



YES, CHEF

You'll need to read through the date and make sure the recipe works for your honey and that you have all of the ingredients. Remember, this is fun—**DO NOT** get into work mode.

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. You guys are enjoying dinner alone tonight. Grab an apron, get your ingredients ready, and find a blindfold.

While getting ingredients ready for dinner, answer these Would-You-Rathers:

WOULD YOU RATHER . . .

- Get a dream vacation for two weeks, or spend five days with anyone in the world, but you must stay in your hometown?
- Visit Iceland or Bora Bora?
- Free Starbucks for a year or free iTunes music for a year?
- Live in an igloo or in a tepee?
- Have a five-star restaurant personal chef who can prepare any meal at any time of the day, or have a chauffeur who drives you to and from anywhere you want in any vehicle you choose?

DO IT:

Determine who will be the head chef and who will be the sous chef. The sous chef wears the blindfold and follows the directions from the head chef. Cook your favorite healthy meal together, or try this one:

INGREDIENTS:

Fish

2-4 Tilapia Filets
Butter
Old Bay seasoning

Salad

Mixed greens
Candied pecans
Feta cheese
Balsamic vinaigrette

Take tilapia and add gobs of healthy, vegan butter, plus Old Bay seasoning, and wrap in foil. Bake at 350° for 20-25 minutes. Mix the salad as you wish.

DARE ME:

As you eat your delicious dinner, answer the following questions:

- What was the most difficult part of being blindfolded?
- Did you trust your spouse's direction?
- How could you have improved the communication?

PICTURE IT:

If you don't have a picture of your wedding day on your phone, stop what you are doing and get one now. It's a great reminder!

GAUGE:

Rate yourselves individually on the following, with 10 being the healthiest:

EATING	1	2	3	4	5	6	7	8	9	10
SLEEPING	1	2	3	4	5	6	7	8	9	10
EXERCISE	1	2	3	4	5	6	7	8	9	10

KEEP IT GOING:

Sometime in the next week do one of the following together:

- 8-minute abs (YouTube Video)
- Go for a 10-minute walk after dinner
- Eat oatmeal for breakfast
- Go to bed early

** While blindfolded, you may experience darkness. If this condition remains for more than four hours, please contact your spouse, as he or she may have left the room.*

