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Dallas, Texas



thedessertdietitian 🙋, you've probably forgotten about me since I never post anymore! Turns out, having 3 kids 3 and under is V time consuming. Who knew 😅. For those of you that have forgotten who I am, my name is Lauren and I'm a registered dietitian. I moved to Dallas, TX from Denver, CO exactly 1 year ago and am loving the heat, Tex Mex, and mosquitoes here (kidding on that last part). Between working a full time job, raising my litter of children, and drinking lots of wine, my passion is to share quick, easy, healthy meal ideas with those of you who have stuck through this insta adventure with me. I am making a commitment to myself to share more



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of those with you this year!

I recently partnered with @nutrafol (so thankful they thought of me since I fell off the face of the earth on here). I lost a ton of hair postpartum and am finally on a mission to get it back. My dermo recommended it to me so I will always take advice from science backed peeps. You've got to care about yourself in order to care for others! Join me in Nutrafol's new community conversation to Shed the Silence and normalize female hair struggles. This Facebook group is to help us feel like we aren't alone, find support in each other's experiences, and take back our hair story. Link is in my Insta profile! Let's do this!



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