



# NUTRITION SURVIVAL GUIDE TO PREZZO

CALORIES AND MACRONUTRIENTS 2020

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1-200 CAL

## WHILE YOU DECIDE

|                  | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Marinated Olives | 102              | 0.9         | 0.6                     | 5.3               | 0.1        | 9.8           | 1.14     |

201-300 CAL

## STARTERS

|                                                |     |      |      |     |     |      |      |
|------------------------------------------------|-----|------|------|-----|-----|------|------|
| Giant Meatballs                                | 453 | 27.2 | 20.3 | 4.7 | 0.3 | 28.3 | 3.29 |
| Tomato Bruschetta                              | 415 | 12.2 | 52   | 4.8 | 3.3 | 16.4 | 2.41 |
| Calamari                                       | 702 | 19.2 | 17.5 | 4.4 | 0.2 | 60.7 | 1.38 |
| Stuffed Baked Mushrooms                        | 395 | 12.6 | 9.5  | 5.3 | 0.2 | 33   | 2.75 |
| King Prawns                                    | 406 | 14.6 | 51.4 | 8.7 | 0.8 | 13.8 | 5.85 |
| Garlic Bread                                   | 271 | 8.4  | 49.1 | 3.3 | 2.2 | 3.8  | 1.45 |
| Garlic Bread With Mozzarella                   | 386 | 13.5 | 54.3 | 2.3 | 1.5 | 12.3 | 2.1  |
| Garlic Bread With Balsamic Onions & Mozzarella | 520 | 16   | 40   | 3   | 13  | 34   | 2    |
| Italian Hummus                                 | 667 | 17   | 57.7 | 7.7 | 1.5 | 39   | 2.93 |
| Breaded Mozzarella                             | 561 | 27.6 | 31.8 | 5.5 | 0.2 | 34.6 | 2.61 |
| Caprese Salad                                  | 241 | 8.6  | 5.2  | 2.2 | 0.2 | 20.3 | 0.72 |
| Spicy Pizza Bites                              | 356 | 11.4 | 48   | 4.6 | 4.3 | 14.2 | 1.57 |
| Pizza Bites                                    | 356 | 11.4 | 48   | 4.6 | 4.3 | 14.2 | 1.57 |

301-400 CAL

401-500 CAL

501+ CAL

## SHARERS

|                                        |     |      |       |      |      |      |      |
|----------------------------------------|-----|------|-------|------|------|------|------|
| Pizza Bites To Share                   | 860 | 25   | 136   | 9    | 11   | 26   | 3    |
| Spicy Pizza Bites To Share             | 860 | 25   | 136   | 9    | 11   | 26   | 3    |
| Antipasti Board of Cured Italian Meats | 979 | 43.9 | 53.7  | 9.1  | 0.3  | 63.5 | 4.25 |
| Large Garlic Pizza Bread               | 892 | 21.9 | 132.4 | 10.5 | 30.6 | 28.2 | 4.17 |
| Flatbreads to Share                    | 849 | 38.8 | 122.5 | 9.5  | 10.3 | 20.6 | 5.9  |

## PIZZA

|                                      |      |      |       |      |      |      |      |
|--------------------------------------|------|------|-------|------|------|------|------|
| Tre Gusti - Regular                  | 929  | 58.6 | 123.2 | 11.7 | 2.8  | 19.8 | 6.67 |
| Tre Gusti - Large                    | 1339 | 65.2 | 130.9 | 8.6  | 6.1  | 63.7 | 9.8  |
| Vesuvio - Regular                    | 872  | 51.1 | 111   | 13.8 | 8.2  | 22   | 7.06 |
| Vesuvio - Large                      | 1052 | 91.6 | 75.7  | 8.4  | 15.4 | 44.4 | 8.88 |
| Garlic Mushroom - Regular            | 595  | 15.9 | 88    | 11.2 | 23.8 | 22.5 | 1.79 |
| Garlic Mushroom - Large              | 725  | 23.7 | 112.5 | 11.9 | 11.9 | 22.4 | 2.55 |
| Margherita - Regular                 | 705  | 29.9 | 107.5 | 9.5  | 8.6  | 15.1 | 3.97 |
| Margherita - Large                   | 837  | 38.2 | 137.5 | 5.3  | 10.5 | 16.2 | 4.81 |
| Goat's Cheese & Red Pepper - Regular | 910  | 36.8 | 109.5 | 9.5  | 10.6 | 33.7 | 4.59 |
| Goat's Cheese & Red Pepper - Large   | 1053 | 51.8 | 123.2 | 9.8  | 14.3 | 23.7 | 4.91 |
| Tropicana - Regular                  | 783  | 41.7 | 111.1 | 10.4 | 13.1 | 17   | 5.36 |
| Tropicana - large                    | 1018 | 52   | 142.5 | 8.6  | 19.3 | 28.4 | 5.84 |
| Fiorentina - Regular                 | 699  | 32.9 | 99.2  | 8.9  | 2.9  | 16.9 | 4.21 |
| Fiorentina - Large                   | 1016 | 48.9 | 134   | 10.8 | 5.2  | 33.9 | 5.6  |
| Chicken & Roasted Peppers - Regular  | 923  | 38.7 | 153.3 | 9.9  | 21.4 | 19.4 | 4.57 |
| Posh Pepperoni - Premium             | 1242 | 65.7 | 110.5 | 9.8  | 12.4 | 57.5 | 4.7  |
| Margherita Royale - Premium          | 979  | 42.4 | 110   | 10.7 | 7.5  | 38.2 | 4.9  |



1-200 CAL

## CALZONE

|                     | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Tre Carni Calzone   | 930             | 48.5        | 105.3                   | 14.8              | 4.6        | 31.7          | 6.03     |
| Spicy Carne Calzone | 898             | 50.7        | 111.3                   | 12.1              | 13.8       | 25.3          | 4.96     |

201-300 CAL

## LIGHT PIZZA

|                           | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Primavera         | 524             | 31.4        | 60.5                    | 7.8               | 5.2        | 15.5          | 2.78     |
| Goat's Cheese & Aubergine | 554             | 23.6        | 57.2                    | 3.6               | 0.4        | 25            | 2.83     |

301-400 CAL

## PASTA

|                             | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Spaghetti Bolognese         | 589             | 43.4        | 58.4                    | 12.2              | 16.1       | 17.8          | 4.95     |
| Spaghettie with King Prawns | 564             | 29.6        | 70.1                    | 15.4              | 0.6        | 14.8          | 3.47     |
| Spaghettie Carbonara        | 662             | 27.3        | 88.8                    | 3                 | 0.4        | 22.5          | 3.29     |
| Penne Alla Rusticana        | 756             | 52.1        | 87.8                    | 8.7               | 0.5        | 19.9          | 4.85     |
| Penne Gorgonzola            | 633             | 36.4        | 57.3                    | 6                 | 0.4        | 27.2          | 3.22     |
| Penne Arrabbiata            | 501             | 16.6        | 89.2                    | 14.1              | 4.8        | 5.2           | 2.74     |
| Pesto & Pea Penne           | 681             | 24.7        | 110.6                   | 11.5              | 1.7        | 17.9          | 2.38     |
| Oak Smoked Salmon Penne     | 840             | 34.3        | 87.4                    | 8.2               | 0.5        | 37.2          | 3.04     |
| Aubergine Penne             | 554             | 21.3        | 98                      | 11.9              | 0          | 11.4          | 2.57     |

401-500 CAL

## AI FORNO

|                                      | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Goat's Cheese Penne Ai Forno         | 1033            | 29.3        | 110.6                   | 15.6              | 0.7        | 22.8          | 4.49     |
| Chicken Spaghetti Carbonara Ai Forno | 1033            | 62.6        | 88                      | 4.7               | 0.6        | 49            | 4.96     |
| Spaghetti Meatballs Ai Forno         | 903             | 81.8        | 70.1                    | 11                | 7.8        | 35.1          | 3.77     |
| Traditional Lasagne                  | 687             | 34.6        | 60.9                    | 7.8               | 0.5        | 32.3          | 4.57     |

## FILLED PASTA

|                        | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Lobster & Crab Ravioli | 510             | 28.5        | 54.7                    | 6.8               | 0.3        | 18            | 3.29     |

## LIGHT PASTA

|                                 | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Spicy Prawn & Basil Pesto Penne | 506             | 19.4        | 57.9                    | 10.9              | 1.6        | 19.4          | 2.1      |
| Pancetta, Pea & Mushroom Penne  | 492             | 18.7        | 66.5                    | 11.8              | 5          | 14.1          | 3.05     |

## RISOTTO

|                             | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| King Prawn & Salmon Risotto | 471             | 26.7        | 51.5                    | 13.6              | 0.5        | 14.6          | 2.96     |
| Mushroom Risotto            | 725             | 15.8        | 95.7                    | 6.3               | 0.5        | 29.4          | 2.21     |
| Chicken & Asparagus Risotto | 787             | 39.1        | 88.5                    | 9.3               | 0.5        | 28.8          | 1.96     |

## SALAD - SERVED WITH GARLIC BREAD

|                                                                              | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------------------------------------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken, Bacon & Avocado Salad (Without Garlic Bread)                        | 512             | 30.5        | 32.6                    | 8.5               | 2.7        | 26.8          | 2.17     |
| Puy Lentil, Roasted Beetroot & Butternut Squash Salad (Without Garlic Bread) | 321             | 17.2        | 25.5                    | 22.8              | 0.3        | 11.6          | 1.42     |
| Caeser Salad With Chicken (Without Garlic Bread)                             | 737             | 38.3        | 32.3                    | 7.1               | 0.4        | 48.9          | 2.8      |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## MEAT & FISH

|                                           | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------------------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Calabrese Burger - Served With Fries      | 1382             | 78          | 88                      | 13                | 1          | 80            | 4        |
| Chargrilled Chicken Breast With Mushrooms | 384              | 44.6        | 6.2                     | 5.9               | 1          | 18.9          | 0.88     |
| Roasted Salmon Fillet                     | 483              | 32.4        | 5.6                     | 6.5               | 0.3        | 35.3          | 0.68     |
| Sea Bass                                  | 506              | 36.3        | 11.9                    | 9.8               | 0.3        | 32.4          | 1.55     |

## SIDES

|                                    |     |     |      |     |     |      |      |
|------------------------------------|-----|-----|------|-----|-----|------|------|
| House Fries                        | 582 | 5.9 | 54.6 | 7   | 0.2 | 36.2 | 0.16 |
| Truffle Oil Infused Fries          | 671 | 7.1 | 56.6 | 10  | 0.2 | 43.9 | 0.19 |
| Rocket Salad (With Italian Cheese) | 93  | 3.6 | 1    | 1.6 | 0.1 | 7.9  | 0.11 |
| Tenderstem Broccoli & Cauliflower  | 88  | 2   | 2    | 2.5 | 0.1 | 7.6  | 0.38 |
| Mix Salad                          | 103 | 1.9 | 2.6  | 3.9 | 0.2 | 8.6  | 0.81 |

## DESSERTS

|                                          |     |     |       |     |      |      |      |
|------------------------------------------|-----|-----|-------|-----|------|------|------|
| Salted Caramel chocolate Tart            | 599 | 6.2 | 83.8  | 2.5 | 49.1 | 26   | 0.5  |
| Honeycomb Smash Cheesecake               | 500 | 7   | 61.7  | 1.3 | 35.8 | 24.9 | 0.27 |
| Panna Cottas (Served With Fruit Compote) | 375 | 4   | 42.3  | 2.1 | 1.9  | 20.6 | 0.19 |
| Chocolate Brownie Dome                   | 467 | 6.2 | 50.9  | 4.7 | 42.9 | 25.5 | 0.67 |
| Sticky Toffee Pudding                    | 631 | 5.8 | 105.4 | 5   | 69.3 | 19.7 | 1.8  |
| Tiramisu                                 | 323 | 4.4 | 50.2  | 2.6 | 39.1 | 11.1 | 0.18 |
| Affogato                                 | 320 | 4.3 | 33.3  | 0.9 | 26.9 | 18.5 | 0.34 |
| Raspberry Sorbet                         | 13  | 0   | 3.2   | 0   | 2.8  | 0    | 0    |

## SELECTION OF ICE CREAM

|                        |     |     |      |     |      |      |      |
|------------------------|-----|-----|------|-----|------|------|------|
| Ice Cream - Vanilla    | 171 | 3.4 | 17.5 | 0.1 | 17.5 | 9.7  | 0.25 |
| Ice Cream - Strawberry | 171 | 3   | 21.3 | 0.3 | 20.7 | 8.2  | 0.22 |
| Ice Cream - Chocolate  | 194 | 4.2 | 20.9 | 0.2 | 20.3 | 10.1 | 0.24 |

## MINI DESSERTS

|                                                 |     |     |      |     |      |      |      |
|-------------------------------------------------|-----|-----|------|-----|------|------|------|
| Mini Vanilla Cheesecake With Raspberries        | 242 | 3.7 | 34.7 | 2.2 | 20.4 | 9.9  | 0.1  |
| Mini Vanilla Cheesecake With Caramel Sauce      | 203 | 3.3 | 25.6 | 0.8 | 13   | 9.9  | 0.15 |
| Mini Panna Cottas With Fruits of Forest Compote | 126 | 1.7 | 14.8 | 0.7 | 13.5 | 6.8  | 0.05 |
| Cannoli                                         | 282 | 1.8 | 27.9 | 1.7 | 19.1 | 17.8 | 0.2  |
| Mini Honeycomb Smash Cheesecake                 | 219 | 3   | 28   | 0   | 16   | 11   | 0.13 |