



The Ultimate Beginner's Guide to Eating Better Without Dieting

By Fiona Briffa

Certified Nutrition Coach

BeHealthyMalta.com



Welcome!

Hi, I'm Fiona - and I'm so glad you're here!

If you're like most of my clients, you've tried strict diets, counted calories, or cut out whole food groups... only to give up a few weeks later feeling frustrated and guilty. I get it-because I've been there.

This guide is your first step toward a healthier relationship with food, without diets, guilt, or overwhelm. I've packed in simple, practical tips that I used in my own journey to lose over 35kg-and now I help others in Malta do the same.

Ready? Let's begin.

5 Simple Rules to Eat Better Without Dieting

1. Don't Skip Carbs - Choose Smarter Ones

Whole grains, sweet potatoes, and legumes fuel your body and keep you full.

2. Fill Half Your Plate with Colour

Vegetables are high in fibre and low in calories. The more colours, the better.

3. Eat Until You're Comfortably Full

Slow down. Most people overeat because they eat too fast or out of boredom.

4. Ditch the "All-or-Nothing" Thinking

One slice of cake doesn't ruin your progress. Be kind to yourself and move on.

5. Drink Water Like It's Your Job

Often, you're not hungry-you're dehydrated. Start with 2 glasses of water each morning.

Sample 1-Day Meal Plan

Breakfast:

Greek yogurt + berries + oats + flaxseeds

Snack:

Handful of almonds or carrot sticks + hummus

Lunch:

Grilled chicken, quinoa, roasted veg

Snack:

Apple + 1 boiled egg

Dinner:

Baked salmon or beans + salad

Tip: Adjust portions to your hunger-not your guilt.

Your Next Step

If you found this guide helpful, I'd love to invite you to explore my 3-Month Flexi Guide Programme.

It's designed for busy people who want to:

- Eat better without dieting
- Get personalised support from someone who's been there
- Lose weight sustainably and feel great again

Join the hundreds of Maltese clients I've helped!

Visit: www.behealthymalta.com

Follow me on Facebook: Be Healthy Malta