

If you enjoy low carb living and are seeking moderate weight loss, then the Be Lean 1000 program is the right program for you.

Be Lean 1000 is a scientifically formulated program designed to optimize your nutritional status and assist in maintaining muscle and a healthy metabolism whilst achieving moderate weight loss of between 1-2kg per week.

The meal plan contains 1000- 1200cal per day consisting of real, wholesome ingredients and contains no added sugar, low sodium and loads of healthy plant-based foods. We provide you with breakfast, and either a 2-course lunch or dinner and one protein based snack. Additionally, we provide you with an 'Allowed Extras List' that consists of a variety of nutritious (low-starch) vegetable and salad items, protein-based snacks and low-carb fruit options. This program is ideal to use for 4-12 weeks at a time and combined with Be Rapid for a metabolism reset every season for 1-2 weeks.

What you'll need

MEAL	CALORIES	BE FIT MENU OPTIONS
BREAKFAST	210	Yoghurt Chia Pod / Porridge/ Omelette/ Muffins/ Hotcakes
LUNCH	230	Single Serve Meal / Single Serve Soup
SNACK	100	Protein Ball or Cheesecake
DINNER- Entrée	230	Single Serve Meal / Single Serve Soup
DINNER- Main	230	Single Serve Meal / Single Serve Soup
SNACK (OPTIONAL)	100	Snack, chosen from our 'Allowed Extras' list/ ½ Protein Muffin/ ½ Protein Hotcakes / Cheesecake
SIDE SALAD/VEG (OPTIONAL) 1-2	50-100	From our 'Allowed Extras' list
TOTAL CALORIES:	1000-1200	

**Please note that all meals are approximate calories and may vary slightly from meal to meal*

When you choose your meals from Be Fit Food, remember you can eat any dish on any day, at any time of the day. The nutritional value of all our meals are quite similar, therefore you can consume the meals in an order that works to suit your needs. Please note that the entrée dinner in the above example, can be moved to entrée lunch or even morning tea or afternoon tea.

Special tips from your BFF

Have a protein snack within 30 minutes after training to optimise recovery. Avoid skipping meals or snacks as this can increase your appetite later in the day and potentially lead to a greater consumption of calories during a later period. Remember, alcoholic drinks and milk-based coffees often contain hidden calories and significant carbohydrates that may inhibit your weight loss. Consuming these regularly may increase your appetite and your overall daily calorie intake, leading to unwanted weight gain. Having a splash of milk (approximately 30ml) in your coffee is fine, however if you do choose to have a small milk-based coffee, (<250mls) it will be considered as one of your daily protein snacks.

The science behind BE Fit Food requires you do not alter the diet to achieve the best results in weight loss.

How to order

Go online to order delivery, or to arrange pick up in store. For pick up, please place order by 2pm the day prior - www.befitfood.com.au

Pop in store and order on the spot with our friendly team – 49 Mornington- Tyabb Rd, Mornington Victoria, 3931

Be Lean 1000 - 7 Day Sample Plan

	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
BREAKFAST	Mango Tango Yoghurt Chia Pod	Spanish Eggs	Quinoa Granola	Green Apple Yoghurt Chia Pod	High Protein Hotcakes	Berry Bliss Yoghurt Chia Pod	5 Veg Eggs
SNACK <small>am</small>	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball	1 x Ca-Pow Protein Ball
LUNCH	Curried Pumpkin & Chicken Soup	Protein + Bolognese	Indian Chicken Curry	Madras Beef Curry	Warm Quinoa & Tofu Salad	Thai Green Vegetable Curry	Salmon Al Forno
SNACK <small>pm</small>	Protein Ball OR 1 medium sized piece of fruit	Protein Ball OR 25g mixed nuts	Protein Ball OR 1 cup low fat yoghurt	Protein Ball OR 200g strawberries	Protein Ball OR ¼ cup hummus with veggie sticks	Protein Ball OR 30g low fat cheese	Protein Ball OR 1 medium sized pear
DINNER <small>Entrée</small>		Chicken Ham & Sweetcorn Soup	Cauliflower, Leek & Bacon Soup	Mexican Beef & Vegetable Soup		Vegetable & Chickpea Frittata	Cannellini Bean & Cauliflower Soup
DINNER <small>Main</small>	2 x Italian Meatballs	Thai Green Chicken Curry	Chilli & Ginger Baked Fish	Wholemeal Beef Lasagne	2 x Smokey Chicken & Chorizo Paella	Chilli Con Carne	Lamb Kofta

**Note: This is a guide only. You can choose when to have your meals. All calorie intakes are accounted for daily, swapping meals around will not affect this. *The second meal does not have to be an entrée for dinner. If you would prefer an additional meal at lunchtime, these can be swapped. You can also choose to double up on the meals and turn it into one large meal, instead of having 2 smaller meals. Also your order may not contain the same items as those provided above, you will need to swap sample meals over to ones that you have actually ordered. Your second snack and side meals are not included in the Be Rapid Combo Box's, but can be ordered additionally. Alternatively you make these yourself, using the Allowed Extras List that we provide.*

Sample Side Dish Recipes ~50 calories

Rocket, Cherry Tomato and Parmesan Salad (~50cal)

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

Instructions:

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

Stir Fried Asian Greens with Soy and Ginger

Makes 3-4 serves
 ½ head of broccoli, chopped
 1 head bok choy, roughly chopped
 1 head pak choy, roughly chopped
 200g mushrooms, sliced
 2tbsp soy sauce
 ½ knob of ginger, finely grated
 1 clove garlic, minced
 ½ green chilli, finely chopped (optional)
 1tsp crushed peanuts (optional)

Instructions:

1. Heat a non-stick fry pan with a spray of olive oil over a high heat
2. When the pan is hot, add garlic, ginger and chilli, if using. Stir fry for 30 seconds or until fragrant
3. Add broccoli and mushrooms. Stir fry for 2-3 minutes
4. Add greens and soy sauce. Stir fry until greens are wilted.
5. Serves topped with crushed peanuts



Anyone who is seeking a program that offers slower weight loss and weight management, with a more flexible eating program, then 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 the Be Lean 1200's guidelines.

The meal plan contains 1200- 1500cal per day consisting of real, wholesome ingredients and contains no added sugar, low sodium with loads of healthy plant-based foods. We provide you with breakfast, and a 2-course lunch and dinner and one protein based snack. If having entrée and main over lunch and dinner is not for you, then please feel free to space your meals out over the course of the day or have a larger breakfast. Additionally, we provide you with an 'Allowed Extras List' that consists of a variety of nutritious (low-starch) vegetable and salad items, protein-based snacks and low-carb fruit options. Lastly, there is flexibility in this program to add one glass of red wine (150ml), 2 squares of >60% dark chocolate (10g) or a handful of nuts (30g) depending on your weight loss goals and activity levels.

This program is ideal to use for convenience throughout the year, and combined with Be Rapid for a metabolism reset every season for 1-2 weeks.

What you'll need

MEAL	CALORIES	BE FIT MENU OPTIONS
BREAKFAST	210	Yoghurt Chia Pod / Porridge/ Omelette/ Muffin/ Hotcakes
LUNCH- Entrée/ Morning Tea	230	Single Serve Meal / Single Serve Soup/ Muffin
LUNCH	230	Single Serve Meal / Single Serve Soup
SNACK	100	Protein Ball or Cheesecake
DINNER- Entrée/ Afternoon Tea	230	Single Serve Meal / Single Serve Soup/ Muffin
DINNER- Main	230	Single Serve Meal / Single Serve Soup
SNACK (OPTIONAL)	100	Snack, chosen from our 'Allowed Extras' list/ ½ Protein Muffin/ ½ Protein Hotcakes/ Cheesecake
SIDE SALAD/VEG (OPTIONAL) 1-2	50-100	From our 'Allowed Extras' list
TOTAL CALORIES	1200-1500	

**Please note that all meals are approximate calories and may vary slightly from meal to meal*

When you choose your meals from Be Fit Food, remember you can eat any dish on any day, at any time of the day. The nutritional value of all our meals are quite similar, therefore you can consume the meals in an order that works to suit your needs.

Special tips from your BFF

Have a protein snack within 30 minutes after training to optimise recovery.

Avoid skipping meals or snacks as this can increase your appetite later in the day and potentially lead to a greater consumption of calories.

If you are adding a side of salads or vegetables, you can drizzle up to 1 tbs olive oil per serve over the top or cook with it to increase your essential fatty acid intake which is a key component of the Mediterranean Diet.

If you are adding 30g of nuts into your daily intake, try them sprinkled over your yoghurt chia pod for extra crunch or add them into a meal of your choice. The Asian fish and Thai Chicken stir-fry are greatly accompanied by some cashews or sliced almonds.

How to order

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Pop in store and order on the spot with our friendly team – 49 Mornington- Tyabb Rd, Mornington Victoria, 3931

Be Lean 1200 Sample Plan

	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
BREAKFAST	Mango Tango Yoghurt Chia Pod	Spanish Eggs	Almond & Flaxseed Porridge	Green Apple Yoghurt Chia Pod	Corn & Zucchini Low Carb Protein Breakfast Muffin	Berry Bliss Yoghurt Chia Pod	5 Veg Eggs
SNACK <small>am</small>	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball	1 x P. Nutty Protein Ball
MORNING TEA / LUNCH / ENTRÉE	Curried Pumpkin & Chicken Soup	Blueberry High Low Carb Protein Breakfast Muffin	Indian Chicken Curry	Cauliflower Leek and Bacon Soup	Vegetable & Chickpea Frittata	Apple & Cinnamon Low Carb Protein Breakfast Muffin	High Protein Hot Cakes
LUNCH	Salmon Al Forno	Warm Quinoa & Tofu Salad	Mexican Beef & Vegetable Soup	Wholemeal Beef Lasagne	Smokey Chicken & Chorizo Paella	Chilli & Ginger Baked Fish	Lamb Kofta
SNACK <small>pm</small>	Protein Ball OR 1 medium sized piece of fruit	½ Protein Muffin OR 30g mixed nuts	1x Glass (150ml) Red Wine	Protein Ball OR 200g strawberries	Protein Ball OR ¼ cup hummus with veggie sticks	1x Glass (150ml) Red Wine	2 squares of >60% dark chocolate
AFTERNOON TEA / DINNER / ENTRÉE		Chicken Ham & Sweetcorn Soup	Cauliflower, Leek & Bacon Soup	Mexican Beef & Vegetable Soup		Vegetable & Chickpea Frittata	Cannellini Bean & Cauliflower Soup
DINNER	2x Italian Meatballs	Thai Green Chicken Curry	Chilli & Ginger baked Fish	Wholemeal Beef Lasagne	2x Smokey Chicken & Chorizo Paella	Chilli Con Carne	Lamb Kofta

**Note: This is a guide only. You can choose when to have your meals. All calorie intakes are accounted for daily, swapping meals around will not affect this. *The second meal does not have to be an entrée for dinner. If you would prefer an additional meal at lunchtime, these can be swapped. You can also choose to double up on the meals and turn it into one large meal, instead of having 2 smaller meals. Also your order may not contain the same items as those provided above, you will need to swap sample meals over to ones that you have actually ordered. Your second snack and side meals are not included in the Be Rapid Combo Box's, but can be ordered additionally. Alternatively you make these yourself, using the Allowed Extras List that we provide.*

Sample Side Dish Recipes <50 calories

Miso roasted broccolini

Makes 1-2 serves

- 1 small bunches broccolini, ends trimmed
- 1 tbsp white miso paste
- 2 tsp extra virgin olive oil
- 1 tsp soy sauce
- 1 tbsp grated ginger
- 1 clove of garlic, minced
- ½ tsp red chilli flakes (optional)

Instructions:

1. Preheat the oven to 200 degrees Celsius
2. In a large bowl, whisk together the miso paste, oil, soy sauce, ginger and garlic until well combined.
3. Add broccolini and coat well with miso mixture
4. Transfer broccolini to a baking sheet and arrange in a single layer
5. Roast for 10 minutes, stir once half way through.
6. Serve immediately

Tasty Slaw

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

