



June 2017 Meal Plan

Our comprehensive “Paleo” meal plan is designed for those who choose to eat truly delicious and nutritious food. Our efforts to source our ingredients locally with emphasis on organic help ensure you receive the highest quality nutrition.

We encourage you to try our three day “Immune booster.”

This entails choosing our vegan options for two days, smoothies and vegetable broth for three consecutive days and then the vegan options for the following two days.

We tried it and it works!



MEAL PLAN

BREAKFAST

Homemade Bircher Muesli: Chia seeds, Grapes, Green Apple soaked in Almond Milk and Walnuts (V)

Paleo Waffle with Strawberries and Chocolate Sauce.

Beef Rancheros Wrap served with a side of Rocket Leaves.

Grilled Avocado filled with Scrambled Eggs and Capsicum served with a side of Rocket Leaves.

Spanish Tortilla with Carrots, Avocado, and Chives (NF)

Homemade Chunky Granola with Almond Milk, Coco Nibs and Seasonal Mix Fruits (V)

Smoothies: Zinger (carrot, ginger, turmeric, orange) and Berry Acai (mixed berry, acai, banana, coconut milk)



MEAL PLAN LUNCH

Carrot Soup with Shredded Carrot. (V, EF, NF)

220 gm Bun Less Beef Burger with Celeriac Salad and
Homemade Pickle (NF)

Grilled Shrimps with Thai Curry Sauce and Sautéed Pak
Choy. (EF, NF)

Crab Cake with Tartar Sauce and Ginger Mayo Slaw.

Tri-Colour Vegetable Spaghetti with Organic Homemade
Tomato Sauce (V, NF)

Baked Chicken Thigh with Bell Pepper Confit and Mashed
Cauliflower (EF)

Smoothies: The Original (banana and coconut water)
Super Fresh (watermelon, lemon and dates)



MEAL PLAN
DINNER

180gm Grilled Fresh Salmon with Radish and Quinoa Salad.
(EF)

Chicken Skewer with Spicy Buffalo Sauce and Celery Salad.
(EF, NF)

Roasted Root Vegetable Curry with Flatbread.

Grilled Beef Steak with Mango Chutney and Cucumber
Salad. (EF, NF)

Sunny Salad: Kale, Lettuce, Cherry Tomato, Mango,
Cucumber and a Ginger Dressing (V)

Vegan Biryani with Coconut Raita and Kachumber Salad. (V)

Vegan power broth & Zinger Smoothie (carrot,
ginger, turmeric, orange)



MEAL PLAN PRICING

	20 Days	24 Days
Three Meals Per Day Breakfast, Lunch & Dinner	3,300 AED	3,700 AED
Two Meals Per Day Breakfast or Lunch or Dinner	2,300 AED	2,700 AED
Single Meal Per Day Breakfast or Lunch or Dinner	1,300 AED	1,500 AED



MEAL PLAN TERMS AND CONDITIONS

ORDERING

All orders for the monthly subscription need to be placed a week before the new month starts. An example of this would be: orders need to be placed on the 25th April to be delivered on the 1st May.

INGREDIENT TERMS

All ingredients are weighed as raw uncooked form

DELIVERY TIMES

All deliveries of the meal plans will be made between 10AM and 8PM

PAYMENTS

All Payments are to be made in full when the monthly order is placed. An example would be: If your meal plan starts on the 1st May then the payment should be made on the 25th April.

ALLERGY ISSUES

All known allergies must be advised in writing to The Cycle Bistro prior to the start of the meal plan.

CHANGING ORDERS

Should you wish to make any changes to your selection you will be given 1 opportunity to do so, free of charge. Thereafter you will be charged 100 AED for any additional changes

For the purpose of food safety and hygiene, food is prepared fresh, chilled and then transported.



MEAL PLAN DELIVERY AREAS

Sports City
Studio City
Motor City
Arabian Ranches
Al Waha
Layan Community
Remraam
Sustainable City
Jumeirah Village Triangle
Jumeirah Village Circle
Victory Heights
IMPZ
Barsha South

We are willing to deliver to most areas, within reason,
please contact us if you are unsure whether your area is
covered



MEAL PLAN OPTIONS TO CHOOSE

Breakfast

1. Homemade Bircher Muesli: Chia seeds, Grapes, Green Apple soaked in Almond Milk and Walnuts (V)
2. Paleo Waffle with Strawberries and Chocolate Sauce.
3. Beef Rancheros Wrap served with a side of Rocket Leaves.
4. Grilled Avocado filled with Scrambled Eggs and Capsicum served with a side of Rocket Leaves.
5. Spanish Tortilla with Carrots, Avocado, and Chives (NF)
6. Homemade Chunky Granola with Almond Milk, Coco Nibs and Seasonal Mix Fruits (V)
7. Smoothies: Zinger (carrot, ginger, turmeric, orange) and Berry Acai (mixed berry, acai, banana, coconut milk)

Lunch

1. Carrot Soup with Shredded Carrot. (V, EF, NF)
2. 220 gm Bun Less Beef Burger with Celeriac Salad and Homemade Pickle (NF)
3. Grilled Shrimps with Thai Curry Sauce and Sautéed Pak Choy. (EF, NF)
4. Crab Cake with Tartar Sauce and Ginger Mayo Slaw.
5. Tri-Colour Vegetable Spaghetti with Organic Homemade Tomato Sauce (V, NF)
6. Baked Chicken Thigh with Bell Pepper Confit and Mashed Cauliflower (EF)
7. Smoothies: The Original (banana and coconut water) Super Fresh (watermelon, lemon and dates)

Dinner

1. 180gm Grilled Fresh Salmon with Radish and Quinoa Salad. (EF)
2. Chicken Skewer with Spicy Buffalo Sauce and Celery Salad. (EF, NF)
3. Roasted Root Vegetable Curry with Flatbread.
4. Grilled Beef Steak with Mango Chutney and Cucumber Salad. (EF, NF)
5. Sunny Salad: Kale, Lettuce, Cherry Tomato, Mango, Cucumber and a Ginger Dressing (V)
6. Vegan Biryani with Coconut Raita and Kachumber Salad. (V)
7. Vegan power broth & Zinger Smoothie (carrot, ginger, turmeric, orange)

V – Vegan / NF – Nut Free / EF – Egg Free