

BUILT FOR PERFORMANCE

CHEFS FOR ATHLETES

Exceptional chefs for high-performing lives.

WHAT WE DO

Built For Performance connects private households, high-performing individuals and elite athletes with exceptional chefs who understand the power of food.

Our chefs sit at the intersection of private hospitality and performance nutrition, delivering food that fuels energy, supports recovery and enhances focus.

This is not simply about eating well.

It is about building a kitchen environment where food supports how you live, work and perform every day.

Each chef within our network is trained to deliver exceptional food while maintaining the standards expected in high-end private kitchens and performance environments.

Every chef within our network understands that food is one of the most powerful tools for energy, longevity and wellbeing.

THE *ATHLETE* INFLUENCE

Elite sport has led the way in understanding the true value of nutrition.

For over 15 years, we have been placing chefs, supporting and working alongside some of the best athletes in global sport, where food is treated as a critical part of performance. In these environments, every meal is designed to support training, recovery, energy and longevity.

At Built For Performance, our philosophy is simple.

Real food. Seasonal ingredients. Whole-food nutrition built around the body.

This approach has been shaped through years of working in elite performance environments where the smallest details matter.

Today, those same principles are being adopted by high-performing individuals and private households who want to bring the edge of elite sport into their kitchens.

What you eat shapes how you perform, feel and live every day.

THE PERFORMANCE CHEF

A performance chef operates between two worlds.

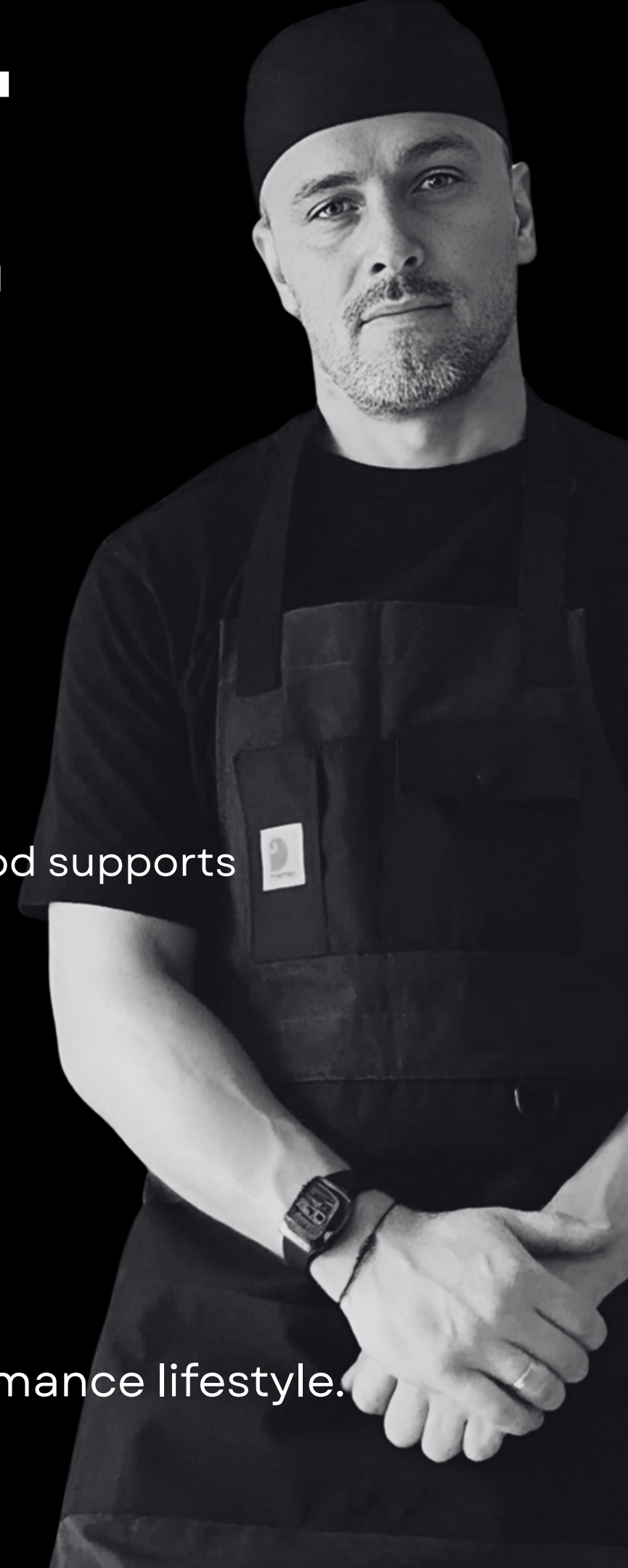
Private hospitality and performance nutrition.

They bring the standards of a high-end private chef together with a deeper understanding of how food supports energy, recovery and wellbeing.

- Daily menu planning
- Ingredient sourcing and provisioning
- Preparing breakfast, lunch and dinner
- Nutrition-focused cooking
- Supporting busy schedules and travel
- Cooking for families and guests
- Maintaining impeccable kitchen standards

The result is simple

Exceptional food that supports a high-performance lifestyle.



OUR NETWORK

Built For Performance works with a carefully selected network of private performance and nutrition chefs across the world.

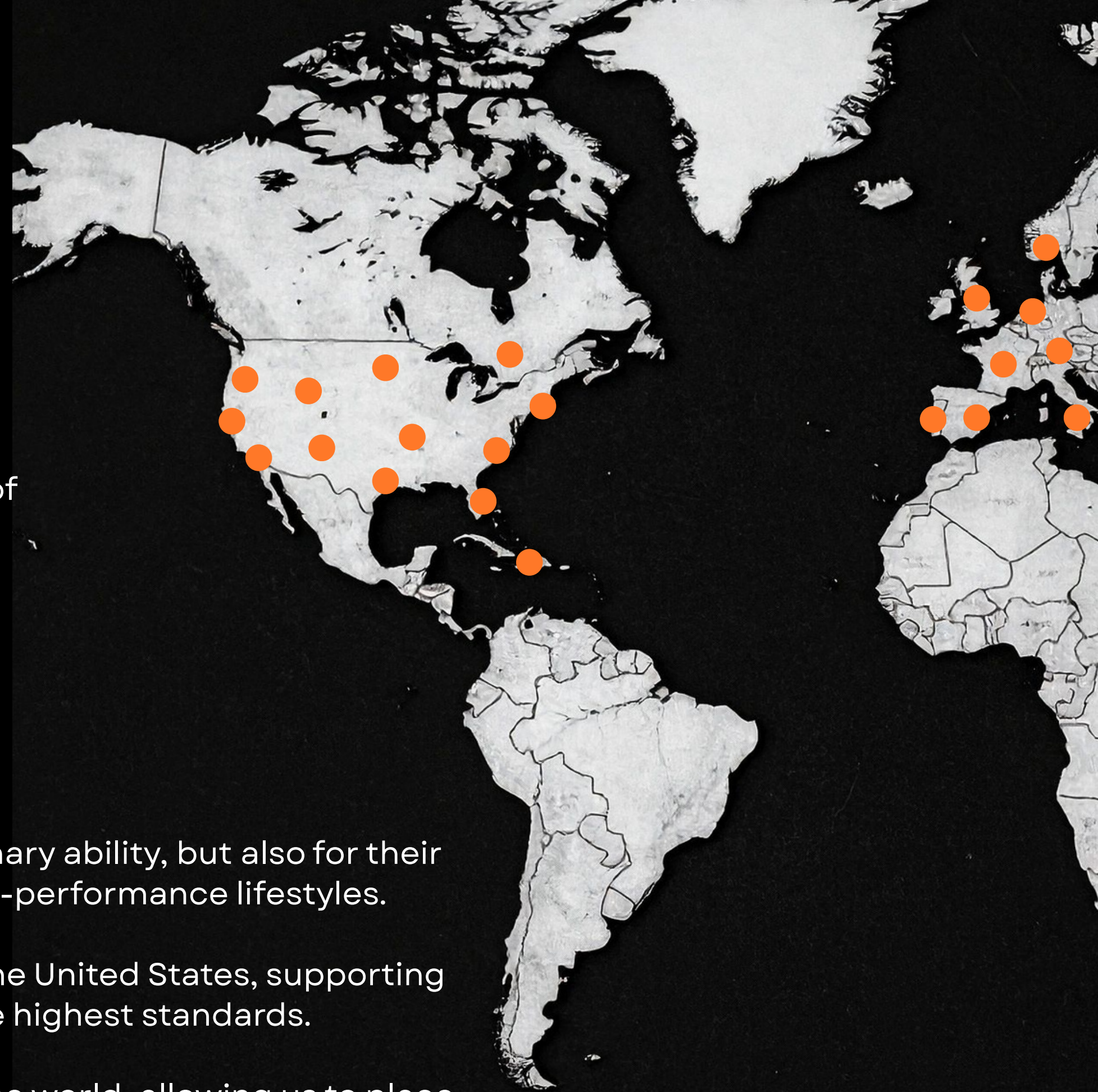
Many of the chefs within our network have backgrounds in.

- Michelin-starred kitchens
- High-end private households
- Elite performance environments

These chefs have been carefully selected not only for their culinary ability, but also for their understanding of nutrition, discretion and the demands of high-performance lifestyles.

Our chefs operate across the UK, Europe, the Middle East and the United States, supporting athletes, entrepreneurs and private households who expect the highest standards.

This network has been built over 15 years within the performance world, allowing us to place chefs we trust into environments where professionalism, quality and discretion are essential.



DATA-LED NUTRITION

One of the things that makes Built For Performance unique is our data-led approach to nutrition.

Many of the clients we support undertake regular blood testing and health analysis, allowing us to understand exactly what is happening inside the body.

Rather than guessing what someone should eat, we use this information to guide the nutritional direction of the food we prepare.

Menus structured to support.

- Nutrient deficiencies
- Energy levels and focus
- Recovery and inflammation
- Hormonal balance
- Long-term health and longevity

This removes the guesswork and allows whole-food to become a precise tool for performance and wellbeing.

OUR CLIENTS



Built For Performance places chefs trusted in elite performance environments.

Today, those same chefs support a select group of clients around the world who understand the importance of food in supporting energy, health and long-term performance.

Our chefs work with.

- Professional athletes across multiple
- UHNW individuals and families
- Entrepreneurs and business leaders
- High-performing professionals
- High-profile private households

Many of the clients we support live demanding lives where energy, focus and wellbeing matter every single day.



THANK YOU

Thank you for taking the time to learn more about Built For Performance.

If you are looking to introduce a performance chef into your household or environment,
we would be delighted to support you.

Built For Performance

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