



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 1

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	Chicken Madras Curry with Quinoa Free of Gluten & Dairy Weight: 500g Calories: 520	Beef Steak with Vegetables & Rice Pasta Free of Gluten & Dairy Weight: 450g	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1650	172	100	60	26	890
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1550	147	113	61	18	1990
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1680	181	93	68	16	1450
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1580	137	94	77	17	1250
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1670	125	90	94	18	1170
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1650	179	88	88	35	350
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1660	139	90	90	19	860

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DAY	LUNCH	DINNER	POWER SNACKS	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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1670	190	59	81	23	1170
2	Tropical Bean & Quinoa Free of Gluten Weight: 300 Calories: 520	Kale and Roasted Squash with Quinoa Free of Gluten Weight: 300 Calories: 570	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1630	215	57	65	42	460
3	Veggie Bean Chili Free of Gluten Weight: 450 Calories: 580	Cauliflower & Chickpea Burger Free of Gluten Weight: 300 Calories: 560	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1680	205	62	75	26	2190
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1590	187	36	84	20	2190
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1700	206	69	76	16	2240
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1640	186	47	87	34	780
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	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300	1660	242	51	63	33	800

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1	Tuna Cakes with Cabbage Slaw & Quinoa Weight: 400g Calories: 610	Vegetable Noodles with Mild Beef Curry Weight: 300 g Calories: 520	Balls x2 Weight: 50g Calories: 300	1670	114	76	105	18	1190
2	Sweet Potato Edamame Salad with Tofu VEGAN Weight: 300 g Calories: 610	Grilled Salmon with Vegetables & Rice Weight: 450 g Calories: 450	Balls x2 Weight: 50g Calories: 300	1600	126	87	86	21	1710
3	Cajun Chicken with Broccoli Slaw Weight: 350 g Calories: 510	Beef kabobs with Quinoa & Brussels' sprouts Weight: 550 g Calories: 670	Balls x2 Weight: 50g Calories: 300	1720	158	105	79	27	880
4	Chicken Madras Curry with Quinoa Weight: 500g Calories: 520	Pineapple Curry Salmon with Veggie Stir fry & Rice Weight: 350 g Calories: 490	Balls x2 Weight: 50g Calories: 300	1550	184	98	50	23	1160
5	Nori Crusted Salmon with Chickpea Salad Weight: 250 g Calories: 620	Ground Chinese 5 Spice Turkey Wrap PALEO Weight: 200 g Calories: 510	Balls x2 Weight: 50g Calories: 300	1670	82	93	113	20	525
6	Thai Cod with Veggies and Rice Noodles Weight: 400 g Calories: 630	Italian Beef Stew with Vegetables and Herbed Pasta Weight: 400 g Calories: 460	Balls x2 Weight: 50g Calories: 300	1630	197	74	66	17	1640
7	Lentil & Quinoa Veggie Salad VEGAN Weight: 600 g Calories: 560	Chicken with Spinach and Mushroom Weight: 350 g Calories: 550	Balls x2 Weight: 50g Calories: 300	1650	179	88	70	35	1350