Paleo-content

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**Subject** – Caveman’s Love – A Romantic Paleo Dinner for Your Date

Hey,

Have you made the paleo switch yet? If yes, congratulations! You have joined the league of thousands of smart people who are embracing healthier choices. Yet, life is not a bed of roses. There are challenges you have to overcome in order to stick with the choices you have made.

We are sure that the premise pretty much made it clear that we are going to talk about love and relationship in this mail.

Now, you will pause for a moment and wonder what does love has anything to do with your diet?

Actually a lot!

No, we are not taking about aphrodisiacs today. We will someday, but today, we want to help paleo lovers overcome the dilemmas of dating. Of course, there aren’t many restaurants serving your kind of food. So, what do you do for a perfectly romantic date that doesn’t force you to break rules – at least not those regarding your diet and health!

You cook your own healthy dinner. And here are some of the most romantic recipes you can try.

* Appetizers – Baked figs with goat cheese and prosciutto or Sautéed scallops with basil
* Entree – Oysters with Vietnamese dressing or Stuffed Flank Steak
* Dessert – Grain-free dark chocolate cake or Chocolate ganache tart
* Beverage – Sparkling water or Pomegranate juice

Bonus – this menu is full of natural aphrodisiacs!

So, wish you a good health and fulfilled love!

Thank You,

Regards