



# ACTIVEATS

## MENU TWO TRIAL

Please refer to your professional health provider to design a meal plan tailored to your individual needs. Nutritional breakdowns provided by ActivEats 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). ActivEats 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.

### White Chicken Chilli with Beans

Free of Gluten & Dairy

Weight: 500 g

Calories: 540

### Herb-Garlic Chicken with Kale Salad

Free of Gluten & Dairy

Weight: 350g

Calories: 570

### Grilled Salmon with Vegetables & Rice

Free of Gluten & Dairy

Weight: 450 g

Calories: 450

### Beef Steak with Vegetables & Rice Pasta

Weight: 400 g

Calories: 610

### Vegetable Noodles with Mild Beef Curry

Free of Gluten & Dairy

Weight: 300g

Calories: 520

### Tuna Cakes with Cabbage Slaw & Quinoa

Free of Gluten & Dairy

Weight: 400 g

Calories: 610

### Spicy Lentils with Rice and Sweet Potatoes

VEGAN & Free of Gluten

Weight: 500

Calories: 530