



The Mediterranean Diet is a healthy and enjoyable lifestyle. A proven way to live better, lowering the risk of obesity and fighting diseases.

Mediterranean Diet Coaching

Mediterranean Diet Coaching is about healthy eating and habits.

If you do not have any medical conditions, but find that healthy eating guidelines and the Mediterranean Diet Food Pyramid are not clear enough for you, or if you get lost with food choices, Michael can guide you and help you to make better food choices .

Through a food diary Michael will be able to understand your current eating habits and will also suggest and show you how to cook some Italian recipes at home.

THE COMPANY

BellaVia, is an authentic Italian Food Kitchen Company.

Founder is a 100% Italian man, living in California. A M.S. Chemist in love with food & coaching.

BellaVia produces small batches of unique hand-made high fiber pastas, stuffed ravioli, gluten free Italian delights & more. Based in San Luis Obispo County CA.

Also freshly roasted “Italian Style” coffee for coffee lovers

CONTACTS

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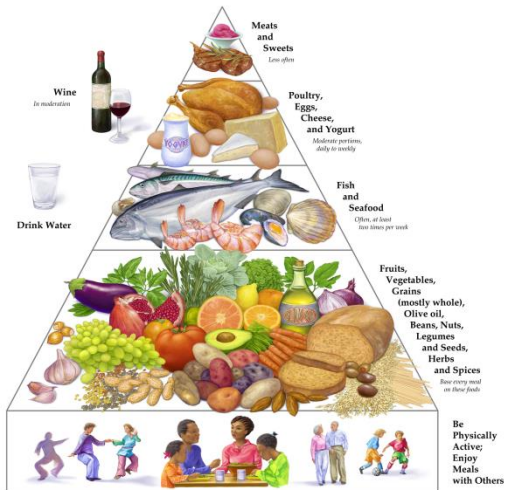
Italian Style in “805”

BELLAVIA
FOOD
AND
COFFEE

*Kitchen ,Food
Coaching & Cooking
Company*

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating



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What is the Mediterranean Diet?

The Mediterranean diet is not just a way of eating or cooking. It is a combination of using a variety of high-quality fresh foods with balanced life habits.

It is not a “**don't do it**” diet, but instead teaches how to buy and use local products, like veggies, fish, extra virgin olive oil, and red wine; all of which are integral components of the Mediterranean Diet. It improves health and it is not by chance. In fact, it is advocated by major universities and important medical institutions.



Catered cooking

For your private events, dinners, family gatherings, parties, business lunches or other festivities, Chef Michael is glad to offer you an original freshly made Italian menu.

To name a few dishes:

- ITALIAN ANTIPASTO
- LASAGNA (also vegetarian)
- RISOTTO
- STUFFED PASTA AND RAVIOLI
- TIRAMISÙ DESSERT



Freshly made stuffed Pasta Shells

Products and services

BellaVia's products are made according to the **original** Italian recipes. We prepare, hand-made high-fiber pastas, vegetarian lasagna, stuffed pasta shells, gnocchi, pestos & sauces Italian gluten free delights, Sicilian cannoli, and a delicious tiramisù dessert. Do not to forget our fresh roasted «Italian style coffee».

Our products are available at, the **Templeton shop, farmers market,** and also **made to order.**

In love with **coaching**, Michael runs, the Mediterranean Diet Seminar at Cuesta College Community Programs.



Community Programs