

BALANCE ~2000 CALORIES PER DAY MEAL SETS

MENU 1 - 5 or 7 DAYS

Available in **Original** (made without gluten & dairy ingredients) and **Vegan** menus below.

Your everyday meals made with only the highest quality ingredients and sealed in with freshness. Pair with a strict workout routine or an active lifestyle to manage weight. Can't commit to a strict diet or exercise regime? This plan offers up just what your body needs on the daily. *Based on average daily intake of 2000-2500 cal for an adult.*

5 OR 7 DAYS WITH BREAKFAST



Free of
Gluten & Dairy

5 OR 7 DAYS WITH BREAKFAST



| DAY | BREAKFAST | LUNCH | DINNER | POWER SNACKS | CALS | CARB g | PROTEIN g | FAT g | FIBRE g | SODIUM mg | DAY | BREAKFAST | LUNCH | DINNER | POWER SNACKS | CALS | CARB g | PROTEIN g | FAT g | FIBRE g | SODIUM mg |
|-----|--|--|---|---|------|--------|-----------|-------|---------|-----------|-----|---|---|--|---|------|--------|-----------|-------|---------|-----------|
| 1 | Scrambled Eggs with Turkey Bacon Free of Gluten & Dairy Weight: 300g Calories: 410 | Chicken Madras Curry Skewers and Quinoa Free of Gluten & Dairy Weight: 500g Calories: 520 | Beef Steak with Vegetables & Rice Pasta Free of Gluten & Dairy Weight: 450g | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2060 | 194 | 132 | 82 | 28 | 1740 | 1 | High Fiber Oatmeal with Seeds Free of Gluten Weight: 100 Calories: 420 | Tofu Pad Thai Free of Gluten Calories: 560 | Vegan No Crab Cake with Arugula Free of Gluten Weight: 300 Calories: 570 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2090 | 265 | 71 | 90 | 31 | 1195 |
| 2 | Scrambled Eggs with Sweet Potato & Kale Free of Gluten & Dairy Weight: 250g Calories: 500 | Beef Broccoli Stir Fry Free of Gluten & Dairy Weight: 450g Calories: 450 | Fish Tacos with Coleslaw Dairy Free * Weight: 450g Calories: 560 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2050 | 183 | 137 | 91 | 22 | 2320 | 2 | Cauliflower Wrap Free of Gluten Weight: 300 Calories: 460 | Tropical Bean & Quinoa Free of Gluten Weight: 300 Calories: 520 | Kale and Roasted Squash with Quinoa Free of Gluten Weight: 300 Calories: 570 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2090 | 272 | 69 | 88 | 48 | 1060 |
| 3 | Super food Quinoa Berry Bowl VEGAN & Free of Gluten Weight: 200g Calories: 350 | Cajun Chicken with Broccoli Slaw Free of Gluten & Dairy Weight: 350g Calories: 510 | Thai Cod with Veggies and Rice Noodles Free of Gluten & Dairy Weight: 400g Calories: 630 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2030 | 228 | 105 | 81 | 25 | 1460 | 3 | Superfood Quinoa Berry Bowl Free of Gluten Weight: 200 Calories: 400 | Veggie Bean Chili Free of Gluten Weight: 450 Calories: 580 | Cauliflower & Chickpea Burger Free of Gluten Weight: 300 Calories: 560 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2080 | 268 | 75 | 86 | 36 | 1415 |
| 4 | Cauliflower Vegan Wrap VEGAN Free of Gluten & Dairy Weight: 300g Calories: 460 | Pineapple Curry Salmon with Veggie & Rice Free of Gluten & Dairy Weight: 350g Calories: 490 | Greek Meatball with Quinoa Dairy Free Weight: 350g Calories: 550 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2040 | 194 | 106 | 100 | 23 | 1850 | 4 | Tofu Scramble with Veggies Free of Gluten Weight: 350 Calories: 510 | Noodle with Chickpea and Veggies Free of Gluten Weight: 350 Calories: 530 | General Tso's Cauliflower with Rice Free of Gluten Weight: 400 Calories: 520 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2100 | 236 | 63 | 108 | 29 | 2370 |
| 5 | High fiber Oatmeal with Seeds VEGAN Weight: 100g Calories: 420 | Sweet Potato Edamame Salad with Tofu VEGAN Free of Gluten & Dairy Weight: 350g Calories: 610 | No Butter Chicken with Pilaf and Vegetable Free of Gluten & Dairy Weight: 350g Calories: 520 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2090 | 200 | 102 | 103 | 26 | 1195 | 5 | Chia Pudding with Fruits Free of Gluten Weight: 300 Calories: 420 | Teriyaki Tempeh with Soba Noodles Free of Gluten Weight: 350 Calories: 610 | Turmeric Vegetable Rice with Mushrooms Free of Gluten Weight: 300 Calories: 550 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2120 | 241 | 85 | 106 | 35 | 2430 |
| 6 | Kale Omelet with Smoked Salmon & Beans Free of Gluten & Dairy Weight: 250g Calories: 450 | Lentil & Quinoa Veggie Salad VEGAN Free of Gluten & Dairy Weight: 600g Calories: 560 | Chicken with Spinach & Mushroom Free of Gluten & Dairy Weight: 350g Calories: 550 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2100 | 235 | 118 | 82 | 36 | 1850 | 6 | Warm Beans with Sprouts Free of Gluten Weight: 350 Calories: 450 | Rice Pasta with White Sauce & Veggies Free of Gluten Weight: 300 Calories: 490 | Oat Patties with Salad Free of Gluten Weight: 350 Calories: 610 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2090 | 269 | 73 | 90 | 37 | 1540 |
| 7 | Eggs with Brussels sprouts and potatoes Free of Gluten & Dairy Weight: 250g Calories: 360 | Beef and Black Bean Power Bowl Free of Gluten & Dairy Weight: 450g Calories: 590 | Tilapia Vegetables and Pilaf Free of Gluten & Dairy Weight: 350g Calories: 530 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2020 | 163 | 109 | 109 | 26 | 1260 | 7 | Roasted Vegetable Wrap Free of Gluten Weight: 200 Calories: 420 | Quinoa Cakes with Kale Salad Free of Gluten Weight: 350 Calories: 600 | Sweet Potato Taco with Slaw Free of Gluten Weight: 250 Calories: 520 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 2080 | 294 | 60 | 86 | 38 | 865 |

Disclaimer Please refer to your professional health provider to design a meal plan tailored to your individual needs. Nutritional breakdowns provided by ActiveEats are not meant to be scientifically accurate but are meant to be a general guide to the contents of the meal, and can vary based on small changes in serving size, or the proportion of ingredients used (for dishes that contain a mix of ingredients). ActiveEats is not responsible for ensuring that the nutritional information is identical for every meal served. Customers can use this information generally for their own purposes.

Day 5 plans consist of the same menu, minus Days 6 and 7. Enjoy up to 2 weeks non-repetitive entrees. Preservative, additive, chemical and colour-free. Made with sunflower oil, sea salt, and low sodium levels. Sauces used are gluten-free. Meals are never frozen and can be kept in the refrigerator for up to 10 days.

FAQ Why are there Menu 1 and Menu 2? We developed 14 days' worth of lunch and dinner entrees so you can enjoy up to 2 weeks of meals without repeating a lunch or dinner! Our meal sets come in increments of five or seven days, so you can order Menu 1 OR Menu 2 during their designated