

7 REASONS TO LOVE The Little Black Dress & WHOLE FOOD STARCHES



1. The Little Black Dress (LBD) is flattering for every woman, regardless of shape, weight, height, or ethnicity. Whole food starches (WFS) offer satiety, satisfaction, and a healthy and fit body.
2. The LBD can be styled up or down with endless possibilities. Professional, casual, or edgy, all can look GREAT. WFS can be served in their simplest form, or dressed up for a celebration. The variety of options are endless.
3. The LBD can be worn literally anywhere. When you don't know what to wear, you can resort to your LBD. WFS are the BASE that you start with. The 'accessory foods' that you put on or around it allow you to keep it simple, or dress it way up. It always works!
4. The LBD goes from day to night with ease. By accessorizing, your LBD can be ready for anything throughout the day. WFS can nourish you easily through breakfast, lunch, dinner, and snacks. Anytime and anywhere.
5. The LBD hides a multitude of sins—from minor flaws and stains to body imperfections. WFS can turn even a humble meal into a feast if the starches are appealing and filling, and the add-ons are colorful and nutritious.
6. The LBD is effortlessly discreet—it is your go-to for those moments when you want to look your best, but blend in. WFS—as plain as baked potatoes, or as dressy as whole grain bow tie pasta alfredo—can satisfy, without overwhelming.
7. The LBD can be inexpensive and yet make anyone—at any time—look and feel glamorous and sophisticated. WFS, are inexpensive, and when offered well-seasoned, nicely plated, and 'accessorized' with delicious foods, will earn applause!



The Little Black Dress

WHOLE FOOD RECIPES

Recipes from www.youtube.com/nansimonsen, or NanSimonsen.com. All vegan and GF.

Main Dishes - Hot

Thai Spicy Coconut Vegetable Stir Fry:
<https://youtu.be/1foQYO0X0DY>

Toasted Tofu and Mango Curry:
<https://youtu.be/tcjae0FZTS8>

Roasted Cherry Tomato Sauce Over Pasta:
<https://youtu.be/SPWJDis-5Jw>

Southwest Tofu Scramble:
<https://youtu.be/SKE7neJKgcE>

Creamy Vegan Cauliflower Mashed Potatoes:
<https://youtu.be/iaSvIOIWXz4>

Nan's Favorite Mushroom Saute or Gravy
<https://nansimonsen.com/dishes/mushroom-gravy/>

Cajun Red Beans & Rice:
<https://youtu.be/Y8IsuRE8ASY>

Vegan Barbecue Beans:
<https://youtu.be/hYAnekhJOWk>

Scarlet Runner Bean Ragout:
<https://youtu.be/bZEcgXF9oEo>

Savory Black Bean Mushroom Chili:
<https://youtu.be/qlxzc5UCM9M>

Vegan Red Lentil Chili:
<https://youtu.be/Q3X60Tcupdo>

My Favorite Taco Night:
<https://youtu.be/XrUWEFEcqEI>

Southern Fried 'Chicken' Soy Curls:
<https://youtu.be/40bKmKqGImU>

General Tao's Soy Curl Stir Fry:
<https://youtu.be/40bKmKqGImU>

Portobello Pot Roast:
<https://nansimonsen.com/dishes/portobello-pot-roast/>

Yummy Carrot Loaf:
<https://youtu.be/zFegHmGQnRA>

Soups/Stews

Nan's Easy Homemade Vegetable Broth:
<https://youtu.be/v5toaqMaSKE>

Vegan Chickpea and Vegetable Noodle Soup:
<https://youtu.be/nCk1LXpYN2I>

Big-Batch Adventist Vegetable Soup:
<https://youtu.be/nk8updam9Es>

African Sweet Potato & Peanut Stew:
<https://youtu.be/eFo22nGUEuA>

Peanutty Thai Vegetable Curry:
https://youtu.be/8zm_Nlz9aKM

Chunky Lentil Soup:
<https://youtu.be/MIByZL6hols>

Pan Brownded and Glazed Tofu:
https://youtu.be/kb7_hMAPs3w

Salads/Sandwich Filling/Salad Dressings

Curried Tofu, Raisin & Almond Salad (like egg salad):
<https://youtu.be/-zAEW0Ee0hg>

Nan's Vegan Split Pea Soup:
<https://youtu.be/9sTASX1Phz8>

Vegan Ranch Dressing:
<https://youtu.be/9-F8zNZgQao>

Nan's Creamy House Dressing:
<https://youtu.be/ycpyYrkR8xo>

Nan's Vegan Sour Cream:
<https://youtu.be/KAVJYDFh0VM>

Roasted Red Pepper Hummus:
https://youtu.be/vxDa_63biuw

Vegan Feta Cheese:
<https://youtu.be/XtsSS299PuA>

Breads/Grains/Batch Cooking

Favorite Date Paste:
<https://youtu.be/udEzXhPCDF0>

Oat Groats in the Instant Pot:
<https://youtu.be/ngvFCuR8e58>

Perfect Instant Pot Quinoa:
<https://youtu.be/7mTx27HCIs0>

Whole Grain Corn Muffins-Vegan:
<https://youtu.be/qaVfJ6q-kAw>

Oat & Apple Breakfast Muffins:
<https://youtu.be/LTcnJi6Eebk>

Instant Pot Batch-cooked Potatoes:
<https://youtu.be/bZEcgXF9oEo>

Easy Vegan Zucchini Fritters:
<https://youtu.be/Y7zvggLMUBE>

Easy Yummy Oat Flatbread:
<https://youtu.be/rjFSqXz6khA>

Buckwheat, Quinoa, Oat & Chia GF Bread:
<https://youtu.be/GkN2DZDJLfU>

Desserts

Triple Apple Cake:
<https://youtu.be/9hc4UzGn6pA>

Vegan Chocolate Cherry Brownies:
<https://youtu.be/5LjPMAIWbJY>

Vegan Double Chocolate Cake In-A-Cup:
<https://youtu.be/lxPtOkGPS0U>

Pumpkin or Sweet Potato Pecan Pie:
<https://youtu.be/aDVkpGwen50>

Rustic Carrot Cake or Muffins:
<https://youtu.be/xKGH1nDqnLo>

Rosy Raspberry Chia Pudding:
https://youtu.be/mu_nlwAkODg

Books Referenced:

Diet for a New America; John Robbins

Eat to Live: Joel Fuhrman, MD

The Blue Zones; Dan Buettner

Fiber Fueled; Will Bulsiewicz, MD, MSCI

Younger Next Year: Chris Crowley, Henry S Lodge, MD, & Allen J Hamilton, MD 2nd edition, published 2019

Be a Plant Based Woman Warrior; Jane Esselstyn & Ann Crile Esselstyn

#Eat Meatless; Dr. Jane Goodall

Documentaries:

Forks Over Knives

The Game Changers

What the Health