



March 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)

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Madras flavoured chicken with pineapple salad
served on a bed of lettuce (NF)

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Paleo Dosa with sweet potato and beetroot filling,
served with tomato chutney

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

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Grilled steak served with chive emulsion,
sweet potato hash cake and mushrooms

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Baked tomato filled with quinoa and served with rocket leaves
and an orange dressing (V)

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Signature Smoothies

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

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Cleanse Option:

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

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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.



MEAL PLAN

LUNCH

Celery root soup served with cumin oil
and coriander seeds (V)

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

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Red Salad: Romain lettuce, beetroot, cherry tomato and pomegranate seeds
with a smokey capsicum dressing (V)

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Oven baked salmon served with fennel puree, dill vinaigrette
and sweet potato pearls (NF,EF)

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Cabbage rolls filled with beef and mushrooms,
served in tomato sauce

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Masala Quinoa served with sweet potato Aloo Gobi (EF)

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Signature Smoothies

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

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Cleanse Option

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

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MEAL PLAN

DINNER

Thai shrimp curry, served with paleo flat bread
and pickled shallots

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Teriyaki style beef, served with cauliflower rice
and chilli sauce

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

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Fire grilled chicken and capsicum skewers
served with red onion jam and parsley quinoa

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Fish cakes with ginger mayo, tomato salsa,
carrot slaw and paleo toast

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

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THE sandwich: BBQ pulled beef, avocado, onion, tomato, aioli and lettuce
served with sweet potato hash

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Cleanse option

Vegan Power Broth &
Heart Beet Smoothie (Beetroot/Lemon/Ginger/Orange) (V)

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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	Madras Chicken (NF)	428	25g	3.2g	47g
3	Paleo Dosa	572	33g	54g	13g
4	Bacon and Tomato Frittata (NF)	497	29.9g	24.3g	30.5g
5	Grilled Steak	661	42g	22g	47g
6	Baked Tomato (V)	357g	24g	26g	6.5g
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	Celery Root Soup (V)	263	23g	6.6g	3.8g
2	Grilled Chicken Thigh (NF/EF)	605	32.1g	22.6g	53g
3	Red Salad (V)	330	26g	14g	5.1g
4	Oven Baked Salmon (NF/EF)	581	35g	22g	39g
5	Cabbage Rolls	637	45g	16g	39g
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	Thai Shrimp Curry	572	27g	41g	38g
2	Teriyaki Style Beef	556	25.8g	35.3g	43g
3	Mighty Salad 2.0 (NF)	412	28.9g	8.6g	26.9g
4	Fire Grilled Chicken	668	41g	22g	50g
5	Fish Cakes	829	51g	24g	31g
6	Vegan Lasagne (V)	181	12.1g	9.4g	6.5g
7	THE Sandwich	722	34g	31g	48g
8 (1 of 2)	Vegan Power Broth (V)	26	0g	0g	6.5g
8 (2 of 2)	Heart Beet Smoothie (V)	164	0.5g	33.2g	3.4g



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. Madras flavoured chicken with pineapple salad served on a bed of lettuce (NF)
- B3. Paleo Dosa with sweet potato and beetroot filling, served with tomato chutney
- B4. Bacon and tomato frittata with sweet potato cake, and homemade ketchup (NF)
- B5. Grilled steak served with chive emulsion, sweet potato hash cake and mushrooms
- B6. Baked tomato filled with quinoa and served with rocket leaves and an orange dressing (V)
- 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. Celery root soup served with cumin oil and coriander seeds (V)
- L2. Grilled chicken thigh served with mashed sweet potato and capsicum sauce (NF/EF)
- L3. Red Salad: Romain lettuce, beetroot, cherry tomato and pomegranate seeds with a smokey capsicum dressing (V)
- L4. Oven baked salmon served with fennel puree, dill vinaigrette and sweet potato pearls (NF,EF)
- L5. Cabbage rolls filled with beef and mushrooms, served in tomato sauce
- 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. Thai shrimp curry, served with paleo flat bread and pickled shallots
- 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. Fire grilled chicken and capsicum skewers served with red onion jam and parsley quinoa
- D5. Fish cakes with ginger mayo, tomato salsa, carrot slaw and paleo toast
- D6. Vegan lasagne, served with sundried tomato and black olive pesto (V)
- D7. THE sandwich: BBQ pulled beef, avocado, onion, tomato, aioli and lettuce served with sweet potato hash
- 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.