

Titillate Your Lover with Tosca Reno's Eat-Clean Aphrodisiac Dinner Menu this Valentine's Day

Many foods long considered aphrodisiacs are low in fat and high in vitamins and minerals. A diet heavy in these foods yields a healthy body with ample energy, blood flow and nutrients needed for a peak sexual experience.

Jan. 29, 2009 - [PRLog](#) -- Eating and foods can be very provocative as seen in the film "9 ½ Weeks" when Mickey Rourke blindfolds Kim Basinger in the kitchen and feeds her honey along with other exotic foods with sensual textures to arouse and heighten her sexual appetite. The kitchen has become an erotic zone making fine dining the ultimate act of foreplay when preparing dishes with aphrodisiac ingredients.

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Tosca Reno, best selling author of The Eat-Clean Diet/Cookbook series recently featured in US Weekly (USA Today, NY Daily News, Washington Post, Hollywood Reporter, E! News) as Top 5 Hollywood-favored diets offers an enticing Valentine's Day Eat-Clean Menu loaded with potent aphrodisiac ingredients to stimulate the erogenous zones! All recipes below can be found on www.eatcleandiet.com

For starters:

Champagne cocktail – ½ cranberry juice, ½ champagne, garnished with a slice of strawberry accompanied with chocolate dipped strawberries.

~ Champagne loosens the inhibitions making one more adventurous, while chocolate contains PEA, a feel-good chemical with an effect often compared to sexual bliss.

Oysters on the half shell with fresh lemon juice (or ice cold vodka) slurped down the throat.

~ The greatest of all aphrodisiacs, oysters symbolize vitality and passion for all those who indulge. They are loaded with zinc, a key ingredient to testosterone production that heightens sexual performance for both genders by restoring life to lagging libidos.

Greek Salad

~ Loaded with cucumbers, a rather phallic veggie that contains a scent that increases blood flow to the female organs.

Main Course:

Herbed Seared Scallops

Or Lean bison Tenderloin with Apple Butter Sauce – for more details go to www.eatcleandiet.com

Roasted Asparagus

~ Asparagus is visually stimulating and loaded with Vitamin E that has a direct effect on both fertility and sexual function.

Garlic and Rosemary Roasted Fingerling Potatoes

~ Garlic energizes the body and dilates the blood vessels that enhance the libido. Here's a tidbit: The ancient Greek goddess Aphrodite always prescribed garlic, which she claimed made women fall in love and men more powerful. The scent of Rosemary fills a room and entices the sense of smell. Medieval women

scented bath water with rosemary to allure men.

Dessert:

Fresh figs, sliced mango, strawberries, blueberries and pears drizzled with warm honey.

~ Figs date back to Cleopatra, Dionysian orgies, and the Roman Saturnalia. This innocent natural sensuality can work wonders. Honey has been connected to love, sex and sensuality since the beginning of time from Kama Sutra to the Perfumed Garden to the Bible. Hippocrates prescribed honey for sexual vigor. Honey arouses a certain wave of anticipation thanks to the pleasurable sensation it delivers to the tongue and other parts of the body.

Be sure to light numerous lavender candles combined with the aroma of pumpkin pie. These scents raise blood flow to male organs by 40 % according to a Chicago Research foundation study. Have plenty of fresh flowers especially orchids and roses (visually stimulating) on hand with sensual music playing.

All recipes to Aphrodisiac Eat-Clean Dinner Menu for Valentine's Day can be found on www.eatcleandiet.com

Tosca Reno 49, internationally known for her bestselling Eat-Clean Diet Cookbooks with hundreds of delicious, affordable and easy to prepare recipes of the Eat-Clean version of all favorite dishes, once topped the scales at 204 lbs. At 41 years old she reclaimed her life, lost over 75 lbs with her Eating Clean principles and hasn't looked back. She has graced over 10 health & fitness magazine covers and now has 5 books under her belt: The Eat-Clean Diet -national bestseller, The Eat-Clean Diet Cookbook -national bestseller, The Eat-Clean Workout, The Eat-Clean Workout Journal and The Butt Book, all of which have been featured in countless national TV, radio and magazine/newspapers/blogs.

Reno's The Eat-Clean Diet Cookbook and her newest release The Eat-Clean Diet Cookbook for Family and Kids are on Amazon's Top 10 Bestsellers List. Tosca is currently on the February cover of Oxygen - widely popular women's fitness magazine.

For more information about Tosca Reno and her Eat-Clean Diet Book Series, please visit: www.Toscarenos.com and www.Eatcleandiet.com. For interviews with Tosca Reno, please contact Silvie Bordeaux at 818.205.9673 or Bordeauxpr@aol.com

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