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Foodtrainers' Lauren Slayton Dishes on Dieting, “The Little Book of Thin”. Foodtrainers' FH: What inspired you to write a book about your diet plan? OK so instead of saying “oops” every time you have a business trip let's plan around it. FH: In The Little LS: Guilt can easily derail efforts to lose weight.

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RD/Nutritionist, Lauren Slayton (@foodtrainers) who recently wrote The Little Book of Thin, Plan-It-to-
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Foodtrainers: the most underestimated ingredient

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in your smoothie," says Lauren Slayton, author of The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma.

Day 6 & 7. battling through - lulu and lattes

Greg and I had plans to go out so I had a shake at lunch instead of dinner and actually ATE dinner. By 3pm I was STARVING. I put them over salad and used the “Thin -I-Gette” dressing from The Little Book of Thin: Foodtrainers Plan-It-to- Lose-It Solutions for Every Diet Dilemma that I LOVE! Posting here

Resources — stefanie sacks, ms, cns, cdn

Eat, Drink, and Be Healthy by Walter C. Willet, MD; The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma by Lauren Slayton,

Pre beach diet / chicken cacciatore with brown rice

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In this "worst-case diet survival handbook", nutritionist and founder of The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma.

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