



VERONICA MONTURE
FUNCTIONAL WELLNESS

Holistic Nutrition, Functional Strength Training
& Fascial Stretch Therapy™

*Guiding you back to your functional self with
optimal health through nourishment & movement*

Packages & Pricing

To book, please contact
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Holistic Nutrition

Services:

Virtual Initial Consult

\$200

It all starts with getting to know all of YOU! Upon booking, you will be emailed a comprehensive health intake package containing a five day food journal and forms that will familiarize me with your individual needs, health issues and wellness goals, as well as your physical, medical, emotional histories and biochemical nutrient imbalances.

When payment and all forms in the intake package are returned, within 2 weeks you will receive a **Personalized Holistic Wellness Protocol** document detailing key food/nutrient recommendations, a therapeutic supplement and herbal protocol, lifestyle recommendations, educational information & resources, and a recommended foods list in order to set you on your path forward to achieving your goals.

+ A phone/video/in-person meeting can then be scheduled to discuss a run-through of your Personalized Holistic Wellness Protocol if desired.

Also included is **4 weeks of free weekly check-ins** and **15% off of professional grade supplements through Fullscript™**

Followup Assessments

(Virtual or in-Person)

\$90

Recommended every 4-6 weeks to adjust nutrition, supplement, and lifestyle recommendations. An adjusted wellness package will be emailed following the assessment.

What is Holistic Nutrition?

Holistic Nutritional therapy assists the body's natural ability to heal by identifying and addressing the root cause of symptoms and disease on a bio-individual cellular level to devise a personalized health protocol that honours and integrates the unique physical, emotional, chemical, environmental and spiritual aspects of an individual's life.

Customized Weekly Meal Plan + Recipes

Additional \$75

One example week (7 days) of daily meals and accompanying recipes can be added onto each initial consult package and follow-up. Discover new meal ideas or healthier versions of your favourites.

Weekly Check-ins

Via E-mail or 30 min phone/video/in-person @ 1x\$35/week

Have any questions answered, receive support and accountability, and acquire strategies & tips to avoid challenging situations or unhealthy choices.

In-Person Nutrition Add-ons

1hr @ \$90

- Household food audit session: educational overhaul of household pantry and fridge
- Grocery shopping education session: swap out your usual go-to's with healthier alternatives
- How to read nutrition labels and ingredients lists - what to pay attention to, and how to determine good vs. bad ingredients
- In-home recipe demonstrations



Nutrition Coaching Packages:

Coaching packages provide a solid foundation for change and are ideal for deep diving into your journey to optimal health and functional wellness. If you're looking for more accountability on this journey, invest your health into a coaching package!

Get Started Package (4-6 weeks) \$365

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
 - key food/nutrient recommendations
 - Therapeutic supplement and herbal protocol
 - lifestyle recommendations
 - educational information & resources
 - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **1 follow up session** at the end of your initial Personalized Wellness Package plan with adjusted nutrition, supplement, and lifestyle recommendations
- **1 Customized Meal Plan + Recipes** (one example week of daily meals and accompanying recipes)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

Subsequent follow-up assessments, weekly check-ins and meal plans can be added on after completion of this package

Package #2 (typically 12-18 weeks) \$1050 (or \$350/month over 3 months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
 - key food/nutrient recommendations
 - therapeutic supplement and herbal protocol
 - lifestyle recommendations
 - educational information & resources
 - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **3 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **4 Customized Meal Plans + Recipes** (4x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

Package #1 (typically 8-12 weeks) \$750 (or \$375 over two months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
 - key food/nutrient recommendations
 - therapeutic supplement and herbal protocol
 - lifestyle recommendations
 - educational information & resources
 - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **2 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **3 Customized Meal Plans + Recipes** (3x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

Package #3 (typically 6-9 months) \$1998 (or \$333/month over 6 months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
 - key food/nutrient recommendations
 - therapeutic supplement and herbal protocol
 - lifestyle recommendations
 - educational information & resources
 - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **6 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **7 Customized Meal Plans + Recipes** (7x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™



Functional Strength Training & Fascial Stretch Therapy (FST)

I offer functional strength training programs and Fascial Stretch Therapy™ specifically designed to holistically heal and condition the body to meet the needs of every day life, occupation, sport, and past-time activities.

In-person Initial Consult

Training or FST

1hr @ \$90

In-Person 1hr Sessions

1 session @ \$90

4 sessions @ \$325

10 sessions @ \$750

These can be either a:

- Personal training session
- Fascial Stretch Therapy™ session
- Training program run-through (detailed explanation of program and demonstrations of each exercise. Can be done in-person or virtually)

Virtual Training Packages

\$120 per program (4-6 weeks in length)

or \$100 if added onto a nutrition service or package

What's included:

- Virtual initial consult questionnaire to discuss goals, availability, timeline, and available equipment (in-home or in-gym)
- Personalized training program based on initial consult questionnaire
- Unlimited email support throughout each program

What is Fascial Stretch Therapy?

Fascial Stretch Therapy (FST) is a form of in-person, table-based total-body stretching that targets the joint capsule, using traction to release restrictions and to stimulate joint lubrication through varying planes of gentle movement and undulating stretching synchronized with the breath.

Fascial Stretch Therapy not only increases range of motion and flexibility, but can also offer a mind-body approach to resolving emotional issues and people can feel not only physically better, but also more connected to their bodies.