# ITALIAN CUISINE

### **DISHES**

PIZZA

PASTA

LASAGNE

VINE

#### **INGREDIENTS**

**HIGH-QUALITY** 

**TOMATOES** 

**OLIVE OIL** 

GARLIC AND ONIONS

BAZIL, THYME, ROSEMARY,

**OREGANO** 

#### **ALSO**

MUSHROOMS BEANS

#### **OTHER VEGETABLS**

**EGGPLANTS** 

ZUKKHINI

LETTUCE

BELL PEPPER/SWEET PAPER

OLIVES

### **DISHES**

**PASTA** 

PIZZA

LASAGNA

**RISOTTO** 

**GELATO** 

**GNOCCHI (SMALL** 

DUMPLINGS)

RAVIOLI, TORTELLINI





# 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

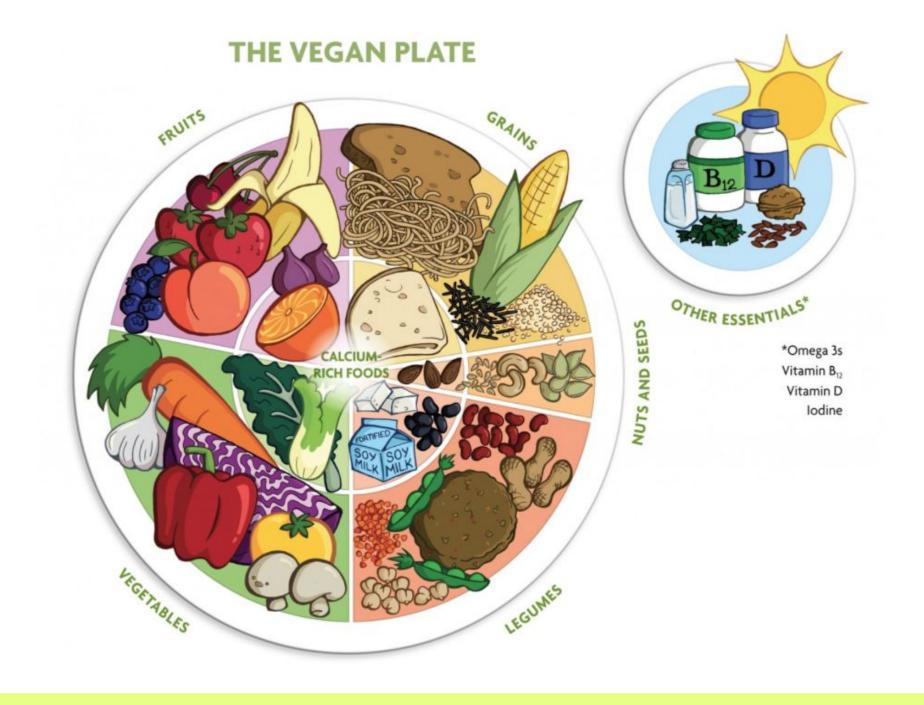
TO GRAB A BITE

TO CHEW

TO NIBBLE

TO SIP

TO ASK FOR SECONDS

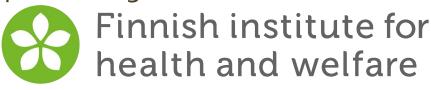


"Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."

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 Associatio

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









Berries

Hemp seeds



Leafy greens







Chia seeds





Flax seeds

Brassica vegetables

Beans

Winter squash

# FOODS THAT CONTAIN CALCIUM



# NUTRITION IN LEGUMES

per 100g raw CHICKPEAS



## PINTO BEANS





Carbs 53g Fiber 10g Kcal 358 Protein 24g Carbs 52g Fiber 10g



Kcal 347 Protein 21g Carbs 47g Fiber 16g

**BLACK BEANS** 

# MUNG BEANS

## SOY BEANS



Kcal 341

Protein 22g Carbs 49g

Fiber 14g

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Kcal 347 Protein 24g

Carbs 46g

Fiber 16g



Higher in Protein 37g
fat Carbs 15g

Carbs 15g Fiber 15g

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