



Pre-Dinner:

Champagne & Strawberries

Why: A sexy appetizer to get your taste buds ready.

Drink: A glass of red wine

Why: Grape skins contain the antioxidant resveratrol, the closest thing we have to an actual [aphrodisiac](#). It increases estrogen production, say Northwestern University researchers, and that heightens sexual appetite and makes lubrication easier for her later in the evening.

Red wines from muscadine grapes have a higher resveratrol content than other reds do, say researchers at Mississippi State University.

Red wine

Appetizer: Shrimp cocktail

Why: The zinc-dense shrimp increase sperm levels and make orgasms more powerful, according to a study in *Fertility and Sterility*. They also contain a stress-reducing amino acid and the feel-good hormone serotonin.

Shrimp, shrimp sauce

Entrée: Filet mignon au poivre (6 oz)

Why: High-protein foods boost production of dopamine and norepinephrine, hormones that increase alertness and assertiveness.

Black pepper aids digestion, according to an Indian Journal of Medical Research study ~ helpful for any energetic activities after dinner.

Filets, Garlic/Ginger/Mustard/Pepper rub, Porcini mushrooms

Side: Baked sweet potato

Why: It's high in potassium, which helps reduce stress-a great way to curb performance anxiety later that night. Top the potato with a dollop of sour cream, another source of libido-friendly protein.

Sweet potatoes, sour cream

Side: Spinach salad

Why: Spinach is a potent source of magnesium, which helps dilate blood vessels, ensuring the smooth bloodflow that's crucial for strong erections, according to Japanese researchers.

Spinach, Arugula, Pine nuts, Basil Vinaigrette, Parmesan cheese, carrots

Dessert: Fresh raspberries drizzled with melted dark chocolate

Why: British scientists have discovered that women release four times more endorphins after eating chocolate than they do after making out. The caffeine in chocolate also increases your alertness for what's to come after dessert. Try using Dark Chocolate on the raspberries, and pair them with a glass of port. You'll get a double dose of polyphenols ~ antioxidants that increase your HDL (good) cholesterol.

Raspberries, Dark chocolate- melted