

Recommended Extras Guide

The following guide lists foods that complement our programs.

Don't worry! Eating these along with your Be Fit Food meals is NOT cheating, in fact, it's encouraged!

The allowed additional extras listed over these two pages have been compiled by our Dietitians to add to your Be Fit Food program without compromising your results. Please contact us if you have any questions.

Whenever you eat a Be Fit Food meal, try to include a serve of **low starch vegetables** as listed below.

Not only will this add variety, but it will teach you healthy eating habits to last a lifetime! You can also add any herbs, spices or allowed condiments on top of this as well. If you still feel you want more flavour, you can try alternative condiments, but please use sparingly as they often contain added preservatives and can be high in sodium.

NOTE: You can find recipe ideas and inspiration in our Recipe e-book on the website at befitfood.com.au > Helpful Resources.

<p>ADD ANY COMBINATION YOU LIKE TO CREATE 2 CUPS RAW OR 1 CUP COOKED PER SERVE. Create a side salad, steam some veggies, or heat your meal on the stove with your veggies in the same pan! Whatever you create, make sure you share on @befitfoodaustralia and with #BeFitFood. We love seeing and sharing our Foodie's creations!</p>	<ul style="list-style-type: none"> Alfalfa sprouts Artichoke Asparagus Bamboo shoots Bean sprouts Beetroot Bok choy Broccoli/Broccolini Cabbage (red or green) Capsicum Celery Cucumber 	<ul style="list-style-type: none"> Carrot Cauliflower Eggplant Fennel Green beans Kale Konjac Noodles (Slendier/slim pasta range) Leek Mixed lettuce Mung beans Mushrooms 	<ul style="list-style-type: none"> Onion 8 x Radishes Rocket Snow peas Spinach Spring onion Silverbeet Tomatoes Turnip 10 x Water chestnuts Watercress Zucchini
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<p>ALLOWED CONDIMENTS If you want to change up your flavours, go for it with these approved extras!</p>	<ul style="list-style-type: none"> Any herbs and spices (e.g. basil, oregano, pepper) Balsamic vinegar Apple cider vinegar 	<ul style="list-style-type: none"> Lemon and lime Low sodium stock cube Lite salt (reduced sodium) 	<ul style="list-style-type: none"> Mustard Worcestershire sauce
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What to have with Be Fit Food Granola?

If our granola is one of your preferred meals, pair it with yogurt or milk as per the allowed suggestions below to achieve the optimal calorie and carbohydrate portion. This creates a full meal and does not take away from one of your snacks.

ALLOWED	<ul style="list-style-type: none"> 150g low fat yogurt 	<ul style="list-style-type: none"> 150ml of skim milk / milk alternatives such as almond or light soy milk
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What can I drink?

It is recommended that a healthy adult has approximately 35-45ml per kilo of body weight of fluids per day. Eg: 80kg person = 2.4-3.2L fluids/day. Water is the preferred drink during your Be Fit Food program, but you may also drink tea or coffee as per the list below. We strongly recommend avoiding sugary soft drinks and fruit juice, because these can take you out of ketosis. Mineral and soda water are the preferred alternatives.

ALLOWED	<ul style="list-style-type: none"> Water (still or sparkling) Coffee or Tea (black) Herbal Teas 	<p>NOTE: If you prefer milk in your tea or coffee, you can use a small dash of skim or milk alternatives (up to 30ml), however if it accumulates to a cup of milk throughout the day, this counts as a snack.</p>
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Any extra tips to help with my sweet cravings?

One of the program aims at Be Fit Food is to help curb your sugar cravings, but we know this is not always easy. If you can't go without sugar in your coffee or tea, choose a low calorie, low carb, natural sweetener as per below. And if you really need a sweet fix, and our Be Fit Food protein balls, cookies and NoWay ice cream aren't quite cutting it, please consume sugar-free jelly, lollies and beverages sparingly as they can heighten your sweet cravings when reintroduced.

MISCELLANEOUS	<ul style="list-style-type: none"> Natural Sweeteners (Stevia, Monkfruit or Xylitol)
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PLEASE SHARE YOUR CREATIONS WITH #BeFitFood OR TAG US IN SO WE CAN ALL ENJOY & ENCOURAGE TOGETHER!

Let's Talk Snacking!

When you purchase any of our Be Fit Food programs, you will receive your two allowed snacks per day. You can solely use these snacks, or substitute with alternatives.

All bullet points below equal one snack. They are approximately 100 calories each and have no more than 10g of carbohydrates. If you wish to have a snack that is not listed below, ensure it meets the same requirements. Choosing a snack with at least 5g of protein will be more filling.

How to eat your Be Fit Food snack: Less than 10g of Carbohydrates/5-10g Protein/100 Calories

- 1 Be Fit Food Protein Ball
- 1 Be Fit Food Dim Sim
- 1 NoWay Ice Cream
- 2 Slices Low Carb Protein Loaf (NOTE: See our Protein Loaf e-book on the website for recipe ideas at befitfood.com.au > Helpful Resources)
- ½ Be Fit Food Protein Muffin
- 2 Be Fit Food Low Carb Cookies
- 2 Be Fit Food Egg Bites

Examples of snack alternatives:

PROTEIN SNACKS: Approximately 10g of Protein/0-5g Carbohydrates/100 Calories

- 1 large whole egg/2 regular whole eggs
- 4 egg whites
- 100g tofu
- 70g Quorn mince
- 100g tinned tuna, salmon, sardines in springwater
- 50g oily fish (salmon, ocean trout)
- 80g white fish (flake, flathead perch)
- 100g shellfish (crabs, lobster, prawns, scallops) cooked
- 50g lean beef mince
- 70g skinless chicken/turkey, lean trimmed meats (lamb, kangaroo, veal, pork)
- 25g roasted fava beans/chickpeas (Happy Snack Co)

PROTEIN/CARBOHYDRATE SNACKS: Less than 10g of Carbohydrates/5-10g Protein/100 Calories

- 2/3 cup/150g low fat, no added sugar natural greek yogurt OR low fat, no added sugar natural yogurt (any brand)
- 100ml full cream yogurt (no added sugar)
- 1 small latte
- 1 cup/250ml skim milk or milk alternatives (almond/lite soy) OR 100ml full cream milk
- 100ml kefir no added sugar (any brand)
- 100g/½ cup low fat cottage cheese or extra light cream cheese
- 40g or 2 slices of cheese, yellow varieties (reduced fat) or feta (reduced fat)

FRUIT: Less than 10g of Carbohydrates/0-2g Protein/100 Calories

- 100g fresh/frozen berries
- 3 apricots
- ¼ banana
- 3 dates
- 2 figs
- 20g goji berries
- 60g grapes
- 2 guavas
- 1 kiwi fruit
- 1 orange
- 1 medium mandarin
- 1 small nectarine
- 5 passionfruit
- 1 medium peach
- 100g pineapple
- 3 plums
- 2 prunes
- 300g cooked rhubarb
- 200g strawberries
- 3 small slices (150g) watermelon

HEALTHY FAT SNACKS: Approximately 10g of Fat/0-5g of Carbohydrates/0-5g of Protein/100 Calories

- 1 Tbsp natural plant spread/nut spread with no added salt or sugar (peanut, almond, cashew, tahini)
- 1 Tbsp oil (avocado, canola, flaxseed, extra virgin olive oil, sunflower)
- 2 Tbsp (50g) avocado
- 2 Tbsp (20g) any seeds
- 1 Tbsp (15g) any nuts
- 12 olives
- **NOTE:** Add 0-2 serves per day depending on your weight loss goals, and always consult our dietitians or customer support if you have any questions.

Examples for creating your own snacks:

- Cucumber, carrot, celery & capsicum sticks with 50g hummus or ¼ cup cottage cheese
- 2 slices of BFF Low Carb Protein Loaf with fresh tomato, basil and onion, OR, use one slice if also adding 1 tbsp avocado or tahini
- Zucchini chips with 75g low-fat tzatziki (preferably home made)
- Lettuce cups with 50g lean mince and fresh herbs (e.g. chilli, chives, garlic, etc)
- Kale chips (baked in oven or air fryer with paprika, garlic, salt & olive oil spray)
- 50g berries and 75g low fat yogurt
- Cucumber bites with 50g tuna, 25g smoked salmon or 1 egg, 20g low fat cheese (feta/tasty) with an optional dash of lemon, pepper, dill or paprika
- Chicken and veggie skewer made with onion, capsicum, zucchini and 50g skinless chicken breast

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