can be found on the website in the FAQs, under the tab "Heating, Store & Allowed Extras".*

## ***Mix & match?***

Who hasn't thought about having breakfast for dinner? Don't worry about what order you have the meals, soups, snacks and your breakfast in! We have counted all the calories for you, so order does not matter.



# What Our Customers are Saying

*"I am so thankful to have found Be Fit Food. I had hit a plateau in my weight-loss journey and needed to find a program to kick start my motivation and weight-loss again. I completed 5 weeks on the Be Rapid program and lost a total of 7 kilos! The Be Fit team were amazing in guiding me and my food was delivered weekly all portion controlled. I would have no hesitations in recommending the program, I only wish I had of found it earlier! Thanks Be Fit!" – Lisa*

*"I've lost 20 kilos in 12 weeks on Be Fit Food. I am feeling awesome and definitely having to reassess my wardrobe. I'm still enjoying the food which is great. I am absolutely loving BFF and amazed at my transformation. Thanks BFF!" – Melinda*

*"I lost 15 kilos in 5 weeks on the Be Rapid program. The variety is fantastic and I love there is no tablets or shakes involved. It is real food... I think it's affordable and well worth it as you will get results!" – Sophy*

*"I lost 15 kilos on the Be Rapid program. To be honest I thought I wouldn't last with eating such little amounts of food but it has proven me wrong. Keep up the good work because this is a really great company with products that work!" – Joseph*

*"In November I tipped the scales at 106kg and just thought wow not again! I went on the Be Rapid program and before I knew it I was sub 100kg by January. Since then I have used the meals as a maintenance program for lunch and dinner and now weigh 95kg (April). Thank you BFF!" – Jim*



# Be Fit FAQ's

- **What can I eat along with my plan?**

*Our Allowed Extras List includes a list of low carb options that you can use alongside our meals or as an extra snack. Our Allowed Extras List can be found on our website in the FAQs, and is provided in your welcome email following delivery.*

- **What should I expect from my Be Fit Food Meals?**

*You should expect wholefood, healthy and nutritionally balanced meals!*

*What we eat every day is so full of salt, sugar and other flavour enhancers that we have forgotten what real food taste like. We welcome you to add natural spices into your meals, such as pepper, chilli, nutmeg, curry powder and other herbs, to create a taste that you enjoy, without the nasties.*

- **What is the science behind Be Fit Food programs?**

*At BFF we use the latest nutrition research, to scientifically formulate the healthiest, whole-food meals to enhance overall health and well-being. The science referred to supports a low-carb, high plant food based approach to food and nutrition, with the Be Rapid program focusing on calorie and portion control to induce mild nutritional ketosis.*

- **Can I alter the Be Rapid Program and still expect the same weight loss results?**

*The short answer is NO...*

*If you do, you may not reach your target goals, slow the rate of weight loss and potentially not get enough nutrients. The science behind the Be Fit Food diet requires you do not alter the diet in any way. Also do not skip meals or snacks (even though you might not be hungry). Skipping meals will mean you will get very hungry later in the day or straight after your next meal.*

- **Can I exercise whilst on Be Fit Food?**

*You sure can. Please keep in mind that whilst exercise is great for mental health and motivation, the weight loss is attributed to the science behind our meals. 30-60min of low aerobic activity or up to 30min of high intensity exercise is fine, but any more than this will increase appetite and extra protein snacks/ meals will be required in order to stick to your plan.*

# Sample Side Dish Recipes

(serves 2)

## ***Tasty Slaw***

(50 calories per serve)

- 1/4 cup low fat mayonnaise
- 1 tbsp 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.



## ***Chopped Greek Salad***

(36 calories per serve)

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

***Instructions:***

- Toss together vegetables in large bowl. Stir in remaining ingredients.

## ***Rocket, Cherry Tomato and Parmesan Salad***

(55 calories per serve)

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

***Instructions:***

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

## ***Become a Be Fit Foodie***

- Be fit Foodie Member Support
- Direct access to Be Fit Food Dietitians, Nutritionists
- Health tips through a Be Fit Foodie closed Facebook Group
  - Weekly 'live' sessions with our Dietitians
    - Fresh recipes
    - Interesting articles
    - Quarterly 'Re-Set' incentives
- Pre-sale for promotions throughout the year

To sign up, email us at: ***bff@befitfood.com.au***



**1300 263 257**

**info@befitfood.com.au**

**www.befitfood.com.au**

### **Store Location**

**49B Mornington - Tyabb Rd, Mornington 3931**

*Please check online for our Mornington Store opening hours*

*Instagram: @befitfoodaustralia    Facebook: @befitfoodaustralia*



**\$10 off**

Use the coupon code:

***welcome***

To receive \$10 off your next order. Valid 1 use per person.