

BALANCE ~2000 CALORIES PER DAY MEAL SETS

MENU 2 - 5 or 7 DAYS

Available in **Original** (made without gluten & dairy ingredients) and **Vegan** menus below.

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.*

5 OR 7 DAYS (LUNCH & DINER) MENU 2



Free of
Gluten & Dairy

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: 300	1720	169	107	72	28	520
2	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: 300	1690	145	88	88	22	1420
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: 300	1630	143	113	69	21	1140
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: 300	1630	81	79	117	20	650
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: 300	1700	133	100	89	17	1010
6	Spicy Lentils with Rice and Sweet Potatoes VEGAN & Free of Gluten Weight: 500 Calories: 530	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: 300	1580	164	78	75	38	425
7	Italian Beef Stew with Vegetables and Herbed Pasta Free of Gluten & Dairy Weight: 400g Calories: 460	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: 300	1620	135	78	91	21	1130

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	Water Chestnut & Baby Corn with Pea Pilaf Free of Gluten Weight: 350g 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: 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	1670	200	56	75	41	560
7	Thai Green Curry Eggplant with Rice Free of Gluten Weight: 500 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

Disclaimer 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.

FAQ Why are there Menu 1 and Menu 2? We developed 14 days' worth of lunch and dinner entrees so you can enjoy up to 2 weeks of meals without repeating a lunch or dinner! Our meal sets come in increments of five or seven days, so you can order Menu 1 OR Menu 2 during their designated