

Italian Night Menu

Appetizers

- Breadsticks (choose one):
- One La Brea Bakery Whole Grain Bread Loaf (Kroger)



- Specially Selected Sourdough Square Loaf (Aldi)



- Katz Gluten Free Honey Loaf | Dairy, Nut, Soy and Gluten Free | Kosher (1 Pack of 1 Loaf, 16 Ounce) (Walmart)



- Kiss My Keto Bread Golden Wheat — Zero Carb Bread (0g Net), 6g Protein / Slice | Sugar Free, Low Carb Bread | Low Calorie, No GMOs, Soy Free & 100% Carb Free (2 Packs) (Walmart)



- Base Culture Keto Bread (Kroger)



2. Butter

- 1 stick, unsalted

3. Salad

- 1 head leafy romaine lettuce or 2 romaine hearts, roughly chopped
 - a. OR precut lettuce tub/bag
- ½ Medium red onion, thinly sliced (may buy precut)
- 1/2 parmesan cheese (choose one or both)



(dairy-free option)

- 1/2 cup Black olives, sliced or whole
- 1 pint Cherry tomatoes
- Freshly ground pepper, to taste
- Croutons, store bought or homemade (optional)
- 1 tsp Garlic powder
- 1 tsp Dried oregano
- 1 tsp Dried basil
- 1/2 tsp salt
- 1/2 cup Extra virgin olive oil
- 2 tbsp Red wine vinegar, white wine vinegar, or Sherry wine

<https://themodernproper.com/simple-italian-salad>

Protein

1. Italian Meatballs
 - 1 large red onion cut into wedges
 - 6 to 7 to Tomatoes Roma or tomatoes on the vine, quartered or cut into wedges
 - 3 tsp fresh thyme leaves divided
 - Extra Virgin Olive Oil
 - Salt
 - 1 ½ lb ground chicken or ground turkey/beef, if you like
 - 3 garlic cloves minced (may buy precut or minced)
 - 1 raw egg beaten or Egg Beaters
 - ½ cup freshly grated Parmesan cheese
 - ⅓ cup plain bread crumbs see notes for gluten free option
 - Kiss My Keto Bread Crumbs Zero Carb (0g Net) — Low Carb Keto Breadcrumbs | 6g Protein per Serving, Sugar Free | Low Calorie, Non-GMO & Soy Free — Golden Wheat, Plain
 - Panko breadcrumbs (Kroger or Walmart)



- Aleia breadcrumbs (Kroger); gluten free



- Kiss My Keto Bread Crumbs Zero Carb (0g Net) — Low Carb Keto Breadcrumbs | 6g Protein per Serving, Sugar Free | Low Calorie, Non-GMO & Soy Free — Golden Wheat, Plain (Walmart); gluten free



**Walmart may also have almond keto breadcrumbs; gluten free



- 2 tsp dry oregano
- ½ tsp paprika
- black pepper
- 1 cup fresh chopped parsley

**May but pre-cut herbs or herb pastes if preferable.

Starch

1. Alfredo noodles
 - 1 box whole wheat noodles, Banza pasta noodles, or quinoa/brown rice noodles



liveGfree



- OR zucchini noodles



- 1 jar low-sodium alfredo sauce



(dairy free)



(dairy free)

Dessert:

1. Strawberry Granita

<https://www.bhg.com/recipe/ice-cream/strawberry-granita/>

- 1 cup water
- $\frac{2}{3}$ cup sugar or Stevia
- 1 bag frozen strawberries
- 1 tablespoon lemon juice
- Lemon Cream (see recipe below) (optional):
- *$\frac{1}{3}$ cup plain greek yogurt or whipping cream*
- *2 teaspoons sugar or Stevia*
- *1 teaspoon lemon peel*

