



ACTIVEEATS

FIT ~1500 CALORIES PER DAY MEAL SETS MENU 1 - 5 or 7 DAYS

Available in Original, Vegan,
Free of Gluten & Dairy

Want results? We've designed breakfast, lunch and dinner for five (5) or seven (7) days for calorie-controlled meals every day. Calorie and nutritional columns pertain to our meals' totals for the day.

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.

BREAKFAST, LUNCH & DINNER - 5 OR 7 DAYS

DAY	BREAKFAST	LUNCH	DINNER	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 Skewers and Quinoa Free of Gluten & Dairy Weight: 500g Calories: 520	Beef Steak with Vegetables & Rice Pasta Free of Gluten & Dairy Weight: 450g	1520	137	114	53	17	1650
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	1510	126	119	62	11	2230
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	1490	171	87	52	14	1370
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	1500	137	88	71	12	1760
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	1550	143	84	74	15	1105
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	1560	178	100	53	25	1760
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	1480	106	91	80	15	1170

BREAKFAST, LUNCH & DINNER - 5 OR 7 DAYS

DAY	BREAKFAST	LUNCH	DINNER	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 Weight: 300 Calories: 560	Vegan No Crab Cake with Arugula Free of Gluten Weight: 300 Calories: 570	1550	208	53	61	20	1105
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	1550	215	51	59	37	970
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	1540	211	57	57	25	1325
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	1560	179	45	79	18	2280
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	1580	184	67	77	24	2340
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	1550	212	55	61	26	1450
7	Roasted Vegetable Wrap Free of Gluten Weight: 200 Calories: 420	Quinoa Cakes with Kale Salad Free of Gluten Weight: 350 Calories: 600	Sweet Potato Taco with Slaw Free of Gluten Weight: 250 Calories: 520	1540	237	42	57	27	775

BREAKFAST, LUNCH & DINNER - 5 OR 7 DAYS Free of Gluten & Dairy

DAY	BREAKFAST	LUNCH	DINNER	CALS	CARB g	PROTEIN g	FAT g	FIBRE g	SODIUM mg
1	Scrambled Eggs with Turkey Bacon Weight: 300 g Calories: 410	Tuna Cakes with Cabbage Slaw & Quinoa Weight: 400 g Calories: 610	Vegetable Noodles with Mild Beef Curry Free of Gluten & Dairy Weight: 300 g Calories: 520	1540	79	90	98	9	1950
2	Kale Omelet with Smoked Salmon & Beans Weight: 300 g Calories: 450	Sweet Potato Edamame Salad with Tofu VEGAN Weight: 300 g Calories: 610	Grilled Salmon with vegetables & Rice Free of Gluten & Dairy Weight: 450 g Calories: 450	1510	125	99	69	11	2120
3	Super food Quinoa Berry Bowl VEGAN Weight: 200 g Calories: 350	Cajun Chicken with Broccoli Slaw Weight: 350g Calories: 510	Beef kabobs with Quinoa & Brussels' sprouts Free of Gluten & Dairy Weight: 550 g Calories: 670	1530	148	99	63	25	800
4	Scrambled Eggs with Sweet Potato and Kale Weight: 250 g Calories: 500	Chicken Madras Curry Skewers and Quinoa Weight: 500 g Calories: 520	Pineapple Curry Salmon with Veggie Stir fry & Rice Free of Gluten & Dairy Weight: 350 g Calories: 490	1520	163	104	51	16	1410
5	Cauliflower Vegan Wrap VEGAN Weight: 300 g Calories: 460	Nori Crusted Salmon with Chickpea Salad VEGAN Weight: 250 g Calories: 620	Ground Chinese 5 Spice Turkey Wrap PALEO Free of Gluten & Dairy Weight: 200 g Calories: 510	1590	82	87	107	15	1035
6	Chia Pudding with Fruits VEGAN Weight: 200 g Calories: 420	Thai Cod with Veggies and Rice Noodles Weight: 400 g Calories: 630	Italian Beef Stew with Vegetables and Herbed Pasta Free of Gluten & Dairy Weight: 400 g Calories: 460	1510	175	72	67	25	1740
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 Free of Gluten & Dairy Weight: 350 g Calories: 550	1470	146	89	64	31	1660