



July 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

Bacon, mushroom and onion pancake, topped with tomato chunthey

Omelette with mushrooms, beef bacon, vine tomatoes, spinach, served with sweet potato hash cake (NF)

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Awesome waffle topped with apricot chutney and roasted almonds

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

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Grilled beef steak, served with sweet potato hash cake, sauteed spinach, and chive vinaigrette (EF)

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Paleo quinoa porridge, served with coconut sugar, cinnamon, and apple sauce (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 capsicum soup, served with chopped olives and parsley (V / NF)

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Grilled chicken breast with cauliflower rice, mango salsa, and mixed salad (NF)

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Beast Salad: Baby spinach / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinigrette (V)

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Beast Salad + Chicken: Baby spinach / chicken/ cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinigrette (EF)

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Beast Salad + Beef Meatballs: Baby spinach / beef meatballs / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinigrette (EF)

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King fish, grilled and served with grilled lemon, cauliflower pueree and oregano (EF / NF)

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Vegan biryani served with sweet potato papads and coconut raita (V)

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Braised beef in bbq sauce, served with pickle raddish, and paleo flat bread

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

Grilled shrimp skewers, marinated in garlic oil, served with baked sweet potato and cashew sour cream (EF)

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Cauliflower fried rice topped with crispy teriaki beef

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Paleo Energy salad: Celery/cucumber/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (V)

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Paleo Energy salad + Grilled Chicken: Celery/cucumber/grilled chicken/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (NF)

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Paleo Energy salad + Beef Meatballs: Celery/cucumber/beef meatballs/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (NF)

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Chicken thigh grilled over fire, then topped with cashew satay sauce, and served with blanched broccoli (EF)

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Oven baked salmon with cajun spices, served with ratatouille vegetables ragu (NF)

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Homemade vegan lasagne, served with sundried tomato pesto and rocket leaves (V)

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Grilled lamb skewer, served with green asparagus & quinoa with dried fruits (EF)

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	Bacon, mushroom and onion pancake	780	35g	90g	28g
2	Omelette (NF)	540	31g	35g	29g
3	Waffle with apricot chutney	740	27g	114g	18g
4	Maple Roasted Granola (V)	810	69g	39g	26g
5	Grilled beef steak (EF)	440	17g	26g	47g
6	Paleo quinoa porridge (V)	320	3.5g	65g	8g
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	Roasted capsicum soup (V / NF)	220	12g	29g	6g
2	Grilled Chicken Breast (NF)	390	22g	20g	34g
3	Beast Salad (V)	320	24g	23g	8g
4	Beast Salad + Chicken (EF)	420	25g	26g	30g
5	Beast Salad + Beef Meatballs (EF)	600	43g	23g	35g
6	King fish (EF / NF)	420	17g	11g	55g
7	Vegan biryani (V)	551	24g	63g	13g
8	Braised beef in bbq sauce	850	28g	93g	53g
9 (1 of 2)	The Original Smoothie	622	43g	49g	6.9g
9 (2 of 2)	Zinger Smoothie	566	42g	38g	5.7g
10 (1 of 2)	The Original (Cleanse Option)	417	24.8g	41g	5.3g
10 (2 of 2)	Zinger (Cleanse Option)	166	2.2g	33.6g	2g

Option No.	Dinner	Calories	Fats	Carbs	Protein
1	Grilled shrimp skewers	660	29g	48g	52g
2	Cauliflower fried rice	440	18g	32g	41g
3	Paleo Energy salad (V)	300	24g	18g	6g
4	Paleo Energy salad + Grilled Chicken (NF)	400	25g	21g	28g
5	Paleo Energy salad + Beef Meatballs (NF)	580	42g	18g	33g
6	Chicken Thigh (EF)	590	33g	23g	56g
7	Oven baked salmon (NF)	630	33g	38g	46g
8	Homemade vegan lasagne (V)	440	20g	60g	15g
9	Grilled Lamb Skewer (EF)	460	17g	46g	36g
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
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. Bacon, mushroom, and onion pancake, topped with tomato chunthey
- B2. Omelette with mushrooms, beef bacon, vine tomatoes, spinach, served with sweet potato hash cake (NF)
- B3. Awesome waffle topped with apricot chutney and roasted almonds
- B4. Our original maple roasted nut granola served with almond milk, and blueberries (V)
- B5. Grilled beef steak, served with sweet potato hash cake, sauteed spinach, and chive vinaigrette (EF)
- B6. Paleo quinoa porridge, served with coconut sugar, cinnamon, and apple sauce (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 capsicum soup, served with chopped olives and parsley (V / NF)
- L2. Grilled chicken breast with cauliflower rice, mango salsa, and mixed salad (NF)
- L3. Beast Salad: Baby spinach / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinaigrette (V)
- L4. Beast Salad + Chicken: Baby spinach / chicken / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinaigrette (EF)
- L5. Beast Salad + Beef Meatballs: Baby spinach / beef meatballs / chicken / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinaigrette (EF)
- L6. King fish, grilled and served with grilled lemon, cauliflower pueree and oregano (EF / NF)
- L7. Vegan biryani served with sweet potato papads and coconut raita (V)
- L8. Braised beef in bbq sauce, served with pickle raddish, and paleo flat bread
- 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. Grilled shrimp skewers, marinated in garlic oil, served with baked sweet potato and cashew sour cream(EF)
- D2. Cauliflower fried rice topped with crispy teriaki beef
- D3. Paleo Energy salad: Celery/cucumber/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (V)
- D4. Paleo Energy salad + Grilled Chiken: Celery/grilled chicken/cucumber/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (NF)
- D5. Paleo Energy salad + Beef Meatballs: Celery/beef meatballs/cucumber/mushrooms/tomato/kale/sunflower seeds/roast capsicum dressing (NF)
- D6. Chicken thigh grilled over fire, then topped with cashew satay sauce, and served with blanched broccoli (EF)
- D7. Oven baked salmon with cajun spices, served with ratatouille vegetables ragu (NF)
- D8. Homemade vegan lasagne, served with sundried tomato pesto and rocket leaves (V)
- D9. Grilled lamb skewer served with green asparagus & quinoa with dried fruits(EF)
- 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 26th April to be delivered on the 1st 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 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.