



Happy  
Welly

**THE  
REBEL  
DIETITIAN**

Maryta Ibrahim

# Welcome to Happy Welly



I'm Maryta Ibrahim, your guide on this exhilarating path to a nourished life. With a heart full of joy and a Master's in Nutrition, I've dedicated over five years to understanding the delicate dance between delicious food and a vibrant, healthy lifestyle.

At Happy Welly, we don't believe in one-size-fits-all diets or fleeting fitness fads. Here, we embrace the unique you. Our approach is as individual as your taste buds, blending science-backed nutrition with the freedom to enjoy food without guilt.

Know that your unique story is honored and your wellness dreams are nurtured. Here, we chart a course together to discover the harmony between savoring delicious meals and cultivating a radiant, healthy body. It's not just about the foods you eat, but about crafting a lifestyle that sparkles with vitality and satisfaction.

Imagine a world where your weight loss journey is not a battle, but a beautiful transformation. Envision feeling empowered, enlightened, and truly at peace with your dietary choices—a space where your well-being is celebrated with every healthful and hearty laugh.

So, if you're ready to step into a brighter, lighter version of yourself, let's join hands. Whether you're navigating emotional eating, seeking wholesome nourishment during pregnancy, aiming for healthful habits in the hustle of work life, or simply looking for a sustainable weight management plan – I'm here to support you.

Your wellness rebel,

*Maryta Ibrahim*



## Personalized Nutrition Coaching

One-on-one sessions tailored to each client's dietary needs, lifestyle, and weight loss goals, offering guidance without deprivation.

Here's a detailed outline of the program:



### Initial Consultation:

- Comprehensive assessment of the client's dietary history, lifestyle, and personal health goals.
- Discussion of previous dieting experiences, current eating habits, and food preferences.
- Analysis of the client's relationship with food, including patterns of emotional eating.
- Identification of potential obstacles and planning for proactive solutions.
- Establishment of baseline health metrics for future comparison.

### **Deliverables:**

- A personalized nutrition report summarizing the initial assessment.
- A clear set of health and weight loss goals co-developed with the client.



### **Nutrition Planning:**

- Development of a customized meal plan that includes a variety of foods the client enjoys.
- Education on macro and micronutrients tailored to the client's health needs.
- Guidance on portion control without compromising satisfaction.
- Integration of the client's schedule and lifestyle into the meal planning process.

### **Deliverables:**

- A detailed, personalized meal plan.



### **Ongoing Support and Coaching:**

- Regularly scheduled follow-up sessions to monitor progress and make necessary adjustments.
- Support with strategies to handle social situations and dining out.
- Continuous motivational support to encourage adherence to the nutritional plan.
- Access to the coach for questions and support between scheduled sessions.

### **Deliverables:**

- Progress tracking reports and updated meal plans as needed.
- Communication support (e.g., email, chat) for questions and guidance.

# HAPPY WELLY

**Don't wait, elevate! Connect with us  
and let the magic begin.**



**[www.happywelly.com](http://www.happywelly.com)**



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