



ACTIVEEATS

BALANCE 2000 CALS PER DAY

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.

LUNCH & DINNER MENU 2

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.

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.

5 OR 7 DAYS (LUNCH & DINER)

| DAY | LUNCH | DINNER | POWER SNACKS | CALS | CARB g | PROTEIN g | FAT g | FIBRE g | SODIUM mg | |
|-----|---|---|--|---|--------|-----------|-------|---------|-----------|------|
| 1 | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1720 | 169 | 107 | 72 | 28 | 890 |
| 2 | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1690 | 145 | 88 | 88 | 22 | 1990 |
| 3 | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1630 | 143 | 113 | 69 | 21 | 1450 |
| 4 | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1630 | 81 | 79 | 117 | 20 | 1250 |
| 5 | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1700 | 133 | 100 | 89 | 17 | 1170 |
| 6 | Lentil & Quinoa Veggie Salad VEGAN Free of Gluten & Dairy Weight: 600g Calories: 560 | Ground Chinese 5 Spice Turkey Wrap PALEO Free of Gluten & Dairy Weight: 200g Calories: 510 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1580 | 164 | 78 | 75 | 38 | 350 |
| 7 | Beef and Black Bean Power Bowl Free of Gluten & Dairy Weight: 450g Calories: 590 | Nori Crusted Salmon with Chickpea Salad Free of Gluten & Dairy Weight: 250g Calories: 620 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1620 | 135 | 78 | 91 | 21 | 860 |

5 OR 7 DAYS (LUNCH & DINNER) MENU 2 

| DAY | LUNCH | DINNER | POWER SNACKS | 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1680 | 182 | 74 | 80 | 41 | 1090 |
| 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1640 | 145 | 53 | 105 | 29 | 680 |
| 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1690 | 155 | 51 | 103 | 33 | 1390 |
| 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1520 | 216 | 42 | 60 | 19 | 950 |
| 5 | Broccoli & Zucchini Green Bowl Free of Gluten Weight: 350 Calories: 590 | Brown Rice with Herbed Mushroom Free of Gluten Weight: 500g Calories: 510 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1640 | 192 | 55 | 83 | 33 | 860 |
| 6 | Sweet Potato-Chickpea Curry with Quinoa Free of Gluten Weight: 300g Calories: 500 | Lentil Chili Tacos Free of Gluten Weight: 300g Calories: 600 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1670 | 200 | 56 | 75 | 41 | 560 |
| 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 | Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 | Bar Free of Gluten & Dairy Weight: 40g Calories: 240 | 1670 | 179 | 51 | 96 | 33 | 1060 |

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| DAY | LUNCH | DINNER | POWER SNACKS | CALS | CARB g | PROTEIN g | FAT g | FIBRE g | SODIUM mg | |
|-----|--|--|--|-------------------------------------|--------|-----------|-------|---------|-----------|------|
| 1 | Beef Steak with Vegetables & Rice Pasta Weight: 450g Calories: 590 | No Butter Chicken with Pilaf & Vegetable Weight: 350g Calories: 520 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1650 | 140 | 105 | 73 | 17 | 1040 |
| 2 | Beef and black bean power bowl Weight: 450g Calories: 590 | General Tso's Cauliflower Weight: 400g Calories: 520 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1650 | 161 | 71 | 86 | 21 | 2260 |
| 3 | Paprika Chicken with Rice & Vegetables Weight: 450g Calories: 510 | Lentil Chili Tacos Weight: 300g Calories: 600 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1650 | 167 | 74 | 80 | 28 | 490 |
| 4 | Baked Tilapia vegetables and pilaf Weight: 350g Calories: 530 | Noodles with Veggies & Chickpea Weight: 350g Calories: 530 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1600 | 165 | 55 | 84 | 18 | 790 |
| 5 | Herb-Garlic Chicken with Kale Salad Weight: 350g Calories: 570 | Tropical Bean & Quinoa Salad Weight: 300g Calories: 520 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1630 | 155 | 78 | 85 | 36 | 610 |
| 6 | Salmon Cakes with Herbed Quinoa & Vegetables Weight: 300 g Calories: 540 | Italian Chicken with Pilaf and Sautéed Veggies Weight: 400 g Calories: 620 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1700 | 133 | 100 | 89 | 17 | 1010 |
| 7 | Beef Broccoli Stir Fry with Quinoa Weight: 450 g Calories: 450 | Tofu Pad Thai Weight: 300 g Calories: 560 | Balls x2 Weight: 50g Calories: 300 | Bar Weight: 40g Calories: 240 | 1550 | 160 | 89 | 67 | 21 | 1070 |