

# Be Fit Food Dietary Checklist



BREAKFAST	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
5 Veg Eggs			X	X					X			
French Eggs									X			
Spanish Eggs									X			
Baked Bean & Fetta Breakfast Bowl		X	X	X			~	~				
Almond & Flaxseed Porridge	X	X	X	X		X	X	~				
Quinoa & Protein Porridge		X	X	X		X	X	~				
Quinoa Granola		X	X	X		X	X	~				
Nut & Flaxseed Granola	X	X	X	X		X	X	~				
Apple & Cinnamon Muffins		X	X	X		X	X	~	X		X	
Ham, Spinach & Fetta Muffins		X				X	X	~	X		X	
Carrot Cake Muffin		X	X	X		X	X	~	X		X	
Blueberry Muffins		X	X	X		X	X	~	X		X	
Blueberry Yogurt Pot		X	X	X								
Green Apple Yogurt Pot		X	X	X								
Banana Spice Protein Bircher		X	X	X#		X	X	~				
Choc Coconut Protein Bircher		X	X	X#		X	X	~				
SOUPS	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
Cauliflower & Cannelini Bean		X	X	X		X	~	~				
Cauliflower, Leek & Bacon		X					~	~				
Chicken Ham & Sweet Corn		X				X			X			
Curried Pumpkin & Chicken							~	~				X
Mexican Beef & Vegetable							~	~				X
Moroccan Lamb & Lentil						X	~	~				X

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**Key:** X = Contains ~ = May contain # = Contains gelatine \* = All protein balls contain low lactose whey protein powder in small amounts

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SOUPS (CONT)	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR-IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL-FISH	LUPIN	CONTAINS HALAL MEAT
Italian Meatball Soup		X					~	~				X
Trio Of Greens		X	X	X		X	~	~				
Vietnamese Chicken Pho	~					X	~	X				X
Country Chicken, Pea & Ham Soup						X	~	~				
HOT MEALS	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR-IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL-FISH	LUPIN	CONTAINS HALAL MEAT
Beef Madras Curry						~	~	~				X
Chili Con Carne							~	~				X
Chilli & Ginger Baked Fish			X			X	X	X				
Cottage Pie with Cauliflower Mash		X				X	~	~	X			X
Indian Chicken Curry							~	~				X
Italian Beef Meatballs		X					~	~				X
Satay Chicken						X	X	~				X
Smokey Chicken & Chorizo Paella	X					~	~	~				
South American Chilli Bean & Vegetable			X	X	X	X	~	~				
Spiced Lentil Dahl			X	X	X	X	~	~				
Vegetable & Chickpea Frittata		X	X	X					X			
Wholemeal Beef Lasagne	X	X				~	~	~				X
Atlantic Salmon with Super Greens			X			X	~	X				
Cauliflower Fried Rice with Chicken						X	X		X			X
Green Chicken Curry		X								X		X
Naked Burrito Box		X					~	~				X
Protein + Bolognese (Gf)		X				X						X
Spicy Pulled Mexican Beef							~	~				X

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Tuna Protein Bake		X	X									
Vegetarian Bolognese			X	X	X	X						
Yellow Vegetable Curry			X	X	X	X						
Peanut Tofu Stir Fry						X	X	X				
Vegetarian Cauliflower Fried Rice						X	X	X	X			
Chicken Nourish Bowl						X	~	~				
PROTEIN BALLS	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
Ca-Pow		*	X	X		X	X	~				
Dark Choc & Hazelnut		*	X	X		X	X	~				
Lemon & Coconut		*	X	X		X	X					
Minty Choc		*	X	X		X	X	~				
P.Nutty		*	X	X		X	X					
Sticky Date		*	X	X		X	X					
COOKIES	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
Gingerbread Low Carb Cookie	X	~	X	X		~	X		X		X	
Chocolate Truffle Low Carb Cookie	X	~	X	X		~	X		X		X	
Apricot Coconut Low Carb Cookie	X	~	X	X		~	X		X		X	
MOLIVES	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
Oregano & Garlic Green Olives			X	X	X		~					
Rosemary & Chilli			X	X	X		~					

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SMOOTHIES	GLUTEN	DAIRY	PESCA-TARIAN	VEGETAR- IAN	VEGAN	SOY	NUT	SESAME	EGG	SHELL- FISH	LUPIN	CONTAINS HALAL MEAT
Choc Caramel		~	X	X	X		X	~				
Banana Maple		~	X	X	X		X	~				
Hazelnut Coffee		~	X	X	X		X	~				
Chai Latte		~	X	X	X		X	~				

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