

6 Foods Bound to Get Her Naked

By
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Let's cut to the chase. A successful evening of romance ends in nudity. Anything less is incomplete. It's always nice to go out on a date. Fine restaurants are impressive and beautiful locations with views are alluring to her. Yet, they typically are not where you want to finish the evening. Both are nice, but home is where the bedroom is (still the most probable location to score).

Unfortunately, it's not often in a man's world that you're going to propose an 'evening in...with nudity'. The idea sounds efficient, but you have to lead up to that. Which requires an 'act' that you can perform on your home turf, like catching the latest episode of 'Grey's', having a glass of wine, or watching a movie. None of these 'acts' will ever be performed without food of some kind.

You don't need the skills of a culinary school graduate or professional chef to succeed. Food is an essential component of entertaining, but you don't have to make it your passion. It is more important to understand the value of the food portion of your game, than how to cook. There are a numerous cookbooks that provide simple dishes to prepare, and the information can be overwhelming with too many options.

Don't get discouraged. Neither of us are going for a culinary degree, we're just trying to score points with our date. Here are the 6 areas that you need to concentrate on

if you're looking to get her 'interested' (aka, naked). Focus your energy in these sections of a cookbook. In some cases, you will need to do a little preliminary practice so you can succeed at preparing. In other cases, all you need to do is some good shopping.

1) Chocolate:

It is common knowledge that women love chocolate, thus presenting her with a sweet, decadent chocolate dessert shows that you are thoughtful. Thoughtful is a sought after trait in a man. Dessert is the final step in the meal process. It's the segue to the rest of the evening. This is the point of the date where both parties realize that the dinner program is ending, which sends both to focus on the next act. Realize that women love dessert, and you should always gain yardage towards the nudity goal line during dessert. Done right, nudity can happen during dessert. Touchdown!

Chocolate is her preference. It's her kryptonite. It's irresistible, it's mood altering, and it's your highest probability play. There are those impulsive moments when chunks of a chocolate bar or a handful of chocolate chips from the baking shelf will do, but if you're planning on a big evening take the extra step to prepare.

Note that good chocolate desserts take a little time and practice to create. You can purchase a pre-made dessert especially if you have just cooked her a nice meal. She'll give you a little leeway if you've picked this up at the bakery. But if you take the time to make her a decadent chocolate dessert, and you present it to her with style, she'll be mentally undressing before her first bite. If it tastes good, you're seeing private parts without having to clear the plates.

As a side note, you should always clear the table and keep a clean dining room and kitchen while entertaining her. It's something that she notices and appreciates. Dessert plates are the exception to the rule. Chocolate is the true aphrodisiac, and if there is ever a moment in the evening when she's feeling 'hot'...it's now. Don't miss the opportunity for skin because you're clearing off the dessert plates.

2) Pasta:

Women love pasta...and so do I. Forget protein diets. The unwanted calories in a pasta dish typically come from a heavy cream sauce and not the noodles themselves. I mention this because women are universally conscious of their caloric intake...especially in front of a guy. If you can master light sauces you're in. Work with fresh vegetables, herbs and seafood to achieve flavor, and use light oil and broth bases to keep the dish light.

They use very little sauce in Italy, and eat a lot of pasta. You'll notice Italian men (as a group) aren't the prettiest bunch, and they get laid like rabbits. Don't tell me pasta doesn't work.

Pastas can be very sensual based on the combinations of ingredients that you choose to prepare. As you gain more confidence in the kitchen, you will learn that pasta allows you to be innovative and imaginative without having to follow a recipe.

Showcasing your ability to use your imagination without having to follow instructions is very attractive to her. It allows for her imagination to explore what other 'innovative' talents you might have, thus placing her in the right frame of mind for nakedness.

3) Salad:

Creative salad, that is. Iceberg lettuce, a slice of tomato and ranch dressing won't get her fired up. At least, not any date that I would want. Women are hypocrites. They are all about eating healthy, and watching their weight...until you drop that chocolate dessert in front of them. So salads are always a great course to lead with. This way they feel like they've earned dessert...later.

Salads can be so creative and so simple. It doesn't take much research to discover new and exciting ways to prepare salads. You can use a lot of color with different ingredients and can achieve a lot of flavor without relying on thick bottled dressings. Fruits, vegetables, meats and seafood can be used to elevate the salad into an exciting meal.

Salads allow for endless creativity and artistic impression. And artistry is in the top three of 'talents that get her hot'.

4) Salmon:

To begin with, it's pink, which is suggestive on so many levels. It's versatile. You can grill it, poach it, bake it, sear it, and use it in your pastas and salads. Salmon is prevalent. You will find it in every seafood counter, which is convenient for your shopping needs.

Red meat will rarely get your girl horny. And some girls don't like fish that, well, smells like fish. Salmon is the equalizer. Salmon is a fatty fish, which is a good thing. The omega 3 oils in salmon are very healthy, and very flavorful. She is aware of the

health benefits to eating salmon, and will be impressed when she sees that you have picked it.

Seafood is elegant, perceived as healthy and considered decadent. All of which, impresses her. The beautiful part is salmon is reasonably priced. Lobster too is considered decadent, but it is also priced that way. I don't advise going to such extremes unless you're celebrating a 'momentous' occasion. For a typical evening in, you're better off using some of that money for the wine.

Every dish that you ever serve her will be better with good wine. And if all of your cooking efforts are failing to get her over the 'I want to lose this stuffy bra' fence, the alcohol might give her that final boost.

5) Cheese:

Goes with wine, also...hmmm. This is a wide-open field to run in. I've learned that you have to be creative and show that you're not trendy. Trendy can only score with those who love to follow the trend. Be adventurous. Always try new cheeses. This is a great way for the two of you to explore food together and not just eat. And as long as you have a variety of cheeses to serve, there's little risk in disappointing her. If she doesn't care for one, she can enjoy the others. If you shop at wine and cheese stores, many times you can try a bite before you buy, and an informed clerk is invaluable to assist you with some direction. In time, your adventures will gain a knowledge of international cheeses that displays worldliness, which is a talent that she finds sexy.

Holding to Monterey Jack isn't going to cut it. If the best you can do is Jack cheese and some Wheat Thins, then you better have something else up your sleeve. That kind of effort won't get her to kick off her shoes.

Cheese can be served straight from the knife. Include some fruit and a fresh baguette and you're done. You've successfully shown her a gourmet moment with very little kitchen detail.

6) Chinese take out:

More calories than a pizza, more fat than a cheeseburger, but they don't care. They elect to remain naïve about the lack of health benefits in Szechwan cooking. Why? Because it's romantic. Chinese straight from the box, is the choice of the 'let your hair down date'. Passing Kung Pao Shrimp back and forth with Sweet 'n Sour chicken and Pork Fried Rice, and eating them with chopsticks releases all of the tension of a dinner date.

Dinner dates can be difficult even with your wife of 10 years. They often require getting dressed up, sitting quietly at a fine restaurant, white linens on the tables, proper servers at your beck and call. The formality of all of this, at times, can make it hard to smile. Which, in my experience is the only way to a good date. If she's smiling...I've got a shot.

Chinese takeout eliminates all of this. You're having food straight from the carton. She can't help but smile as she sucks the noodles from the chopsticks. There are sexual overtones abound sans any etiquette to spoil the mood. Etiquette falls into my top-five list of 'mood killers'. Chinese take out sends all etiquette out the window, leaving

the moment to be captured by personality, which in the end is what gets her to remove her clothes.

Chopsticks are a must. Use of a fork at this stage, and the moment is gone (or jeopardized for certain). Chopsticks are fun, and they're challenging. They qualify as a 'Useless talent that she finds sexy'. Women yearn to see their man capable of talents other than driving a golf ball 300 yards down the fairway. They want to boast to their friends about talents that you have outside of the office or golf course.

The spontaneity of Chinese take-out is fun, un-inhibiting, relaxing and everything else that she finds comforting. And you have created this mood without turning a single burner on the stove.

There's more to food than taste. That sounds odd, but hear me out. Everything that I am suggesting has entertainment value and/or visual appeal. Food has the ability to show off your charm and style. It can be fun, casual, elegant, sexy...all of the characteristics that get her turned-on.

There are no guarantees with women. Many guys have succeeded with one technique or another and have claimed the method to be 'a lock'. What works for one, doesn't necessarily work for another. But, as an overall rule, chivalry is appreciated by all women, and looking out for her interests first does not go unnoticed. Women are most likely to get naked when you're being considerate, and they're being catered to. Taste is obviously an important element to food, but food expresses more than taste. Food describes you, whether you are wordly about cheese, or artistic and innovative. Take

advantage of the opportunity to express yourself when you're entertaining her with food, and she will get into it.

So when I say 'bound to...' realize that there's an X-factor to be handled on your end. Cooking for women works when you're concentrating on entertaining her.

My suggestions are what I consider high probability approaches, but women are unpredictable. She might surprise you and want to get cozy with a bucket of chicken or a pizza from down the street. Or she doesn't want to waste time with any of these unnecessary acts and just wants to get it on. That's a dreamy situation. Make the most of it. For the majority of the other instances, the food approach that I've recommended works.

Rocky Fino is the author of "Will Cook for Sex – A Guy's Guide to Cooking" and "Will Mix for Sex – 21 Classic Cocktails to Set the Mood"