

The AIP Italian Cookbook 2.0

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INTRODUCTION:

- Why the Autoimmune Protocol?
- The Essence of Italian Food
- How to Use This Cookbook
- Some Solutions to Your Problems

AIP INGREDIENT GUIDE:

1. How to Make Marrow Seasoning
2. How to Make Grated Parmesan
3. A Guide to AIP Flours
4. A Guide to Grain Free Noodles
5. Last Recommendations Before We Start



COLAZIONE – BREAKFAST:

1. Strawberries & Yogurt
2. Dandelion Latte
3. Stuffed Baked Apples
4. Vanilla Rice Pudding
5. Acorn Orange Pudding
6. Coconut Green Smoothie
7. Peach & Passion Budino
8. Yam Mousse
9. 'Notmeal Porridge
10. Italian Beef Patties
11. Porridge with 'Nut' Butter

PRIMI – FIRST COURSES:

1. Ham & Mushroom Pizza
2. Celeriac Lasagna
3. Seafood 'n Mushroom Pasta
4. Spaghetti Carbonara
5. Tuscan Kale Soup
6. Pasta Bolognese
7. Risotto Milanese
8. Shrimp & Spinach Quiche
9. Ragout & Cheese Gnocchi
10. Salmon Zoodles

11. Cheesy Chicken Piadina
12. Kabocha Soup & Hasselback Potatoes
13. "Butter" & Sage Gnocchi
14. Chicken Minestrone Soup
15. Baked Pasta
16. Spaghetti & Meatballs
17. Italian Chicken Casserole
18. Zoodles with Vegetables
19. Salmon & Pesto Pizza



SECONDI – SECOND COURSES:

1. Baked Tuna Croquettes
2. Smoky Baked Salmon
3. Lemon Chicken & Asparagus p
4. Cremona Style Spiedini
5. White Ragout
6. Roasted Wild Sardines
7. Endive Boats
8. Stuffed Squash Blossoms
9. Calamari Roulade
10. Pumpkin Meatballs
11. Stuffed Meatloaf
12. Pesto Scampi Zucchini Boats
13. Tagliata with Vegetables
14. Baked Stuffed Zucchini
15. Crispy Sage Salmon
16. Swordfish with Capers
17. Roasted Liver
18. Fennel Crusted Branzino
19. Porcini Stuffed Squid
20. Veggie Buffalo Bowl



CONTORNI – SIDES:

1. Italian Chicken Poppers
2. Prosciutto & Breadsticks
3. Stuffed Delicata Squash
4. Nomato Sauce
5. Roasted Root Veggies
6. Jicama Chips
7. French Fries
8. Vegetable Medley
9. Bruschetta Bread
10. Liver Paté
11. Turmeric Carrots
12. Artichoke Dip

DOLCI – DESSERTS:

1. Sweet Ravioli
2. Cannoli
3. Custard & Berry Tartlets
4. Raspberry Pie
5. Berry Panna Cotta
6. Peach Cream Pie
7. Baked Peaches
8. Peach & Pear Tarts
9. Carob Nutella
10. Acai Strawberry Tarts
11. Matcha Tea Taralli
12. Coffee & Cinnamon Gelato
13. Coffee Tiramisu
14. Fig Cookies
15. "Butter" Cookies
16. Pumpkin Pie