



Lisa Tillinger Johansen

LISA TILLINGER JOHANSEN spent several years as a real estate manager for McDonald's Corporation before leaving the fast food industry and earning a Master's Degree in Nutritional Science. After working as a dietitian for one of the country's largest hospital networks, she now teaches nutrition classes and counsels patients on a wide range of health issues. Johansen, who lives in Southern California, is the author of two award-winning nutrition books: FAST FOOD VINDICATION and STOP THE DIET, I WANT TO GET OFF.