



2nd Quarter of 2024 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 “7 days 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.



MEAL PLAN BREAKFAST

BOWLS

Matcha Sago Pudding – Creamy matcha coconut sago porridge topped with granola, mango, blueberry, pomegranate & coconut flakes. (V/NF)

Apple Cinnamon Porridge – Home-made toasted almond butter with sago pearls, cinnamon dust, banana, topped with caramelized red apple with paleo cookies and fresh mixed berries.

Chocolate Quinoa – Chocolate mix quinoa with smashed banana and walnuts topped with fresh berries, dark chocolate coins & chia seeds. (V/EF)

PB&J Chia Pudding – Chia seeds with coconut banana vanilla parfait, raspberry jam, pomegranate seeds and strawberry topped with maple scotch. (V)

MAINS

Get It Right – Paprika smoked grilled avocado with sautéed spinach, smoked salmon, and eggs baked in the oven served with paleo baguette bread.

Salmon Pancakes – Freshly smoked salmon, savoury chives, lemon pancakes, paleo sour cream cheese, cherry tomato, crispy capers & asparagus.

Pequeno Almoco Paleo – Fluffy herbed omelettes filled with grilled avocados, kalamata olives, cherry tomato, asparagus, and cucumber served with tomato relish and a better choice salad. (NF)

Remaining Slices – Homemade paleo brioche French toast, beef bacon, caramelized banana, fresh berries with maple & vanilla crema.

Loaded Scrambled – Fluffy scrambled eggs, garlic spinach, bacon, wild mushrooms served with smoked salmon & paleo baguette bread.

Bowl Of Delicious – Baby spinach and basil leaves topped with cured salmon, boiled eggs, charred broccoli, grilled asparagus, cherry tomato, served with butternut hummus and baguette bread. (NF)

Pumpkin Pancake – Fluffy pancakes made with ginger, smashed pumpkin served with candied orange, peaches, walnuts & vanilla crema.

Love From The Land – Breakfast frittata filled with beef ribeye, sausages, jalapeno, peppers, cherry tomato, and herbs served with pomodoro cheesy almond toast.

Champion – Smashed avocado, grilled mushroom, roasted beef bacon, red onion jam with creamy scrambled eggs. (NF)

Turkey Patties – Smoked turkey breast filled with French herbs, spinach, bacon, fried eggs served with crushed avocados, charred spring onion & broccoli.

Lives Strong – Chimichurri grilled grass-fed ribeye with sausages, asparagus, and sautéed mushrooms topped with fried eggs. (NF)

Simply Amazing – Breakfast pies filled with eggs, baby spinach, broccoli, asparagus, cashew cheese, and basil leaves served with brioche bread. (NF)

SMOOTHIES

Espresso Protein Shake – Banana / coconut yoghurt / coconut milk / organic espresso / maple syrup. (V/NF)

Shamrock Smoothie – Avocado / coconut milk / banana / maple / vanilla extract. (V/NF)

Island Passion – Mango / peach / pineapple / passion fruit. (V/NF)

CLEANSE OPTIONS

Wrinkles Papaya – Red apple / papaya / fresh orange / ginger. (V/NF/EF)

Brain Power – Fresh tomato / carrots / pomegranate. (V/NF/EF)

Morning Glory – Grapefruits / carrots / yellow capsicum / ginger / baby beets. (V/NF/EF)

All our meals follow the Paleo diet, and are free from gluten, sugar and dairy. Each meal is also marked with the following



MEAL PLAN LUNCH

SALADS & SOUPS

Moved Permanently – Grilled baby gem, rocket leaves with barbeque chicken thighs avocado, tomato, bacon with cucumber and jalapeno ranch dressing.

Whole 30 Power Salad – Cabbage, carrot, baby gem & charred spring onion salad with teriyaki chicken strips, cherry tomato, crushed pecan nuts & red capsicum. (EF)

Dark Agents – Cajun marinated salmon cubes, baby herb lettuce, lovely artichokes, baby radicchio, avocado, candied tomatoes and charred broccoli served with agent's dressing. (NF/EF)

Farm Fresh Nuts – Baby spinach, basil leaves topped with roasted beetroot, peaches, strawberry, blueberry, walnuts cashewreilla with balsamic vinaigrette. (V/EF)

Lok Lak – Basil, mint and rocket leaves with grilled beef strips, cucumber, red capsicum, avocado, spring onion, asparagus topped with almond flakes & Asian dressing. (EF)

Tom Yum Goong – Famous Thai soup infused with lemongrass, galangal, grilled shrimp, shiitake mushroom, bokchoy & coriander leaves. (NF/EF)

MAINS

Roasted Lamb – Slow roasted lamb shoulder with grilled brussels sprouts, and roasted garden vegetables served with Turkish nutty tomato salad. (EF)

Duck Au Vin – Crispy roasted duck in a traditional mushroom & balsamic onion gravy served with poached spinach and crushed sweet potato with French herbs. (EF/NF)

Jerk Shrimp Skewers – Jerk marinated shrimp' skewers bokchoy served with baby spinach, grilled broccoli and cauliflower rice.

Peri Peri Salmon – Pan-seared Norwegian salmon dressed in hot peppers garlic sauce with mix quinoa, rocket leaves, avocado/baby tomatoes/red radish/peaches with smoked lemon. (EF)

Habibis Falafel Bowl – The ultimate Mediterranean crispy fried falafel, served with fattoush salad, cauliflower hummus, paleo flat bread.

Italian Beef Braciola Loaf – Braised beef with mixed pepper, mushroom, baby spinach, mirepoix infused in braciola pepper sauce served with roasted garden vegetables & brioche bread.

Better Chicken – Tandoori marinated grilled chicken thighs cooked onion tomato masala served with mixed vegetable quinoa pilaf & garlic bread. (EF)

Lemon & Basil Chicken Thighs – Pan-seared chicken thighs marinated in lemon glazed in a teriyaki sauce served with grilled broccoli and cauliflower rice. (EF/NF)

Baked Harissa Cod – Harissa marinated cod fish with roasted carrots, sautéed garlic spinach & cherry tomato with butternut hummus. (EF/NF)

The Preparation – Crispy fried beef rib eye strips glazed with teriyaki sauce with scallions, baby spinach, served with wasabi asparagus quinoa rice & secret chilli sauce. (NF/EF)

Build Your Meal – Cajun marinated grass-fed beef ribeye, root vegetable mash, roasted carrot, braised brussels sprouts served with balsamic onion jus. (N/EF)

Tuna Tataki – Medium rare grilled Tuna steak, served with mix herb salad with brussels sprouts, grilled asparagus served with huli huli sauce. (NF/EF)

Cauliflower Gratin – Roasted cauliflower and grilled broccoli in a bechamel sauce, garlic spinach topped with almond fetta. (EF/V)

Chipotle Ranch Burrito Bowl – Chipotle marinated grilled chicken breast, baby gem lettuce, charred broccoli, avocado, candied tomato and crushed walnut served with ranch dressing.

Teriyaki Salmon – Pan-seared Norwegian salmon braised in coconut aminos served with braised zoodles tomato, basil & pokchoy side of pepper coriander salsa. (NF/F)

Mexican Stuffed Peppers – Cajun roasted red peppers filled with quinoa tabbouleh, almond flakes served with guacamole & tomato chutney. (V/EF)

CLEANSE OPTIONS

Autumn Harvest Juice – Sweet potato / green apple / carrot / ginger. (V/NF)

ABC Juice – Green apple / beetroot / carrots / strawberry. (V/NF)

Melon Fresca – Rock melon / fresh strawberries / mint leaves. (V/NF)

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MEAL PLAN DINNER

SALADS & SOUPS

Tuna Poke Bowls – Baby gem, lemon, olive oil marinated fresh tuna flakes, boiled eggs, marinated cherry tomatoes, lime, cilantro and avocado cubes.

Vegan Buddha Bowl – Crispy fried cauliflower falafel with mix leaves candied tomato, grilled avocado, watermelon radish and grilled endives served with cauliflower hummus sauce. (EF/V)

Shrimp Salad – Spiced garlic shrimp, radicchio, avocado, candied tomato, grilled endives, baby rocket leaves, mint leaves crushed walnuts served with chipotle ranch dressing. (EF/NF)

Tuscan Beef Salad – Grilled beef cubes with mixed leaves, red capsicums, cherry tomatoes, bread croutons and avocado served with balsamic vinaigrette dressings. (EF)

Chicken Meat Ball Soup – Fresh fragrant chicken stock with baby spinach, vegetable zoodles, shiitake mushrooms, bokchoy with coriander leaves. (EF/NF)

MAINS

An Italian Delish – Grilled salmon cubes cooked in Italian creamy sauce, bell peppers, black olives, baby spinach and cherry tomato served with truffle cauliflower mash. (NF/EF)

Short Anyway – Slow braised beef brisket with a mix of wild mushrooms, balsamic onion, beef jus and red bell peppers stuffed in portobello mushrooms served with braised vegetable zoodles.

So..So Good – Free-range pulled chicken with teriyaki sauce roasted capsicum, scallions served with butternut, balsamic onion, red capsicum & cilantro quinoa rice. (NF/EF)

Thai Green Curry – Mixed vegetable, sweet potato cooked in Thai green sauce served with cauliflower rice topped with crushed almond & cashew nuts. (V/EF)

Moroccan Short Ribs – Slow braised beef short in Korean bulgogi sauce, truffle cauliflower mash, grilled scallions, romanesco & broccoli (NF/EF)

Virtual Guest – Light butternut and quinoa gnocchi served with creamy pink sauce grilled chicken, basil leaves, cherry tomato, pokchoy topped with cashew cheese. (EF/NF)

It's A Miracle Burger – Flavoured beef burger patties with paleo barbeque sauce fired eggs, beef bacon, pickled cucumber, lettuce, tomato served with mixed chips & tomato chutney.

Hachimitsu Salmon – Ginger, honey glazed grilled salmon served with steamed bokchoy kimchi cauliflower & broccoli rice. (NF/EF)

Pepper Beef – Tender sliced roasted beef balsamic onion jus with grilled romanesco & brussels sprouts, baked sweet potato. (NF/EF)

Blackened Atlantic Cod – Cajun grilled cod loin with herb roasted vegetables, wilted spinach served with tomato affair sauce. (NF/EF)

Tikka Breast – Tandoori marinated grilled chicken breast served with roasted root vegetable mash and charred grilled broccoli with cashew coriander pesto. (EF)

Farm Girl Fare – Tender chimichurri marinated grilled lamb steaks with roasted butternuts, grilled Brussels sprouts and broccoli & mint jus. (EF)

Mama Mia Meat Balls – Minced ground beef with chopped carrot, onion, garlic and herbs and sweet & sour sauce served with Thai vegetable salad. (EF/NF)

Grilled Veg Biryani – Masala marinated roasted vegetables, red & white quinoa, roasted organic vegetables, served with kachumber salad, coconut raita & sweet potato papadam. (NF/EF).

Spiced Chicken Cakes – Free-range chicken minced with sweet potato, Thai curry paste with mixed herb salad and grilled broccoli and asparagus & guacamole. (EF/ NF)

CLEANSE OPTIONS

Immune Booster – Fresh orange / red apple / turmeric / lemon / ginger. (V/NF/EF)

Green Goddess – Cucumber / apple green / celery / lemon / kale. (V)

Mushroom Broth – Slow cooked mushroom broth with bay leaf / peppercorn and mirepoix vegetable. (V/NF/EF)

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MEAL PLAN SNACKS

SNACKS

Choose one snack per day for a meal plan with one meal per day.

Choose two snacks per day for a meal plan with two or three meals per day.

- Spiced watermelon with black grapes & pecan nuts.
- Oh, she glows. Red apple, cranberry, almond butter, walnuts. (V)
- Rock melon, orange, pomegranate. (V/EF)
- Pineapple, mango & peach. (V/NF)
- Black plum & black grapes. (V/NF)
- Mix fruit salad with coconut creama. (V/NF)
- Candied tomato, black olives, cucumber & basil. (V)
- Mix capsicum & celery with huli sour cream. (NF)
- Carrot sticks with butternut hummus. (V)
- Watermelon radish, cucumber, tomato with raita. (V/NF)
- Beetroot chips & chipotle aioli. (NF)
- Sweet potato chips & affair sauce. (V/NF)
- Almond butter & choc chip brownies.
- Date & nut energy balls. (V)
- Banana & espresso loaf.
- Coconut walnut balls. (V)
- Baked carrot cake with coconut crema.
- Spiced pumpkin muffin with maple scotch.
- Banana, almond butter & granola.
- Nutter butter protein bar with almond and walnut crust. (V)



MEAL PLAN
OPTIONS FOR ORDER
BREAKFAST

Option No.	Breakfast	Calories	Fats	Carbs	Protein
B1	Matcha Sago Pudding	770	50	85	6
B2	Apple Cinnamon Porridge	670	23	108	13
B3	Chocolate Quinoa	700	36	96	8
B4	PB&J Chia Pudding	730	64	40	10
B5	Get It Right	710	39	63	32
B6	Salmon Pancakes	690	45	39	38
B7	Pequeno Almoco Paleo	520	43	17	24
B8	Remaining Slices	780	65	38	20
B9	Loaded Scrambled	600	38	27	40
B10	Bowl of Delicious	670	49	24	42
B11	Pumpkin Pancake	430	20	64	12
B12	Love from the land	770	58	7	52
B13	Champion	750	63	27	30
B14	Turkey Patties	480	24	21	46
B15	Lives Strong	740	57	5	50
B16	Simply Amazing	720	59	20	34
B17 – Smoothie	Espresso Protein Shake	170	11	20	18
B18 – Smoothie	Shamrock Smoothie	195	16	18	2
B19 – Smoothie	Island Passion	250	1	62	2
B20 – Juicing	Wrinkles Papaya	240	1	59	2
B21 – Juicing	Brain Power	200	2	45	5
B22 – Juicing	Morning Glory	210	1	51	6

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MEAL PLAN
OPTIONS FOR ORDER
LUNCH

Option No.	Lunch	Calories	Fats	Carbs	Protein
L1	Moved Permanently	740	62	16	38
L2	Whole 30 Power Salad	400	10	34	48
L3	Dark Agents	420	30	23	24
L4	Farm Fresh Nuts	690	49	44	14
L5	Lok Lak	600	47	18	31
L6	Tom Yum Goong	360	18	23	32
L7	Roasted Lamb	520	15	64	37
L8	Duck Au Vin	430	21	25	38
L9	Jerk Shrimp Skewers	320	14	12	38
L10	Peri Peri Salmon	320	14	12	38
L11	Habibis Falafel Bowl	400	32	25	14
L12	Italian Beef Braciola Loaf	430	19	40	32
L13	Better Chicken	780	39	69	43
L14	Lemon & Basil Chicken Thighs	550	22	53	49
L15	Baked Harissa Cod	380	17	25	34
L16	The Preparation	710	38	59	39
L17	Build Your Meal	420	15	35	40
L18	Tuna Tataki	535	19	64	58
L19	Cauliflower Gratin	540	42	38	17
L20	Chipotle Ranch Burrito Bowl	380	22	12	36
L21	Teriyaki Salmon	610	41	38	25
L22	Mexican Stuff Peppers	520	24	72	14
L23 – Juicing	Autumn Harvest Juice	360	1	85	5
L24 – Juicing	ABC Juice	270	1	63	5
L25 – Juicing	Melon Fresca	170	1	40	4

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MEAL PLAN
OPTIONS FOR ORDER
DINNER

Option No.	Dinner	Calories	Fats	Carbs	Protein
D1	Tuna Poke Bowls	380	39	29	25
D2	Vegan Buddha Bowl	490	23	34	42
D3	Shrimp Salad	480	35	18	33
D4	Tuscan Beef Salad	430	30	13	30
D5	Chicken Meat Ball Soup	310	14	22	26
D6	An Italian Delish	660	45	29	41
D7	Short Anyway	870	49	57	50
D8	So..So Good	340	16	14	36
D9	Thai Green Curry	320	16	11	33
D10	Moroccan Short Ribs	520	24	42	38
D11	Virtual Guest	710	38	73	28
D12	Mirracle Burger	540	24	39	43
D13	Hachimitsu Salmon	590	25	89	9
D14	Pepper Beef	500	31	46	20
D15	Atlantic Cod	740	41	46	48
D16	Tikka Breast	490	23	37	40
D17	Farm Girl Fare	490	27	31	38
D18	Mama Mia Meat Balls	510	39	20	27
D19	Grilled Veg Biryani	680	41	70	18
D20	Spiced Chicken Cakes	260	11	12	31
D21 – Juicing	Immune Booster	230	1	54	2
D22 – Juicing	Green Goddess	170	1	39	4
D23 – Juicing	Mushroom Broth	120	1.5	23	11

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MEAL PLAN
OPTIONS FOR ORDER
SNACKS

Option No.	Snacks	Calories	Fats	Carbs	Protein
S1	Spiced Watermelon, black grapes, pecan nut (V)	70	4	9	1
S2	Oh..she glows, Red apple, cranberry, almond butter & walnut. (V)	50	4.5	3	1
S3	Rock melon, Orange, Pomegranate. (V/EF)	40	0	10	1
S4	Pineapple, mango & peach. (V/NF)	45	0	11	1
S5	Black plum & black grape. (V/NF)	70	0	16	1
S6	Mix fruit salad with coconut crema. (V/NF)	45	3	4	1
S7	Candied tomato, black olives, cucumber & basil. (V)	50	4.5	3	1
S8	Mix capsicum & celery with huli sour cream (NF)	60	4	5	2
S9	Carrot sticks with butternut hummus. (V)	60	11.5	10	1
S10	Watermelon radish, cucumber, tomato with raita. (V/NF)	50	4	4	1
S11	Beetroot chips & chipotle aioli. (NF)	100	6	10	3
S12	Sweet potato chips & affair sauce (V/NF)	90	7	4	3
S13	Almond butter & choc chip brownies	230	18	22	5
S14	Date & nut energy balls. (V)	360	25	32	7
S15	Banana & espresso loaf	290	21	18	9
S16	Coconut walnut balls (V)	150	6	31	5
S17	Baked carrot cake with coconut crema	170	12	16	4
S18	Spiced pumpkin muffin with maple scotch	180	14	18	7
S19	Banana, almond butter & granola	130	6	20	3
S20	Nutter butter protein bar with almond and walnut crust. (V)	110	6	15	4



MEAL PLAN PRICING

	20 Days	24 Days	7 Days
<u>Three Meals Per Day</u> Breakfast, Lunch & Dinner	3, 470 AED	3, 890 AED	1, 350 AED
<u>Two Meals Per Day</u> Breakfast or Lunch or Dinner	2, 420 AED	2, 840 AED	950 AED
<u>Single Meal Per Day</u> Breakfast or Lunch or Dinner	1, 370 AED	1, 580 AED	450 AED
<u>"Cleanse Booster"</u> 3 meals per day; 2 days vegan choices, 3 days juicing only, 2 days vegan again			1,215 AED

Prices are inclusive of VAT at a rate of 5%.



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 1st 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 order is placed. We will share with you our bank details for you to make a transfer the payment.

CANCELLATION / REFUND

You have the right to cancel the meal plan. To obtain the refund, the **cancellation must be made within the first 72 hours of receiving the first meal delivery**. Meals already delivered up to time of cancellation will be deducted from the initial payment. Any cancellations or last-minute freeze with notice of less than 72 hours, will be counted as a valid delivery.

PAUSED

You can pause your subscription and you are given 3 months to resume it. All unused meals will be forfeited after 3 months from the date of subscription.

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 food safety and hygiene, food is prepared fresh, chilled, and then transported.

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