

Be Fit Food Dietary Checklist



BREAKFAST									
	GLUTEN FREE	DAIRY FREE	PESCATARIAN	VEGETARIAN	VEGAN	SOY FREE	NUT FREE	EGG FREE	SHELLFISH FREE
5 Veg Eggs	✓	✓	✓	✓		✓	✓		✓
French Eggs	✓	✓				✓	✓		✓
Spanish Eggs	✓	✓				✓	✓		✓
Almond & Flaxseed Porridge			✓	✓				✓	✓
Quinoa & Protein Porridge	✓		✓	✓✓				✓	✓
Apple & Cinnamon Muffin	✓		✓	✓					✓
Blueberry Muffin	✓		✓	✓					✓
Corn & Zucchini Muffin	✓		✓	✓		✓			✓
Ham, Spinach & Feta Muffin	✓					✓+			✓
Apple & Cinnamon Bircher	✓		✓***	✓***				✓	✓
Banana Spice Bircher	✓		✓***	✓***				✓	✓
Choc Coconut Bircher	✓		✓***	✓***				✓	✓
Mango Bircher	✓		✓***	✓***				✓	✓
Nut & Flaxseed Granola			✓	✓				✓	✓
Quinoa Granola	✓		✓	✓				✓	✓
SNACKS									
	GLUTEN FREE	DAIRY FREE	PESCATARIAN	VEGETARIAN	VEGAN	SOY FREE	NUT FREE	EGG FREE	SHELLFISH FREE
Chocolate Protein Booster	✓		✓	✓			✓	✓	✓
Vanilla Protein Booster	✓		✓	✓			✓	✓	✓
Protein Balls	✓	✓*	✓	✓				✓	✓
Cacao Cheesecake	✓		✓***	✓***				✓	✓
Lemon Cheesecake	✓		✓***	✓***				✓	✓
Molives- Oregano & Garlic	✓			✓	✓	✓	✓		✓
Molives- Rosemary /Chilli	✓			✓	✓	✓	✓		✓
Chocolate Truffle Low Carb Cookie		✓**	✓	✓		✓+			✓
Ginger Bread Low Carb Cookie		✓**	✓	✓		✓+			✓
SIDES									
	GLUTEN FREE	DAIRY FREE	PESCATARIAN	VEGETARIAN	VEGAN	SOY FREE	NUT FREE	EGG FREE	SHELLFISH FREE
Cauliflower Rice	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lean Greens	✓	✓	✓	✓	✓		✓^	✓	✓
Mediterranean Veg	✓	✓	✓	✓	✓	✓	✓^	✓	✓

Key:

* All protein balls contain low lactose whey protein powder in small amounts, which may be suitable for some people depending on the severity of intolerance.

** May contain traces of milk
 *** Contains gelatine
 # May contain traces of egg
 ~ May contain traces of milk

^ May contain traces of nuts
 + May contain traces of soy
 (Note: all snacks contain soybean derivatives.)

SOUP									
	GLUTEN FREE	DAIRY FREE	PESCATARIAN	VEGETARIAN	VEGAN	SOY FREE	NUT FREE	EGG FREE	SHELLFISH FREE
Cannellini Bean & Cauliflower	✓		✓	✓			✓^	✓	✓
Cauliflower Leek & Bacon	✓					✓	✓^	✓	✓
Chicken, Ham & Sweet Corn	✓						✓		✓
Curried Pumpkin and Chicken	✓	✓				✓	✓^	✓	✓
Curried Pumpkin, Chickpea & Tofu	✓	✓	✓	✓	✓		✓^	✓	✓
Mexican Bean Soup	✓	✓	✓	✓	✓		✓^	✓	✓
Mexican Beef & Vegetable	✓	✓				✓	✓^	✓	✓
Moroccan Lamb & Lentil	✓	✓					✓^	✓	✓
Trio of Green	✓		✓	✓			✓^	✓	✓
MEALS									
	GLUTEN FREE	DAIRY FREE	PESCATARIAN	VEGETARIAN	VEGAN	SOY FREE	NUT FREE	EGG FREE	SHELLFISH FREE
Atlantic Salmon with Super Greens	✓		✓				✓^	✓	✓
Beef Madras Curry	✓					✓+	✓^	✓	✓
Buckwheat Bolognese	✓						✓^	✓	✓
Cauliflower Fried Rice with Chicken	✓	✓							✓
Chilli & Ginger Baked Fish	✓	✓	✓					✓	✓
Chilli Con Carne	✓	✓				✓	✓^	✓	✓
Indian Chicken Curry	✓					✓	✓^	✓	✓
Italian Beef Meatballs						✓	✓^	✓#	✓
Lamb Kofta	✓	✓				✓	✓^	✓	✓
Naked Burrito Bowl	✓					✓	✓^	✓	✓
Protein+ Bolognese						✓	✓	✓#	✓
Salmon Al Forno			✓			✓	✓	✓#	✓
Smokey Chicken & Chorizo Paella		✓				✓+	✓^	✓	✓
South American Chilli Bean & Vegetables	✓	✓	✓	✓	✓		✓^	✓	✓
Spiced Lentil Dahl	✓	✓	✓	✓	✓		✓^	✓	✓
Thai Green Chicken Curry	✓					✓	✓	✓	
Tuna Protein Bake						✓	✓	✓#	✓
Vegetable & Chickpea Frittata	✓		✓	✓		✓	✓		✓
Vegetarian Bolognese		✓**	✓	✓	✓		✓	✓#	✓
Vegetarian Lasagne		✓**	✓	✓	✓~		✓^	✓	✓
Voodle Bolognese	✓						✓	✓	✓
Warm Quinoa & Tofu Salad	✓	✓	✓	✓	✓			✓	✓
Wholemeal Beef Lasagne						✓+	✓^	✓	✓
Yellow Vegetable Curry	✓	✓	✓	✓	✓		✓	✓	✓

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