



FIT ~1500 CALORIES PER DAY MEAL SETS MENU 2 - 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 cals 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	BREAKFAST	LUNCH	DINNER	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	Paprika Chicken with rice and vegetables Free of Dairy & Gluten Weight: 450 g Calories: 510	Beef kabobs with Quinoa & Brussels' sprouts Free of Gluten & Dairy Weight: 550 g Calories: 670	1530	131	117	62	19	1160
2	Super food Quinoa Berry Bowl VEGAN & Free of Gluten Weight: 200g Calories: 350	Tuna Cakes with Cabbage Slaw & Quinoa Free of Gluten & Dairy Weight: 400 g Calories: 610	White Chicken Chili with Beans Free of Gluten & Dairy Weight: 500 g Calories: 540	1500	135	82	72	21	1340
3	Kale Omelet with Smoked Salmon with baked beans (Day 6 repeat) Free of Gluten & Dairy Weight: 250 g Calories: 450	Italian Beef Wrap with Sweet Potatoes Free of Gluten & Dairy Weight: 250 g Calories: 640	Grilled Salmon with Vegetables & Rice Free of Gluten & Dairy Weight: 450 g Calories: 450	1540	142	125	52	11	1550
4	Cauliflower Vegan Wrap (Day 4 repeat) VEGAN Free of Gluten & Dairy Weight: 300g Calories: 460	Herb-Garlic Chicken with Kale Salad Free of Gluten & Dairy Weight: 350g Calories: 570	Vegetable Noodles with Mild Beef Curry Free of Gluten & Dairy Weight: 300g Calories: 520	1550	83	76	108	16	1640
5	Eggs with Brussels sprouts and potatoes (Day 7 repeat) VEGAN Weight: 100g Calories: 420	Salmon Cakes with Herbed Quinoa & Vegetables Free of Gluten & Dairy Weight: 350g Calories: 540	Italian Chicken with Pilaf and Sautéed Veggies Free of Gluten & Dairy Weight: 400g Calories: 620	1540	100	101	83	13	1320
6	Scrambled Eggs with Sweet Potato and Kale (Day 2 repeat) Free of Gluten & Dairy Weight: 250g Calories: 510	Spicy Lentils with Rice and Sweet Potatoes VEGAN & Free of Gluten Weight: 500 Calories: 530	Ground Chinese 5 Spice Turkey Wrap PALEO Free of Gluten & Dairy Weight: 200g Calories: 510	1550	143	84	76	31	675
7	High Fiber Oatmeal and seeds (Day 5 repeat) VEGAN Weight: 100g Calories 420	Italian Beef Stew with Vegetables and Herbed Pasta Free of Gluten & Dairy Weight: 400g Calories 460	Nori Crusted Salmon with Chickpea Salad Free of Gluten & Dairy Weight: 250g Calories 620	1500	153	72	71	18	1065

LUNCH & DINNER - 5 OR 7 DAYS

DAY	LUNCH	DINNER	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg
1	Sweet Potato Edamame Salad with Tofu Free of Gluten Weight: 350g Calories: 610	Spicy Lentils with Rice and Sweet Potatoes Free of Gluten Weight: 500g Calories: 530	1140	125	56	51	30	1000
2	Lotus & Baby Corn with Pea Pilaf Free of Gluten Weight: 200g Calories: 580	Cauliflower Rice with Peanut-Potato Curry Free of Gluten Weight: 200g Calories: 560	1100	88	34	76	18	590
3	Lentil & Quinoa Veggie Salad Free of Gluten Weight: 500 Calories: 540	Portobello Steak with Broccoli Stir Fry Free of Gluten Weight: 200g Calories: 610	1150	98	33	74	22	1300
4	Black Bean & Brown Rice Burger Free of Gluten Weight: 250 Calories: 550	Pasta with Marinara Sauce and Veggies Free of Gluten Weight: 300g Calories: 430	980	159	24	31	8	860
5	Broccoli & Zucchini Green Bowl Free of Gluten Weight: 350 Calories: 590	Brown Rice with Herbed Mushroom Free of Gluten Weight: 500g Calories: 510	1100	135	37	54	22	770
6	Sweet Potato-Chickpea Curry with Quinoa Free of Gluten Weight: 300g Calories: 500	Lentil Chili Tacos Free of Gluten Weight: 300g Calories: 600	1130	143	38	46	30	470
7	Thai Green Curry Eggplant with Rice Free of Gluten Weight: 300g Calories: 570	Vegan "No Meat Balls" with Squash Noodles Free of Gluten Weight: 300g Calories: 600	1130	122	33	67	22	970

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	Beef Steak with Vegetables & Rice Pasta Weight: 400 g Calories: 610	No Butter Chicken with Pilaf and Vegetable Weight: 350g Calories: 520	1110	83	87	44	6	950
2	Beef and Black Bean Power Bowl Weight: 450g Calories: 590	General Tso's Cauliflower with Rice VEGAN Weight: 400 Calories: 520	1110	104	53	57	10	2170
3	Paprika Chicken with Rice and Vegetables Weight: 450 g Calories: 510	Lentil Chili Tacos VEGAN Weight: 300 g Calories 600	1110	110	56	51	17	400
4	Baked Tilapia with Vegetables & Pilaf Weight: 350g Calories: 530	Noodle with Chickpea and Veggies VEGAN Weight: 350 g Calories: 530	1060	108	37	55	7	700
5	Herb-Garlic Chicken with Kale Salad Weight: 350g Calories: 570	Tropical Bean & Quinoa VEGAN Weight: 300 Calories: 520	1090	98	60	56	25	520
6	Salmon Cakes with Herbed Quinoa & Vegetables Weight: 300g Calories: 540	Italian Chicken with Pilaf and Sautéed Veggies Weight: 400g Calories: 620	1160	76	82	60	6	920
7	Beef Broccoli Stir Fry Weight: 450g Calories: 450	Tofu Pad Thai with Quinoa VEGAN Weight: 300 Calories: 560	1010	103	71	38	10	980