

**Snapshot of your date
goes here**

INTIMACY BEGINS IN THE KITCHEN

OUR LOVE STORY

Creating Happily Everafters

HOLISTIC COACHING WITH SAKINAH B.



Welcome to a Year of Dates

Relationships that are cultivated, cared for and nurtured are relationships that last.

Husbands, love your wives as Christ loved the church and gave himself up for her. - Ephesians 5:25

"As Christ loved the church" means as he nurtured, tended to, and cared for her. As husband and wife, you are to do that for each other. The importance of regularly setting aside quality time to spend with your significant other cannot be quantified.

Tips for using this book:

- There are 12 date ideas for you and your companion; one for every month.
- Pick a day each month for your date and put it on your calendar.



Tips for using this book:

Take turns on who is responsible for getting everything prepared for the date. This is not a one-person does it all scenario.

- **Ways to prepare:**
 - Get a sitter in advance if you have children.
 - Purchase food or make the reservations.
 - Map out where you are going to go.
 - Etc.
- The entire week leading up to the date, build the excitement.
- Write a love note or send a text with a word or phrase that only the two of you understand.
- Leave a piece of cloth or note with the scent of your perfume or cologne on it.
- If it is a surprise date, leave hints about where you are going, to get them intrigued and to try to guess.



Tips for using this book:

- Remember these are merely suggestions, ideas for dates. Feel free to allow your imagination to run wild. Let these ideas catapult you into new ones specifically designed for the two of you.
- More than anything else, have fun with this. The time you spend with your spouse now will exponentially give you an increase for years to come.
- Have fun and happy dating.



The Longevity of Relationship

The best part of doing life together is having your partner around to do life with.

Nothing says I value you more than looking out for the well being of another. Let's start the year off right by making a relationship pact to get healthy and stay healthy.

Tips for a successful pact:

- Seek out an area gym, create one in your home, or set aside time to do Youtube videos together.
- Seek out assistance creating healthier meals. Cook together. Remember Intimacy Begins in the Kitchen. If you ever need help, I am only a click away @sakinahbunch.com.
- The key is to do something, anything to move you both toward a life of better health and longevity together.

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Location _____

What we enjoyed _____



Charcuterie Night

(pronounced "shahr-ku-tuh-ree") an assortment of meats, cheeses, artisan breads, olives, fruit, and nuts, all artfully arranged on a serving board.

Mocktails and charcuterie for dinner, snack, or even brunch is so fun and filling. But having it with your boo is even better.

Create your own board, book an intimate Charcuterie cooking class with just you two, or have a couples night in.

Elements needed (2-5 servings):

- Cutting board
- Serving knives
- Bowls
- Crackers or Baguette
- Pair it with your favorite wine or mocktail
- 2 types of deli meat
- Dip, creamy or oil-based
- 2 types of cheese, 1 soft, 1 hard
- Fruit
- Nuts



Charcuterie Night

1. Purchase your ingredients.
2. Dip - Find your favorite recipe on Pinterest or purchase from the store.
3. Arrange your board however you would like. Just have fun doing it with your mate.
4. Play the Intimacy Begins in the Kitchen Youtube playlist or some soft music that the two of you would like.
5. I am sure you can take it from here. 😊

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Spa Day

Not all dates need to be at night.

You can choose whether you go out to a day spa or create your own spa at home.

If you choose to create your own, here are some tips:

Tips for your spa day:

- Have fun snacks and plenty of water on hand, hydration is important
- Relaxing music playing (feel free to use the Youtube playlist from class)

Pedicure

- Towels
- Basin
- Essential oils
- Scrub brush

Massage

- Massage oil

Spa

- Turn the shower on high and stand in it for that spa feel.

After the treatment, you can choose to:

- Watch a movie
- Read a book
- Have a dance party together

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Print and Frame Your Favorite Photos

What better way to reminisce and have fun with your mate?

Pull out the printables, or take it to Facebook or the Cloud and print out your favorites to put into a collage or vision board.

Don't want to print out all of those photos? Create a digital collage and share it with all of your friends and family. Keep it as a screensaver, social media cover, or computer background.

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Game Day_

Watching the game with the fellas or the girls is cool, but there is a unique intimacy that occurs when you watch it together.

Tips for your game day:

- Make sure you and your mate wear your favorite jerseys.
- It's ALL ABOUT THE SNACKS, so don't skimp in this area. Of course, the healthier and the tastier, the better. Check out our Buffalo Cauliflower Bites or our Raspberry Wings in our "Wife to Be" Cookbook, by Sakinah Bunch. The link is at the end of the book.

BONUS EXTRA CREDIT

- Explain the game without irritation if your mate does not understand.

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Recreate Your First Date

Nostalgia. Nothing helps you to see the person you love better than reminiscing over your first date.

Remember the scents, the sights, the ambiance of the first time you went out on a date with your mate? Were they great memories? Whether it was a great date or you just prayed for a do-over, Here is your chance to bring back the fun of getting to know your love all over again.

Tips for your date:

- Plan, plan, and plan again.
- You have a second chance to right any weird things or not so right things that happened on your first date. In other words, make the reservation, put enough gas in the car, get a sitter for the kids, whatever is needed, do that!
- Now relax and have fun.

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Take a Sip and Paint Class

Relationships are a work of art.

Want a date night that is exciting, fun, and a wee bit challenging all at the same time? A Sip and Paint class is the perfect combination. It embodies the fun and relaxation of being together with the challenge of creating something beautiful you will have for years to come. Virtual options are available.

Tips for your Sip and Paint date:

- Don't take yourself or the project too seriously. The goal is to have fun, not be the next Picasso or Rembrandt.
- If you don't drink alcoholic beverages, most facilities have non-alcoholic versions. But if not, BYOB. Call first to make sure that is permitted.

BONUS EXTRA CREDIT

- Surprise your companion with this date, leaving hints all week, but don't let the cat out of the bag. Get it BYOB, cat out of the bag? Lol. I think you get my point. Have fun!

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Strip Black Jack

Relationships can be a gamble.

The name of the game is 21, Blackjack, Vingt-Un. It is a simple game, but we have ramped up the fun. This is a strip card game with a twist.

Rules:

- The one to reach 21 or as close to 21 without going over is the winner. Go to <https://bit.ly/39yeimo> for rules on how to play.
- The loser must allow the winner to remove one article of clothing. Number cards are face value. Face cards are worth 10, and Aces are either 1 or 11, your choosing.

Up the ante:

- Write down all articles of clothing you are wearing on separate pieces of paper. Fold the paper and put it in a jar. Both players will have their own jar.
- Each time a player loses, the winner picks a piece of paper out of the loser's jar, and that is the article that must be removed.
- Yes, underwear may be picked first. You two will then have to figure out how to remove the underwear without removing any other article of clothing.

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Drive-In Movie Theatre

Relationships are a sweet ride.

Bring back yesteryear. Find a drive-in movie theatre near you. Bring the popcorn, or snacks or purchase at the theatre.

When the sun goes down and the movie lights come up, it is time to snuggle with your sweetie.

Whether it is a chick flick or an Indie thriller, the time you two spend will always be remembered.

Tips to make it even more memorable:

- Stop by the grocer and pick up your loves favorite snack foods.
- Make it a themed date and go to an after-hours activity with something in common with the movie being watched. For example, You watch "Field of Dreams," then you go to the batting cages after that. The sky is the limit.

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Game Night with Friends

Relationships are a forged in community.

Alone time with you and your boo is excellent, but sometimes spending time with other like-minded couples in healthy relationships feeds the beauty within your relationship as well.

It is said that it takes a village to raise a child. It also takes a community of those walking the same path as you to bring health to your relationship.

Ways to prepare for the evening:

- Find games that can be played by a group.
- Have snacks and drinks on hand. If you are not a cook, either order in or make it a potluck.
- Give the disclaimer - this is all fun and games. No over competitiveness permitted. We came as friends we will leave as friends.
- *Yes, in our house this is very necessary. 😊

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Debt Free Date

Relationships don't have to cost an arm and a leg.

Date night doesn't have to be expensive or cost any money. God asked Moses to use what was in his hand. He created miracles with just a staff. I am sure you have more than a staff in your home. 😊

Ideas to get you started:

- Have dirt and seeds? Plant a forever garden together.
- What's in your fridge? Choose 4 ingredients, and the two of you must create 2 separate dishes using those 4 ingredients. Look up the Food Network TV show "Chopped."
- Conduct a selfie photoshoot, props, and everything. You can get as conservative or as wild as you wish with this one.

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Conversation Starters

Relationships are strengthened in communication.

Every successful relationship has an open line of communication. To be able to talk freely with your love is priceless.

Set the stage for a day or evening of stimulating conversation. Use the conversation starters that came in your Intimacy Kitchen pack.

Ways to prepare for the day/evening:

- Prepare a deliciously simple meal, so the focus is on the conversation and not the food.
- Set the table and create a romantic atmosphere.
- Make sure there are no distractions. If you have children, hire a sitter for the day/evening.
- Give the disclaimer - there is no judgment so that each of you can speak freely from the heart.

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WIFE TO BE

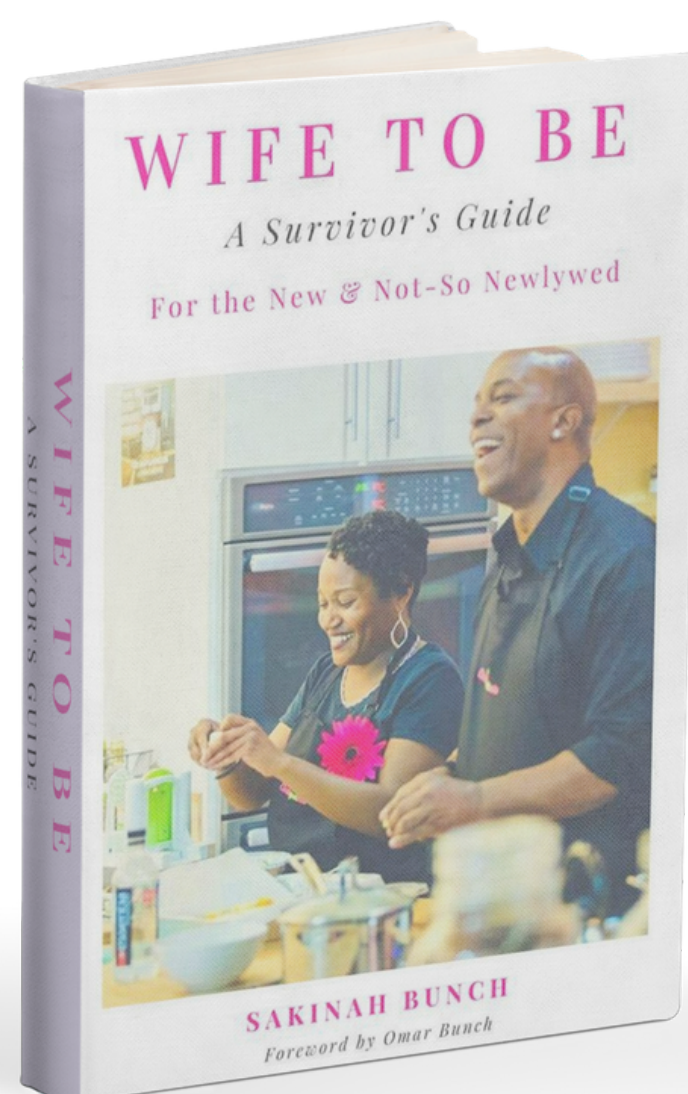
A Survivor's Guide

For the New & Not-So Newlywed



SAKINAH BUNCH

Foreword by Omar Bunch



Wife To Be: A Survivors Guide for the New & Not-So Newlywed

It is a great companion for your date night adventures. This cookbook/journal is packed with life lessons for every married or soon-to-be-married couple. Whether you have been together for 2 months, or married and together for 62 years, it holds gems for everyone. Get your copy today.
sakinahbunch.shop/products/wife-to-be-autographed-books