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

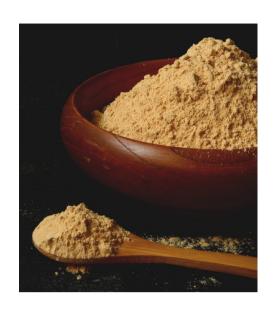




What to Eat this Valentine's Day

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, immuneboosting 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



Valentine's Day

Make your own Valentine's Day Menu!

All Day Sippers	
Dessert	
NOURISHED	

BY ALYSSA B

