

Allowed Extras Guide

Don't worry, this is not cheating



This list of allowed additional snacks, drinks, flavours and foods have been drawn up by our dietitians to help you get through the day on any Be Fit Food program without compromising your results.

What additional snacks can I have?

Be Rapid and Be Lean

If you're on one of these two programs you receive a daily protein ball as part of your order. On top of this, you can also have a second snack. This snack should always be around 100 calories, and have no more than 10g of carbohydrates. Choosing a snack with a least 5g of protein can be more filling. Some great protein packed options are yoghurt & berries or a small latte. Otherwise, you can simply have a second protein ball.

Be Fit Man

The Be Fit Man program provides you with all of the snacks you're allowed (two per day) as part of your order. You will need to substitute one of these out if you would like something from the below list. If you are doing a substitution, this snack should always be around 100 calories and have no more than 10g of carbohydrates. We recommend choosing a protein snack over a fruit snack as these are more filling.

PROTEIN SNACKS			
General Protein	<ul style="list-style-type: none"> BFF Protein Ball BFF Cheesecakes BFF Low Carb Cookie 4 egg whites 1 large whole egg 100g tinned tuna in springwater 	<ul style="list-style-type: none"> 50g skinless chicken, turkey, lean trimmed meats (lamb, beef or pork) 70g white non-oily fish; flake, flathead, perch etc NOT crumbed, battered or with sauce 	<ul style="list-style-type: none"> 50g oily fish; salmon, ocean trout 50g 5-star pre-cooked lean/diet beef mince 150g tofu ¼ cup hummus
Milk (1 cup/ 250ml)	<ul style="list-style-type: none"> Low/ no fat cows milk Soy milk Unsweetened Almond Milk 		
Yoghurt (150g/ 2/3 cup)	<ul style="list-style-type: none"> Chobani 0.5% Fat Free Plain Greek Yoghurt Chobani Fit range 	<ul style="list-style-type: none"> YoPro natural plain or flavoured yoghurt ProCal Icelandic SKYR natural Rockeby Farms QUARK natural yoghurt 	<ul style="list-style-type: none"> Farmers Union greek high protein 0.2% fat yoghurt Aldi protein greek yoghurt Woolworths SKYR yoghurt
Cheese (2 slices/ 40g)	<ul style="list-style-type: none"> Bega Super Slim South Cape Tasmanian reduced fat feta Dairylea 97% fat free slices 3 wedges of Laughing Cow Light 		

FRUIT SNACKS			
0-5g Carbs	<ul style="list-style-type: none"> Molives (available online or in store) 2-3 passionfruit 	<ul style="list-style-type: none"> 30g grapes 3 small slices (~225g) watermelon 	<ul style="list-style-type: none"> 220g cooked rhubarb 1 guava (~90g)
5-10g Carbs	<ul style="list-style-type: none"> 2 medium apricots 2 dates 2 figs 1 kiwi fruit 1 orange 3 prunes 	<ul style="list-style-type: none"> 1 medium peach 1 medium mandarin 1 small nectarine 1 plum 60g cherries 200g strawberries 	<ul style="list-style-type: none"> 80g blueberries 100g raspberries 60g pineapple 10g goji berries 130g papaya

What can I drink?

Staying hydrated is one of the keys to doing well on a Be Fit Food program. You should aim for 2-3 litres of fluid each day, and the majority should be water. However, tea and coffee are always an option, and the very occasional (diet) sweet drink is also allowed.

Note: If milk with your tea or coffee is a must then try to keep it to a small dash. If that's not an option, include the milk as one of your protein snacks for the day.

ALLOWED	<ul style="list-style-type: none"> • Water (still or sparkling) • Coffee (black) • Tea (black) • Herbal teas
DRINK OCCASIONALLY	<ul style="list-style-type: none"> • Kombucha • Diet cordial • Diet soft drink

What can I add to my meals?

You can give any one of your meals a bit more volume and flavour with our list of allowable options. Fresh vegetables and salad items not only help fill you up, they also provide fresh flavours - especially if you're missing added salt and sugar in your meals. You can add up to three serves of the below salad or vegetables to each meal. You can also choose to add the below fats, herbs, spices and condiments to help tailor your meals to your taste buds.



SIDE SALADS (1 CUP PER SERVE)	<ul style="list-style-type: none"> • Alfalfa sprouts • Bamboo shoots • Bean sprouts • Cabbage (red or green) • Capsicum • Celery • Cucumber 	<ul style="list-style-type: none"> • Mixed lettuce • Kale • Mung beans • Onion • Radish • Rocket 	<ul style="list-style-type: none"> • Snow peas • Spinach • Spring Onion • Tomatoes • Water chestnuts • Watercress
SIDE VEGETABLES (1/2 CUP COOKED OR 1 CUP RAW PER SERVE)	<ul style="list-style-type: none"> • Artichoke • Asparagus • Bok Choy • Broccoli • Broccolini • Brussel sprouts 	<ul style="list-style-type: none"> • Carrot • Cauliflower • Eggplant • Fennel • Green beans • Leek 	<ul style="list-style-type: none"> • Mushrooms • Parsnip • Silverbeet • Squash • Turnip • Zucchini
FATS <50 CALORIES PER SERVE <2G CARBS/ PROTEIN	<ul style="list-style-type: none"> • 1 tsp olive oil • 1 tsp coconut oil • 1 tbsp avocado • 10 olives • 6 nuts 		
HERBS & SPICES (FRESH OR DRIED)	<ul style="list-style-type: none"> • Basil • Celery flakes • Chilli • Chives • Cinnamon • Cloves • Coriander • Cumin 	<ul style="list-style-type: none"> • Curry powder • Dill • Fennel • Garlic • Ginger • Mint • Mustard • Nutmeg 	<ul style="list-style-type: none"> • Oregano • Paprika • Pepper • Rosemary • Sage • Tarragon • Thyme • Turmeric
CONDIMENTS (CONSIDER SODIUM & USE SPARINGLY)	<ul style="list-style-type: none"> • Stock cube (low sodium) • Miso • Bonox • Mustard 	<ul style="list-style-type: none"> • Worcestershire sauce • Lemon/ lime juice • Salt or Lite Salt (reduced sodium salt) 	<ul style="list-style-type: none"> • Pepper • Balsamic vinegar • Apple cider vinegar
OTHER (USE SPARINGLY IF NEEDED)	<ul style="list-style-type: none"> • Artificial sweeteners • Unsweetened lollies or gum • Diet jelly • Dash of milk (30ml) 		