



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 |