

# FAVORITE WARDROBE

FIND OUT  
EXACTLY WHAT  
TO WEAR TO LOOK  
YOUR BEST



INSTANTLY, LOOK LIKE  
YOU LOST 10 POUNDS

# What Not to Wear

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## Introduction

There are going to be a great number of benefits once you embrace The Favorite Food Diet. One of the first things you will start to notice is your changing body; you will begin to see that your clothes are becoming looser.

This is a good thing. However, the beach body you desire may take you a number of days, weeks, or even months to achieve. But that doesn't mean you can't look good!

You can look classy and even sexy if you're not at the size you want to be. However, there is a fine line between classy and trashy. While you're waiting to achieve your ultimate goal weight, it is important to dress in a way that is flattering to your current size, so let's talk about what not to wear!

## Don't Wear Multiple Colors

Use single-color or monochromatic schemes. This could mean wearing one solid color – like brown, navy, or black – or different tones of the same color. It could be shades of beige, aqua, coral, or any color that brings out the best in your complexion.

Monochromatic colors are good for those with large frames while contrasting colors are not.

Black clothing should be staples in your wardrobe. Black slims down virtually all shapes and sizes, and it also reduces the appearance of belly fat, muffin tops, and love handles. However, you don't have to look morbid; black can easily be dressed up with a nice colored belt, jewelry, or the perfect shoes.

Color can bring new life when added to an outfit, and velvet, satin, silk, linen, and lace are all materials that can be worn by any woman of any size.

## **Don't Wear Bright Colors**

Don't wear bright colors on the parts of your body that you want to camouflage. Bright colors make for bigger images. If you wear bright colors the wrong way, you will stand out in a negative way. Sunshine yellow, candy-apple red, and violet are just a few colors that will bring attention to all your problem areas. These colors look even worse in tight-fitting and undersized outfits.

## **Don't Wear Stripes**

Don't wear vertical stripes. You may think that wearing vertical stripes will make you appear skinnier, but in reality, doing so just makes your body look broader.

Don't wear horizontal stripes either. Horizontal lines are a definite error in judgment for large frames as they make your body look wider.

## **Don't Wear Heavy or Busy Fabrics**

Don't wear stiff, hard, and heavy fabrics which give a greater visual presence. Minimize your bulkiness by wearing fluid fabrics that drape over your body and softly follow your curves. The goal is to see your overall shape, not the shape of every body part.

Large, busy, and/or bold patterns can have a similar effect to that of horizontal stripes. If worn over areas that are large, they add to the expanse and make that area seem even bigger.

## 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

Don't wear short shirts, tube tops, or anything that bares the midriff. Your best choice to camouflage a not-so-flat tummy (whether wearing skirts or pants) is to choose an over-blouse in a slim-fitting knit or well-tailored woven fabric. Make sure it's no longer than

hip length. The only exception is with tunics which should be tapered to gently outline the body and worn over slim-fitting pants.

Try wearing button-up sweaters or shirts that cover your upper body. Don't get low-cut shirts or short, tight shirts.

For women, skip spaghetti-strap or halter tops. You'll want your shirt to cover your bra straps, and they might be wide.

Button-down shirts *must* fit properly across the bust and stomach. That means there's no pulling of the fabric at the buttons. If it does, the shirt does not fit.

## **Don't Wear Anything Boxy**

Stay away from boxy and masculine looking jackets. Instead, look for semi-fitted styles, particularly those with princess seaming. Princess seams are the curved seams that run down the front of the garment from shoulder to waist, or they sometimes run the entire length of a dress.

Wear full-length cardigans and jackets. Don't wear shrugs or cropped lengths.

## **Don't Wear Strappy Sandals**

Don't wear thin, strappy sandals (particularly if your foot is chubby or wide) and tiny or thin kitten heels. Instead, look for a chunky heel or if you can stand it, a high heel which can make you look five pounds thinner no matter what else you're wearing.

Don't wear shoes that have ankle or Mary Jane straps, and don't wear square-toed shoes – all of which can make your feet look squatty and your legs appear shorter.

If you can safely do so, wear pointed-toed high heels. They make your feet look longer and add depth to your overall look. Open-toed high heels will show off a lovely pedicure!

Heels make you look taller, longer, and leaner, but they can wear you out quickly. So go for boots during the day, and save your stilettos for the evening if you struggle with sore feet.

## **Don't Wear Clothes that Don't Fit You**

No matter what size you are, if you wear the wrong size of clothing, you'll end up looking bigger. Wearing clothes that are too tight leads to bulges and lumps, just as choosing clothes which are too large adds to your size and makes you look bigger.

Don't wear baggy clothing. The misconstrued logic here is that by wearing something large enough to cover a great expanse of a woman's body, she will manage to hide unsightly lumps and bumps. However, the effect is somewhat like the innocent example of a child who puts his own hands in front of his face and shouts, "Mommy, you can't see me!"

The truth is, of course, that we can see a woman isn't slim when she wears large, loose, and floppy clothing, just as we can still see the child when he covers his face. The added problem though is that by attempting to hide her shape, a woman can end up looking at least twice her natural size.

To put it in a nutshell, baggy clothing is unflattering on a plus-sized woman. However, fitted clothes which nip in all the right places can make any woman look wonderful, curvaceous, and sexy.

## Don't Go Too Small Either

A big mistake that people often make is wearing clothes that are too tight in the vain attempt to appear smaller. It doesn't work. Don't dress smaller than your size.

Really tight clothing is pretty unattractive on most figures, and it is definitely unappealing on a voluptuous figure.

If you see an outfit that is a size smaller, leave it alone – or at least don't wear it until it fits you properly. Even thinner people can look flabby in something that is too tight.

The key here is a good fit. Well-fitting garments always look better and make you look slimmer as well. The clothing gives your body definition, can hide the bits you don't like, and can highlight the bits you do.

## Don't Wear Short Skirts

Don't wear short skirts or dresses; instead, you can easily hide flaws under a flowing and flirty skirt. Avoid pencil skirts altogether.

Dresses and skirts can make anyone look pretty. However, be sure to wear dresses that are made to fit you.

Dresses that are too tight are a no-no. Dresses that are too long and loose are also a no-no. Get a dress or skirt that is mid-length. It is okay if the dress or skirt is a little loose, but make sure it is not as loose as a muumuu.

If it goes to your knee or to the middle of your legs, it is a good length. You can wear longer skirts, but make sure they are not so long that you are tripping on them.



If you're looking for a skirt, you can't go wrong with an A-line cut. Since A-line skirts have a fitted waist and flare out in a triangular shape, they naturally make the waist look smaller while accentuating the curve of the hip. Since A-line skirts are also loose though, the curve of the hip is not exaggerated, making it suitable for women with larger hips as well as those with narrower hips.

Avoid shapeless garments like broomstick skirts and "one-size-fits-all" dresses. Instead, find something with a nipped-in waist. They should fit your natural waist and shoulders closely.

If you want to minimize large hips, avoid skirts that hug your hips; instead, opt for those that have a high waist. You will also want to avoid skirts with pockets or decorations placed around the hip area.

If you want to reduce the appearance of heavy thighs, avoid skirts that hug your hips, since these may make your thighs look heavier.

## **Don't Wear G-Strings**

Don't wear thong or G-string underwear. Instead, go for supportive styles which help pull in the tummy. You can't build a house without good foundations. The same is true for a great outfit.

If you have a tummy or large breasts, support is needed. You can ruin the line of a great outfit if you aren't wearing the correct undergarments. Alternatively, wearing a great bra (in the correct size) or body-shaping briefs can create both great confidence and a fabulous line.

If you would like to make your hips and thighs look smaller, wear low-legged, high-waisted underwear made of firm and supportive cotton.

Don't wear an ill-fitting bra. A well-fitting bra can also help create a smoother, slimmer figure. Make sure you have sufficient coverage. Underwear that's too small is not underwear you should buy.

Chances are, if you have a cup size larger than C, you will need to avoid the cutesy stores like Victoria's Secret. Your best bet is to find a good bra shop or department store.

## **Don't Forget to Accessorize**

While black may become your best friend as you transition to a new, leaner body, you can always have fun with accessories. Any outfit can be made better with the right accessories.

A lovely new bag, shoes, brooch, scarf, or belt can instantly update an outfit. And if you feel that you are a larger woman, relish in the fact that large, bold jewelry would look great on you. However, you will want to avoid tiny earrings and pendants as they may get lost on you. Wear long, dangly earrings that elongate your neck.

A larger handbag or purse can help make you look smaller as it does not look tiny next to you. Don't carry a tiny little clutch as it will only emphasize your size.

Don't wear tiny bracelets. Two or three chunky bangles will make a plump wrist appear slender.

Good boots such as "equestrian-style" boots can cause the illusion of a slender calf.

## **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 larger woman who has a faint smell of perfume, well-manicured nails, flattering makeup, a lovely clean hairstyle, and wearing clean and pressed clothing will win out every time over a skinny girl who looks like she hasn't showered in days.

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

Don't wear anything that doesn't put a spring in your step and a smile on your face, because if you leave the house thinking you look fabulous, chances are several others will think so too.



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