

# FIRST-DATE DINNER PLAN

Impress at home — no stress, no splurge

Total time: ~30 minutes • Total cost for two: ~\$12–\$18

## SHOPPING LIST (FOR TWO)

### Produce

- Garlic (1 bulb)
- Lemon (1)
- Fresh parsley or dried herbs
- Optional: spinach or cherry tomatoes

### Protein


- Chicken breasts or thighs (1 lb)
- Steak or salmon fillets (8–10 oz total)

### Dairy

- Heavy cream or milk
- Butter
- Parmesan cheese
- Eggs

### Pantry

- Pasta (spaghetti or fettuccine)
- Olive oil
- Salt & black pepper
- Italian seasoning or dried herbs
- Soy sauce or Worcestershire (optional)
- Chocolate chips or chocolate bar
- Sugar
- Flour
- Cocoa powder
- Baking powder
- Vanilla extract (optional)

 **Budget tip:** Check what you already have before shopping — most homes already have oil, salt, and spices.



## THE MENU

- ✓ Creamy Garlic Parmesan Pasta
- ✓ Lemon Herb Chicken Skillet
- ✓ 10-Minute Steak or Salmon
- ✓ Chocolate Mug Cake for Two

## 30-MINUTE COOKING FLOW

1. Start pasta water or preheat pan
2. Cook main protein (chicken or steak/salmon)
3. Finish sauce or pan glaze
4. Plate mains
5. Make mug cake while dinner rests

## PLATING CHEATS (LOOKS FANCY, ZERO SKILL)

- Use white plates if possible
- Twirl pasta with tongs (height = fancy)
- Slice chicken or steak before serving

### Finish with:

- A pinch of parsley
- Extra Parmesan
- Lemon zest or cracked pepper

## WHY THIS WORKS

- **Homemade:** ~\$12–\$18 total
- **Restaurant:** \$45–\$70+
- Same vibe. Better conversation. Way cheaper.

## HELPFUL GEAR (OPTIONAL)

- Nonstick skillet
- Sharp knife
- Meat thermometer
- Serving tongs
- Simple candles

## Final Reminder

You don't need chef skills to impress. You just need good food, good timing, and intention.