



# November 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.

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

Smoked Salmon with Shredded Kale, Cucumber and Cashew Sour Crème (EF)

Baked Eggs in Bell Pepper with Tomato Cumin Sauce, served with Sweet Potato Hash (NF)

Granola with Coconut Yogurt and Dark Chocolate

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

Slow Roasted Tomato Soup (NF, V)

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

Shrimp Skewer with Celery Root Salad and Green Sauce (EF)

Pan Seared Salmon Fillet with Salsa Verde, Quinoa and Roasted  
Pepper Cream (EF)

Homemade Paleo Gnocchi with twice cooked Tomato sauce

Oven Roasted Chicken Thigh with Quinoa filled Zucchini  
and Sweet Chilli Sauce (EF, NF)

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

Whitefish with Carrot Noodles sautéed in Garlic Oil, topped with Chopped Thyme (EF)

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

Totally Tomato Salad: Cherry Tomato, Sliced Local Tomato, Fresh Basil, Red Onion, Puffed Quinoa, Radish, Kale and Tomato Gazpacho Dressing (V)

Braised Lamb Shoulder served with Olive Tapenade and Roasted Capsicum (EF, NF)

Indian Vegetable Coconut Curry with Roasted Sweet Potato (EF)

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

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	Berry Supreme Pancake	638	5.4g	68.5g	6.4g
3	Grilled Avocado (V)	327	23.5g	15.2g	8.4g
4	Smoked Salmon (EF)	497	19.2g	12.2g	67g
5	Baked Eggs (NF)	392	22.5g	24.3g	19.5g
6	Granola	719	61g	20.5g	17.3g
8	Zinger (V)	288	1.8g	61g	4.1g
8	Berry Acai	170	2.8g	2.9g	35.6g

Option No.	Lunch	Calories	Fats	Carbs	Protein
1	Slow Roasted Tomato Soup (NF, V)	180	10.8g	14.4g	4g
2	Steak (NF, EF)	588	38.8g	17g	40g
3	Shrimp Skewer (EF)	361	21.3g	3.4g	37.7g
4	Pan Seared Salmon (EF)	552	39.6g	10.1g	36.5g
5	Homemade Paleo Gnocchi	768	45g	45g	28.1g
6	Roasted Chicken (EF, NF)	233	8.1g	15g	24.3g
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	Whitefish (EF)	266	9.2g	12.8g	30.5g
2	Fire Grilled Lamb	727	50g	10.5g	56g
3	Totally Tomato Salad (V)	290	21.5g	14.2g	6.5g
4	Braised Lamb Shoulder (EF, NF)	596	50g	6.7g	27.8g
5	Indian Vegetable Curry (EF)	465	26.7g	43g	8.4g
6	Vegan Biryani (V)	508	12.9g	24.9g	63g
7	Vegan Power Broth (V)	26	0g	0g	6.5g
7	Zinger Smoothie (V)	288	1.8g	61g	4.1g



MEAL PLAN  
PRICING

	20 Days	24 Days
<b>Three Meals Per Day</b> Breakfast, Lunch & Dinner	3, 300 AED	3, 700 AED
<b>Two Meals Per Day</b> Breakfast or Lunch or Dinner	2, 300 AED	2, 700 AED
<b>Single Meal Per Day</b> 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. Grilled ½ avocado filled with Sautéed Mushrooms, served with Kale and Red Onion Jam (V)
- B4. Smoked Salmon with Shredded Kale, Cucumber and Cashew Sour Crème (EF)
- B5. Baked Eggs in Bell Pepper with Tomato Cumin Sauce served with Sweet Potato Hash (NF)
- B6. Granola with Coconut Yogurt and Dark Chocolate.
- 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. Slow Roasted Tomato Soup (NF, V)
- L2. 180gm Steak, with oven roasted Rosemary Sweet Potato, blanched Cauliflower and Black Pepper Jus (NF, EF)
- L3. Shrimp Skewer with Celery Root Salad and Green Sauce (EF)
- L4. Pan Seared Salmon Filet with Salsa Verde, Quinoa and Roasted Pepper Cream (EF)
- L5. Homemade Paleo Gnocchi with Twice Cooked Tomato Sauce
- L6. Oven Roasted Chicken Thigh with Quinoa Filled Zucchini and Sweet Chilli Sauce (EF, NF)
- 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. Whitefish with carrot Noodles sautéed in Garlic Oil topped with Chopped Thyme (EF)
- D2. Fire Grilled Lamb Cubes with Parsley Salad, Garlic Mayonnaise, pickled Red Radishes and homemade Paleo Flat Bread
- D3. Totally Tomato Salad: Cherry Tomato, sliced local Tomato, Fresh Basil, Red Onion, Puffed Quinoa, Radish, Kale and Tomato Gazpacho Dressing (V)
- D4. Braised Lamb Shoulder served with Olive Tapenade and Roasted Capsicum (EF, NF)
- D5. Indian Vegetable Coconut Curry with Roasted Sweet Potato (EF)
- D6. Vegan Biryani with Coconut Raita and Kachumber Salad (V)

Cleanse option for dinner:

- D7. 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 25<sup>th</sup> April to be delivered on the 1<sup>st</sup> 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 1<sup>st</sup> May then the payment should be made on the 25<sup>th</sup> 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.