

# Stars In Your Stomach™

by Eva Stoddard and Katherine Zimmer

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Leo  
Virgo

Chef Cosmo's



PLANETARY CUCINA

"Celebrating our relationship  
with food and the food in our  
relationships!"



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Leo ♌ July 23 - August 22

Summer sets the perfect stage for our shimmering Leo all-stars. Be sure to pace yourself at the BBQ parties, both your own and others, and give yourself plenty of quiet time to reconnect with your intuition. But, of course, bring on the cake and ice cream sundae bar for your big day... just reign in the temptation to celebrate all month! As Venus advances through Leo up to the 20th, your popularity soars and the law of attraction is abundant. The full moon on the 13th stimulates romance sizzle... now is the time to plan that weekend getaway.

**Your pairing:** Grilled filet mignon au poivre with fresh asparagus pasta salad and a spicy Zimfandel.

**StarChefs:** Julia Child, Alton Brown, Tom Colicchio, Giada DeLaurentiis, David Rocco, Martha Stewart

## StarLite!

- Watch those portions and force yourself to eat more vegetables... pretend they're just green casseroles!
- Engage awareness on the sauces and ice cream... there are yummy low fat alternatives out there.
- Get a personal trainer and wear Prada in the gym!

Virgo ♍ August 23 - September 22

It's time to believe what others have known for a long time... you are a star and can manifest your daydreams with little effort bringing you the recognition you truly want. Embrace this side of yourself and practice creativity. The kitchen is a good place to start breaking out. The full moon on the 12th will support these efforts by sharpening your skills of persuasion and keeping you in tune with partners of all types. Plan a special party for your birthday and show them your flair. Remember... life encompasses work AND play!

**Your pairing:** Summer pineapple glazed Cornish game hen with pine nut wild rice stuffing and crispy Pinot Grigio.

**StarChefs:** Mario Batali, Todd English, Michael Symon, Rachel Ray, Padma Lakshmi, Donatella Arpaia

## StarLite!

- Not too many food issues here... just try to find balance between perfection and relaxation... err toward less stress.
- You're starved for creativity in food; try eating outside of the granola box for fun!
- Get social with your nature walks by sharing them with friends!