

Top Tips for a Healthy and Happy Valentine's Day

Love Thyself First

- Loving yourself should always come first before sharing it with another loved one.
- **Read my blog post here** on why it's so important to love yourself first before anything else and **how to boost your mood!**



Foods that Boost the Libido Naturally



What to Eat this Valentine's Day

Maca Root

- A natural libido enhancer
- Energy booster (no Coffee needed!)
- Avoid dehydration and look your best for date night!
- Skip this ingredient for kid-friendly treats and make these **Luv Krispy treats** instead.



Raw Cacao

- A powerhouse full of antioxidants
- Natural mood booster
- **Learn why Raw Cacao powder is so amazing** compared to generic cacao powder
- Make your own chocolate goodies included in the delicious valentine's menu!

Coconut Oil

- Rich, creamy, and the ultimate in luxury.
- Heart-healthy, immune-boosting and used for glowing skin!
- Learn **my top 10 concoctions for a miracle in a jar.**





VALENTINE'S MENU

BY ALYSSA BAUMAN

SIPPERS

Beautifying Hot Chocolate
Love Smoothie
Chocolate Superfood Smoothie
Coconut Blueberry Bliss



NIBBLES

Cacao Puffed Quinoa Bars
Luv Krispy Treats
Dark Chocolate Oat Clusters

DINNER

Creamy Rosé Pasta
Ginger Flax Halibut



SWEET BITES

Raw Cacao Bliss Balls
Superfood Fudge

NOURISHED
BY ALYSSA B

Valentine's Day

Make your own Valentine's Day Menu!

All Day Sippers

Nibbles

Main Course

Dessert

