

ITALIAN CUISINE

DISHES

PIZZA

PASTA

LASAGNE

VINE

INGREDIENTS

HIGH-QUALITY

TOMATOES

OLIVE OIL

GARLIC AND ONIONS

BAZIL, THYME, ROSEMARY,
OREGANO

ALSO

MUSHROOMS

BEANS

OTHER VEGETABLES

EGGPLANTS

ZUKKHINI

LETTUCE

BELL PEPPER/SWEET PAPER

OLIVES

DISHES

PASTA

PIZZA

LASAGNA

RISOTTO

GELATO

GNOCCHI (SMALL

DUMPLINGS)

RAVIOLI, TORTELLINI



ROTINI



SPAGHETTI



ACINI DI PEPE



MANICOTTI



CAMPANELLE



GEMELLI



ELBOWS



FUSILLI



RAVIOLI



ANGEL HAIR



LASAGNE



RICCIOLI



TAGLIATELLE



CAVATAPPI



ROTELLE



RIGATONI



TORTELLINI



RADIATORI



FETTUCCHINE



ZITI



SHELL





Ravioli



Rizotto





ITALIAN CUISINE

DISHES

WELL DONE

RAW

TASTELESS/BLAND

BITTER

SOUR

RANCID

TOUGH

TENDER

PIPING HOT

PALATABLE

GOOEY

CRUMBLY

GREASY/OILY/FATTY

LEFTOVER FOOD/ LEFTOVERS

THE FOOD HAS GONE BAD/ SPOILED

ROTTEN

NON-PERRISHABLE FOOD

PEPPERY

RICH/STRONG

SMOOTH

CHEWY

FRAGRANT

DINNER OF THREE COURSES

PASTRY

BEETS

PARSLEY

SCALLION

ASPARAGUS

OUT OF THIS WORLD!

SWEET TOOTH

TEETOTALER

FINE WINE

EXQUISITE DISHES

FIZZY

TO GRAB A BITE

TO CHEW

TO NIBBLE

TO SIP

TO ASK FOR SECONDS

THE VEGAN PLATE



*Omega 3s
Vitamin B₁₂
Vitamin D
Iodine

“Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.”

A vegetarian, including vegan, diet can meet current recommendations for all of these nutrients (protein, iron, zinc, calcium, vitamin D, riboflavin, vitamin B-12, vitamin A, n-3 fatty acids, and iodine).”

- American Dietetic Association

well-planned vegan diet can “support healthy living in people of all ages”



Finnish institute for
health and welfare



American Dietetic
Association





Black walnuts



Berries



Hemp seeds



Chia seeds



Edamame



Flax seeds



Brassica vegetables



Beans
































Leafy greens



Winter squash

10 Plant Foods High in Omega 3

FOODS THAT CONTAIN CALCIUM

 Broccoli	 Bok Choy	 Almonds	 Pumpkin Seeds	 Okra	 Collards
 Turnip Greens	 Prickly Pear	 Kohlrabi	 Leeks	 Brazil Nuts	 Artichokes
 Avocado	 Celery	 Green Beans	 Coconut Meat	 Onions	 Gooseberry
 Fennel	 Dandelion Greens	 Swiss Chard	 Spinach	 Kale	 Butternut Squash
 Brussels Sprouts	 Mulberry	 Cabbage	 Sapote	 Sesame Seeds	 Asparagus

NUTRITION IN LEGUMES

per 100g raw
CHICKPEAS



Kcal 378
Protein 21g
Carbs 53g
Fiber 10g

RED LENTILS



Kcal 358
Protein 24g
Carbs 52g
Fiber 10g

PINTO BEANS



Kcal 347
Protein 21g
Carbs 47g
Fiber 16g

BLACK BEANS



Kcal 341
Protein 22g
Carbs 49g
Fiber 14g

MUNG BEANS



Kcal 347
Protein 24g
Carbs 46g
Fiber 16g

SOY BEANS



Kcal 448
Protein 37g
Carbs 15g
Fiber 15g

Higher in
fat

www.davidclearyveganpt.com

[@davidclearyveganpt](https://www.instagram.com/davidclearyveganpt)



Помидоры Trattoria di maestro Turatti, в ассортименте, 400-500 г



