

FAVORITE WARDROBE

Find out
exactly what
to wear to
look your
best

My Diet
Coach ♦

Instantly,
look like you
lost

10
POUNDS

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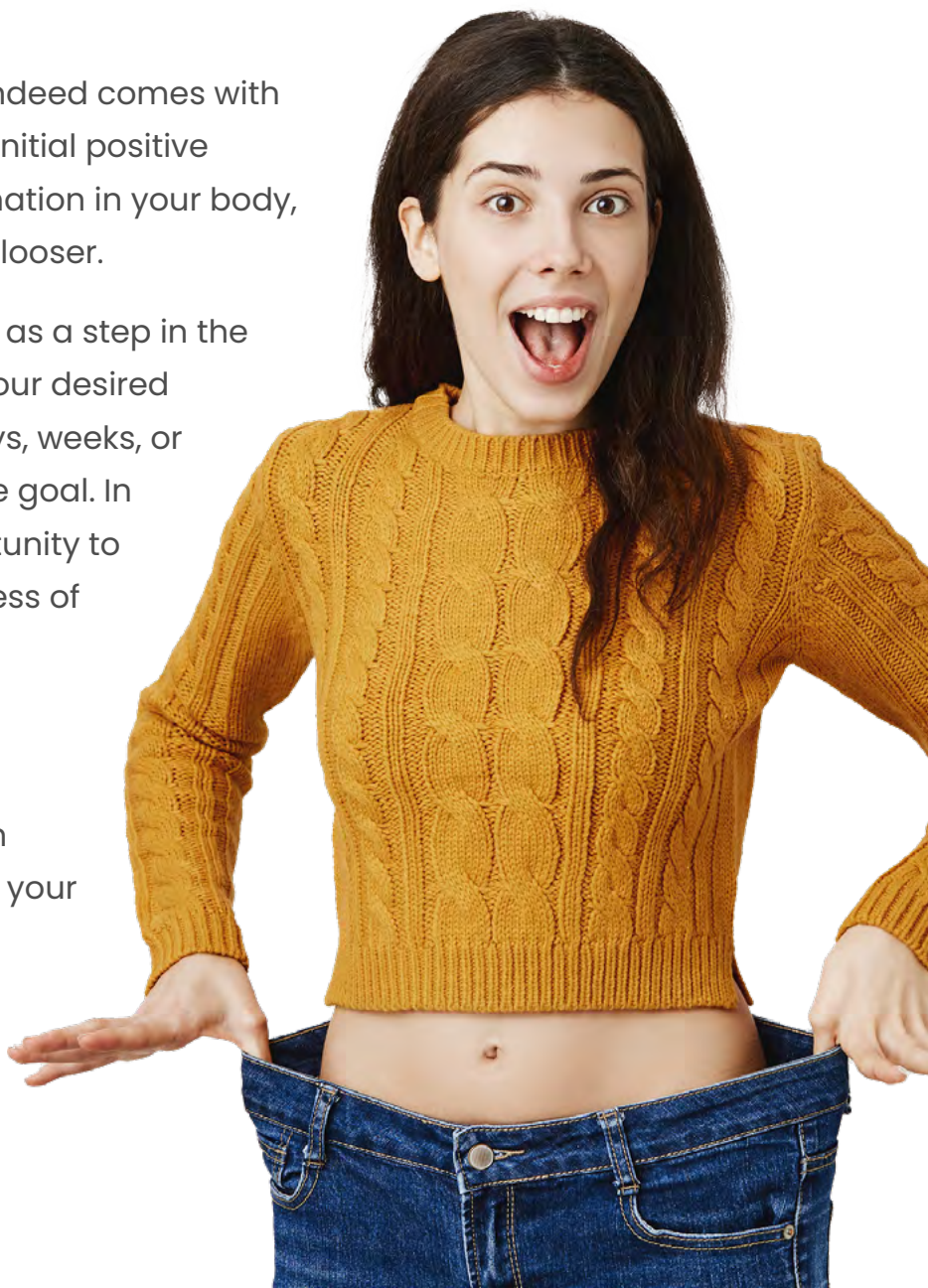
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Introduction

Embracing The Favorite Food Diet indeed comes with numerous benefits, and one of the initial positive changes you'll notice is a transformation in your body, reflected in your clothes becoming looser.

This progress should be celebrated as a step in the right direction towards achieving your desired beach body, even if it may take days, weeks, or even months to reach your ultimate goal. In the meantime, you have the opportunity to look elegant and confident, regardless of your current size.

It's essential to choose outfits that flatter your current shape, allowing you to maintain a classy and stylish appearance while working towards your weight goal.



Don't Wear Multiple Colors

Opting for single-color or monochromatic schemes is a fantastic fashion choice. You can consider wearing one solid hue, such as brown, navy, or black, or explore various tones of the same color, like shades of beige, aqua, or coral, which complement your complexion beautifully.

Monochromatic colors work particularly well for individuals with larger frames, as they create a flattering and cohesive look. On the other hand, contrasting colors might not be as advantageous for this body type.

Incorporating black clothing into your wardrobe is highly recommended. Black has the remarkable ability to create a slimming effect on all shapes and sizes, helping minimize the appearance of belly fat, muffin tops, and love handles. Nevertheless, you need not appear overly somber; you can easily elevate your black ensemble with a vibrant colored belt, eye-catching jewelry, or the perfect pair of shoes. Adding pops of color to your outfit can infuse it with new life and vibrancy.

Moreover, materials such as velvet, satin, silk, linen, and lace are versatile and can be worn gracefully by any woman, regardless of her size, providing an elegant touch to any ensemble.

Don't Wear Bright Colors

Indeed, avoiding bright colors on the parts of your body that you want to downplay is a wise fashion strategy. Bright colors have the tendency to draw attention and create the illusion of larger proportions. Wearing such colors on areas you wish to camouflage can have an undesired effect, making those areas more noticeable in a negative way.

Don't Wear Stripes

Avoiding both vertical and horizontal stripes is a wise choice when dressing for a large frame.

Contrary to the misconception that vertical stripes can make you appear skinnier, they may actually create an illusion of broadness, which is not ideal for those looking to achieve a more slender look.

Don't Wear Heavy or Busy Fabrics

Absolutely, choosing the right fabrics is essential when dressing to minimize bulkiness and achieve a more flattering appearance. Avoid stiff, hard, and heavy fabrics as they can create a greater visual presence and make you look broader than desired. Instead, opt for fluid fabrics that gently drape over your body and softly follow your curves. These types of materials allow for a more graceful and elegant look, emphasizing your overall shape rather than accentuating every individual body part.

Don't Wear Skinny Jeans

Don't wear skinny or tapered jeans. Jeans that are tapered at the ankles make your ankles look fat and stumpy, and they tend to make the area above the ankles appear larger than life. This isn't a good contrast to create.

You also don't want to wear pants that are too short. If you want to look slimmer (and taller), the hem of your pants should almost touch the floor with a slight break in front

at the top of the shoe. Pants that end just below the ankle can add ten pounds to your appearance. Boot-cut trousers are a must for your wardrobe.

Stretch pants may be comfortable but are not at all flattering, especially to the plus-sized lady. Sweats or tight pants are not appropriate.

When you wear pants, you want to wear them a little loose, so there's no need to toss your "big girl" clothes just yet. Jeans especially should be a little loose. For a professional look, wear loose slacks with a slightly loose jacket or top.

Don't wear pleated pants and elastic-waist slacks with a lot of shirring. Choose sleek, straight lines with front-slit pockets or no pockets at all and elastic in the back. To minimize your buttocks and tummy, look for pants cut at or slightly below your natural waist. The general rule here – the higher the waist, the larger your butt will look.



Don't Wear Short Tops

You're absolutely right; when it comes to choosing pants, there are certain styles that are more flattering for individuals with larger frames. Here are some key points to keep in mind:

- Avoid skinny or tapered jeans, as they can make ankles look fat and the area above the ankles appear larger. This disrupts the desired contrast and proportions.
- Opt for pants that are the appropriate length. Avoid pants that are too short, as they can visually add pounds to your appearance. Ideally, the hem of your pants should almost touch the floor with a slight break in front at the top of the shoe. Boot-cut trousers can be a great option as they create a more balanced look.
- Stay away from stretch pants, as they might be comfortable but are not always the most flattering choice, especially for plus-sized individuals. Sweats or tight pants should be avoided as well, as they don't offer a flattering silhouette.
- Choose pants that are slightly loose for a more flattering and comfortable fit. For a professional look, opt for loose slacks paired with a slightly loose jacket or top.



Don't Wear Anything Boxy

Avoid boxy and masculine-looking jackets, and instead, opt for semi-fitted styles, especially those featuring princess seaming. Princess seams are the gracefully curved seams that run down the front of the garment from shoulder to waist, or they can extend the entire length of a dress.

Don't Wear Strappy Sandals

Avoid wearing thin, strappy sandals, especially if you have chubby or wide feet, and also steer clear of tiny or thin kitten heels. Instead, opt for shoes with a chunky heel or, if you can manage, go for high heels, which can create the illusion of a five-pound slimmer appearance, regardless of the rest of your outfit.

Stay away from shoes that have ankle or Mary Jane straps, as well as square-toed shoes, as they can make your feet look squatty and your legs appear shorter.

If you can do so comfortably and safely, consider wearing pointed-toed high heels. They have the advantage of making your feet look longer and adding depth to your overall look. Open-toed high heels are an excellent choice if you want to showcase a lovely pedicure.

While heels can make you appear taller, longer, and leaner, they can also tire you out quickly. For daytime wear, opt for boots, which offer more comfort and support. Reserve your stilettos for evening events or occasions when you can manage any potential discomfort from wearing them.



Don't Wear Clothes that Don't Fit You

Regardless of your size, wearing ill-fitting clothing can give the appearance of a larger figure. Clothes that are too tight can cause bulges and lumps, while oversized garments can add bulk and make you look bigger than you are.

Avoid wearing baggy clothing, as the mistaken belief that it can hide unsightly lumps and bumps is akin to a child covering their face and thinking they are invisible. In reality, loose and floppy clothing does not hide one's size; instead, it can actually make a person appear much larger than their natural size.

To sum it up, baggy clothing is not flattering for plus-sized women. Instead, opt for fitted clothes that accentuate your curves in all the right places. Properly fitted clothing can make any woman look wonderful, curvaceous, and sexy, regardless of her size. Embrace clothes that highlight your best features, and you'll feel confident and beautiful in any outfit.



Don't Go Too Small Either

A common mistake people often make is choosing clothes that are too tight, hoping to create the illusion of a smaller size. However, this approach rarely works and can be unflattering for any figure, particularly on voluptuous individuals.

Extremely tight clothing doesn't usually complement most body shapes and can be especially unattractive on curvier figures. Even individuals with slimmer builds can end up looking less toned and flabby if they wear something too tight.

If you come across an outfit that is a size smaller than your usual, it's best to leave it aside or refrain from wearing it until it fits you properly. Even thinner individuals might not look their best in clothing that is overly tight.



Don't Wear Short Skirts

Avoid wearing overly short skirts or dresses, and instead, opt for flowing and flirty skirts that can help conceal any perceived flaws. Pencil skirts should be avoided altogether.

Dresses and skirts have the potential to make anyone look pretty, but be sure to select styles that are made to fit you properly.

Avoid dresses that are too tight or excessively long and loose. Aim for mid-length dresses or skirts that fit comfortably. It's alright if the dress or skirt is slightly loose, but avoid styles that are as loose as a muumuu. A good length for a dress or skirt is around the knee or the middle of your legs, ensuring it's not so long that you might trip over it.

For skirts, an A-line cut is an excellent choice. A-line skirts feature a fitted waist and flare out in a triangular shape, naturally creating the illusion of a smaller waist while accentuating the curve of the hip. The A-line silhouette works well for women with larger hips as well as those with narrower hips.

Steer clear of shapeless garments like broomstick skirts and "one-size-fits-all" dresses. Instead, opt for clothing with a nipped-in waist that closely fits your natural waist and shoulders.

To minimize the appearance of large hips, avoid skirts that hug your hips, and instead, opt for those with a high waist. Also, avoid skirts with pockets or decorations around the hip area.

Don't Wear G-Strings

Avoid wearing thong or G-string underwear, and instead, opt for supportive styles that can help provide tummy control. Just like a solid foundation is essential for building a house, the right undergarments are crucial for a fantastic outfit.

If you have a tummy or large breasts, proper support is necessary. The correct undergarments can make or break the overall look of a great outfit. Wearing a well-fitting and supportive bra or body-shaping briefs can significantly enhance your confidence and create a fabulous silhouette. Invest in undergarments that provide the support you need, as they are the key to achieving a polished and flattering appearance in any outfit.

To create the appearance of smaller hips and thighs, consider wearing low-legged, high-waisted underwear made from firm and supportive cotton.

Avoid wearing ill-fitting bras, as a well-fitting bra is essential for achieving a smoother and slimmer figure. Ensure that your bra provides sufficient coverage; avoid purchasing underwear that is too small for your size. If your cup size is larger than C, it might be best to avoid stores that focus on cutesy lingerie, such as Victoria's Secret. Instead, consider visiting a reputable bra shop or department store to find the right fit and support for your needs.



Don't Forget to Accessorize

As you embrace your journey towards a leaner body, black clothing can become your go-to ally, but don't forget to have fun with accessories. The right accessories can elevate any outfit and add a touch of flair to your look.

Consider incorporating lovely new bags, shoes, brooches, scarves, or belts to instantly update your ensembles. As a larger woman, you can confidently rock large, bold jewelry that complements your style. However, avoid tiny earrings and pendants, as they might get lost on you. Opt for long, dangly earrings that elongate your neck and enhance your appearance.

Choose a larger handbag or purse, as it can create the illusion of a smaller size when it's not dwarfed next to you. Avoid carrying tiny little clutches, as they may emphasize your size.

For bracelets, steer clear of tiny ones. Instead, consider wearing two or three chunky bangles, which can make a plump wrist appear more slender.



Don't Wear Your Hair Too Short

Big hair is a great help. It balances out your size. Larger women with short boyish haircuts tend to have a pea-head look, and there is too much contrast. Shoulder-length curls are probably best, but any fullness is a great complement to a larger body in transition.

If you have been eating poorly for some time now, it is not hard to believe your hair may not be as healthy as it should be either. It might have become fine and thin which is not a good thing. Please know that it is very unbecoming for a larger woman to have long stringy hair. Be sure to get a great cut that is flattering for your body and face shape.



Don't Forget Hygiene

A confident and well-groomed larger woman, with a subtle scent of perfume, well-manicured nails, flattering makeup, a beautiful clean hairstyle, and wearing clean and pressed clothing, will always make a more positive impression compared to a skinny girl who appears disheveled and unkempt.

Lastly, the Golden Rule of What Not to Wear ...

Avoid wearing anything that doesn't bring joy and confidence to your stride and a smile to your face. When you leave the house feeling fabulous in your outfit, it's likely that others will see you that way as well. The key is to choose clothing that uplifts your spirits and makes you feel good about yourself, as that positive energy will radiate and be noticed by those around you. Embrace outfits that reflect your personality and style, and you'll exude a sense of self-assurance that others will undoubtedly find captivating.