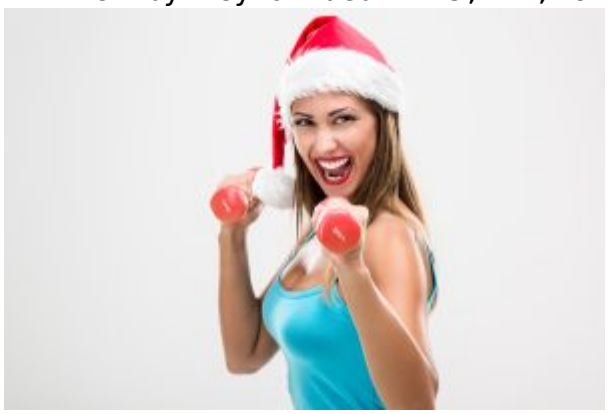
# Leyla Weighs In: Holiday Health Hacks—Savor the Season Without the Guilt

written by Leyla Muedin MS, RD, CDN | November 20, 2026



Discover secrets to navigating the holiday season without sacrificing your health. “Leyla Weighs In” with tactical tips to enjoy the festive season guilt-free! Learn how to stick to your eating plan and even indulge responsibly. Check it out!