



August 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

Tomato, kale, shallot pancake, topped with mixed berries jam (NF)

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Omelette with bell peppers/ beef bacon/vine tomatoes/ spinach/ served with sweet potato hash cake (NF)

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Funky waffle topped with cherry crumble and roasted almonds flakes (N)

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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 wedges/ sautéed spinach/ 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 Tomato soup, served with parsley oil (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 / cabbage / zucchini / cherry tomatoes / broccoli / aged balsamic vinigrette (EF)

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

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King fish, grilled and served with grilled lemon/ carrot & ginger puree/ pickled red cabbage

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Field mushroom onion stew/ cauliflower fritters (V)

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Angus meat balls with curried madras vegetable ragout

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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

Braised lamb steaks/ marinated in garlic and mint/ served with baked sweet potato and cashew ricotta (EF)

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Broccoli fried rice topped with crispy teriyaki prawn

-

Creative magic pasta salad: Celeriac tagliatelle/ glasshouse pesto/ mixed herbs (V)

-

Grilled chicken breast/ herbed cauliflower couscous/ chicken jus

-

Citrus salmon/ pickled fennel/ baby radish/ roasted beets

-

Beef filet/ leek medallion/ sautéed smoked mushrooms/ Bone marrow jus

-

Mini ribeye steaks/forked sweet potato/ romesco sauce

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Oven baked salmon with cycle bistro spices, served with ratatouille vegetables ragout (NF)

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Quinoa tabbouleh/ cucumber and walnut dressed with smoked olive oil dressing (V)

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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	Tomato, kale, shallot pancake (NF)	900	26g	139g	32g
2	Omelette (NF)	500	31g	31g	25g
3	Waffle with cherry crumble (N)	890	50g	84g	34g
4	Maple Roasted Granola (V)	810	69g	39g	26g
5	Grilled beef steak (EF)	490	17g	42g	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 Tomato soup, served with parsley oil (V,NF)	380	36g	15g	3g
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)	700	43g	23g	35g
6	King fish (EF / NF)	640	37g	40g	42g
7	Field mushroom onion stew (V)	440	35g	30g	9g
8	Angus meat balls	870	68g	42g	35g
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	Braised lamb steaks (EF)	670	38g	39g	43g
2	Broccoli fried rice	390	16g	32g	31g
3	Creative magic pasta salad (V)	400	32g	28g	9g
4	Grilled chicken breast	470	30g	12g	37g
5	Citrus salmon	450	26g	21g	35g
6	Beef filet	540	34g	25g	39g
7	Mini ribeye steaks	660	34g	46g	45g
8	Oven baked salmon	630	33g	38g	46g
9	Quinoa tabbouleh	780	28g	106g	24g
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. Tomato, kale, shallot pancake, topped with mixed berries jam (NF)
- B2. Omelette with bell peppers/ beef bacon/vine tomatoes/ spinach/ served with sweet potato hash cake (NF)
- B3. Funky waffle topped with cherry crumble and roasted almonds flakes (N)
- B4. Our original maple roasted nut granola served with almond milk, and blueberries (V)
- B5. Grilled beef steak, served with sweet potato wedges/ sautéed spinach/ 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 Tomato soup, served with parsley oil (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/ carrot & ginger puree/ pickled red cabbage
- L7. Field mushroom onion stew/ cauliflower fritters (V)
- L8. Angus meat balls with curried madras vegetable ragout
- 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. Braised lamb steaks/ marinated in garlic and mint/ served with baked sweet potato and cashew ricotta (EF)
- D2. Broccoli fried rice topped with crispy teriyaki prawn
- D3. Creative magic pasta salad: Celeriac tangiatelle/ glasshouse pesto/ mixed herbs (V)
- D4. Grilled chicken breast/herbed cauliflower couscous,/chicken jus
- D5. Citrus salmon/ pickled fennel/ baby radish/ roasted beets
- D6. Beef filet/ leek medallion/ sautéed smoked mushrooms/ Bone marrow jus
- D7. Mini ribeye steaks/forked sweet potato/romesco sauce
- D8. Oven baked salmon with cycle bistro spices, served with ratatouille vegetables ragout (NF)
- D9. Quinoa tabbouleh/ cucumber and walnut dressed with smoked olive oil dressing (V)
- 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.