



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 WITH BREAKFAST MENU 2**

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.

**5 OR 7 DAYS WITH BREAKFAST MENU 2**

DAY	BREAKFAST	LUNCH	DINNER	POWER SNACKS	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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2070	188	135	107	30	1250
2	Scrambled Eggs with Sweet Potato & Kale Free of Gluten & Dairy Weight: 250g Calories: 500	Tuna Cakes with Cabbage Slaw & Quinoa Free of Gluten & Dairy Weight: 400 g Calories: 610	White Chicken Chilli 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	2040	192	100	88	32	1420
3	Super food Quinoa Berry Bowl VEGAN & Free of Gluten Weight: 200g Calories: 350	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	2080	199	143	69	22	1640
4	Cauliflower Vegan Wrap 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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2090	140	94	117	27	1730
5	High fiber Oatmeal with Seeds 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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2060	157	119	89	24	1410
6	Kale Omelet with Smoked Salmon & Beans Free of Gluten & Dairy Weight: 250g Calories: 450	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	2080	200	102	75	42	755
7	Eggs with Brussels sprouts and potatoes Free of Gluten & Dairy Weight: 250g Calories: 360	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	2040	210	90	91	29	1155

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DAY	BREAKFAST	LUNCH	DINNER	POWER SNACKS	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg	
1	High Fiber Oatmeal with Seeds Free of Gluten Weight: 100 Calories: 420	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	2100	257	86	89	49	1115
2	Cauliflower Wrap Free of Gluten Weight: 300 Calories: 460	Lotus & Baby Corn with Pea Pilaf Free of Gluten Weight: 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	2100	202	64	128	35	1280
3	Superfood Quinoa Berry Bowl Free of Gluten Weight: 200 Calories: 400	Lentil & Quinoa Veggie Salad Free of Gluten 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	2090	218	64	114	43	1405
4	Tofu Scramble with Veggies Free of Gluten Weight: 350 Calories: 510	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	2060	265	73	86	28	1130
5	Chia Pudding with Fruits Free of Gluten Weight: 300 Calories: 420	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	2060	227	71	113	52	1050
6	Warm Beans with Sprouts Free of Gluten Weight: 350 Calories: 450	Sweet Potato-Chickpea Curry with Quinoa Free of Gluten Weight: 500 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	2120	283	82	78	44	1320
7	Roasted Vegetable Wrap Free of Gluten Weight: 200 Calories: 420	Thai Green Curry Eggplant with Rice Free of Gluten Weight: 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	2030	218	57	119	36	1095

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1	Scrambled Eggs with Turkey Bacon Weight: 300g Calories: 410	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	2080	136	108	127	20	2040
2	Kale Omelet with Smoked Salmon & Beans Weight: 300g Calories: 460	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	2050	182	117	98	22	2210
3	Superfood Quinoa Berry Bowl Weight: 200g Calories: 350	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	2070	205	117	92	36	890
4	Scrambled Eggs with Sweet Potato Kale Weight: 250g Calories: 350	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	2050	220	122	80	27	1490
5	Cauliflower Vegan Wrap Weight: 300g Calories: 460	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	2130	139	105	136	26	1125
6	Chia Pudding with Fruits Weight: 300g Calories: 420	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	2050	232	90	96	36	1830
7	Eggs with Brussels sprouts Weight: 250g Calories: 360	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	2010	203	107	93	42	1750