



ALEXIS WEILBAECHER, RD, LDN

LIFESTYLE + WELLNESS DIETITIAN

FUN FACT:

Although I'm not the best cook, I LOVE doing recipe analysis for restaurants and cookbooks.

Education:

Louisiana State University:
Bachelor of Science in Dietetics

Louisiana Tech University:
Dietetic Internship

Certifications:

Registered Dietitian Nutritionist
Louisiana Licensed Dietitian Nutritionist

Favorite Foods:

Fajitas, Sushi, and Peanut Butter

Contact:

Email: Aweilbaecher@ochsner.org
Phone: 504-736-4755
To Schedule: nutrition@ochsner.org

EXPERIENCE:

Alexis landed her dream job as a Registered Dietitian after attending LSU. She has been practicing under Ochsner Health System for nearly a decade, working specifically at Ochsner Fitness Center. She has incredible passion and connects with patients on a unique and personal level. She'll work to optimize your diet, and improve overall wellness. She will also make sure you accomplish this while having fun too!

Specialties:

- Performance Fueling
- Weight loss
- Weight management
- Family nutrition counseling
- Food sensitivities
- Food allergies
- Inflammatory disorders

Favorite things about your field:

- I love seeing my patients progress and really enjoy making positive lifestyle changes.
- Seeing a smile on their face after being committed to these changes is truly the highlight of my job.