

# Big Smile Food

***"Wow, I can't believe this is Keto!"***

Driven by her love & passion for food, Anna Grace set out to make nutritious, delicious food, that is Keto friendly!

"PERHAPS MY GREATEST LUCK WAS THAT I GREW UP SURROUNDED BY CARING PEOPLE WHO ALSO KNEW THE ART OF COOKING!"



Since I was a young girl I've been fascinated by the subject of food and information about how to achieve a healthy state without having to deprive myself of one of my favorite pleasures, a good and tasty meal.

Over time I have seen many diets come and go. They become fashionable and as quickly as they arrived, they disappear with the same speed.

I've also been able to observe many people around me following certain diets and over time, by not following it, they regain the weight they once lost. Sometimes even more pounds than they had before.

So I've often asked myself, what if I could follow a diet where there's no suffering and I could do it without taking away the pleasure of enjoying yummy meals?

What if we could eat healthy food that's also delicious?

Healthy but tasty! Yes!

With these concepts and goals, this website was born! Perhaps my greatest luck was that I grew up surrounded by caring people who also knew the art of cooking!

In my childhood I saw my "Nonna" (grandmother in Italian) and "memer" (grandmother in French), giving my mother their most precious recipes like they were the secrets of a well-kept treasure, arousing my curiosity of "a tasty good kitchen!"

Mama always spoiled us with some delicious dish!



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Already in my adolescence my younger sister became the successor of the "Tagliaferro cuisine" and ended up opening her own pastry shop, attracting people's attention all the way from the East to the West coast!

My other sister specialized in vegan dishes like an enviable soy lasagna in any Italian restaurant!

Even my dad, in spite of the mess of leaving dirty pots and food splashed in the kitchen cabinets, his lentils and beans could wake up the taste buds of people that weren't even hungry.

I remember my aunt Nohemí cooking the most delicious white rice on this planet, at least for me!

And my aunt Regine's handmade ravioli must have been patented, for how tasty they were.

And I even have a nephew who is a chef!

It seems that each person has their secret dish and in each family there is always the "star" of the kitchen who everyone admires and considers the expert to give opinions.

As a doctor, instead of a recipe I was asked for medical prescriptions or a guide to dietary advice to improve a physical condition.

But I still knew the importance of tasty food and how it shouldn't be independent of a healthy and balanced meal.

When I was prescribing a particular diet to my patient, I always tried to take into account their customs and tastes so the "feeding" would not become synonymous with "suffering and sacrifices".

In my observation each country has its traditional dishes based on the nature of what that place offers geographically.

To that we add the cultural influence, and we find the creation of a great variety of exquisite recipes in every corner of Earth.

However, the fast living has led us to exchange a homemade meal for a frozen box in the supermarket.

More than once I have heard comments from mothers wondering if their children's diet is the most appropriate.

It's obvious to me that there's a need for good information about what is right to eat and what's best avoided.

That's why this page was created. To give you information about a balanced diet where you can find out that eating chocolate or peanut butter is delightful but also healthy!

Helping others is perhaps the most commendable activity that can be done. I hope this website fulfills that purpose.

***"See you at the Farmers Market!"***