

Sponsored Post: Comfort Food for Singles



This post is sponsored by Tabatchnick Fine Foods.

We've all been there – hungry and needing a pre-date snack before dinner with that new fling. Couple that with summer coming up (hello, bathing suit season!). It takes too much time and energy to find healthier and cheaper alternatives to fast-food, take-out and ordering in.

Everyone knows that soup is good for the soul, but this company has made an effort to deliver wholesome goodness to singletons who only need one serving. [Tabatchnick Fine Foods](#), a leading manufacturer of handcrafted quality soups and other products, just launched their Soup Singles line, great for when you're running late for another online date and don't know if you're having dinner or drinks. This tasty snack can also be enjoyed during lunch or your mid-afternoon snack when your office is blasting the cold air during the scorching summer heat. Whether you're staying in or are on the go, Soup

Singles can help get you through your day.

Here are a few more reasons why this product is perfect for you:

They're portable, affordable and convenient: Each one comes in a single serving bowl that is both microwavable and can be heated in a saucepan on the stovetop. Plus, you can get five Soup Singles for \$5 at participating ShopRite Stores.

There's a flavorful variety: There are eight tasty flavors, including Barley and Mushroom, Chicken Noodle, Vegetarian Chili, Minestrone, Split Pea, Southwest Bean, Balsamic Tomato Rice and Vegetable.

They're wholesome and nutritious: Soup Singles are prepared with the finest and freshest ingredients with less fat, sodium and fewer calories than other canned soups and frozen meals, but are richer and thicker than most canned soups. And because they are frozen, Soup Singles retain more of their nutritional value.

They're SO perfect for one, you can savor each spoonful – and you don't even need to share! Singles need to get the love they deserve and Tabatchnick Fine Foods wants to help. Why not try a Soup Singles today? For more information, visit their Facebook page.

Giveaway: Win a Chance to See Bruno Mars in Las Vegas with

Jesse and Ann Csincsak, Courtesy of Popchips!



This post is sponsored by Popchips.

“What Happens in Vegas Stays in Vegas.... UNLESS you win BRUNO MARS TICKETS FROM POPCHIPS! That’s one secret you don’t wanna keep!” said former *Bachelorette* contestant Jesse Csincsak, encouraging fans to enter a trip to win for two to Las Vegas and stay at The Palms!

Not only does this giveaway include airfare, but the winner and his or her guest will attend the Bruno Mars concert on June 16, where you’ll be accompanied by Jesse and his wife, Ann Csincsak and meet Bruno backstage!



To enter, “like” the [Popchips fan page](#) Facebook. Then head over to [Jesse’s Facebook page](#), where he has posted three reality TV trivia questions. Email the correct answers to Jessecsincsak@gmail.com and include no more than one paragraph on why YOU should be picked to attend the Bruno Mars concert with him and Ann. The lucky winner will be revealed no later than June 1.

Good luck!

Diets and Dating





By Sally M.

Let's face it – diets are personal. Add in a new relationship, and it's easy to feel insecure about bringing up a diet, even though it's part of your daily regimen. Personally, if I'm trying to drop a few pounds, I wouldn't necessarily scream it from the rooftops to a guy I just met!

These anxieties should be put to rest. Adjusting your diet is nothing to feel weird about, especially if you're doing it properly. That being said, you should always contact your healthcare provider or a nutritionist before altering your food intake.

Unfortunately for dieters, dating activities tend to revolve around food. Here are a few ways to watch what you eat while on three different types of dates:

1. Dinner Date

- Have a healthy snack prior to dinner so that you won't be tempted to order excess food which you wouldn't normally eat. Remember, "bad foods" are okay in moderation and it's nice to treat yourself to a meal you didn't cook at home every once in a while. Be yourself and order what you want (and it doesn't have to be a salad – unless, of course, that's what you want).
- It's totally acceptable if you don't finish your meal. Grab a doggy bag to take home. This is a great idea for those on a portion-control diet.

2. Cocktail Date

As a rule of thumb, alcohol is usually considered a BIG NO when dieting. However, some options are healthier than others if you decide to indulge. Regardless, know your limit and don't get drunk; the more drinks you have, the more you risk compromising your diet (and other inhibitions).

- Wine: Wine is the best diet-friendly alcohol, but that doesn't mean you should order a bottle; finishing the whole thing isn't ideal if you're counting calories.
- Liquor: Hard liquor is the second best choice, but which ones? According to sparkpeople.com, vermouth contains the least amount of calories, followed by coconut rum and Beefeater Gin. Mind you, that's a serving of 1.5 ounces.
- Beer: Order a light beer, and you won't compromise your diet too much.

3. Movie Date

- Theater popcorn is tempting. If you must have it, choose the small-sized popcorn (usually seven cups of popcorn, equaling 500 calories). Even if buying the medium-sized bag is only a few cents more, don't do it; those calories will add up quickly. If you can get away with purchasing the kid's-sized version, that's even better! Also, it should go without saying ... no extra butter and no refills.
- When it comes to washing down your popcorn, stick to small-sized diet sodas or ask for water. Bonus: You won't miss the movie because of a bathroom break!
- If you have a big purse, bring in your own healthy snacks. This is technically against the rules, but until movie theaters can offer diet-friendly treats, it may be the only way to eat well in front of the big screen. Just remember to share.

Remember, dieting and dating is only awkward if you make it that way. You can still have fun and enjoy yourself without sacrificing your personal goals. Move forward with confidence!

Sally M. is the founder of Eat Breathe Blog. If she could be best friends with any television character it would be Carrie Bradshaw from "Sex in the City."

Have a 'Delicioso Night In' With Aarón Sánchez This Valentine's Day



By Aarón Sánchez, celebrity chef and TV personality

This Valentine's Day, forgo waiting hours on end for a table at a busy restaurant when you can have a fabulous night in right at home. Not only is it a great opportunity to intensify connections with family, friends and significant others, but it's much easier on the wallet! Celebrity chef and TV personality Aarón Sánchez agrees, and has some easy

tips to creating your own “Delicioso Night In.” You can join the Delicioso movement [here](#). Not only does this give you the opportunity to take part in great conversations, but by joining the movement, you’re automatically entered for a chance to win the ultimate Delicioso Night In, prepared by Chef Aarón himself in New York City. After flying to New York for this special evening, one lucky winner and three other people of his or her choosing will be whisked away to Veracruz, Mexico, the home of Kahlua. In the meantime, enjoy the following tips from Chef Aarón to start your Valentine’s Day off right:



The Nose Knows

You don’t have to be a chemist to create memorable aromatics for your next evening of entertaining at home. In my home of Veracruz, there is a huge influence of African spices that were brought over when Cortez sailed across the Caribbean. Let such robust spices (think cloves, canela – the *real* cinnamon, cardamom, and black pepper) help set the mood with the help of a standard frying pan. Toast the spices just to their smoking point, and the room will fill with an inviting – and delicious – bouquet.

Team Chef

It’s like that old saying goes: those who sauté together, stay together. Collaborate on a menu and invite your guest(s) to help you bring the menu to life. Start the party early and enjoy cocktails as you cook; I like to keep it simple with a

glass of Kahlua on the rocks with a splash of ginger ale. Cooking your creations together as you enjoy cocktails will allow for plenty of lean-in moments over the stove top, and eating those creations will be the reward for your labors over delicious conversation.

Pairing is Caring

When prepping for a perfect evening, pairings are a fun way to turn any meal into a special occasion and spice up the fun. Plan three courses and pair each with a small cocktail; use one base spirit in three different ways. Keep in mind when choosing your menu to pick a spirit that embodies the flavors you are working with; for example Kahlua – from the heart of Veracruz, Mexico – will bring out beautiful notes of vanilla, another Veracruz staple that pairs lovely with complex and robust dishes that involve such flavors as molé.

Forget the Utensils

Feeding someone can be a loving, playful proposition (especially sans fork). In Mexico, we love to entertain with botanas – small bites – that incorporate foods indigenous to the region like seafood and black beans. Reconnect with your partner over a selection of botanas like plantains, garnachas (a small fried masa topped with pork or chicken), mushrooms, or fresh cut fruit. Watch those teeth.

Valentine's Day Giveaway: Pinkberry Introduces Swirly

Grams



This post is sponsored by Pinkberry.

[Pinkberry](#), the original tart frozen yogurt brand, introduces the Pinkberry Swirly Gram, a unique Valentine's Day treat that can be delivered to the ones you love all over the country. These packages are Pinkberry frozen yogurts or gift cards that are specially wrapped and decorated with heart-shaped balloons, a hand-written note, and are hand-delivered to the home or office. Choose from Cupid's Swirl (one medium frozen yogurt with toppings for \$10), Take Me Home (five servings packed in a 25 oz. container with toppings on the side for \$20) or Swirly Spree (one gift card for any amount, plus an additional \$2 delivery and packaging fee). In addition, you can choose your Swirly Gram from these three flavors: original, chocolate, or blood orange, each with special Valentine's toppings.

Head over to your closest Pinkberry location and order a Swirly Gram for your loved one – or one for yourself! Swirly Grams are also available on [Pinkberry.com](#) for those who prefer

to shop online. But do note that balloons will not be included for online orders. As Pinkberry says, make hearts swirl this Valentine's Day!

~~To celebrate Valentine's Day, Cupid's Pulse has teamed up with Pinkberry to offer **ONE \$10 GIFT CARD** to **ONE LUCKY READER!** Simply tell us what flavor and toppings you would chose for your own Swirly Gram in a comment below. The most scrumptious combination wins! Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown and we will *never* spam you. This giveaway will run until **11:59 PM EST on Monday, Feb. 14 — Valentine's Day.** Check back on **Tuesday, Feb. 15 at 1 PM EST** for a post announcing the winners. Good luck!~~

This giveaway is now closed.