



**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**

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 WITH BREAKFAST**

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	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2060	194	132	82	28	1740
2	Scrambled Eggs with Sweet Potato & Kale Free of Gluten & Dairy Weight: 250g Calories: 500	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2050	183	137	91	22	2320
3	Super food Quinoa Berry Bowl VEGAN & Free of Gluten Weight: 200g Calories: 350	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2030	228	105	81	25	1460
4	Cauliflower Vegan Wrap VEGAN Free of Gluten & Dairy Weight: 300g Calories: 460	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2040	194	106	100	23	1850
5	High fiber Oatmeal with Seeds VEGAN Weight: 100g Calories: 420	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2090	200	102	103	26	1195
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	Chicken with Spinach & Mushroom Free of Gluten & Dairy Weight: 350g Calories: 550	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2100	235	118	82	36	1850
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	Tilapia Vegetables and Pilaf Free of Gluten & Dairy Weight: 350g Calories: 530	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2020	163	109	109	26	1260

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DAY	BREAKFAST	LUNCH	DINNER	POWER SNACKS	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg	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	Tofu Pad Thai Free of Gluten 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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2090	265	71	90	31	1195	1	Scrambled Eggs with Turkey Bacon Weight: 300g Calories: 410	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 Bar Weight: 40g Calories: 240	2080	136	108	127	20	2040
2	Cauliflower Wrap Free of Gluten Weight: 300 Calories: 460	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2090	272	69	88	48	1060	2	Kale Omelet with Smoked Salmon & Beans Weight: 300g Calories: 460	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 Bar Weight: 40g Calories: 240	2050	182	117	98	22	2210
3	Superfood Quinoa Berry Bowl Free of Gluten Weight: 200 Calories: 400	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2080	268	75	86	36	1415	3	Superfood Quinoa Berry Bowl Weight: 200g Calories: 350	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 Bar Weight: 40g Calories: 240	2070	205	117	92	36	890
4	Tofu Scramble with Veggies Free of Gluten Weight: 350 Calories: 510	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2100	236	63	108	29	2370	4	Scrambled Eggs with Sweet Potato Kale Weight: 250g Calories: 350	Chicken Madras Curry Skewers and Quinoa Weight: 500g Calories: 520	Pineapple Curry Salmon with Veggie Stir fry & Rice Weight: 350 g Calories: 490	Balls x2 Weight: 50g Calories: 300 Bar Weight: 40g Calories: 240	2050	220	122	80	27	1490
5	Chia Pudding with Fruits Free of Gluten Weight: 300 Calories: 420	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2120	241	85	106	35	2430	5	Cauliflower Vegan Wrap Weight: 300g Calories: 460	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 Bar Weight: 40g Calories: 240	2130	139	105	136	26	1125
6	Warm Beans with Sprouts Free of Gluten Weight: 350 Calories: 450	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 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2090	269	73	90	37	1540	6	Chia Pudding with Fruits Weight: 300g Calories: 420	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 Bar Weight: 40g Calories: 240	2050	232	90	96	36	1830
7	Roasted Vegetable Wrap Free of Gluten Weight: 200 Calories: 420	Quinoa Cakes with Kale Salad Free of Gluten Weight: 250 Calories: 600	Sweet Potato Taco with Slaw Free of Gluten Weight: 250 Calories: 520	Balls x2 Free of Gluten & Dairy Weight: 50g Calories: 300 Bar Free of Gluten & Dairy Weight: 40g Calories: 240	2080	294	60	86	38	865	7	Eggs with Brussels sprouts and potatoes Weight: 250g Calories: 360	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 Bar Weight: 40g Calories: 240	2010	203	107	93	42	1750