



AMANDA NIGHBERT

Amanda Nighbert is a registered dietitian specializing in weight loss nutrition. Her passion and purpose is to empower others to break the all or nothing mindset and find sustainable change for long term weight loss success. She presented this powerful message on the Ted X stage March of 2021. With 20 years of knowledge and experience under her belt, she provides upper-level nutrition education and support to everyone she works with. With her custom LEAN Program, range of coaching services, and multiple shop offerings, she has cultivated a brand that focuses on giving participants the leading tools and resources to help reach the best versions of themselves. Amanda's goal is to provide the most current, cutting-edge nutritional techniques that not only provide results but are also sustainable for life.