

Recommended Extras Guide

Don't worry, this is not cheating



This is a grocery guide used to complement our programs. The purpose of this guide is to assist you when choosing snacks, drinks, flavours and foods that can be included into your day depending on which program you are following.



What additional snacks can I have?

Be Rapid / Two Week Metabolism Reset / Be Lean Programs

As part of this program, you will receive 1 x daily Be Fit Food snack. In addition to this snack, you can also have an extra snack from the list below.

Be Fit Man Program

As part of this program, you will receive 2 x daily Be Fit Food snacks, which can be substituted for any of the snacks listed below.

*Each bullet point is an example of one snack. They are around 100 calories and less than 10g of carbohydrates and a source of protein. Consider this nutritional breakdown when you are looking at incorporating your own snacks that are not listed here.

BE FIT FOOD SNACKS

Approx. 5-10g Protein/0-10g Carbohydrates/100 calories

1 Be Fit Food protein booster
1 Be Fit Food protein ball
1 Be Fit Food dim sim
2 Be Fit Food egg bites

2 Be Fit Food cookies
2 slices Be Fit Food low carb protein loaf*
1 Be Fit Food cheesecake
½ Be Fit Food protein muffin

*See our Low Carb High Protein Loaf ebook for serving suggestions.

PROTEIN SNACKS

Approx. 10g of Protein / 0-5g Carbohydrate / 100 calories

4 egg whites
1 large whole egg
50g skinless chicken, turkey, lean trimmed meats (lamb, beef, kangaroo, veal or pork)
50g lean/diet beef mince
100g white non-oily fish; flake, flathead, perch
90g calamari, grilled

100g tinned tuna, salmon, sardines in Springwater
50g oily fish; salmon, ocean trout
100g shellfish (crabs, lobster, prawns, scallops) cooked
100g tofu
70g Quorn mince cooked
50g hummus

Tip: Avoid processed meats where possible, such as salami, ham (bacon), sausages, hamburgers, chicken loaf, hot dog/frankfurt, rissoles and ready made (frozen) crumbed, battered or saucy meats - this is because of their high saturated fat and salt content.

PROTEIN/CARBOHYDRATE SNACKS

Less than 10g of Carbohydrates/5-10g Protein/100 calories

1 cup/250ml skim milk or milk alternatives including almond milk or soy milk
150g/ ⅔ cup low fat, no added sugar natural greek yogurt (any brand)
150g/ ⅔ cup low fat, no added sugar natural yogurt (any brand)
100ml full cream milk or yoghurt (no added sugar)

100ml kefir, no added sugar (any brand)
40g or two slices of cheese, yellow varieties (reduced fat), feta (reduced fat)
100g/ ½ cup low fat cottage or extra lite cream cheese
1 small latte

FRUIT

Less than 10g of Carbohydrates/0-2g Protein/100 calories

5 passionfruit	3 prunes	1 medium peach
3 apricots	1 medium mandarin	100g pineapple
3 dates	1 small nectarine	20g goji berries
2 figs	2 plums	¼ banana
1 kiwi fruit	200g strawberries	3 small slices (150g) watermelon
1 orange	60g grapes	100g fresh/frozen berries

LOW CARBOHYDRATE PLANT BASED FOODS

2 cups raw OR 1 cup cooked is equal to 1 serve. Approx. 0-5g Carbohydrates

Alfalfa sprouts	Cucumber	Lettuce	Silverbeet
Bamboo shoots	Artichoke	Kale	Leek
Bean sprouts	Asparagus	Mung beans	Snow peas
Cabbage (red or green)	Bok choy	Onion	Spinach
Capsicum	Broccoli	Radish	Spring onion
Celery	Beetroot	Rocket	Tomatoes
Fennel	Broccolini	Carrot	Water chestnuts
Green beans	Brussel sprouts	Cauliflower	Watercress
Turnip	Squash	Eggplant	Mushrooms
			Zucchini

Tip: The more colour and variety of the vegetables the more health benefits. Use our recipes online to get some inspiration.

MODERATE CARBOYDRATE PLANT BASED FOODS

Approx 5g of Carbohydrate

2 tablespoons (20g) cooked or canned (salt reduced) legumes/beans (eg. black beans, borlotti beans, broad beans, cannellini beans, edamame beans, kidney beans, soy beans, chickpeas, lentils, split peas)	2 tablespoons (20g) cooked quinoa
	2 tablespoons (20g) cooked sweet potato, taro, corn, artichoke, parsnip, pumpkin

HEALTHY FATS

Add 0-2 serves per day depending on weight loss goals. Approx. 10g of Fat/0-5g Carbohydrates/0-5g of Protein/100 calories

1 tablespoon of natural plant spread/nut spread, no added salt, unsweetened (peanut, almond, cashew, tahini butter)	2 tablespoons (50g) avocado
2 teaspoons oil (avocado, canola, flaxseed, extra virgin olive oil, sunflower)	2 tablespoons (15g) seeds (all varieties)
	1 tablespoon (15g) nuts (all varieties)
	20 olives

Tip: Saturated fats should be limited. Examples of these are animal fats such as butter, cream, coconut milk/oil, and sour cream.

What can I add to my meals?

You can have up to 3 serves of non-starchy vegetables or salads per day, particularly if you are hungry or are participating in regular exercise. Adding herbs & spices to your meals is allowed too!

What can I drink?

Water is the preferred drink. You may also drink tea, including herbal teas and black coffee, without milk. If you prefer milk in your tea and coffee you can use a small dash (30ml), however if you drink a cup of milk throughout the day in your tea and coffee - this counts as a snack. We recommend avoiding soft drinks, diet soft drinks and fruit juice. Mineral and soda water is a perfect alternative to soft drink.

How much should I drink?

For a healthy adult it is recommended to have approx. 35-45ml per kilo of body weight of fluids per day ie; 80kg person = 2.4-3.2L of fluids per day. If you need further assistance you can contact our Be Fit Food Dietitians.

What to have with the BFF Granola

We recommend serving the BFF granola with approximately 150g of yoghurt or 150ml of milk or dairy alternative in order to achieve the optimal calorie and carbohydrate portion for breakfast. This does not count as one of your snacks.

Tip: When choosing a yoghurt or milk look at the Nutrition Information Panel to ensure your serving size is equal to approx. 100 calories and under 10g carbohydrates.