

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

Two entrees - your lunch and dinner - planned for five (5) or seven (7) days. Design your own 300-400 cal breakfast to reach 1500 calories each day. Calorie and nutritional columns pertain to our meals' totals for the day.

### LUNCH & DINNER - 5 OR 7 DAYS



DAY	LUNCH	DINNER	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	1180	112	89	43	17	430
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	1150	88	70	59	11	1330
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	1090	86	95	40	10	1050
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	1090	24	61	88	9	560
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	1160	76	82	60	6	920
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	1040	107	60	46	27	325
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	1080	78	60	62	10	1040

### LUNCH & DINNER - 5 OR 7 DAYS



DAY	LUNCH	DINNER	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	1140	125	56	51	30	1000
2	Lotus & Baby Corn with Pea Pilaf Free of Gluten Weight: Calories: 580	Cauliflower Rice with Peanut-Potato Curry Free of Gluten Weight: 200g Calories: 560	1100	88	34	76	18	590
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	1150	98	33	74	22	1300
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	980	159	24	31	8	860
5	Broccoli & Zucchini Green Bowl Free of Gluten Weight: 350 Calories: 590	Brown Rice with Herbed Mushroom Free of Gluten Weight: 500g Calories: 510	1100	135	37	54	22	770
6	Sweet Potato-Chickpea Curry with Quinoa Free of Gluten Weight: Calories: 500	Lentil Chili Tacos Free of Gluten Weight: 300g Calories: 600	1130	143	38	46	30	470
7	Thai Green Curry Eggplant with Rice Free of Gluten Weight: Calories: 570	Vegan "No Meat Balls" with Squash Noodles Free of Gluten Weight: 300g Calories: 600	1130	122	33	67	22	970

**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