



August 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 “Cleanse 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

Bircher Muesli with Pineapple and Coconut Milk (EF, V)

Paleo Pancake with Fresh Strawberries and Mango Sauce

Paleo Breakfast Sandwich: Egg, Bacon, Avocado, and Chive Mayo

2 Fried Eggs served with Sautéed Spinach, Tomato Chutney and Root Vegetable Hash Cake. (NF)

Spanish Omelette with Beef Bacon and Red Onion served with Avocado Salsa. (NF)

Homemade Chunky Granola with Almond Milk and Roasted Sesame (V)

Smoothies: Zinger (Carrot, Ginger, Turmeric and Orange, Honey) and Berry Acai (Mixed Berry, Acai, Banana and Coconut Milk)

Cleanse option for breakfast:

Zinger (Carrot, Ginger, Turmeric, Orange and Honey) and Berry Acai (Mixed Berry, Acai, Banana and Almond Milk)



MEAL PLAN

LUNCH

Pumpkin Soup with Balsamic Reduction. (V, NF)

Slow Braised Beef Cheek served with Roasted Root Vegetables and Parsley Sauce. (NF, EF)

Grilled Shrimp served with Curry Scented Cauliflower Mash and Homemade Chilli Sauce. (EF)

Oven Roasted Kingfish with Shitake Mushrooms and Pistachio Crumble. (EF)

Tri Colour Vegetable Spaghetti with Rocket Pesto and Toasted Pine Nuts. (V, NF)

Grilled Mexican Chicken Breast served with Lime Cabbage Slaw, and Spicy Mayo. (NF, EF)

Smoothies: The Original (Banana, Coconut Milk and Honey)
Super Fresh (Watermelon, Lemon and Dates)

Cleanse option for lunch:

Smoothies: The Original (Banana, Almond Milk and Honey)
Super Fresh (Watermelon, Lemon and Dates)



MEAL PLAN DINNER

Grilled Salmon served with Caper Vinaigrette and Beetroot Salad. (EF)

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

Vegan Lasagne with Sundried Tomato Pesto. (V)

BBQ Shredded Beef served with Daikon Radish and Paleo Flat Bread.

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

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

Cleanse option for dinner:

Broth = Vegan power

Smoothie = Zinger (Carrot, Ginger, Turmeric, Orange, Honey)



MEAL PLAN NUTRITIONAL INFO

Option No.	Breakfast	Calories	Protein	Fats	Carbs
1	Bircher Muesli (EF)	415	10.2g	29.4g	36.6g
2	Paleo Pancake	562	9g	24.5g	75g
3	Breakfast Sandwich	795	27g	69g	14.1g
4	2 Fried Eggs (NF)	479	17.2g	23.7g	46g
5	Spanish Omelette (NF)	663	23.3g	37.7g	13.3g
6	Homemade Crunchy Granola (V)	609	15.9g	46g	30.1g
7	Zinger Smoothie (V)	273	6.1g	1.8g	61g
7	Berry Acai Smoothie (V)	563	5.7g	43g	40g
8	Zinger Smoothie (V)	273	6.1g	1.8g	61g
8	Berry Acai Smoothie (V)	170	2.8g	2.9g	35.6g

Option No.	Lunch	Calories	Protein	Fats	Carbs
1	Pumpkin Soup (V, NF)	357	2.6g	28g	22.3g
2	Beef Cheek (EF, NF)	435	60g	12g	19.9g
3	Grilled Shrimp (EF)	446	29.6g	29.9g	18.7g
4	Oven Roasted Kingfish (EF)	366	52g	12.4g	12g
5	Tri colour Spaghetti (V, NF)	568	11.9g	44g	27g
6	Mexican Chicken (EF, NF)	611	51g	7.7g	55g
7	Original Smoothie (V)	461	4.1g	34.4g	34.8g
7	Super Fresh Smoothie (V)	206	3g	0.7g	48g
8	Original Smoothie (V)	147	1.9g	2g	31.3g
8	Super Fresh Smoothie (V)	206	3g	0.7g	48g

Option No.	Dinner	Calories	Protein	Fats	Carbs
1	Grilled Salmon (EF)	351	36.8g	16.8g	7.5g
2	Chicken Skewer (EF, NF)	633	57g	42g	5.3
3	Vegan Lasagne (V)	397	7g	18g	45g
4	BBQ shredded beef	697	60g	28.3g	19.6g
5	Sunny Salad (V)	430	7.8g	32.6g	28.3g
6	Vegan Biryani (V)	508	12.9g	24.9g	63g
7	Vegan Power Broth (V)	26	0g	0g	6.5g
7	Zinger Smoothie (V)	273	4.1g	1.8g	61g



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

OPTIONS FOR ORDERING

Breakfast

1. Bircher Muesli with Pineapple and Coconut Milk (EF, V)
2. Paleo Pancake with Fresh Strawberries and Mango Sauce
3. Paleo Breakfast Sandwich: Egg, Bacon, Avocado, and Chive Mayo
4. 2 Fried Eggs served with Sautéed Spinach, Tomato Chutney and Root Vegetable Hash Cake. (NF)
5. Spanish Omelette with Beef Bacon and Red Onion served with Avocado Salsa. (NF)
6. Homemade Chunky Granola with Almond Milk and Roasted Sesame (V)
7. Smoothies: Zinger (Carrot, Ginger, Turmeric, Honey and Orange) & Berry Acai (Mixed Berry, Acai, Banana and Coconut Milk)

Cleanse option for breakfast:

8. Smoothies: Zinger (Carrot, Ginger, Turmeric, Honey and Orange) & Berry Acai (Mixed Berry, Acai, Banana and Almond Milk)

Lunch

1. Pumpkin Soup with Balsamic Reduction. (V, NF)
2. Slow Braised Beef Cheek with Roasted Root Vegetables and Parsley Sauce. (NF, EF)
3. Grilled Shrimp served with Curry Scented Cauliflower Mash and Homemade Chilli Sauce. (EF)
4. Oven Roasted Kingfish with Shitake Mushrooms and Pistachio Crumble. (EF)
5. Tri Colour Vegetable Spaghetti with Rocket Pesto and Toasted Pine Nuts. (V, NF)
6. Grilled Mexican Chicken Breast served with Lime Cabbage Slaw, and Spicy Mayo. (NF, EF)
7. Smoothies: The Original (Banana, Coconut Milk and Honey) & Super Fresh (Watermelon, Lemon and Dates)

Cleanse option for lunch

8. Smoothies: The Original (Banana, Almond Milk and Honey) & Super Fresh (Watermelon, Lemon and Dates)

Dinner

1. Grilled Salmon served with Caper Vinaigrette and Beetroot Salad. (EF)
2. Chicken Skewer with Spicy Buffalo Sauce and Celery Salad. (EF, NF)
3. Vegan Lasagne with Sundried Tomato Pesto. (V)
4. BBQ Shredded Beef served with Daikon Radish and Paleo Flat Bread.
5. Sunny Salad: Kale, Lettuce, Cherry Tomato, Mango, Cucumber and a Ginger dressing (V)
6. Vegan Biryani with Coconut Raita and Kachumber salad. (V)

Cleanse option for dinner:

1. Broth: Vegan power & Smoothie: Zinger (Carrot, Ginger, Turmeric, Orange and Honey) (V)



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 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

NUTRITION

The nutritional information from our meals has been calculated with world renowned software, Nutritics, and verified by a qualified nutritionist.

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.