

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

Want definitive results? We've designed breakfast, lunch and dinner for five (5) or seven (7) days for calorie-controlled meals every day. Menu 2 is available every other week from Menu 1. Calorie and nutritional columns pertain to our meals' totals for the day.

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	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	1530	131	117	62	19	1160
2	Super food Quinoa Berry Bowl VEGAN & Free of Gluten Weight: 200g Calories: 350	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	1500	135	82	72	21	1340
3	Kale Omelet with Smoked Salmon with baked beans (Day 6 repeat) Free of Gluten & Dairy Weight: 250 g Calories: 450	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	1540	142	125	52	11	1550
4	Cauliflower Vegan Wrap (Day 4 repeat) VEGAN Free of Gluten & Dairy Weight: 300g Calories: 460	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	1550	83	76	108	16	1640
5	Eggs with Brussels sprouts and potatoes (Day 7 repeat) VEGAN Weight: 100g Calories: 420	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	1540	100	101	83	13	1320
6	Scrambled Eggs with Sweet Potato and Kale (Day 2 repeat) Free of Gluten & Dairy Weight: 250g Calories: 510	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	1550	143	84	76	31	675
7	High Fiber Oatmeal and seeds (Day 5 repeat) VEGAN Weight: 100g Calories 420	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	1500	153	72	71	18	1065

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	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	1560	200	68	60	38	1025
2	Cauliflower Wrap Free of Gluten Weight: 410 Calories: 410	Water Chestnut & Baby Corn with Pea Pilaf Free of Gluten Weight: 580 Calories: 580	Cauliflower Rice with Peanut-Potato Curry Free of Gluten Weight: 200g Calories: 560	1560	145	46	99	24	1190
3	Superfood Quinoa Berry Bowl Free of Gluten Weight: 200 Calories: 400	Lentil & Quinoa Veggie Salad Free of Gluten Weight: 500 Calories: 540	Portobello Steak with Broccoli Stir Fry Free of Gluten Weight: 200g Calories: 610	1550	161	46	85	32	1315
4	Tofu Scramble with Veggies Free of Gluten Weight: 350 Calories: 540	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	1520	208	55	57	17	1040
5	Chia Pudding with Fruits Free of Gluten Weight: 100g Calories: 420	Broccoli & Zucchini Green Bowl Free of Gluten Weight: 350 Calories: 590	Brown Rice with Herbed Mushroom Free of Gluten Weight: 500g Calories: 510	1520	170	53	84	41	960
6	Warm Beans with Sprouts Free of Gluten Weight: 450 Calories: 450	Sweet Potato-Chick-pea Curry with Quinoa Free of Gluten Weight: 500 Calories: 500	Lentil Chili Tacos Free of Gluten Weight: 300g Calories: 600	1580	226	64	49	33	1230
7	Roasted Vegetable Wrap Free of Gluten Weight: 360 Calories: 360	Thai Green Curry Eggplant with Rice Free of Gluten Weight: 570 Calories: 570	Vegan "No Meat Balls" with Squash Noodles Free of Gluten Weight: 300g Calories: 600	1490	161	39	90	25	1005

Disclaimer: 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.

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