



## *Events cooking*

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

To name a few dishes:

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

## THE COMPANY

BellaVia, authentic Italian Food Kitchen Company.

Founder is a 100% Italian man, living in California, chemist in love with food & coaching.

We produce small-batches 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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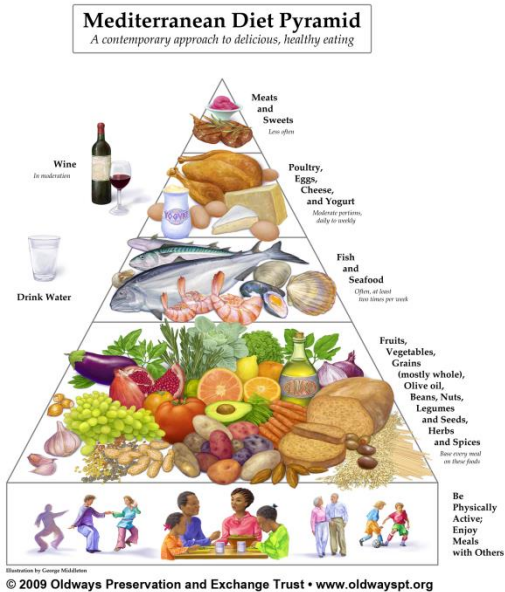
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Italian Style in "805"

**BELLAVIA  
FOOD  
AND  
COFFEE**

*Kitchen & Cooking  
Company*



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

Michael (Michele) Auriemma

### 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 & Mediterranean Diet Food Pyramid are not clear enough for you, or if you get lost with food choices, I can guide you and help you to make better choices and show you how to read labels.

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



**Fresh made ravioli with Turmeric high fiber Pasta**

### Products and services

BellaVia's products are made following the **original** Italian recipes. We prepare, hand made high-fiber pastas, gluten free gnocchi, pestos & sauces, ravioli also vegan, Italian gluten free delights and a delicious Tiramisù dessert. Not to forget our fresh roasted «Italian style coffee».

Our products are available at farmers market, also **made to order**.

In love with coaching, we run, the Mediterranean Diet Seminar at Cuesta College Community Programs.



**Community Programs**

### 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, it is not by chance it is suggested by major universities and important medical institutions.