



December 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)

Berry supreme pancake with blueberries, strawberries and raspberries baked-in

Vegan Power Breakfast Bowl: grilled tomato, shredded carrot, mashed avocado, roasted cashew nuts, pickled radish (V)

Crab meat frittata with sweet potato, black olive cream, rocket leaves with chive vinaigrette (NF)

Homemade chia pudding, with vanilla, peach, banana, and coconut sugar (V)

Apple Cobbler Bowl: apple cinnamon puree with roasted apple, and honey cinnamon crumble on top

Smoothies: Zinger (Carrot, ginger, turmeric, honey and orange) & Berry Acai (Mixed berry, acai, banana and coconut milk)

Cleanse option for breakfast:

Smoothies: Zinger (Carrot, ginger, turmeric and orange) & Berry Acai (Mixed berry, acai, banana and almond milk)



MEAL PLAN

LUNCH

Creamy Asian zucchini soup, flavoured with lemongrass and chilli oil (V, NF)

180gm Steak with oven roasted rosemary sweet potato, blanched cauliflower and black pepper jus (NF, EF)

Mixed leaf salad, with cherry tomatoes, cucumber, beetroot, and grilled shrimp served with a sesame and ginger dressing (EF)

Pan seared salmon fillet with salsa Verde, quinoa and roasted pepper cream (EF)

Vegetable spaghetti, served with slow cooked beef Bolognese

Oven baked Cajun seasoned chicken breast, served with eggplant ragu, and mango salsa

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 squid served with fresh tomato, red onion, parsley salsa and paleo flat bread

Teriyaki style beef, served with cauliflower rice and chili sauce

Totally Tomato Salad: Cherry tomato, sliced local tomato, fresh basil, red onion, puffed quinoa, radish, kale and tomato gazpacho dressing (V)

Roasted ½ chicken with ratatouille and herb jus (EF)

Lamb stew, slow cooked with root vegetables (EF/NF)

Vegan Biryani with Coconut Raita and Kachumber salad (V)

Paleo gnocchi, with a braised leek sauce

Cleanse option for dinner:

Broth: Vegan Power

Smoothie: Zinger (Carrot, ginger, turmeric, orange and honey) (V)



MEAL PLAN NUTRITIONAL INFO

Option No.	Breakfast	Calories	Fats	Carbs	Protein
1	Quinoa Muesli (V)	364	4.3g	70g	8g
2	Berry Supreme Pancake	638	5.4g	68.5g	6.4g
3	Vegan Power Bowl (V)	260	17.1g	18.1g	5.7g
4	Crab Meat Frittata (NF)	451	27.8g	17g	30.3g
5	Homemade Chia Pudding	494	27.4g	29.2g	17.7g
6	Apple Cobbler Bowl	571	22.7g	72g	12.3g
7	Zinger (V)	288	1.8g	61g	4.1g
7	Berry Acai	563	5.7g	43g	40g
8	Zinger (V) (Cleanse Option)	288	1.8g	61g	4.1g
8	Berry Acai (Cleanse Option)	170	2.8g	2.9g	35.6g

Option No.	Lunch	Calories	Fats	Carbs	Protein
1	Creamy Asian Zucchini Soup (V, NF)	354	31.2g	9.4g	7.5g
2	Steak (NF, EF)	588	38.8g	17g	40g
3	Mixed Leaf Salad (EF)	418	35.2g	8.8g	12.7g
4	Pan Seared Salmon (EF)	552	39.6g	10.1g	36.5g
5	Vegetable Spaghetti	429	28.3g	17.3g	23.7g
6	Oven Baked Cajun Chicken	342	11.4g	25.4g	32g
7	The Original	622	43g	49g	6.9g
7	Super Fresh	206	0.7g	48g	3g
8	The Original (Cleanse Option)	417	24.8g	41.g	5.3g
8	Super Fresh (Cleanse Option)	206	0.7g	48g	3g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Grilled Squid	569	17.8g	60g	41g
2	Teriyaki Style Beef	556	25.8g	35.3g	43g
3	Totally Tomato Salad (V)	290	21.5g	14.2g	6.5g
4	Roasted ½ Chicken (EF)	841	24.4g	11.8g	140g
5	Lamb Stew (EF/NF)	504	30.8g	16.5g	38.2g
6	Vegan Biryani (V)	508	12.9g	24.9g	63g
7	Paleo Gnocchi	842	40g	90g	22.4g
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

- B1. Quinoa Muesli with Maple Syrup, Banana and Almond Milk (V)
- B2. Berry Supreme Pancake with Blueberries, Strawberries and Raspberries baked-in
- B3. Vegan Power Breakfast Bowl: grilled tomato, shredded carrot, mashed avocado, roasted cashew nuts, pickled radish (V)
- B4. Crab meat frittata with sweet potato, black olive cream, rocket leaves with chive vinaigrette (NF)
- B5. Homemade chia pudding, with vanilla, peach, banana, and coconut sugar (V)
- B6. Apple Cobbler Bowl: apple cinnamon puree with roasted apple, and honey cinnamon crumble on top
- B7. Smoothies: Zinger (Carrot, Ginger, Turmeric, Honey and Orange) and Berry Acai (Mixed Berry, Acai, Banana and Coconut Milk)

Cleanse option for breakfast:

- B8. Smoothies: Zinger (Carrot, Ginger, Turmeric, Honey and Orange) and Berry Acai (Mixed Berry, Acai, Banana and Almond Milk)

Lunch

- L1. Creamy Asian zucchini soup, flavoured with lemongrass and chilli oil (V, NF)
- L2. 180gm Steak, with oven roasted Rosemary Sweet Potato, blanched Cauliflower and Black Pepper Jus (NF, EF)
- L3. Mixed leaf salad, with cherry tomatoes, cucumber, beetroot, and grilled shrimp served with a sesame and ginger dressing (EF)
- L4. Pan Seared Salmon Filet with Salsa Verde, Quinoa and Roasted Pepper Cream (EF)
- L5. Vegetable spaghetti, served with slow cooked beef Bolognese
- L6. Oven baked Cajun seasoned chicken breast, served with eggplant ragu, and mango salsa
- L7. Smoothies: The Original (Banana, Coconut Milk and Honey) and Super Fresh (Watermelon, Lemon and Dates)

Cleanse option for lunch:

- L8. Smoothies: The Original (Banana, Almond Milk and Honey) and Super Fresh (Watermelon, Lemon and Dates)

Dinner

- D1. Grilled squid served with fresh tomato, red onion, parsley salsa and paleo flat bread
- D2. Teriyaki style beef, served with cauliflower rice and chili sauce
- D3. Totally Tomato Salad: Cherry Tomato, sliced local Tomato, Fresh Basil, Red Onion, Puffed Quinoa, Radish, Kale and Tomato Gazpacho Dressing (V)
- D4. Roasted ½ chicken with ratatouille and herb jus (EF)
- D5. Lamb stew, slow cooked with root vegetables (EF/NF)
- D6. Vegan Biryani with Coconut Raita and Kachumber Salad (V)
- D7. Paleo gnocchi, with a braised leek sauce

Cleanse option for dinner:

- D8. Broth: Vegan Power and 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 10.00AM and 8.00PM

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.