

Ready to make friends with your food?

Whether you're **tired of trendy diets and "wellness" trends** that leave you feeling hungry, or you need support with an underlying health condition, I'm here to help.

Let's work together to create **simple, healthy habits** that fit your lifestyle, make you feel good, and help you find the joy in food. **I'm available virtually all over the globe.**

[Book a virtual appointment](#)

Virtual nutrition counseling with a personal touch

Wherever you are in the world, we'll work together to come up with an easy-to-follow nutrition plan that fits your lifestyle, dietary needs, and budget. I'll support you every step of the way, whether you need an encouraging text now and then, a phone call, or a video chat. We'll equip you with the knowledge, tools, and habits you need to live a healthy lifestyle that works for you.

[View my services](#)

Hello! I'm Haleh

I'm a Functional Medicine Certified Nutritionist and Health Coach here to help you make friends with your food. I'm body-positive and believe we can be healthy at any size. Nutrition is about so much more than weight management. It's about connection, food counseling, and treating the whole person — mind and body. I'd be honored to take this journey with you.

[Learn more about Haleh](#)

Client Praises

“Haleh inspires me!”

Haleh inspires me! With her vast knowledge and ability to explain everything in terms that are easy for a nutritional novice to understand. I greatly value Haleh! She is a Godsend!

“She genuinely cares about me...”

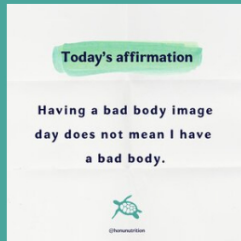
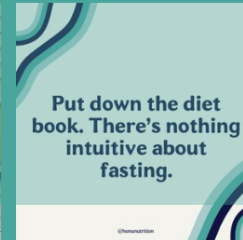
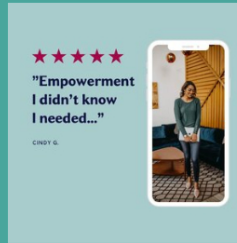
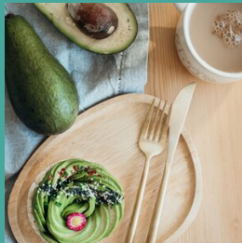
I enjoy meeting up with Haleh, I feel like I am meeting with someone who understands and genuinely care about me. Thank you.

“Highly recommend!”

Haleh did a great job of asking questions, explaining fully what she thought I might be struggling with and making suggestions that were right for my life and budget. Highly recommend!

Book your virtual appointment

Follow me on Instagram for more nutrition tips



Contact me

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425-442-5209



Name (required)

First Name

Last Name

Email (required)

Message (required)

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