



INTELLIGENT
GOURMET

"A SMART APPROACH TO EATING HEALTHY"

Smart Meal Plans

the ingredients:

- Five Day or Seven Day Program
- Convenient Pre Paid Plans
- Daily, or Bi Weekly Delivery or Pick Up
- Upgrade to plan that includes Fish | Shrimp | Beef | Veal |
- Personal Consultation - assess your dietary needs, allergies, personal preferences

Genius: Genuine Health and Fitness

Three meals a day: Breakfast, Lunch, Dinner and Two Snacks

Five Day Plan Price: \$ 185.00

Seven Day Plan Price \$ 259.00

Upgrade: Five Day Plan Price \$ 225.00

Upgrade: Seven Day Plan Price \$ 299.00

Brilliant: Beautiful from the Inside Out

Two Meals a day: Choose a Breakfast or Lunch, and a Dinner Entree with Two Snacks

Five Day Plan Price: \$ 150.00

Seven Day Plan Price \$ 210.00

Upgrade: Five Day Plan Price \$ 190.00

Upgrade: Seven Day Plan Price \$ 250.00

Smart: Serious about Nutrition

One Choice of either a Lunch or Dinner, and One Snack

Five Day Plan Price \$ 75.00

Seven Day Plan Price \$ 105.00

Upgrade: Is not available on this plan

Meal Plan Menu

Allergen Info

DF= Dairy Free, **GF**= Gluten Free, **EF** = Egg Free, **NF**= Nut Free, **SF**= Soy Free, **VE** = Vegan, **V**= Vegetarian

Breakfast:

Steel Cut Oatmeal Pancakes: oatmeal, banana, blueberries, water, baking powder, brown rice protein powder, stevia, agave **DF, GF, EF, NF, SF, VE**

Vegetable and Egg White Omelet: with Sweet Potato Hash & Turkey Bacon: seasonal fresh vegetable, egg whites, sea salt, chive, celery powder, thyme **DF, GF, NF, SF, V**

16 ounce Greek Yogurt Parfait: with Hand Cut Fruit, non - fat organic Greek Yogurt, seasonal fresh berries **GF, EF, NF, SF, V**

Smoked Salmon Rice & Flax Seed Lavosh Crackers: sliced tomato, red onion, capers, and neufechal cheese **GF, EF, NF, SF, V**

Scrambled Eggs and Spinach: Four egg whites, hand scrambled with fresh spinach and non - fat feta cheese. **GF, EF, NF, SF, V** (no cheese , no problem just let us know)

Lunch: non salad items include a mini side salad

Uni Chicken Burger: mushrooms, shallots, blue cheese and port **GF, EF, NF, SF** (no cheese , no problem just let us know)

Shake it Off Salads: 20 ounces of fresh vegetables, tossed with chopped romaine, mint and basil. House made vinaigrette choose healthy Citrus or Caesar with Chicken or without Protein **DF, GF, EF, NF, SF, VE**

Asian Shredder Bowls: 20 ounces of chopped leaf lettuces, tossed with mint, cilantro, and fresh ginger, thinly sliced chicken breast, julienne of sweet bell peppers, & zucchini **DF, GF, EF, NF**

Seasonal Fruit & Protein Salads: 20 ounces of chopped leaf lettuces, tossed with mint, grilled chicken, seasonal fresh fruit, toasted sunflower seeds. Choose with or without non- fat feta with choice of protein, grilled tofu, edamame or chicken. **DF, GF, EF, NF, SF, VE**

Chicken Lettuce Wraps: 4 Organic Hydroponic Bib Lettuce wraps filled with grilled chicken & a fresh tomato and fruit salsa **DF, GF, EF, NF, SF**

Flatbreads: Crispy pizza , fresh seasonal vegetables, roasted garlic, fresh herbs. (Add protein not a problem.) **DF, GF, EF, NF, SF, V**

Frittata: A light and fluffy egg white and quiche like pie, served with a side salad **DF, GF, NF, SF, V**

Panini: Portobello mushroom on the outside, choose vegetarian, vegan or chicken filling. fresh basil, thyme, oregano, fennel, (just let us know your preference may include non - fat cheese.) **DF, GF, EF, NF, SF, V**

Stir Fry: Cilantro, ginger chicken meatballs with seasonal vegetables and a smidgen of wild rice, (no grain no soy no problem, just let us know) **DF, GF, EF, NF**

Pasta Pesto: Vegetable zucchini noodles tossed EVOO, sun- dried tomato, walnuts, parsley and basil. (Options sprinkle with grated Romano or ask us to add chicken.) **DF, GF, EF, SF, VE**

Italian Style Stuffed Peppers: Oversized sweet bell pepper stuffed with a perfectly seasoned ground chicken. **DF, GF, EF, NF, SF**

Chicken Sausage Stuffed Portobello: Roasted Portobello cap filled with house made ground chicken sausage, & sprinkled with Parmesan cheese, (or tell us no cheese) **GF, EF, NF, SF**

Chicken Picadillo: Ground breast of Chicken, sweet bell peppers, capers, pimento, olives, tomato, cumin and oregano **DF, GF, EF, NF, SF**

Vegan Eggplant Lasagna: eggplant is layered with, fresh vegetables, garlic, basil and tomato **DF, GF, EF, NF, SF, VE**

Braised Cauliflower Steaks: served with Olive tapenade & marinara **DF, GF, EF, NF, SF, VE**

Dinner Entree's:

Swammi Chicken Skewers: Ground breast of Chicken is to have a middle eastern flavor, skewered and grilled served with a vegetable medley and sweet potato **DF, GF, EF, NF, SF**

Eggplant Lasagna: thinly sliced eggplant is layered with fresh basil, oregano, fennel, parsley, non -fat cottage cheese and our house made marinara. **GF, EF, NF, SF**

Tuscan " Spaghetti" & Chicken Meatballs: Italian Style Chicken meatballs, served over spiraled zucchini pasta with our house made marinara. **DF, GF, EF, NF, SF**

Pork Tenderloin: check the menu for this week's preparation, 6 ounces of lean pork tenderloin served with 1.25 cups of vegetable and a whole grain or sweet potato. (choose carb or no carb)

Four Different Chicken Entrees: check the menu for this week's preparations, 6 ounces of chicken breast served with 1.25 cups of vegetable, an whole grain or sweet potato. (choose carb or no carb)

Exclusive offer for Meal Plan participants, free delivery to the following residential communities. Contact Intelligent Gourmet's office 813.287.2253 to schedule.

Grand Central on Kennedy
1208 E Kennedy Blvd • Tampa

Victory Lofts
110 South 12th Street • Tampa

Victoria Park Townhouses
Victoria Gardens Lane • Tampa

SkyPoint Condominium
777 N Ashley Dr • Tampa • FL 33602

The Element
808 N Franklin St Tampa, FL 33602

345 Bayshore
345 Bayshore Blvd Tampa, FL 33606

The Bellamy
4201 Bayshore Blvd. Tampa Florida 33611

The Plaza
Harbour Island Tampa, Florida 33602