



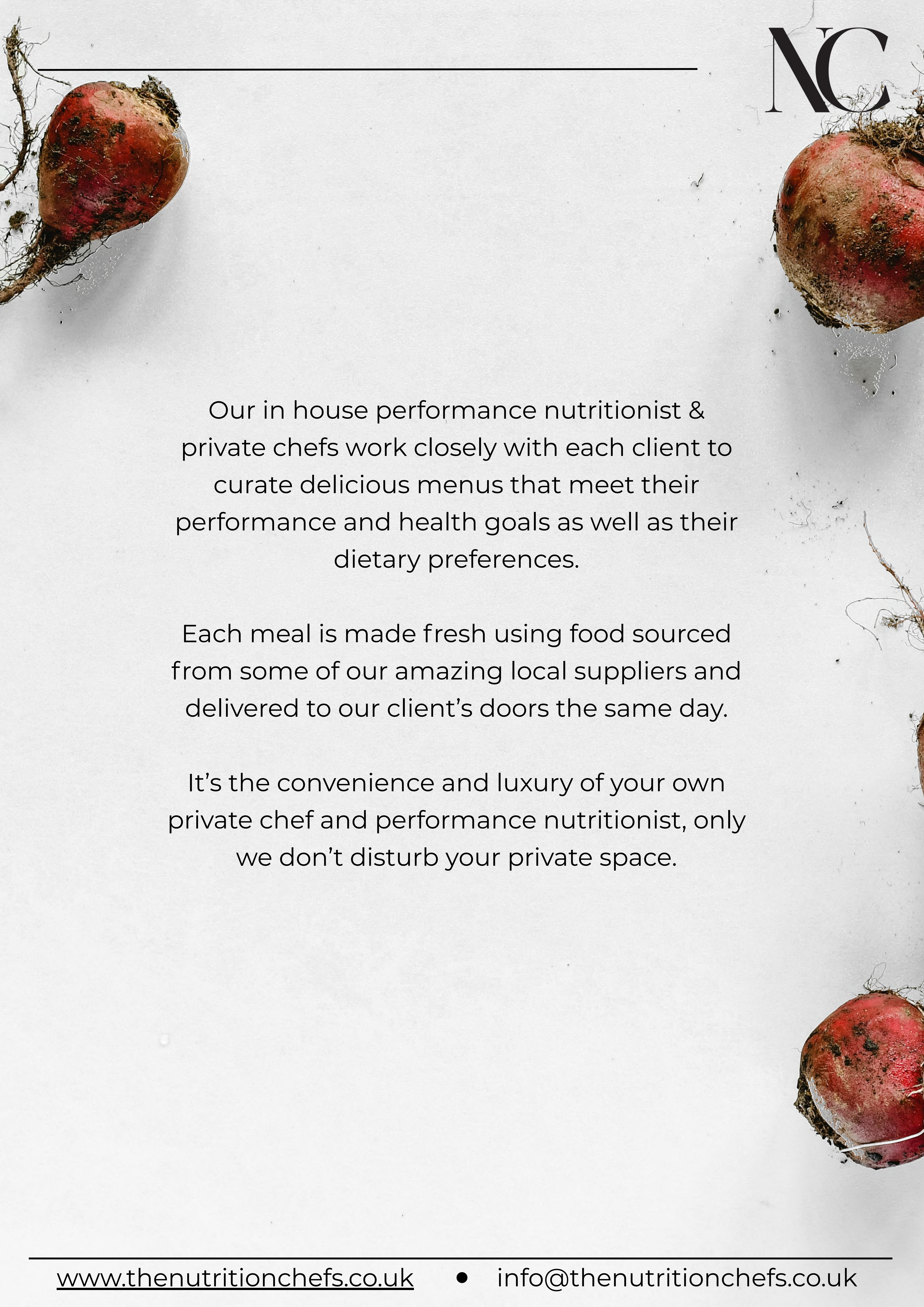
THE NUTRITION CHEFS

An introduction to our nutrition
focussed private chef service

WHO WE ARE

Based in South West London, we are a nutrition focussed private chef service that saves our clients' time by preparing delicious meals that are bespoke to their tastes, goals and nutrition requirements.

Our food combines decades of international cheffing experience with truly expert nutrition knowledge, and has fueled numerous professional athletes and busy health driven Londoners.



Our in house performance nutritionist & private chefs work closely with each client to curate delicious menus that meet their performance and health goals as well as their dietary preferences.

Each meal is made fresh using food sourced from some of our amazing local suppliers and delivered to our client's doors the same day.

It's the convenience and luxury of your own private chef and performance nutritionist, only we don't disturb your private space.

"I can't recommend the Nutrition Chefs highly enough. Their attention to detail has been amazing and they've always gone the extra mile to meet our preferences. You can tell they care about every detail—highly recommend!"

Mark Gillespie
(Record Producer, Three Six Zero)

"Tommy's service was great. He delivered a wide variety of amazing tasty and healthy food and was flexible enough to accommodate the palates of both the adults and children in our family. The communication was good and nothing was ever too much trouble for him. I would highly recommend his service."

Daniel Welbeck
(Brighton FC)





PERFORMANCE NUTRITION

We don't just claim to deliver healthy meals; our bespoke menus are backed by science with our in house nutritionist holding 2 MSc degrees in performance nutrition.

So rest assured that every meal we provide will not only be tailored to your taste buds, but also your health and performance goals.

PRIVATE CHEFS

Our private chefs have a background in fine dining and decades of experience working at the highest level all over the globe.

We've mastered worldwide techniques and flavours, ensuring that our meals deliver delicious optimal nutrition with zero effort required from you.

All you have to do is enjoy the flavoursome healthy meals that transform your body, mind, and wellbeing without spending hours in the kitchen.






“All the food is amazing.”

Emile Smith-Rowe
(Fulham FC)

“As probably a more opinionated client, Nutrition Chefs cope with all preferences with ease. The food is awesome, optimised for my caloric, nutrient and macro specifications. Delivery is smooth and maintains a personal touch throughout. Highly recommend!”



Anthony Beaumont
(Encode Club)

CASE STUDY

EXAMPLE MENU 1

No two menus look the same; the following menu was for an active individual who wanted four evening meals to support their resistance training recovery.

They needed to regulate their blood sugar levels, performed better on a low carbohydrate intake and required a high protein intake to support their resistance training.

Our performance nutritionist included a rationale for each dish as the client was interested in the thought process behind each meal.

MAINS

Lamb, Lentil & Japanese Sweet Potato Shepherd's Pie

with balsamic glazed green vegetables

Lamb shank braised in a fermented black garlic tomato sauce with lentils. The addition of lentils increases the fibre content, slows digestion & lowers the glycaemic response to the meal. Purple Japanese sweet potato increases the micronutrient content of the meal & causes a slightly lower glycaemic response compared to regular potato.

Miso Marinated Wild Alaskan Salmon

with pea puree & asparagus

Wild Alaskan salmon is a more sustainable source of salmon. We've used a fairly big portion because it has a slightly lower fat content to other salmon. The dish still contains plenty of omega 3 fats (EPA/DHA) while being high in protein. Along with all other meals, this dish contains 40-50g of highly bioavailable protein, which exceeds the amount required to maximally stimulate muscle growth.

Grilled Chicken Breast & Katsu Sauce

with kombu brown rice & Asian slaw

The katsu sauce is made from onions, carrots, garlic, ginger, spices & a light coconut milk, making it a highly nutritious sauce that rivals the taste of highly processed alternatives. Incorporating fermented vegetables into the slaw enhances digestibility, gut health & nutrient availability.

Curry Glazed Cod


with tomato, chickpea & ginger sauce

Like the katsu sauce, this sauce has been made from a base of vegetables (onions, garlic, tomatoes). The additions of chickpeas & cauliflower rice increases the fibre & micronutrient content as well as slowing digestion, increasing satiety & lowering the glycaemic response to the meal.

SNACKS

Bone Broth

Made with roasted chicken bones, onion, carrot, herbs & a splash of vinegar



"The meals I receive each week from The Nutrition Chefs are consistently full of flavour and thoughtfully presented, complete with garnishes to add a refined touch. Tommy and Sam are always attentive and accommodating, taking care to design menus that suit my preferences and dietary requirements. Their service is highly professional, and I wouldn't hesitate to recommend them."

Haman Manak
(Stanmore)

CASE STUDY

EXAMPLE MENU 2

This menu was for an individual who wanted to support their resistance training while losing weight on a high fat diet.

They wanted to continue enjoying occasional sweet treats so our chefs used natural sugar free sweeteners as alternatives to sugar.

We used some of our amazing suppliers to source the raw dairy they enjoyed and to ensure the raw meats and fish were of the highest quality possible.

The meals were delivered twice per week so the food remained fresh and to ensure the raw dishes were consumed on the day of preparation.

MONDAY

Lunch

Tuna Ceviche

with toasted corn, avocado & mango salsa

Dinner

Fillet Steak & Black Garlic Jus

with carrot puree, roasted Jerusalem artichoke, cavalo nero & fermented vegetable salad

TUESDAY

Lunch

Thai Green Chicken Curry

with citrus broccoli rice & sautéed green beans

Dinner

Braised Beef Tagine

with lentil tabbouleh & harissa roasted vegetables

WEDNESDAY

Lunch

Salmon Poke Bowl

with kombu brown rice & chilli vegetable salad

Dinner

Rosemary Braised Beef Short Rib

with celeriac puree, glazed carrots & kale

THURSDAY

Lunch

Seared Tuna Steak

with a nicoise salad

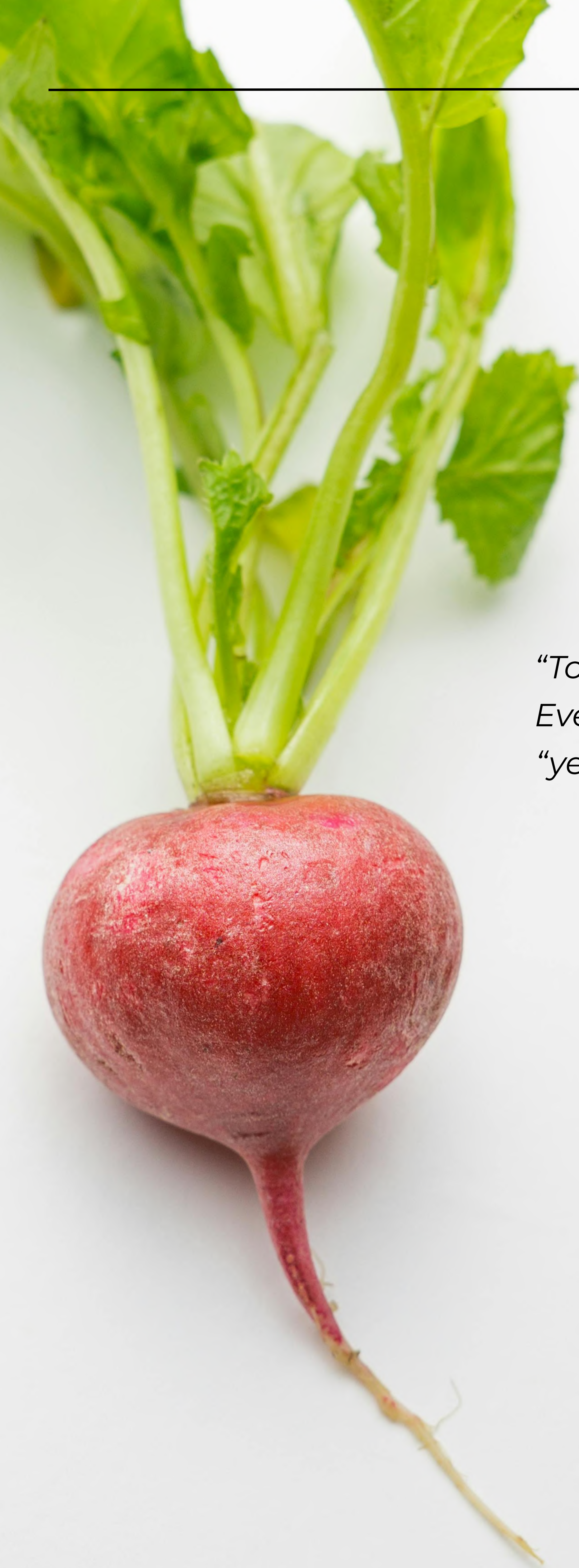
Dinner

Beef Rendang Curry

with coconut lime cauliflower rice & citrus tenderstem broccoli

SNACKS

Bone Broth
Fresh orange juice
Celery juice
Lemon & ginger shots
Zero sugar marshmallows
Zero sugar brownies
Fruit gummies



*“Tommy’s food is spectacular.
Every request was met with a
“yes, no problem “ and was of
the highest quality.”*

Lee Westwood
(Professional Golfer)



Thank you for flicking through.

If you have any questions or would like to discuss how we could help you, please don't hesitate to get in touch.

www.thenutritionchefs.co.uk
info@thenutritionchefs.co.uk