



Appetizers

Eat This!

Breadstick with Garlic-Butter Spread

- Calories: 150
- Total Fat: 2 g
- Carbohydrates: 28 g
- Protein: 6 g



Not That!

Lasagna Fritta

- Calories: 1030
- Total Fat: 63 g
- Carbohydrates: 82 g
- Protein: 0 g



Pizza

Eat This!

Caprese Flatbread

- Calories: 600
- Total Fat: 36 g
- Carbohydrates: 46 g
- Protein: 24 g



Not That!

Chicken Alfredo Pizza

- Calories: 1310
- Total Fat: 46 g
- Carbohydrates: 164 g
- Protein: 61 g



Pastas

Eat This!

Cheese Ravioli with Marinara Sauce

- Calories: 530
- Total Fat: 18 g
- Carbohydrates: 64 g
- Protein: 26 g



Not That!

Tour of Italy

- Calories: 1450
- Total Fat: 74 g
- Carbohydrates: 97 g
- Protein: 99 g



Chicken

Eat This!

Chicken Parmigiana

- Calories: 570
- Total Fat: 18 g
- Carbohydrates: 67 g
- Protein: 36 g



Not That!

Chicken & Shrimp Carbonara

- Calories: 1440
- Total Fat: 88 g
- Carbohydrates: 80 g
- Protein: 82 g



Beef

Eat This!

Steak Toscano

- Calories: 590
- Total Fat: 20 g
- Carbohydrates: 62 g
- Protein: 39 g



Not That!

Chianti Braised Short Ribs

- Calories: 1060
- Total Fat: 58 g
- Carbohydrates: 71 g
- Protein: 64 g



Desserts

Eat This!

Strawberry Mousse with White Chocolate Cake

- Calories: 210
- Total Fat: 11 g
- Carbohydrates: 27 g
- Protein: 1 g



Not That!

Black Tie Mousse Cake

- Calories: 760
- Total Fat: 48 g
- Carbohydrates: 73 g
- Protein: 9 g

