

***Victoria Leger***  
**Happy Healthy Whole**  
Holistic Health & Nutrition

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**Consultation: \$175**

One 60 minute individual video, phone, or in-person session to discuss current health and wellness status and make short and long term goals. Includes helpful go-to healthy recipes.

**Transition: 3 Week Personal Counseling \$350**

One on one 60 minute session, including questionnaire, goal assessment and evaluation. Followed up with a detailed plan, and 3 weeks of unlimited email questions and support.

**Transformation: 3 Month Individual Healthy Lifestyle Counseling \$900**

Initial food, nutrition and overall health consultation.

Two 60 minute in person, phone, or video sessions per month.

Detailed food guide and shopping lists.

A fully customized plan to make sure you have accountability and support to make long term whole life transformation.

Sessions may include kitchen, pantry, meal and supplement assessment; local grocery or farmers' market guided shopping tour; family friendly recipes.

This program may also include sessions to review your food/exercise logs and ongoing personal correspondence to keep you on track.