



June 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

Pancake filled with fresh berries, topped with apple sauce and served with maple syrup

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

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Savoury waffle with bacon, onion, topped with tomato chutney

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

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Cowboy braised beef, served with rocket salad, grilled tomato, paleo flat bread

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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

Tomato soup from oven roasted tomatoes, blended with olive oil and basil (V)

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

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Mean Green salad: Zucchini / Kale / Avocado / Green apple / Lettuce / Toasted sunflower seeds / Lemon dressing (V)

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Mean Green salad + Chicken (EF): Zucchini / Kale / Chicken / Avocado / Green apple / lettuce / Toasted sunflower seeds / Lemon dressing (V)

-

Mean Green salad + Beef Meatballs (EF): Zucchini / Kale / Beef meatballs / Avocado / green apple / Lettuce / Toasted sunflower seeds / Lemon dressing (V)

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Oven roasted salmon filet with mashed sweet potato, chive vinigrette, and olive tapanade(EF)

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

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Beef meatball cooked in homemade tomato sauce, served with quinoa (EF)

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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RipRock salad: Mushrooms / Cherry tomato / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (NF)

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RipRock salad + Grilled Chicken: Mushrooms / Cherry tomato / Grilled Chicken / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (NF)

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RipRock salad + Beef Meatballs: Mushrooms / Cherry tomato / Beef meatballs / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (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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Baked salmon with pistachio crust, served with ratatouille vegetables and grilled lemon (EF)

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Zoodles, sautéed in garlic oil, served with homemade tomato sauce (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)

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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	Pancake filled with fresh berries	690	11g	140g	13g
2	Omelette (NF)	540	31g	35g	29g
3	Waffle With Bacon	710	12g	143g	12g
4	Maple Roasted Granola (V)	810	69g	39g	26g
5	Cowboy Braised Beef	520	24g	27g	52g
6	Baked Tomato (V)	357	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	Tomato Soup (V)	320	22g	31g	7g
2	Grilled Chicken Breast (NF)	390	22g	20g	34g
3	Mean Green Salad (V)	370	32g	21g	8g
4	Mean Green Salad + Chicken (EF)	470	33g	24g	30g
5	Mean Green Salad + Beef Meatballs (EF)	650	50g	21g	35g
6	Oven Roasted Salmon Filet (EF)	500	27g	23g	39g
7	Vegan Cabbage Rolls (V)	360	28g	25g	8g
8	Beef Meatball (EF)	480	24g	28g	38g
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	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 (EF)	612	25.8g	35.3g	4g
3	RipRock Salad (NF)	260	18g	18g	9g
4	RipRock Salad + Grilled Chicken (NF)	360	19g	21g	31g
5	RipRock Salad + Beef Meatballs (NF)	540	36g	18g	36g
6	Chicken Thigh (EF)	590	33g	23g	56g
7	Baked Salmon (EF)	659	42g	14g	54g
8	Zoodles (V)	200	15g	14g	7g
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. Pancake filled with fresh berries, topped with apple sauce and served with maple syrup
- B2. Omelette with mushrooms, beef bacon, vine tomatoes, spinach, served with sweet potato hash cake (NF)
- B3. Savoury waffle with bacon, onion, topped with tomato chutney
- B4. Our original maple roasted nut granola served with almond milk, and blueberries (V)
- B5. Cowboy braised beef, served with rocket salad, grilled tomato, paleo flat bread.
- B6. Baked tomato filled with quinoa and served with rocket leaves with 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. Tomato soup from oven roasted tomatoes, blended with olive oil and basil (V)
- L2. Grilled chicken breast with cauliflower rice, mango salsa, and mixed salad (NF)
- L3. Mean Green salad: Zucchini / kale / avocado / green apple / lettuce / toasted sunflower seeds / lemon dressing(V)
- L4. Mean Green salad + Chicken: Zucchini / Kale / Chicken / Avocado / Green apple / lettuce / Toasted sunflower seeds / Lemon dressing (EF)
- L5. Mean Green salad + Beef Meatballs: Zucchini / Kale / Beef meatballs / Avocado / green apple / Lettuce / Toasted sunflower seeds / Lemon dressing (EF)
- L6. Oven roasted salmon filet with mashed sweet potato, chive vinaigrette, and olive tapenade (EF)
- L7. Vegan cabbage rolls, stuffed with chopped mushrooms, zucchini, onion, garlic ragu all simmered in tomato sauce (V)
- L8. Beef meatball cooked in homemade tomato sauce, served with quinoa (EF)
- 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 (EF)
- D3. RipRock salad: Mushrooms / Cherry tomato / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (NF)
- D4. RipRock salad + Grilled Chicken: Mushrooms / Cherry tomato / Grilled Chicken / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (NF)
- D5. RipRock salad + Beef Meatballs: Mushrooms / Cherry tomato / Beef meatballs / Boiled egg / Grilled eggplant / Capsicum / Lettuce / Olive oil & tomato vinaigrette (NF)
- D6. Chicken thigh grilled over fire, then topped with cashew satay sauce, and served with blanched broccoli (EF)
- D7. Baked salmon with pistachio crust, served with ratatouille vegetables and grilled lemon (EF)
- D8. Zoodles, sautéed in garlic oil, served with homemade tomato sauce (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.