



FIT ~1500 CALORIES PER DAY MEAL SETS MENU 1 - 5 or 7 DAYS

Available in Original, Vegan,
Free of Gluten & Dairy

Two entrees - your lunch and dinner - planned for five (5) or seven (7) days. Design your own 300-400 cal breakfast to reach 1500 calories each day. Calorie and nutritional columns pertain to our meals' totals for the day.

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.

LUNCH & DINNER - 5 OR 7 DAYS

DAY	LUNCH	DINNER	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg
1	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	1110	115	82	31	15	800
2	Beef Broccoli Stir Fry with Quinoa Free of Gluten & Dairy Weight: 450g Calories: 450	Fish Tacos with Coleslaw Dairy Free * Weight: 450g Calories: 560	1010	90	95	32	7	1900
3	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	1140	124	75	39	5	1360
4	Pineapple Curry Salmon with Veggie & Rice Free of Gluten & Dairy Weight: 350g Calories: 490	Greek Meatball with Quinoa Dairy Free Weight: 350g Calories: 550	1040	80	76	48	6	1160
5	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	1130	68	72	65	7	1080
6	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	1110	122	70	41	24	1260
7	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	1120	82	72	57	8	770

LUNCH & DINNER - 5 OR 7 DAYS

DAY	LUNCH	DINNER	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg
1	Tofu Pad Thai Free of Gluten Weight: 300 Calories: 560	Vegan No Crab Cake with Arugula Free of Gluten Weight: 300 Calories: 570	1130	133	41	52	12	1080
2	Tropical Bean & Quinoa Free of Gluten Weight: 300 Calories: 520	Kale and Roasted Squash with Quinoa Free of Gluten Weight: 300 Calories: 570	1090	158	39	36	31	370
3	Veggie Bean Chili Free of Gluten Weight: 450 Calories: 580	Cauliflower & Chickpea Burger Free of Gluten Weight: 300 Calories: 560	1140	148	44	46	15	1310
4	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	1050	130	18	55	9	2100
5	Teriyaki Tempeh with Soba Noodles Free of Gluten Weight: 350 Calories: 610	Turmeric Vegetable Rice with Mushrooms Free of Gluten Weight: 300 Calories: 550	1160	149	51	47	5	2150
6	Rice Pasta with White Sauce & Veggies Free of Gluten Weight: 300 Calories: 490	Oat Patties with Salad Free of Gluten Weight: 350 Calories: 610	1100	129	29	58	23	690
7	Quinoa Cakes with Kale Salad Free of Gluten Weight: 350 Calories: 600	Sweet Potato Taco with Slaw Free of Gluten Weight: 250 Calories: 520	1120	185	33	34	22	710

LUNCH & DINNER - 5 OR 7 DAYS Free of Gluten & Dairy

DAY	LUNCH	DINNER	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg
1	Tuna Cakes with Cabbage Slaw & Quinoa Weight: 400 g Calories: 610	Vegetable Noodles with Mild Beef Curry Free of Gluten & Dairy Weight: 300 g Calories: 520	1130	57	58	76	7	1100
2	Sweet Potato Edamame Salad with Tofu VEGAN Weight: 300 g Calories: 610	Grilled Salmon with Vegetables & Rice Free of Gluten & Dairy Weight: 450 g Calories: 450	1060	69	69	57	10	1620
3	Cajun Chicken with Broccoli Slaw Weight: 350g Calories: 510	Beef kabobs with Quinoa & Brussels' sprouts Free of Gluten & Dairy Weight: 550 g Calories: 670	1180	101	87	50	16	790
4	Chicken Madras Curry Skewers and Quinoa Weight: 500 g Calories: 520	Pineapple Curry Salmon with Veggie Stir fry & Rice Free of Gluten & Dairy Weight: 350 g Calories: 490	1010	127	80	21	12	1070
5	Nori Crusted Salmon with Chickpea Salad VEGAN Weight: 250 g Calories: 620	Ground Chinese 5 Spice Turkey Wrap PALEO Free of Gluten & Dairy Weight: 200 g Calories: 510	1130	25	75	84	9	435
6	Thai Cod with Veggies and Rice Noodles Weight: 400 g Calories: 630	Italian Beef Stew with Vegetables and Herbed Pasta Free of Gluten & Dairy Weight: 400 g Calories: 460	1090	140	56	37	6	1550
7	Lentil & Quinoa Veggie Salad VEGAN Weight: 600 g Calories: 560	Chicken with Spinach and Mushroom Free of Gluten & Dairy Weight: 350 g Calories: 550	1110	122	70	41	24	1260