



February 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)

Ultimate pancake, with maple candied bacon baked in

Heuvos Rancheros with pulled chicken, topped with 2 fried eggs, and paleo tortilla strips

Bacon and tomato frittata with sweet potato cake, and homemade ketchup (NF)

Quinoa porridge served with a lemon and apricot compote (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

Tomato soup, made from slowly oven roasted tomatoes blended with pure extra virgin olive oil and flavoured with fresh basil

Grilled chicken thigh served with mashed sweet potato and capsicum sauce (NF/EF)

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

Local Kingfish fillet, pan fried and served over a bed of grilled eggplant, topped with shitake mushroom reduction (EF/NF)

Vegetable spaghetti served with slow cooked beef bolognese (NF/EF)

Masala Quinoa served with sweet potato Aloo Gobi (EF)

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

Prawn skewers served with spicy mango chutney and sautéed broccoli (EF)

Teriyaki style beef, served with cauliflower rice and chili sauce

Mighty Salad 2.0, Kale, local tomatoes, cucumber, sunflower seeds, mini grass-fed beef meatballs and scallion dressing (NF)

½ Roasted Chicken with Jamaican spice rub served with zucchini fritters, and smokey mayo sauce

Hungarian-style Goulash stew seasoned with lemon zest, topped with smoked paprika oil (NF/EF)

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

Paleo Gnocchi, served with mushroom sauce

Cleanse option

Vegan Power Broth &

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



MEAL PLAN NUTRITIONAL INFO

All our meals follow the Paleo diet, and are free from gluten, sugar and dairy. Each meal is also marked with the following, (V) Vegan (NF) Nut Free (EF) Egg Free.

Option No.	Breakfast	Calories	Fats	Carbs	Protein
1	Fruit Salad (V)	317	2.3g	57g	6g
2	Ultimate Pancake	811	32.3g	111g	20.5g
3	Heuvos Rancheros	565	27.2g	32.9g	44g
4	Bacon and Tomato Frittata (NF)	497	29.9g	24.3g	30.5g
5	Quinoa Porridge (V)	530	26.5g	60g	9.2g
6	Eggs, Braised Beef and Avocado	491	26.6g	25.9g	34g
7 (1 of 2)	Licking Clouds	102	4.7g	10.5g	3.3g
7 (2 of 2)	Raw Chocolate Smoothie	627	44g	45g	8g
8 (1 of 2)	Licking Clouds (Cleanse Option)	102	4.7g	10.5g	3.3g
8 (2 of 2)	Raw Chocolate (Cleanse Option)	23	3.9g	41g	4.5g

Option No.	Lunch	Calories	Fats	Carbs	Protein
1	Tomato Soup	352	30.8g	12.6g	3.9g
2	Grilled Chicken Thigh (NF/EF)	605	32.1g	22.6g	53g
3	Mean Green Salad (V/NF)	361	26.7g	2.5g	28.6g
4	Local Kingfish Fillet (EF/NF)	468	28.5g	16.9g	33.2g
5	Vegetable Spaghetti (EF/NF)	429	28.3g	17.3g	23.7g
6	Masala Quinoa (EF)	438	18.8g	49g	11.7g
7 (1 of 2)	The Original	622	43g	49g	6.9g
7 (2 of 2)	Zinger	566	42g	38g	5.7g
8 (1 of 2)	The Original (Cleanse Option)	417	24.8g	41.g	5.3g
8 (2 of 2)	Zinger (Cleanse Option)	166	2.2g	33.6g	2g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Prawn Skewers (EF)	387	15.6g	18g	40g
2	Teriyaki Style Beef	556	25.8g	35.3g	43g
3	Mighty Salad 2.0 (NF)	412	28.9g	8.6g	26.9g
4	½ Roasted Chicken	761	38.3g	21.5g	82g
5	Hungarian-style Goulash (NF/EF)	438	27.1g	12.2g	34.3g
6	Vegan Lasagne (V)	181	12.1g	9.4g	6.5g
7	Paleo Gnocchi	706	60g	10.2g	26.6g
8 (1 of 2)	Vegan Power Broth (V)	26	0g	0g	6.5g
8 (2 of 2)	Heart Beet Smoothie (V)				



MEAL PLAN PRICING

	20 Days	24 Days
Three Meals Per Day Breakfast, Lunch & Dinner	3, 470 AED	3, 890 AED
Two Meals Per Day Breakfast or Lunch or Dinner	2, 420 AED	2, 840 AED
Single Meal Per Day Breakfast or Lunch or Dinner	1, 370 AED	1, 580 AED

Prices are inclusive of VAT at a rate of 5%.



MEAL PLAN OPTIONS FOR ORDER

Breakfast

- B1. Fruit salad with banana, passionfruit, strawberries, kiwi, toasted quinoa and vanilla (V)
- B2. Ultimate pancake, with maple candied bacon baked in
- B3. Heuvos Rancheros with pulled chicken, topped with 2 fried eggs, and paleo tortilla strips
- B4. Bacon and tomato frittata with sweet potato cake, and homemade ketchup (NF)
- B5. Quinoa porridge served with a lemon and apricot compote (V)
- B6. Eggs, braised beef, and avocado on paleo toast served with tomato chutney
- B7. (1 of 2) Signature Smoothies: Licking clouds (Peach/vanilla/almond milk) &
(2 of 2) Raw Chocolate (Pear/cocoa/banana/honey/coconut milk)
- B8. (1 of 2) Cleanse option: Licking clouds (Peach/vanilla/almond milk) &
(2 of 2) Raw Chocolate (Pear /cocoa/banana/honey/almond milk)

Lunch

- L1. Tomato soup, made from slowly oven roasted tomatoes blended with pure extra virgin olive oil and flavoured with fresh basil
- L2. Grilled chicken thigh served with mashed sweet potato and capsicum sauce (NF/EF)
- L3. Mean Green salad: Kale, cherry tomato, beetroot, celery, zucchini, red onion, herb vinaigrette (V/NF)
- L4. Local Kingfish fillet pan fried and served over a bed of grilled eggplant, topped with shitake mushroom reduction (EF/NF)
- L5. Vegetable spaghetti, served with slow cooked beef Bolognese (NF/EF)
- L6. Masala Quinoa served with sweet potato Aloo Gobi (EF)
- L7. (1 of 2) Signature Smoothies: The Original (Banana/honey/coconut milk) &
(2 of 2) Zinger (Carrot/ginger/turmeric/orange)
- L8. (1 of 2) Cleanse option: The Original (Banana/honey/almond milk) &
(2 of 2) Zinger (Carrot/ginger/turmeric/orange)

Dinner

- D1. Prawn skewers served with spicy mango chutney and sautéed broccoli (EF)
- D2. Teriyaki style beef, served with cauliflower rice, and chili sauce
- D3. Mighty Salad 2.0, Kale/local tomatoes/cucumber/ sunflower seeds /mini grass-fed beef meatballs, and scallion dressing (NF)
- D4. ½ Roasted Chicken, with Jamaican spice rub, served with zucchini fritters, and smokey mayo sauce.
- D5. Hungarian style Goulash stew, seasoned with lemon zest, topped with smoked paprika oil (NF/EF)
- D6. Vegan lasagne, served with sundried tomato and black olive pesto (V)
- D7. Paleo Gnocchi, served with mushroom sauce
- D8. (1 of 2) Cleanse option: Vegan power broth &
(2 of 2) Heart Beet (Beetroot/lemon/ginger/orange)



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.