



January 2018 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

Fruit salad with banana, passion fruit, strawberries, kiwi, toasted quinoa and vanilla (V)

Savoury waffle served with smoked salmon, dill creme and kale

2 Eggs baked in a spicy tomato sauce served with flat bread and herb ghee

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

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

Eggs, braised beef and avocado on paleo toast served with tomato chutney

Signature Smoothies

Licking Clouds (Peach/Vanilla/Almond Milk) &
Raw Chocolate (Pear/Cocoa/Banana/Honey/Coconut Milk)

Cleanse Option:

Licking Clouds (Peach/Vanilla/Almond Milk) &
Raw Chocolate (Pear/Cocoa/Banana/Honey/Almond Milk)



MEAL PLAN

LUNCH

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

180g Grass-fed Beef Steak with oven roasted rosemary sweet potato, blanched cauliflower and black pepper jus (NF, EF)

Mean Green Salad: Kale, cherry tomato, beetroot, celery, zucchini and red onion with herb vinaigrette (V, NF)

Grilled salmon served with lemon and herb cauliflower rice and tartar sauce (NF)

Vegetable spaghetti served with slow cooked beef bolognese

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

Signature Smoothies

The Original (Banana/Honey/Coconut Milk) & Zinger (Carrot/Ginger/Turmeric/Orange)

Cleanse Option

The Original (Banana/Honey/Almond Milk) & Zinger (Carrot/Ginger/Turmeric/Orange)



MEAL PLAN DINNER

Grilled shrimps with apple cider BBQ sauce, roasted sweet potato and green onion (NF)

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)

Chicken skewers with a cashew satay sauce, served with coconut and pineapple quinoa

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

Vegan lasagne, served with sundried tomato and black olive pesto (V)

Paleo gnocchi with a braised leek sauce

Cleanse option

Vegan Power Broth &

Heart Beet Smoothie (Beetroot/Lemon/Ginger/Orange) (V)



MEAL PLAN NUTRITIONAL INFO

Option No.	Breakfast	Calories	Fats	Carbs	Protein
1	Fruit Salad (V)	317	2.3g	57g	6g
2	Savoury Waffles	661	25.2g	56g	51g
3	2 Eggs baked in Tomato Sauce	432	15g	65g	7.5g
4	Crab Meat Frittata (NF)	451	27.8g	17g	30.3g
5	Homemade Chia Pudding (V)	494	27.4g	29.2g	17.7g
6	Eggs, Braised Beef and Avocado	491	26.6g	25.9g	34g
7	Licking Clouds	102	4.7g	10.5g	3.3g
7	Raw Chocolate Smoothie	627	44g	45g	8g
8	Licking Clouds (Cleanse Option)	102	4.7g	10.5g	3.3g
8	Raw Chocolate (Cleanse Option)	23	3.9g	41g	4.5g

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	Mean Green Salad (V, NF)	361	26.7g	2.5g	28.6g
4	Grilled Salmon (NF)	582	50g	2.5g	28.6g
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	Zinger	566	42g	38g	5.7g
8	The Original (Cleanse Option)	417	24.8g	41.g	5.3g
8	Zinger (Cleanse Option)	166	2.2g	33.6g	2g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Grilled Shrimps (NF)	330	6.8g	45g	19.8g
2	Teriyaki Style Beef	556	25.8g	35.3g	43g
3	Totally Tomato Salad (V)	290	21.5g	14.2g	6.5g
4	Chicken Skewers	433	17.3g	29.4g	37.8g
5	Lamb Stew (EF, NF)	504	30.8g	16.5g	38.2g
6	Vegan Lasagne (V)	181	12.1g	9.4g	6.5g
7	Paleo Gnocchi	842	40g	90g	22.4g
8	Vegan Power Broth (V)	26	0g	0g	6.5g
8	Heart Beet Smoothie (V)				



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. Fruit salad with banana, passion fruit, strawberries, kiwi, toasted quinoa and vanilla (V)
- B2. Savoury waffle served with smoked salmon, dill creme and kale
- B3. 2 Eggs baked in spicy tomato sauce served with flat bread and herb ghee
- 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. Eggs, braised beef and avocado on paleo toast served with tomato chutney
- B7. Signature Smoothies: Licking clouds (Peach/vanilla/almond milk) & Raw Chocolate (Pear, Cocoa, Banana, Honey, Coconut Milk)
- B8. Cleanse Option: Licking Clouds (Peach, Vanilla, Almond Milk) & Raw Chocolate (Pear, Cocoa, Banana, Honey, 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. Mean Green Salad: Kale, cherry tomato, beetroot, celery, zucchini, red onion and herb vinaigrette (V, NF)
- L4. Grilled salmon served with lemon and herb cauliflower rice and tartar sauce (NF)
- L5. Vegetable spaghetti, served with slow cooked beef bolognese
- L6. Oven baked cajun seasoned chicken breast, served with eggplant ragu and mango salsa
- L7. Signature Smoothies: The Original (Banana, Honey, Coconut Milk) & Zinger (Carrot, Ginger, Turmeric, Orange)
- L8. Cleanse Option: The Original (Banana, Honey, Almond Milk) & Zinger (Carrot, Ginger, Turmeric, Orange)

Dinner

- D1. Grilled shrimps with apple cider BBQ sauce, roasted sweet potato and green onion (NF)
- 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. Chicken skewers with a cashew satay sauce, served with coconut and pineapple quinoa
- D5. Lamb stew, slow cooked with root vegetables (EF, NF)
- D6. Vegan lasagne, served with sundried tomato and black olive pesto (V)
- D7. Paleo gnocchi, with a braised leek sauce
- D8. Cleanse Option: Vegan Power Broth & Heart Beet Smoothie (Beetroot, lemon, Ginger and Orange) (V)



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 by the 26th December to be delivered on the 2nd January.

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 January then the payment should be made on the 25th December.

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. Any changes to meal selections or individual information need to be made with 48 hours notice to become effective.

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.