

## Season 2 | Episode 2 Show Notes

### More Than Rice and Beans: Tania's Reality TV Experience on "What Not to Wear"

#### ***Episode description:***

Who remembers the TLC reality makeover show called "What Not to Wear?" For a decade, Stacy London and Clinton Kelly taught us the "rules" for dressing our bodies, made us daydream about being handed a \$5,000 VISA gift card, and showed us the transformations that were possible with just the right clothes, a great haircut, and the correct shade of foundation. You may be surprised to find out that our very own Tania was featured on the famous show in its last season! In this episode of *More Than Rice and Beans*, Tania and Miguel talk about the show's impact on their family, the lasting effects of the makeover, and what it's *really* like being on a reality TV show.

#### ***Highlights:***

In this episode, Tania and Miguel reflect on their family's experience with reality TV. Highlights include:

- Background information on the TLC reality show "What Not to Wear."
- Tania's thoughts on being nominated for a makeover show, and how she surprised she *really* was.
- What it was like for Miguel to watch his mom go through the experience, and what he noticed about her afterward.
- How Tania and Miguel think being on a reality TV showed impacted their family, business, and confidence.
- Tania and Miguel's thoughts on the possibility of a "What Not to Wear" Reboot

#### ***Links:***

What Not to Wear Episode: <https://youtu.be/gDr0tFYEbN8>

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<https://www.coquithechef.com/cooking-classes/>



Buy us coffee? <https://www.buymeacoffee.com/ricebeanpodcast>

Visit our webpage: <https://www.coquithechef.com/podcast/>

Cancellation of "What Not to Wear": <https://www.thelist.com/621319/the-real-reason-why-tlc-cancelled-what-not-to-wear/>