



October 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

Quinoa Muesli with Maple Syrup, Banana and Almond Milk (V)

Savoury Pancake with Bacon, Spinach and Sautéed Onion

Grilled ½ Avocado filled with Sautéed Mushrooms
served with Kale and Red Onion Jam. (V)

Vegetable Huevos Rancheros, with Scrambled Egg,
Flatbread Chips and Chive Mayonnaise

Crustless Paleo Quiche with Leeks, Tomato, Onion,
and Zucchini, served with Rocket Leaves (NF)

Granola with Acai Berry Puree, Honey, and Toasted Sesame. (EF)

Paleo French Toast with Coconut Sugar & Cinnamon
served with Braised Apple Sauce

Cleanse option for breakfast:

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



MEAL PLAN

LUNCH

Chicken Broth with Zucchini, Carrot, and Celery. (EF / NF)

180gm Steak with Oven Roasted Rosemary Sweet Potato,
Blanched Cauliflower and Black Pepper Jus (NF / EF)

Shrimp Curry with Coconut Cauliflower Rice
and Pineapple Salsa (EF)

Pan seared Salmon Filet with Salsa Verde, Quinoa
and Roasted Pepper Cream. (EF)

Vegetable Pasta with Homemade Pumpkin Bolognese (V)

Oven Roasted Chicken Thigh with Quinoa filled Zucchini
and Sweet Chili sauce (EF)

Pan Fried Zucchini Cake served with Green Onion, Cucumber
and Coconut Yoghurt Dip with a Leafy Salad

Cleanse option for lunch:

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



MEAL PLAN DINNER

Grilled Octopus with Beetroot Puree
and Roasted Sweet Potato. (EF, NF)

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Fire Grilled Lamb Cubes with Parsley Salad, Garlic Mayonnaise,
Pickled Red Radishes and homemade Paleo Flat Bread

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Supreme Salad: Kale / Cherry Tomato / Cucumber / Hazelnuts
Carrot / Coriander / Mango Dressing (EF)

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Beef Meat Balls simmered in Tomato and Black Olive Sauce served
with Paleo Loaf Bread and Garlic & Herb Ghee

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Egg curry with Vegetables and Cauliflower Rice. (NF)

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

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Baked Tomato stuffed with Braised Asian style Beef
served with Cashew Cucumber Salad

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Cleanse option for dinner:

Broth: Vegan power & Smoothie:

Zinger (Carrot, Ginger, Turmeric, Orange and Honey)



MEAL PLAN NUTRITIONAL INFO

Option No.	Breakfast	Calories	Fats	Carbs	Protein
1	Quinoa Muesli (V)	364	4.3g	70g	8g
2	Savoury Pancake	688	34.8g	68g	24.4g
3	Grilled Avocado (V)	327	23.5g	15.2g	8.4g
4	Veg Huevos Ranchers	582	44g	30.8g	9.1g
5	Paleo Quiche (NF)	410	25.8g	22.7g	18.9g
6	Granola (V)	646	45g	35.1g	18.8g
7	French Toast	595	38.1g	30.4g	27.3g
8	Zinger	288	1.8g	61g	4.1g
8	Berry Acai	170	2.8g	2.9g	35.6g

Option No.	Lunch	Calories	Fats	Carbs	Protein
1	Chicken Broth (NF, EF)	186	3.8g	24.5g	10.6g
2	Steak (NF, EF)	588	38.8g	17g	40g
3	Shrimp Curry (EF)	401	24.5g	16g	26.9g
4	Pan Seared Salmon (EF)	571	33.9g	20.5g	44g
5	Vegetable Pasta	287	20.8g	17.2g	5.1g
6	Roasted Chicken (EF)	233	8.1g	15g	24.3g
7	Zucchini Cake	422	30g	20.5g	14.7g
8	The Original	164	0.5g	33.2g	3.4g
8	Super Fresh	206	0.7g	48g	3g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Grilled Octopus (NF, EF)	474	13.8g	30.1g	55g
2	Fire Grilled Lamb	727	50g	10.5g	56g
3	Supreme Salad (EF)	475	30.5g	36.1g	8.8g
4	Meat Balls	849	69g	11.2g	41g
5	Egg Curry (NF)	439	30.4g	16.1g	22.8g
6	Vegan Biryani (V)	508	12.9g	24.9g	63g
7	Baked Tomato	440	29.6g	13.2g	29g
8	Vegan Power Broth (V)	26	0g	0g	6.5g
8	Zinger Smoothie (V)	288	1.8g	61g	4.1g



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 ORDER

Breakfast

1. Quinoa Muesli with Maple Syrup, Banana and Almond Milk (V)
2. Savoury Pancake with Bacon, Spinach and Sautéed Onion.
3. Grilled ½ Avocado filled with Sautéed Mushrooms, served with Kale and Red Onion Jam. (V)
4. Vegetable Huevos Rancheros, with Scrambled Egg, Flatbread Chips and Chive Mayonnaise
5. Crustless Paleo Quiche with Leeks, Tomato, Onion, and Zucchini, served with Rocket Leaves (NF)
6. Granola with Acai Berry Puree, Honey and Toasted Sesame. (EF)
7. Paleo French Toast with Coconut Sugar & Cinnamon, served with Braised Apple Sauce

Cleanse option for breakfast:

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

Lunch

1. Chicken Broth with Zucchini, Carrot, and Celery. (EF/NF)
2. 180gm Steak with Oven Roasted Rosemary Sweet Potato, Blanched Cauliflower and Black Pepper Jus (NF / EF)
3. Shrimp Curry with Coconut Cauliflower Rice and Pineapple Salsa (EF)
4. Pan seared Salmon Filet with Salsa Verde, Quinoa and Roasted Pepper Cream. (EF)
5. Vegetable Pasta with Homemade Pumpkin Bolognese (V)
6. Oven Roasted Chicken Thigh with Quinoa filled Zucchini and Sweet Chili Sauce. (EF)
7. Pan Fried Zucchini Cake served with Green Onion, Cucumber and Coconut Yogurt Dip with a Leafy Salad

Cleanse option for lunch

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

Dinner

1. Grilled Octopus with Beetroot Puree and Roasted Sweet Potato. (EF, NF)
2. Fire Grilled Lamb Cubes with Parsley Salad, Garlic Mayonnaise, Pickled Red Radishes and Homemade Paleo Flat Bread.
3. Supreme salad: Kale / Cherry Tomato / Cucumber / Hazelnuts / Carrot / Coriander / Mango Dressing (EF)
4. Beef Meat Balls simmered in Tomato and Black Olive Sauce served with Paleo Loaf Bread and Garlic & Herb Ghee
5. Egg curry with Vegetables and Cauliflower Rice. (NF)
6. Vegan Biryani with Coconut Raita and Kachumber salad. (V)
7. Baked Tomato stuffed with Braised Asian Style Beef served with a Cashew Cucumber Salad

Cleanse option for dinner:

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



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

PACKAGING

All our meals are delivered in insulated bags and glass containers. Should the bag or any of the glass containers be lost or broken, an additional charge will apply.

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