

# Food Trends: Acai Bowls



By

Ivana Jarmon

Right now, one of the hottest new delicious [food trends](#) incorporates the superfruit acai into a bowl. The acai bowl is known as a typical Brazilian dish, but the history of the acai bowl traces back quite a ways. The acai palm thrived throughout the Amazonian and was a vital source of food for many people of that region. In the '70s, the dish traveled to northern Brazil and became quite famous. The dish is made up of a variety of nutritious foods and is commonly topped with granola or banana, and then mixed with other fruits and topped off with a syrup. However, there are alternative ingredients that can be used to make the delicious snack. The dish can be served in a bowl, glass and/or smoothie cup. Acai bowls are very quick and easy to make, so easy that we have the perfect acai bowl recipe you can make at home! But first some quick

[food advice](#) on the acai – the acai is a berry that grows on a tree. It is also full of antioxidants, fiber and can lower cholesterol. The berry is also full of protein. Acai boosts energy, helps with digestion, aids the immune system.

## Check out our tips on how to make your own acai Bowl!

**1. Base:** You will want to start with a smoothie base. and you can choose your favorite: banana, apple juice, vanilla yogurt, frozen berries and acai berry puree (which can be found in the freezer section of most grocery stores). Break up your acai packet into pieces, and toss it into the blender along with the other ingredients. What you'll end up with is a thick and creamy smoothie.

**Related Link:** [Food Trend: Benefits of Eating Local](#)

**2. Bowl:** You want your acai smoothie to be on the thick side because you're going to pour it into a bowl and eat it with a spoon.

**Related Link:** [Food Trend: Poke Bowls & How To Make Them](#)

**3. Toppings:** Feel free to be creative with your toppings; you can use fresh fruit and nuts, coconut, sliced almonds or granola. Once you have added your toppings, dig in!

**Have any more tips on how to make a perfect acai bowl? Comment below!**

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# Food Trend: Benefits of Eating Local



By [Ha](#)

[ley Lerner](#)

Looking for a way to spice up your diet? One of the hottest new [food trends](#) is eating local. Eating local is when you eat food that is locally grown and produced and is not moved long distances to market. If you're looking to for an easy celebrity diet, eating local may be the perfect thing for you and your family to try out. We've got some [food advice](#) on why eating local is a great choice for you. After reading this, you'll want to head straight to your local farmers market.

# Check out our reasons why eating local is a perfect food trend for you to try!

**1. Fresher food:** One reason you should opt to eat local is that your produce is going to be so much fresher than when you buy it from a chain supermarket. Fruits and vegetable begin to lose their nutrients as soon as they are picked, so buying food locally cuts down the time it takes for your food to get from the farm to your table.

**2. More flavor:** Another reason to eat local is that produce is being picked in their peak state of ripeness, so you'll get to eat your food when it'll be tasting the greatest. You'll also be only eating food that is in season, so there won't be any artificial ingredients or preservatives in your produce.

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**3. Support your local economy:** One of the best parts of eating local is that your money will go towards local farmers and sellers. You'll be promoting your local economy and helping businesses and services in your community stay afloat.

**4. Environmentally friendly:** Buying locally grown foods help maintain lots of farmland and green space in your community. You can thus help your town become greener and more environmentally friendly.

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**5. Know what you're eating:** Eating local is a lot safer than buying food from a regular grocery store. You know where your food comes from so there is less of a chance of contamination and safety issues from food traveling from far off locations. You also can ask your local growers about their growing



practices so you are really comfortable with what you are eating.

Have any more reasons you should eat local food? Comment below!

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## Food Trend: Poke Bowls & How To Make Them



By [Ha](#)

[ley Lerner](#)

Right now, the hottest new [food trend](#) is poke bowls. Poke means “to slice or cut” in Hawaiian and the bowls consist of cubed raw, marinated fish on top of rice and topped with tasty

vegetables and sauces. This dish has been around for centuries in Hawaii and it's a delicious, healthy and unique meal you've got to try out. Now, you can pick up a Poke bowl at your local poke bar, Hawaiian restaurant or health food store. But, why not make it at home? We've got the [diet tips](#) to help you make the perfect poke bowl.

## Check out our tips on how to build your own poke bowl!

**1. Pick a base:** Start out your bowl with a base. You can choose from jasmine rice, bamboo rice, white sushi rice, soba noodles, leafy greens or zucchini noodles.

**2. Protein:** Next, you want to top your bowl with some protein. Typically, the best choice is fresh raw fish, typically tuna. Cut your fillet lengthwise and work against the grain to cut the fish into 1/2 inch strips. Then cut those strips crosswise into 1/2 inch pieces. If raw fish isn't your thing, opt for tofu or shrimp instead.

**Related Link:** [5 Celebrity Chef Brunch Recipes to Try This Weekend](#)

**3. Seasoning:** Mix your protein with some seasonings to enhance the flavor of your meal. Sprinkle in some scallions, sea salt or sesame seeds.

**4. Dressing:** If you really want to accent the flavor of your fish, add salty sauces like soy sauce, shoyu, ponzu or spicy black-bean paste.

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**5. Add some crunch:** To finish off your bowl, add some extra toppings to give more crunch to your meal. You can add fresh

fruits and vegetables like avocados, onion, garlic, bean sprouts or edamame. Or, you can add some roasted peanuts, shiitake mushrooms, wasabi peas, or jalapeños for some extra flavor.

Have any more tips on how to make the perfect poke bowl? Comment below!

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## **Restaurant      Review:      SUR Restaurant & Lounge in LA Is a      One-of-a-Kind      Dining Experience**





By

Bre Gajewski

In West Hollywood, just a block off of Melrose Avenue lies SUR Restaurant & Lounge, a beautifully designed space with several unique rooms, a charming wait-staff and delicious food.

**Restaurant**                      **Review:**                      [\*\*SUR\*\*](#)  
[\*\*Restaurant\*\*](#) is serving up delectable  
Southern European cuisine, making  
you feel like you have traveled  
abroad without leaving LA.





An elegant dining area at SUR

SUR is owned by two couples: Guillermo Zapata (the original owner) and his wife Natalie alongside Lisa Vanderpump and Ken Todd, whom you may know from hit reality TV show *Real Housewives of Beverly Hills* and *Vanderpump Rules*. In fact, the latter show follows the employees at SUR as they build their futures.



The owners of SUR restaurant: Ken Todd, Lisa Vanderpump, Guillermo Zapata and Nathalie Zapata

Lori Bizzoco, Founder and Executive Editor of Cupid's Pulse, recently had the opportunity to not only meet Guillermo and the staff at SUR, but also to enjoy a meal when she was in Los Angeles last week. "What you see on the show does not depict the politeness and attentiveness of the staff," said Bizzoco. "We were definitely expecting to see some more drama but everyone we met were so sweet."



Lori Bizzoco, Guillermo Zapata and Tonia DeCosimo at SUR

It turns out that the ambiance at SUR truly stands up to its name: Sexy Unique Restaurant. Each smaller room in this large venue creates an intimate dining setting. Along with its indoor dining, SUR also has a romantic outdoor patio and a chic private-party room. "It was beautifully decorated with fresh flowers everywhere," Bizzoco mused. "It felt like I was in an old mansion or walking through a Victorian maze. There was room after room, each one more elegant than the last."





One of the many dining rooms at SUR

Outside of the ambiance, the food is what makes this restaurant stand out. Bizzoco had the opportunity to try out various items from the SUR menu. She started out with the Chicken Steamed Dumplings and Fried Goat Cheese appetizers, which were both delicious.

Bizzoco also tried the Shrimp Risotto, which she described as “incredible” in addition to the Jumbo Shrimp Fettuccine. “The shrimp melted in your mouth, and the fettuccine was so creamy and smooth,” she said.





Roasted Salmon Dish

That being said, Bizzoco's favorite dish was the Roasted Natural Salmon depicted above. "It was amazing," she said. "Beautifully seared on the outside and so moist on the inside that it melted right in my mouth."

With its beautiful ambiance, seasoned wait-staff, and delicious menu, SUR definitely stands up to its self-description as being on the "cutting-edge of style and cuisine." Dining at SUR (or even just stopping in for drinks) is an experience unlike any other.

Check out their [website](#) for more information and don't forget to follow them on [Facebook](#), [Twitter](#) and [Instagram](#) to fill your timeline with mouth-watering food.

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# Food Trend: Fermented Products



By [Ha](#)

[ley Lerner](#)

The latest [food trend](#) that has been an essential part of many [celebrity diets](#) is fermented food products. Food becomes fermented by letting it sit and steep until the sugars and carbs become bacteria-boosting agents. Carbohydrates are converted to alcohol or organic acids using microorganisms such as yeast or bacteria. Not only does fermentation help to preserve food like vegetables, but it produces food products that aid digestion, support your immune system and improve your skin health and your mood. Fermented foods are a great source of probiotics that provide beneficial bacteria to help improve your gut health. Luckily for you, we have a list of some great fermented food products to include into your diet.

# Try out the fermented food trend with these products!

**1. Kombucha:** This is what might be the holy grail of fermented food products. Kombucha is an incredibly popular beverage right now among health and fitness junkies. This drink is a fermented mixture of black tea and natural sugar. Kombucha becomes carbonated after fermentation and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid. The benefits of this drink are that it improves digestion, aids weight loss, detoxes the body, increases energy, supports the immune system, minimizes joint pain and helps prevent cancer.

**2. Pickles:** Who doesn't love a good sour pickle on the side of your favorite deli sandwich? If you do, you're in luck, because pickles contain vitamins and minerals, antioxidants and gut-friendly bacteria. Make sure to purchase organic pickles to get the full benefits of the salty snack.

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**3. Miso:** Miso is a paste made from fermented soybeans and barley, brown rice or koji (a fungus). You might be familiar with this product as it's often used in the yummy Japanese broth of Miso soup. Some benefits of miso are that it has anti-aging properties, supports the immune system, lowers the risk of cancer, helps maintain healthy skin, promotes a healthy nervous system and improves bone health.

**4. Yogurt:** Probiotic yogurt is one of the most popular fermented dairy products. Yogurt brands that contain billions of active cultures can support digestion, healthy skin and blood pressure. Try to avoid yogurts that contain sugars!

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## [Allergies](#)

**5. Sauerkraut:** Yes, sauerkraut is a popular hot dog topping, but it also is an extremely healthy fermented food. This product is made from fermented cabbage and is high in dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B, iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut can aid circulation, increase digestive health, fight inflammation and strengthen your bones.

**Do you know any more delicious fermented foods? Comment below!**

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# **Food Trend: Yummiest Low-Calorie Desserts, And They're Vegan!**







By [Jessica Gomez](#)

[ssica Gomez](#)

The hardest part of dieting for many of us is the process of giving up the unhealthy deliciousness we love! However, there are ways to get around this! Instead of cutting out all sweets, go for low-calorie ones. Our favorite stars do it! They fit scrumptious desserts into their celebrity diet while keeping their calorie intake low, and still have that great celebrity body. So, we want in! Be ready to indulge in healthy deliciousness.

**Check out the latest food trend in the form of some of the most mouth-watering low-calorie vegan desserts out there!:**

The following recipes are to die for, and they're both vegan and healthy (as far as desserts go, anyway)!

**[Peanut Butter Pie](#):** Do you love peanut butter? Do you love pie?

Then you're gonna love this. Annie, a weight-loss expert, Holistic Health Coach, and PhD student at UT Austin, believes this is one of her best baked goods yet! This has a serving size of eight, and only contains about 62 calories per serving!

**[Skinny Chocolate Milkshake:](#)** Do you love chocolate? Do you love shakes? Well, we have a treat for you that's only 49 calories! Say what?! It's also gluten and sugar free, with low carbs. This is a flavorful drink with the thickness that matches a "regular shake." Also made by Annie, it's just a healthy piece of deliciousness.

**Related Link:** [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

**[Dark Chocolate Cherry Bark:](#)** Do you like a nutty dessert? A fruity one? Alyssa Shelasky of *Apron Anxiety* and *New York Magazine's Grub Street*, created a combination of both! And it's only 95 calories per serving! Learn how to make it on the site by clicking the link above. Once there, scroll down, as it's the fifth recipe. This seems new and exciting!

**[Mini Vegan Strawberry Cheesecakes:](#)** Do you love strawberry? Do you love cheesecakes? Then here is a mini treat made up of only 10 -calories! Jenny Sugar from *Popsugar* states that these are easy to make. Enjoy this creamy, fruity treat. They're also very cute, so save them for yourself or bring them out during a party or get-together.

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**[Coconut Macaroons:](#)** Do you love coconut? How about macaroons? These are gluten-free, and are only 30 calories per serving! They're on the dry side, as well, making them safer to pop in your mouth without worrying about an excessive amount of calories. Katie, proud healthy dessert blogger, loves chocolate, and believes "in eating dessert every single day." With that being said, we should definitely trust what she's

talking about when it comes to these macaroons.

Which of these are you excited to try? Share below!

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# Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen



by

[Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together. It's also important to pair your food with the right spirit or

wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

## Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

**Related Link:** [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines. If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich Vespa Rosso is the perfect selection for a red sauce dish –



and just because red wine is sexy.

**Related Link:** [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

*For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).*

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## Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body





By

[Jessica Gomez](#)

Summer is here, and some of us have been procrastinating on getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential in reaching your goal.

**Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!**

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

**1. Hot Lemon Water:** Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

**Related Link:** [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

**2. Master Cleanse:** This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

**3. Baby Food Diet:** To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

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**4. Macrobiotic Diet:** This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from

your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages “sea vegetables” as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

**5. Apple Cider Vinegar Shots:** Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can’t take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

**What are some diets you’ve tried that worked for you? Share below!**

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## **Celebrity Chef Recipes: Meal-Planning Made Delicious**







By

[Rachel Sparks](#)

Meal-planning is all the rage, but where do you even start? Eating the same ingredients all week sounds pretty boring, but these [celebrity chef recipes](#) can help you plan your weeks in delicious style. Not only does it save time and energy, meal-planning is a great way to help you achieve your healthy-eating goals. These recipes are so good that even though it's meal planning, the food is good enough to serve on a [date night](#)!

**Try these celebrity chef recipes for easy and delicious meal-planning ideas!**

Meal-planning doesn't have to be boring. Yes, you're trying to use the same ingredients all week to save on both time and money, but there's a lot of ways to use the same ingredients in delicious ways! These recipes will add some new cooking techniques to your repertoire and make you look like a

celebrity chef in no time! Check out these meal planning ideas inspired by [Jennifer Lopez](#)'s diet and the creative substitutes [Kim Kardashian](#) makes.

**1. It starts with the protein:** Have you ever noticed that the bigger the cut of protein is the cheaper it is? This is because it requires you to do a little fabrication: basically, the art of butchery. If you don't feel comfortable about breaking down a whole chicken, look for large portions, such as loins and roasts. You can cut these into stew meat, pork chops, or leave it as a roast. Buying these large portion saves you money, requires only a little prep ahead of time, and you can freeze any leftover cuts until you're ready to use.

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind by Eating These Super Foods](#)

**2. Seasonal vegetables:** Meal-prepping made easy and cheap means using readily available resources. While most grocery stores have a variety of vegetables year-round, the ones in season tend to be cheaper and, tastier, and much more delicious. Summer squashes can be used in pasta, stews, or sides for traditional entrées. Get creative and challenge yourself to use vegetables in every dish in a variety of ways.

**3. Leftovers anyone:** What's easier than an already prepped meal? Not everyone loves leftovers, but some dishes taste better as they age. Stews and soups continue to develop flavor as they sit in the fridge ready to be eaten. Yes, some people don't like leftovers, so consider smaller batches, but it's already a meal prepared that just needs to be reheated.

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**4. The back-of-the-pantry meal:** Have you ever seen Chopped? They require contestants to use unusual ingredients to prepare normal meals. When you're running short on time and can't go

to the store, digging around in your pantry can actually produce some unique dishes. It can be fun to challenge yourself.

**5. To freeze or not to freeze:** The ultimate in meal-prepping, preparing a dish ahead of time and saving it for later is incredible for a lot of people. If you have an afternoon free on a weekend, preparing a lasagna or casserole and freezing it makes an evening later in the week that much easier. Not everyone has time to cook an entire meal beforehand, thus the previous suggestions, but take that free time and get in the kitchen. You'll thank yourself later!

**How do you meal prep for your busy schedule? Share your tips below!**

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## **Popular Restaurants: The Best Bakeries in NYC**





By

[Ashleigh Underwood](#)

New York City is the place to be when it comes to the best and most exciting restaurants. The city is always up to date with the latest trends and hottest foods that everyone is dying to try. And what do people love more than a bakery that serves up the tastiest bread and pastries? Well, your search for the most popular restaurants is over because here they are!

**There is nothing better than finding a restaurant you love and having them serve up your favorite treats. So, take a look at this list of the best bakeries in NYC and find out which one is your new favorite spot!**

**1. Arcade Bakery:** If their creative name doesn't make you want



to visit, the taste of their delicious pastries will. This simple little restaurant is home to NYC's best croissants. Talented baker Roger Gural is serving up an amazing variety of cafe food including breads, pizzas, sandwiches and babka. However, their hours are limited to 8am-4pm on the weekdays, so you have to get there early and snag your treats!

**Related Link:** [Popular Restaurant: The Best NYC Vegetarian Spots](#)

**2. Maman:** Filled with the most beautiful french aesthetic, this restaurant is sure to win your heart (and stomach). With six locations to choose from, there is no excuse not to check out this cute cafe. With their inspiration coming from Southern France and North America, the restaurant offers many types of food such as; sandwiches, salads, quiches, soups, pastries and desserts, breads, and coffee. Their ingredients are all local and fresh, so we are sure that you will find something to satisfy your french craving.

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**3. Butter & Scotch:** This bar/dessert parlor is unlike any place you have been to before. Pairing together alcohol and your favorite sweet treats, this restaurant puts a new twist on your childhood ice cream parlor memories. While this fun combinations seems to be their specialty, the restaurant also offers a regular menu during the daytime which is guaranteed to tickle your taste buds. Butter & Scotch is also a proud supporter of the "girl gang" and shows it with a specialty menu. Any drink bought off this menu will send a portion of the proceeds to Planned Parenthood and help women everywhere.

**Related Link:** [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

**4. High Street On Hudson:** Originating in Philadelphia, this unique menu creating sandwiches with the best bread around

comes together in this exciting restaurant. High Street On Hudson offers a variety of bread and pastries, that are truly unlike any other. The bread used for their meals, are their main focus. Each sandwich has its own unique bread creation that shifts from morning to night. Their appeal grows even more as they offer the opportunity for customers to purchase loaves of bread separately to form their own creations at home.

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**5. Great Northern Food Hall:** Located in Grand Central Terminal, this Nordic restaurant is perfect for business lunches, quick snacks, or even dinner with friends. Since they have a Nordic inspired menu, this restaurant is dedicated to their breads. They even have their own unique bread making process adopted straight from Denmark. They hand shape their loaves with very wet dough allowing for a perfect texture and crumb which their customers love. Along with their delicious breads, they also offer fabulous danishes and tarts that are as sweet to look at as they are to eat.

**What are the best bakeries you have been to in NYC? Comment below?**

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## Popular Restaurants: The Best NYC Vegetarian Spots





By

[Ashleigh Underwood](#)

For quite a long time, it was tough for vegetarians to find a good meal in New York City. Most of the time, vegetarian food would be bland, poorly cooked or of the cheapest quality—definitely not something you would be dying to eat. However, as more and more people have traded in their meat loving ways and opted for a vegetable-based diet, NYC has finally gotten on board. Now, there are many food options and places to choose from that will have vegetarians swooning.

**Are you a vegetarian looking to try out some awesome new meals? Check out the most popular veggie-friendly restaurants in NYC!**

**1. Beyond Sushi:** When most people think of sushi, they automatically think of raw fish wrapped in rice, which is not necessarily ideal for a vegetarian. What if there were a place that took your love for sushi and made it vegan? Well, Beyond

Sushi is the place for you. With many options beyond the basic California roll, there is certainly something for everyone. This restaurant opts for foods such as curried cauliflower, mushrooms and charred corn instead of typical sushi ingredients. If sushi isn't quite your thing, they also offer a variety of dumplings, noodle salads, soups and rice wraps to satisfy your hunger.

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**2. Dirt Candy:** If you are on the hunt for the most popular restaurant, this place should definitely be on your list. Dirty Candy was the first vegetarian-focused restaurant in NYC, and it has not disappointed their customers since opening many years ago. While offering brunch, dinner, dessert and a drink menu, their options are quite extensive. For brunch, there are a variety of à la carte choices with their most popular being the Brussels sprouts tacos. For dinner, they do not serve à la carte, however guests are welcome to choose from either a five or 10 course meal with a wide range of veggie options.

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**3. Avant Garden:** For a special night out with a fancy setting, this is the place to be. With a quaint and intimate atmosphere, this place is perfect for celebrating a special occasion. While, this place is on the more expensive side, all the reviews point to it being well worth the money. If you're very hungry, expect to try many of their menu options, since their portions are fairly small. Also, check out their menu before you go! If you go once, odds are the menu has changed since the last time you were there, as they have a rotating seasonal menu.

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**4. Narcissa:** The menu at this popular restaurant is sure to



have something for everyone! Bring along your meat eating friends, and they are sure to find something they like as well. Their dinner options have many meat-based appetizers to choose from, and then a healthy variation of vegetable-based meals. They also have the option to order by the course, offering two appetizers, main dishes, sides and one dessert per person. Alongside their delicious food choices, Narcissa is also happy to offer local products coming from Hudson Valley Farm.

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**5. Superiority Burger:** For so long, it was extremely rare for any vegetarian to find a quality burger that didn't fall apart at the seams. This eatery takes the classic vegetarian burger to the next level, pleasing all types of customers. Their burgers are made with lentil, quinoa and black beans, creating the most incredible taste blend. To make this place even better, they are insanely affordable! With prices ranging from \$4.00 to \$9.00, everyone is able to eat out as often as they like!

**What are the best vegetarian restaurants in NYC you have tried? Comment below!**

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**Famous Cooks: What Restaurants Should You Hit Up in NYC?**





By

[Melissa Lee](#)

New York City is the mecca for deliciously diverse food. From street carts to cafes to full-blown five star restaurants, regardless of where you look, you're bound to find some of the best food in the nation. If you're heading to NYC and you're on the hunt for the yummiest places to stop by, check out this list. It's a combination of the city's greatest food treasures – we can even guarantee you won't be disappointed with any of the spots!

## Head below to get a sneak peek into NYC's most famous cooks!

**1. Restaurant Daniel:** Believe or not, NYC is home to a ton of French restaurants, all of which are competing for the best cuisine in the city. This fine dining establishment may possibly be the reigning champion, but that decision could be up to you. Located on the upper East side, Restaurant Daniel is notorious for their award winning French cuisine. The chef, Daniel Boulud, supplies a seasonal menu with a gorgeous

atmosphere inspired by Venetian Renaissance style.

**2. Aureole:** This American-style restaurant is a classic. Though classified as another fine dining spot, the joint serves (what they describe as) “progressive American cuisine.” Charlie Palmer, the head chef at Aureole, is even the winner of the 1997 James Beard award for Best Chef. Head to the Bank of America Tower in Bryant Park if you’re interested in dining at this contemporary yet elegant restaurant.

**Related Link:** [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

**3. Gramercy Tavern:** This jewel is a New York City treasure that everyone should visit. Danny Meyer opened this spot in 1994 and has since become one of the most beloved restaurants in the country. The tavern serves American style cuisine created by Chef Michael Anthony, who also offers a seasonal menu. Located on the Lower East side, Gramercy Tavern is known for its warm hospitality, incredible food, and rustic setting.

**4. Masa:** If you’re in the mood for Japanese food, look no further than Masa. Chef Takayama is perhaps one of the best sushi chefs in the world, using only the freshest and best ingredients for his meals. If you’re looking for something more casual, head next door to Bar Masa, which serves a more extensive menu of seasonal sushi selections (and has a no-reservation policy!).

**Related Link:** [Popular Restaurants: Best Bagels in NYC](#)

**5. Le Bernardin:** Seafood lovers absolutely have to make a reservation at this acclaimed four star spot. Maguy Le Coze, one of the original owners, and Eric Ripert are currently the chefs and they surely do not disappoint. The restaurant serves strictly seafood, using only the freshest fish available. Le Bernardin won the James Beard award for Outstanding Restaurant in 1998, followed by Ripert’s triumph of Chef of the Year New York.

What are some of your favorite places to eat at in NYC? Share your thoughts below.

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## 5 Must-Visit Locations for Book Loving Couples



By [Ma](#)

[rissa Donovan](#)

Reading can be an activity enjoyed by you and your partner. Although the hobby might not be every couple's cup of tea, it's something some bookworm partners truly bond over. There are many locations to visit for couples who love to read! From hotels to museums to bars, check out these hot spots across



the United States!

## Travel away to these book lover locations with your partner!

**1. Portsmouth Book & Bar in Portsmouth, New Hampshire:** This New England nook gives a cozy feeling to book lovers who love to eat. Watch live performances or get beer on tap with a fresh sandwich. You can also buy books right off the shelves. You will feel at home at this New Hampshire hot spot.



Photo:

dustinbotta/Instagram

**Related Link:** [A "Novel" Date Idea: Browsing for Books](#)

**2. Chumley's in New York, New York:** This historic New York location was the stomping grounds for authors such as Ernest Hemingway, F Scott Fitzgerald, and Zelda Fitzgerald. Many famous authors have photos hanging on the walls of this location. The delicious restaurant serves many [food](#) dishes worth ordering and might be a great spot for your next [date night](#).



Photo: zjlynch/Instagram

**Related Link:** [Top 10 Essential NYC Restaurants for 2017](#)

**3. The Beat Museum in San Francisco, California:** Learn more about the minds behind the Beat Generation in this museum made for fans of Jack Kerouac, Allen Ginsberg, and other authors. Book loving couple will enjoy the North Beach walking and museum tour the location has to offer their visitors.



Photo:  
thebeatmuseum/Instagram

**Related Link:** [Date Idea: Stroll Through a Museum](#)

**4. The Library Hotel in New York, New York:** Bookworms can rest easy in this creative New York hotel. The hotel has many

shelves full of books to browse before walking the city streets. Book reservations for a honeymoon or anniversary date that you will not forget!



Photo:  
libraryhotel/Instagram

**Related Link:** [5 Unique Travel Destinations You Can Drive to from NYC](#)

**5. Carousel Piano Bar & Lounge in New Orleans, Louisiana:** This is one of the coolest bars you will ever visit in your life if you and your book loving partner stop at this famous Louisiana hot spot. Many famous authors such as Tennessee Williams and Truman Capote have had drinks at this location. Besides having famous guests, the bar is literally styled like a carousel that you can drink at!



Photo: hardcor\_hj/Instagram

Will you be visiting one of these locations soon? Let us know in the comments!

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# Celebrity Chef Recipes for The Perfect Breakfast In Bed



By [Ma](#)

[rissa Donovan](#)

Having breakfast in bed is a fun treat to experience as a couple. Whether you plan on celebrating an anniversary or surprising your loved one, it's a special meal that will bring you closer together. Find out what kind of breakfast foods your partner enjoys eating and see if our recommended



[celebrity chef](#) recipes will match you and your partner's taste buds!

## Wake up with the chickens and try these easy breakfast in bed worthy dishes!

1. [Ree Drummond's PB&J Streusel Muffins](#): Try this lunchbox spin on English muffins to start your day. The gooey jelly and peanut butter will melt in mouth your mouth with each bite you take!



Photo:

<http://thepioneerwoman.com>

**Related Link:** [Celebrity Interview: Chef Roble Talks Date Nights and Says Creating New Fragrance Was "A Lot Like Cooking"](#)

2. [Jamie Oliver's Almond, Banana & Passion Fruit Smoothie](#): This fruity smoothie will be the best pick-me-up for you and your partner to drink. Get a tall glass make sure to get two drinking straws!



Photo :

<http://www.jamieolive.com>

**Related Link:** [Date Idea: Homemade Smoothies](#)

3. [Anne Burrell's Fingerling Home Fries:](#) Save room on the side of your plates for these delicious home fries! Bring napkins and a bottle of ketchup for the greasy goodness this side dish!



Photo: [Foodnetwork.com/](http://Foodnetwork.com/)

**Related Link:** ['Cake Boss' Star Buddy Valastro on His Celebrity Marriage: "I'm a Lucky Man Because the Reality TV Show Hasn't Changed Us"](#)

4. [Martha Stewart's Poached Eggs with Yogurt and Spicy Butter:](#) This eggcellent breakfast meal is sure to brighten you and your partner's morning! Although Poached Eggs can be

tricky to make, Martha Stewart's recipes will make this easy for any breakfast fan.



Photo:

<http://www.marthastewart.com>

**Related Link:** [Martha Stewart Discusses Blake Lively and Ryan Reynolds' Wedding](#)

**5. [Rachel Ray's Monte Cristo Waffle-Wiches:](#)** This breakfast sandwich will blow your mind. This recipe combines two breakfast classics into one meal. You and your partner will most likely want to make more than just one for each other.



Photo: [Rachaelray.com](http://Rachaelray.com)

**Which one of these recipes will you be trying for your breakfast in bed meal? Let us know in the comments!**

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# Popular Restaurants: The Best NYC Date Night Spots



By

[Melissa Lee](#)

Perhaps one of the most romantic cities in the world, New York City is the place to be if you're treating your sweetheart to a [date night](#). There are thousands of amazing restaurants tucked into the vast neighborhoods and areas of the city, each individual spot giving you a new experience all based on the environment and food. If you're on the hunt for a romantic restaurant to take your honey on your next date night, check out some of the best spots in the city.



# Interested in heading to a popular restaurant for a romantic date night? Here are a few of these hottest spots in NYC!

**1. The River Cafe, Brooklyn:** Considered to be the best (and most expensive) restaurant in Brooklyn, The River Cafe is a romantic spot complete with views of downtown Manhattan and some of the best chefs in the world. The current chef offers an incredible dining experience by giving two menus: three entrees that you and your partner choose, or six entrees that he chooses.

**2. La Grenouille, Manhattan:** This French spot is one of the last in the city. Located on the East side, the restaurant has amazing food that has been raved about since 1962. The menu also has an extensive wine list, many of which are encouraged to be paired with certain entrees.

**Related Link:** [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

**3. Le Coucou, Little Italy:** Located in, perhaps, one of the most cultural neighborhoods in the city, Le Coucou does not shy away from its Italian roots. The gorgeously decorated restaurant is quite intimate, making it a fantastic date night spot. If you stop by, make sure to try their notorious rabbit cooked three ways.

**4. Marea, Manhattan:** Another Italian hotspot on our list, Marea is located in Midtown West. Featuring a huge menu filled with expensive delicacies, only the freshest and best ingredients are being served to its customers. The experience is completely unique, especially since it's the only place in town that serves Petrossian special reserve caviar at \$385 an

ounce!

**Related Link:** [Famous Restaurants: Hottest Happy Hours in NYC](#)

**5. Augustine, Manhattan:** Yet another French restaurant that's based in the Beekman Hotel restaurant in the Financial District. Augustine is decorated with floral murals and beautiful chandeliers, giving it a rustic and classic vibe. Their food is incredible, and the spot serves some of the best steak tartare in the entire city.

**What are your favorite date night spots? Share your thoughts below!**

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**Giveaway: Enter Kirin Ichiban's Giveaway To Win A Trip To Japan**





By [Ma](#)

[llory McDonald](#)

Kirin Ichiban brings an authentic taste of Japanese culture to the states through their unique first press brew, so they would like to send two lucky New Yorkers to Japan for a week to experience Kirin's proud Japanese heritage. The JPN in NYC sweepstakes allows consumers 21 and older to enter into this contest by instagramming a picture of food – preferably with Kirin Ichiban! Check out the steps to enter below!

**Kirin Ichiban is giving away the trip of a lifetime...to Japan! And it's incredibly easy to enter!**

**STEP 1:** Dine at participating restaurants in NYC. Find the list at [www.jpnnyc.com](http://www.jpnnyc.com). Dine at multiple restaurants for more chances.

**Related Link:** [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

**STEP 2:** Follow @KirinUSA on Instagram, then take a pic of your meal (bonus points if it's paired with Kirin!).

**Related Link:** [Famous Restaurants: Hottest Happy Hours in NYC](#)

**STEP 3:** Share your pic to Instagram and include both @KirinUSA and the hashtag #JPNinNYC in your post.

The contest ends on Monday, July 31st. Check out the live countdown on [www.jpnninyc.com](http://www.jpnninyc.com)!

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## NY Restaurants with the Most Celebrity Sightings



By



[Melissa Lee](#)

While most celebrities across the board call Hollywood their home, New York is the runner-up. Known for its busy streets, bustling nightlife, and resilient aura, New York is constantly hosting celebs, whether it be for work or play. Regardless of the intentions of their stay, at the end of the day, who doesn't want to dine luxuriously at some of the city's best restaurants? Celebrities are always eating at the most lavish spots, and when you hear that your fave star was spotted eating somewhere... well, you know it *has* to be good.

## **If you're making a trip to the concrete jungle you have to head to these restaurants with the most celebrity sightings!**

**1. Carmine's:** Never mind the fact that celebrities are constantly being spotted at this restaurant – Carmine's serves family style Italian food that is absolutely to-die for! Due to its popularity, the owners have opened several locations throughout the city, but that doesn't mean stars have been going any less. For over 25 years, Carmine's has hosted numerous celebs including Drew Barrymore, Tina Fey, and Tim Gunn. Can we make our reservation now?!

**2. Bagatelle:** Located in the Greenwich Village area, this classic French Mediterranean restaurant is a celebrity hotspot. Beyonce and husband [Jay Z](#), Mariah Carey, and [Sofia Vergara](#) are only some of the stars that have dined at this five-star spot. Bagatelle has also revealed that Jamie Foxx even stepped into the DJ booth at one of their notorious parties, too!

**Related Link:** [5 Famous NY Restaurants to Visit if You Want to](#)

## [Spot One of Your Favorite Celebrities](#)

**3. The Polo Bar:** This All-American spot is extremely luxurious, and has seen Hillary Clinton, Andy Cohen, and [Gwyneth Paltrow](#). The restaurant, which is very exclusive, honors fashion designer Ralph Lauren by showcasing his brand with artwork of horses, polo matches, and sports. The Polo Bar serves incredible American dishes, including their signature Polo Bar Burger.

**4. Beautique:** While an intimate, low-key place to dine in Midtown, Beautique is also a high-energy club and lounge. Stars like [Kendall Jenner](#), A\$AP Rocky and [Leonardo DiCaprio](#) have all partied here, partially because the spot is known for hosting internationally acclaimed DJs.

**Related Link:** [Popular Restaurants: Best Bagels in NYC](#)

**5. Rao's:** The second Italian hotspot on this list is nearly impossible to get into – reservations are booked for months in advanced! However, if you manage to snag a table at this East Harlem spot, you're guaranteed to see a celeb. Rao's has served Leonardo DiCaprio, Bill Clinton and wife Hillary Clinton, and baseball star Hank Aaron – just to name a few.

**What are your favorite places to spot a celebrity? Leave your thoughts below.**

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**Famous Restaurants: Top  
Places Celebrities Go for**

# Date Night



By

[Melissa Lee](#)

Celebs are always dining at the most decadent restaurants, and date night is no exception. If anything, it's an excuse to go all out in the most romantic way possible, complete with the best food imaginable. If you and your sweetheart are in the mood to treat yourselves to dinner at a famous restaurant fit for the stars, check out some of the top places celebs go on their [date nights](#)!

**Lucky for you, Cupid has compiled a list of famous restaurants that**

# your fave celeb couples hit up on date night!

**1. Rosie's, NYC:** [Jessica Simpson](#) and her husband, Eric Johnson, have hit up this authentic Mexican spot on multiple occasions. They've been spotted there both on a date night and with a group of friends. Located in the East Village, Rosie's is known for their amazing Mexican food. Plus, in such a popular neighborhood, you and your partner can head out to a bar for a fun night out!

**2. Sant Ambroeus, NYC:** This NYC-based restaurant has hosted a slew of celeb couples, some of which include Beyonce and [Jay-Z](#)! Sant Ambroeus serves incredible Italian food, and they're famous for their delightful desserts. This cozy spot has five locations, all of which are spread throughout different neighborhoods of the city, giving each restaurant a completely new experience.

**Related Link:** [Famous Restaurants: Hottest Happy Hours in NYC](#)

**3. Serendipity 3, NYC:** Serendipity is a New York treasure, so it's no wonder why celebs adore heading to this spot. It's an extremely popular restaurant located on the Upper East Side that serves all the desserts you could ever imagine. [Ryan Reynolds](#) and wife [Blake Lively](#) along with John Travolta and Kelly Preston are only some of the couples that have been spotted here, enjoying variations of chocolate delicacies on their date nights.

**4. Soho House, LA:** This elite restaurant meets club is a celebrity hotspot – it's where former couple Robert Pattinson and [Kristen Stewart](#) first made their appearance together. This private members club serves food and drinks all day. Soho House is especially known for their club within a club, where they serve late-night drinks and food.



**Related Link:** [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

**5. Tower Bar at Sunset Tower Hotel, LA:** The romantic restaurant/bar hosted [Jennifer Aniston](#) and Justin Theroux after they got engaged, treating them to a celeb-approved dinner. Tower Bar is actually recognized as a place that celebrity couples frequent on date night, mainly due to their elaborate menu and complimentary wine list.

**What are your favorite date night restaurants? Leave your thoughts below.**

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## **5 Celebrity Chefs' Signature Dishes You Can Make At Home**





By [Ma](#)

[rissa Donovan](#)

Getting into the colder months can put you in a lethargic mood. Cooking for yourself or your family becomes harder and sometimes the usual pizza or take out seems like the quickest way to make everyone happy. During these upcoming winter months, don't fall into the routine of ordering out! Instead, try these warm recipes to lift your family's spirits!

**Try these yummy celebrity chef [food](#) recipes for your next family meal!**

**[Mario Batali's Tomato Focaccia:](#)** Instead of ordering pizza, make a fresh pizza-like dish that your whole family can pull a part and enjoy! Put on additional toppings in case your family wants a little more than just tomatoes.



Photo: mariobatali.com

**Related Link:** [Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

**[Ina Garten's Herb and Apple Stuffing](#):** Get ready for the winter holidays or prepare comfort food that your family can devour. This recipe can also be paired with a roasted turkey or chicken!



Photo: Foodnetwork.com

**Related Link:** [The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night](#)

**[Jamie Oliver's Sweet Potato, Chickpea & Spinach Curry](#):** Spice up your family's taste buds with with this celebrity chef dish! Make sure to buy a bag of tortilla chips or bread for this warm meal.



Photo: [jamieoliver.com](http://jamieoliver.com)

**Related Link:** [Exclusive Celebrity Interview: 'Food Network' Host Claire Robinson Says, "Food Is the Key to Passion"](#)

**[Trisha Yearwood's Chicken Tortilla Soup](#):** Ditch your can of chicken noodle soup, and switch up your family's expectations with this fun and tasty recipe! This dish will sure to make your family ask for seconds.



Photo: [Foodnetwork.com](http://Foodnetwork.com)

**Related Link:** [How Celebrity Chefs Love Their Mates With Food](#)

**[Ree Drummond's Nutella Wontons](#):** Try making this rich fried dessert after your family finishes dinner. This dessert is best served with a small dish of vanilla ice cream.





Photo: Thepioneerwoman.com

Which of these celebrity chef recipes do you plan on trying first? Let us know in the comments!

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## **Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track**





By

[Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

**Looking for fitness tips to get the perfect beach bod this summer? Look**

# no further than these five great fitness apps to help you get toned *and* tanned this season!

**1. Charity Miles:** If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

**2. Couch to 5K:** If you're struggling to start a good fitness routine and feel as though you need to start from the beginning and work your way up, this app may just be for you. Couch to 5K trains beginning runners and takes them from couch potato to the finish line of their first 5K race in just nine weeks. Carve out thirty minutes a day, three days a week for those nine weeks and you can join them, with this handy app that makes running and getting fit a fun challenge. The Couch to 5K app comes with an interactive coach you can hand select and a welcoming and warm community you can share your progress with. Get on the fast track to a 5K and better fitness today!

**Related Link:** [Fitness Trend: Wearable Technology](#)

**3. FIT Radio:** If you workout best to music but struggle to find tracks that keep your energy up or very rarely have the motivation to create workout mixes of your own, this app is for you. FIT Radio provides you with ready-made mixes and jams that offer a consistent beat, something that's easy to work out to whether you're tearing it up on the track, cycling your way to success, or dancing your heart out in Zumba class.

Plus, there's also the bonus of being able to discover new tracks that you love while you're working out, so if you're a music fanatic who is always looking for the next big thing, this is a great way to stay up to date on the music scene while you keep your body in tip top shape.

**4. MyFitnessPal:** If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your work out routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be for You](#)

**5. FitStar:** If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work towards harder and harder exercises at your own pace and in the comfort of your own home.

**Will you be downloading any of these awesome fitness apps to get the celebrity body you've always wanted? Let us know in the comments!**



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# Popular Restaurants: Are Liquid Nitrogen Cocktails Safe?



By

[Melissa Lee](#)

Mixing liquid nitrogen with your favorite drink might not sound like the greatest idea – but it's actually a food trend that's become quite popular within the past year. Restaurants like [Employees Only](#) and [Please Don't Tell](#) in NYC are known for their creative drinks, liquid nitrogen cocktails being one of them. Although this may seem like an awesome idea, it raises a pretty important question – are they even safe?

**Popular restaurants have been serving up liquid nitrogen cocktails, but Cupid's here to let you know whether or not these drinks are a good idea.**

**1. We consume liquid nitrogen all the time:** First off, it's important to know that liquid nitrogen to make certain foods like ice cream, but this is not the same form of consumption that occurs in liquid nitrogen drinks. When it's in ice cream, the nitrogen has already evaporated, so it's a-okay to eat. However, with these cocktails, most bartenders tend to chill the glasses in liquid nitrogen – but the bartender should be trained in the proper use of the element.

**Related Link:** [Famous Restaurants: Hottest Happy Hours in NYC](#)

**2. It is non-toxic:** Research has been done to reveal that nitrogen is technically non-toxic, but this doesn't necessarily alleviate all safety hazards. Liquid nitrogen is still cold enough to cause frostbite. Additionally, even if it evaporates, the remaining liquid can be dangerously cold and even has the power to leak into tissues after the nitrogen gas exerts pressure.

**Related Link:** [Popular Restaurants: Best Bagels in NYC](#)

**3. Drink in moderation:** As long as the bartender is familiar with liquid nitrogen and is aware of safety pre-cautions, having one cocktail shouldn't result in anything dangerous. But this shouldn't become your drink of choice – regularly consuming liquid nitrogen in this form can cause severe damage to your mouth, stomach and esophagus.

**Have you ever tried liquid nitrogen cocktails? Share your**

thoughts below.

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# 5 Famous Restaurants from Movies You Have to Visit in Real Life



By [Ma](#)

[rissa Donovan](#)

Have you been searching for cool hot spots for your next vacation? Are you ready to try out a new eating destination in your area? As you may already know, New York and California are the two most common places for movie locations. Cupid has found five famous restaurants that are perfect for your next

[date night](#) or [getaway](#)!

# Have an unforgettable dining experience at these famous restaurants from movie locations!

**1. Serendipity 3 from *Serendipity*:** Order their famous frozen hot chocolate like John Cusack and [Kate Beckinsale](#) did in the film! The restaurant's menu has a wide variety of desserts you can choose from. If you plan on having a winter getaway in New York, make sure to visit this movie magic place.



225 E 60th St, New York City, NY 10022, USA Photo: abbycasabar/Instagram

**Related Link:** [Serendipity 3: Perfect for Date Night & a Sweet NYC Celebrity Hotspot](#)

**2. Il Cielo from *Legally Blonde*:** This Italian restaurant is fantastic for any relationship milestone! Their outdoor and indoor seating is romantic for an intimate date as the tables can sometimes be covered in rose petals. Even though [Reese Witherspoon's](#) character had her heartbroken here, that doesn't mean you can't have the perfect date night!





9018 Burton Way, Beverly Hills, CA 90211, USA  
Photo: gee93\_/Instagram

**Related Link:** [Top 10 Most Romantic Movie Locations](#)

**3. House of Pies from *No Strings Attached*:** Order a sweet treat and coffee at this little slice of heaven! This restaurant was the location where [Ashton Kutcher](#) and Natalie Portman shot their breakfast scene together. The food is so delicious, you might make people thinking you eat like a baby dinosaur!



1869 N Vermont Ave, Los Angeles, CA 90027, USA  
Photo:  
dickwilkinson/Instagram

**Related Link:** [No Strings Attached featuring Natalie Portman](#)

[and Ashton Kutcher](#)

**4. The Lighthouse Cafe from *La La Land*:** Listen to live music and have some drinks at this jazz club! Miles Davis and Chet Baker have played at this venue. The club serves brunch, dinner, and a wide variety of beers. It's a great place for music lovers and fans of the award winning film!



30 Pier Ave, Hermosa Beach,  
CA 90254, USA Photo:  
ivydesign5440/Instagram

**Related Link:** [Famous Restaurants: Best Diners, Drive-Ins, and Dives in Rhode Island](#)

**5. Larry's Lounge from *27 Dresses*:** Sing your heart out to "Bennie and The Jets" at this dive bar. If you plan on visiting Pawtucket, RI, this is a must stop! The bar has comedians and a friendly staff. It might even be a fun place to have a bachelorette party.



140 Dexter St Pawtucket, RI  
02860, USA Photo: Andrew  
D./Yelp

Have you visited these movie locations? Let us know about your experiences in the comments!

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## 5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate



By

[Noelle Downey](#)

When it comes to our favorite foodies, celebrity chefs may just take the cake. Whether you're curling up on the sofa to watch your favorite cooking show with your sweetheart on a date night or visiting famous cook's restaurants on a romantic

getaway, we all love to experience the wonderful world of fine-dining and elevated cuisine. But even the chefs behind some of the most famous restaurants out there have foods that will make them turn up their nose in disgust. Whether it's something many of us might cringe to nibble on or a dish some might view as a culinary treat, these chefs take picky eating to another level with their hatred of these five key foods.

## From the understandable to the weird and wacky, here are the top five foods your favorite celebrity chefs just can't stand.

**1. Raw Red Onion:** Anyway who's a regular viewer of the Food Network sensation *Chopped* will be familiar with the debonair judge, Scott Conant. Whether he's critiquing chef's dishes after frantic timed rounds, managing one of his award-winning restaurants, or writing his next bestselling cookbook, Conant keeps busy making use of his incredible palate. But if you're serving a meal to this celebrity chef, make sure that you leave one key ingredient off the plate: raw red onions. Conant famously hates the taste of this raw vegetable, so much so that contestants on *Chopped* have gone out of their way to avoid serving it to the otherwise open-minded chef.

**Related Link:** [Host the Perfect Celebrity-Style Dinner Party with These Celebrity Chef's Favorite Recipes](#)

**2. Airplane Food:** While all of us may occasionally turn up our noses at the fare served on some low-budget airlines, one famously high-tempered celebrity chef absolutely refuses to let a bite of even a first-class offering pass his lips. Gordon Ramsay, famed chef on such food-centric reality TV shows as *Hell's Kitchen* and *Kitchen Nightmares*, has thoroughly damned airplane food, speaking more harshly of it than even



perhaps some of the lesser dishes served up to him on his uniquely intense and competitive television programs. If you're looking to please this spiky-haired chef, try not to be the flight attendant bringing him his dinner!

**Related Link:** [How Celebrity Chefs Love Their Mates With Food](#)

**3. Goat Cheese:** While it's a staple of some delicious salads, sandwiches, and more, goat cheese isn't the favorite food of every celebrity chef. In particular, Melissa d'Arabian, celebrity mom, television host, and cookbook author, who claims that goat cheese, "tastes like the smell of a manger!" If you're looking to keep on the good side of this Super Momma and her captivating culinary creations, make sure if you ever get the chance to give her a sample of your finest dining treats, no one of them incorporate the offending cheese she hates so much.

**4. Cream Cheese:** When it comes to another kind of offending dairy, cream cheese is next up on the list. Cooking Channel's very own Kelsey Nixon of *Kelsey's Essentials* fame has repeatedly shared her dislike for this unassuming spread. While thousands of people across America and beyond will reach into their fridge to retrieve this creamy addition to their morning bagel, Nixon turns up her nose, stating, "I refuse to eat cream cheese unless it's sweetened and found in some sort of frosting."

**5. Whole Fish:** While fish with the head and tail intact are often served in fine-dining establishments as a delicacy, some celebrity chefs swear that this particular type of culinary excellence is just too creepy to consume. *The Biggest Loser's* chef Devin Alexander, famous for her take on healthy-version of contestant's favorite comfort foods, claims that she can't stomach any type of food that "looks back" at her. "I'm sorry," Alexander admits, "but fish filets only, please!"

**What do you think of these familiar foods that celebrity chefs**

can't abide by? Are any of your favorites on this list. Let us know in the comments.

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# Host the Perfect Celebrity-Style Dinner Party with These Celebrity Chef's Favorite Recipes



By

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Summer is great for family barbecues and outdoor dinner parties. You probably have family visiting from far away, or friends who would love to get together for a meal. Sometimes going to a chic restaurant during these busy months isn't worth the wait. Treat your family and friends with these [celebrity chef](#) recipes.

## Try these unforgettable celebrity chef recipes to make your friends and family feel like celebrities too!

1. [Martha Stewart's Lemon-Poppy Seed Buttermilk Biscuits](#): As much as anyone enjoys dinner rolls, they can be very predictable. Try Martha Stewart's lemon-poppy seed buttermilk biscuits for a change in expectations. Add butter or a sweet jam to these biscuits as a starter for your meal.



Photo: Armando  
Rafael/marthastewart.com

**Related Link:** [Martha Stewart Discusses Blake Lively and Ryan](#)

## [Reynolds' Wedding](#)

2. **[Giada De Laurentiis Italian Pasta Salad:](#)** This easy to make pasta salad is an appetizing side. It embodies a savory antipasto platter with it's many meats and cheeses. Your guest will be asking for seconds from this recipe!



Photo: Elizabeth  
Newman/giadzy.com

**Related Link:** [Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

3. **[Art Smith's Southern Oven Unfried Chicken:](#)** Your guests will be licking their fingers over these delicious chicken wings. This recipe was even featured on an episode of Oprah! These wings will go great with ranch dressing or just by themselves.



Photo:  
iamthemidnightchef/Instagra



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**Related Link:** [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

**4. [Aarón Sánchez's Charred Corn with Cheese & Chili-Lime Butter](#):** Try this corn on the cob that has an extra kick of flavor. This recipe allows you to cook outside by using a grill to help season the corn. After trying this recipe, you might not want to go back to regular corn again!



Photo: Victor  
Protasio/People.com

**Related Link:** [Celebrity Chef Richard Blais Makes a Five Star Team with BLACK+DECKER and George Foreman](#)

**5. [Jamie Oliver's Rhubarb Sorbet with Pistachio Brittle](#):** Hopefully your guest have saved room for this sweet treat! Rhubarb is a sweet and sour plant that makes the perfect taste for sorbet. The pistachio brittle is the finishing touch to this desert. You will have to make this desert the night before the party to allow the sorbet to freeze completely, but don't let that stop you from trying this exclusive desert!



Photo :  
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**What are your favorite recipes to use at dinner parties? Share yours in the comments so our readers can try them!**