

Stars In Your Stomach

by Eva Stoddard and Katherine Zimmer

LEO

Leone, the Lion



Ruled by the Sun - July 23 to August 22

Mangia!

Mangiare is not just the Italian verb for to eat. "Mangia!" is the passionate cry that sounds the beginning of every Italian meal with outstretched arms and huge smiles. A Leo must have started this tradition.

If they can't be the host themselves, Leo needs to be the recipient of great service and wonderful foods. Please, no buffets or cafeterias with bright lights or loud noise imitating music. Their keen senses are assaulted easily and when turned off, they become cranky.

Having said that, it's not important whether the restaurant is fine dining or a dining dive, it just has to be known for something... the best service, the best chili, or the most interesting environment. Leo is not about being elitist or snobby; they are tasked with passion and indulgence in the best life has to offer at that moment. You can take them to the seediest joint, as long as it's eclectic and the macaroni and cheese is extraordinary.

If you're going to take your Prince Leo out to the trendiest hot spot, you'd better have the clout to get the best table because it won't do if he has to sit in the corner by the waiter's station. He would rather go to a lukewarm spot and have the attention and service he requires. And he doesn't mind waiting a little longer for a table with a view.

The big cat is a community animal. They need to share every special experience with someone they care about; they do not prefer to travel or adventure alone. The more diverse the entourage the better, but these people are not window dressing; Leo is fiercely loyal and supportive to good friends. Let Leo take you out or cook and the meal is guaranteed to satisfy everyone present!

A strong Leo character will have an eating ritual depending on the environment. It may encompass style and creativity or simply fulfill their need for recognition.

It could mean that certain foods are only eaten in front of the TV! They will not hesitate to call the manager if there is something wrong with the meal, but like true royalty, they will do it gracefully without demeaning the establishment. Remember, Leo is an ancient regal sign and as such requires the appropriate measure of doting. They treat every life experience as a creative challenge and will be sorely disappointed if the adventure goes sour.

Favorite Foods: Hearty well-presented food served with rich sauces. Savory roasted meats, casseroles and pastas. And for sweets, lots of ice cream or an excellent dark chocolate wrapped in something flashy. If they are forced to eat vegetables they must be brightly colored, interesting and flavorful. A beloved food for Leo can run the gamut in recipe variation. The menu can consist of one dish or five... it doesn't matter as long as it's extraordinary or involves a warm memory, the service is excellent, and they have an audience.

Your month: Lots of lazy lunches on verandas keep your summer social scene sizzling and build search optimization for soul mates. You never need an excuse to self-indulgence, but keep a bookmark on health and make smart birthday choices. Well ok... make smart choices after your birthday!

Get an assist from the new moon in Leo on the 20th, which lights up your charm and boosts will power for diet and exercise goals. A good friend gives you designer gym shoes with gold laces... Happy Birthday!

Your pairing: Cilantro-pepita mole verde over grilled chicken breasts and veggies with a cool smoky Fumé Blanc

StarBytes

- ★ Magnetic
- ★ Courageous
- ★ Overindulgent
- ★ Dramatic
- ★ Leader

StarLite

- ★ Control the sauces, casseroles, and ice cream!
- ★ Watch your portions and force yourself to eat more vegetables!
- ★ Get a personal trainer and wear Prada in the gym!

StarGlimpse

Out To Eat...

- ★ Fly Leo to Rome for lunch or go to the best diner in town for a burger, but don't watch the clock or complain about the prices!

At Home...

- ★ Let Leo cook their favorite recipe for you so they can show off!

How to Impress...

- ★ Be truly thoughtful, creative, and grand!

Gift Foods...

- ★ Bubbly, sparkly, rich and surprising wrapped in gold!

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Chef Cosmo's



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Excerpt from...

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Virgo ♍ August 23 to September 22

Kick up your preventative health regime with vitamin-packed veggie soups to avoid a summer cold early in the month. Mercury in Virgo helps words flow with confidence and you find comfort in socializing over great meals both in personal life and work. In fact, your hyper-active intuition attracts captivating people who ignite inspiration and uncover reconnections with possible romantic twists. Plan ahead to meet deadlines through chaos; this should be second nature for you!

Your pairing: Butter grilled gnocchi with fresh watercress pesto and a tart Dolcetto

Libra ♎ September 23 to October 22

Resist the urge to get in the middle of it, whatever it is. This month's planetary clashes create challenges everywhere. Although, vacation plans at the beach cottage remain tranquil. Share the bliss with friends and family for plenty of meal planning excitement. Between full and new moons (5, 20), avoid full deposits of faith in big promises or instant attractions. Listen to rumors at work to discover trending developments that could give you an edge.

Your pairing: Catch-of-the-day beach style Cioppino with sour dough baguettes and a chilled Cape Blush

Sagittarius ♐ November 22 to December 21

This month is both laid back and adventuresome for you. The full and new moons (5, 20) spur your travel and learning zones. If a long trip isn't possible, look into weekend getaways with cultural cooking classes or a "wines of the world" course. Accept all connective invitations this month and learn from other's experiences. There are gems living right next door. Relax end of month and prep for a busy September.

Your pairing: Lamb Fricassée with roasted asparagus and peppery clove Zinfandel

Aquarius ♒ January 20 to February 18

If it's even possible, you have an extra level of charisma this month for charming your needs. The frosting on that cake is a whipped up lunar energy giving you an excuse to take off work for self-indulgence with romance in the picture. Commitments are sound so take advantage of Mars in Gemini for social networking in new venues. Invoke your "try anything" spirit and add a few new restaurants to your faves list!

Your pairing: Sautéed duck breasts with gingered honey and lavender paired with an elegant Viognier

Aries ♈ March 21 to April 19

Your challenge this month is your need to be right, so keep an open mind to avoid deception from fast-talkers. Common sense is your asset. The full moon on the 5th endorses a romantic dinner on a trendy resort terrace... practice patience, feast pleasurably and enjoy the company. You will have great ops to showcase biz talents when Mercury transits. Try to follow rules and focus on accountability for optimum rewards. Oh, and buy a lottery ticket the week of the 14th!

Your pairing: Big-bite grilled sirloin burger with truffle garlic fries and a saucy Shiraz

Gemini II ♊ May 21 to June 20

Financial climate change has potential for cha-ching, but major purchases are unwise. Frequent the taco truck for economical street-fare delicacies, which will help the bank account and keep you mobile. The full and new moons (5, 20) create open space on your calendar for educational ops, take advantage even if you need to do it online. Mercury in Libra late in the month enhances family ties, but hold off until September to throw the big dinner party.

Your pairing: Grilled Chilean sea bass with a roasted poblano-lime butter and a bright Pinot Grigio

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Scorpio ♏ October 23 to November 21

Domestic life is in synch early in the month with full moon in Aquarius on the 5th – a great time for family barbecues. Obsess over your to-do list and it will vaporize quickly. Friendships are also thriving. Give positive energy to your connections at evening socializations and stay alert for whirlwind romance ops. Taste everything, eat nothing is your motto for the summer buffets. Take it easy end of month; you may be a bit accident prone.

Your pairing: Spanish *tipico* paella with shellfish and a fruity Rosé-Moscato Sangria

Capricorn ♑ December 22 to January 19

Mercury and Mars clash with other orbs challenging your cool. Choose flight instead of fight and take off for a long weekend with partner or friends to a superior culinary destination. Close ties to your social-sphere are nourished with Venus in Cancer, keep your agenda in check and cater to others... figuratively and literally by letting them pick the menu and you do the cooking. It's the ultimate unveiling of your heart and good therapy for your tendency toward melancholy and ambitious focus.

Your pairing: Flame grilled flank steak with roasted corn-pancetta salsa and a full-bodied Provence Bandol

Pisces ♓ February 19 to March 20

The moon's heightened activity gives you added reason to be kind to yourself. Your challenge is boundaries so clarify yours by shedding clutter from your personal space. One person's cast offs is another's treasure so host a yard sale with nurturing snacks and cash in. Your hard work will pay off with success in September. Mars gives an added assist with needed energy to protect you and yours from negative influences; insist on family-cooking dinners at home to strengthen bonds.

Your pairing: Salmon artichoke cakes with lemon-fennel rémoulade and a crisp Gewürztraminer

Taurus ♉ April 20 to May 20

Summer socializing is peaking with barbecues and family gatherings. Calendar events and use your supportive nature to meet new people. Keep your perspective with difficult people thrown in your path as planets clash with Pluto. Your challenge is letting go, don't squander tears over spilt milk. A close friend is your rock; talk more than normal – it will help empower you and you can build on the energy through the remainder of the year. You will have favorable news of a financial surprise.

Your pairing: Grilled pork chops with chilled cinnamon-lemon Kugel and a vibrant Riesling

Cancer ♋ June 21 to July 22

With Mars in Gemini most of the month your mind is in overdrive mode; find creative calming bedtime habits to ensure endurance with plenty of sleep. You must get out and network with other people who are key to success. Throw a fun summer block party potluck (even though you'll do most of the cooking) and uncover your nearby valuable connections. Venus in Cancer will boost laws of attraction, think positive, share your vision and make it happen.

Your pairing: Lobster Po'Boy with lemon garlic aioli, sweet potato fries and a sparkling Lambrusco