



# May 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

Banana nut muffin served with a side of fruit salad, marinated in orange

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Frittata filled with spinach, onion, tomato, served with smoked salmon and Dijon mayonnaise

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Deluxe waffle, topped with fresh strawberries and chocolate sauce

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Our original maple roasted nut granola served with almond milk and blueberries (V)

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Grass fed beef steak, chargrilled and served with beef bacon, roasted tomatoes and guacamole (NF/EF)

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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)

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

Roasted zucchini soup, flavoured with Tahina and toasted sunflower seeds (V)

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Oven roasted chicken drum sticks served with buffalo sauce and broccoli coleslaw (NF)

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Signature Godzilla Salad:

Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (V)

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Signature Godzilla Salad with chicken:

Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (EF)

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Signature Godzilla Salad with beef meatballs:

Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (EF)

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Grilled kingfish served with a fresh coriander salsa and lemon and tomato quinoa (EF)

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Vegan cabbage rolls, stuffed with chopped mushrooms, zucchini, onion, garlic ragu all simmered in tomato sauce (V)

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Paleo dosa, filled with sweet potato and beetroot,  
served with homemade coconut chutney

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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

Shrimps sautéed in garlic oil, served with parsley salad and broccoli fritter

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Crispy chilli beef, with sesame quinoa

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Super Salad: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (V)

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Super Salad with grilled chicken: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (EF)

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Super Salad with beef meatballs: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (EF)

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½ Oven roasted chicken, served with guacamole and roasted sweet potato (EF/NF)

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Baked salmon with pistachio crust, served with ratatouille vegetables and grilled lemon (EF)

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Vegetable pasta, sautéed in olive tapenade and served with toasted walnuts on top (V)-

Braised Lamb cubes served with paleo tzatziki and cucumber salad (NF)

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### Cleanse option

Vegan Power Broth &

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

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

### 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	Banana Nut Muffin	599	36g	42g	31g
2	Frittata	550	37g	8g	44g
3	Deluxe Waffle	600	16g	105g	13g
4	Maple Roasted Granola (V)	810	69g	39g	26g
5	Grass Fed Beef Steak (NF/EF)	680	44g	10g	61g
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	Zucchini Soup	290	21g	19g	15g
2	Oven Roasted Chicken (NF)	593	42g	3.3g	49g
3	Godzilla Salad (V)	467	34.3g	28g	6.7g
4	Chicken Godzilla Salad (EF)	577	34.8g	31g	30.7g
5	Beef Godzilla Salad (EF)	747	52.3g	30g	33.7g
6	Grilled Kingfish (EF)	436	20g	18g	45g
7	Vegan Cabbage Rolls	360	28g	25g	8g
8	Paleo Dosa	711	44g	58g	10.7g
9 (1 of 2)	The Original	622	43g	49g	6.9g
9 (2 of 2)	Zinger	566	42g	38g	5.7g
10 (1 of 2)	The Original (Cleanse Option)	417	24.8g	41.g	5.3g
10 (2 of 2)	Zinger (Cleanse Option)	166	2.2g	33.6g	2g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Shrimps	481	16g	26g	55g
2	Crispy Chilli Beef	612	25.8g	35.3g	4g
3	Super Salad (V)	300	26g	15g	5g
4	Chicken Super Salad (EF)	410	26.5g	18g	29g
5	Beef Salad (EF)	580	44g	17g	32g
6	Oven Roasted Chicken (EF/NF)	690	31g	30g	76g
7	Baked Salmon (EF)	659	42g	14g	54g
8	Vegetable Pasta (V)	390	32g	23g	8g
9	Braised Lamb Cubes (NF)	643	48g	8.3g	43g
10 (1 of 2)	Vegan Power Broth (V)	26	0g	0g	6.5g
10 (2 of 2)	Heart Beet Smoothie (V)	164	0.5g	33.2g	3.4g



## MEAL PLAN PRICING

	20 Days	24 Days
<b>Three Meals Per Day</b> Breakfast, Lunch & Dinner	3, 470 AED	3, 890 AED
<b>Two Meals Per Day</b> Breakfast or Lunch or Dinner	2, 420 AED	2, 840 AED
<b>Single Meal Per Day</b> 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. Banana nut muffin served with a side of fruit salad, marinated in orange
- B2. Frittata filled with spinach, onion, tomato, served with smoked salmon and Dijon mayonnaise
- B3. Deluxe waffle, topped with fresh strawberries and chocolate sauce
- B4. Our original maple roasted nut granola served with almond milk and blueberries (V)
- B5. Grass fed beef steak, chargrilled and served with beef bacon, roasted tomatoes and guacamole (NF/EF)
- 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. Roasted zucchini soup, flavoured with Tahina and toasted sunflower seeds (V)
- L2. Oven roasted chicken drum sticks served with buffalo sauce and broccoli coleslaw (NF)
- L3. Signature Godzilla salad: Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (V)
- L4. Signature Godzilla salad with chicken: Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (EF)
- L5. Signature Godzilla salad with beef meatballs: Avocado, zucchini, tomato, kale and puffy quinoa served with wasabi dressing (EF)
- L6. Grilled kingfish served with a fresh coriander salsa and lemon and tomato quinoa (EF)
- L7. Vegan cabbage rolls, stuffed with chopped mushrooms, zucchini, onion, garlic ragu all simmered in tomato sauce (V)
- L8. Paleo dosa, filled with sweet potato and beetroot, served with homemade coconut chutney
- L9. (1 of 2 ) Signature Smoothies: The Original (Banana/honey/coconut milk) &  
(2 of 2) Zinger (Carrot/ginger/turmeric/orange)
- L10. (1 of 2) Cleanse option: The Original (Banana/honey/almond milk) &  
(2 of 2) Zinger (Carrot/ginger/turmeric/orange)

### Dinner

- D1. Shrimps sautéed in garlic oil, served with parsley salad and broccoli fritter
- D2. Crispy chilli beef, with sesame quinoa
- D3. Super Salad: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (V)
- D4. Super Salad with grilled chicken: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (EF)
- D5. Super Salad with beef meatballs: Kale, tomato, capsicum, cucumber, shaved cauliflower, button mushroom and balsamic thyme dressing (EF)
- D6. Half oven roasted chicken, served with guacamole and roasted sweet potato (EF/NF)
- D7. Baked salmon with pistachio crust, served with ratatouille vegetables and grilled lemon (EF)
- D8. Vegetable pasta, sauteed in olive tapenade and served with toasted walnuts on top (V)
- D9. Braised Lamb cubes served with paleo tzaziki and cucumber salad (NF)
- D10. (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 26<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> January then the payment should be made on the 25<sup>th</sup> 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.