

# ATHLETE MEAL SUPPORT

A Nutritionally Tailored Chef Meal Prep Service

## WHAT

We're excited to bring you Meals, a revolutionary tailored meal prep service designed for athletes.

Whether you're a professional athlete or just have a specific training goal, we offer the tailored luxury and convenience of having your own personal chef, but at a fraction of the cost. We cook all your meals for you and take care of the planning, shopping, and washing up.



## WHY

We understand every athlete is different and every detail of your nutrition, from macros to allergens, needs to be individualised to maximise performance.

Whilst there are remarkable benefits of a fully managed nutritional plan, most athletes go without due to lack of solutions, time, expertise or financial support.

Meals is a complete solution offering a dedicated chef service, planned by a performance nutritionist and built around your exact requirements **from £150/week.**

## 🗨️ THE PROBLEM

Meal prep delivery services are designed for mass market convenience which means a low quality 'one size fits all' solution that is not suitable for the majority of athletes looking to improve their performance.

Alternatively, finding a performance chef who is qualified to support the needs and requirements of athletes is difficult and normally in excess of £2000/week.

## 💡 OUR SOLUTION

Through Meals, you receive all the expertise of having your own performance chef, but at 10-20% of the cost. Combining this with the simplicity and usability of a meal prep platform, which allows you to effortlessly schedule your weekly meals around your requirements and training schedule.

So, whether you need all of your meals catered for or just a proportion of them, Meals can ensure 100% of your weekly nutrition is on plan and taken care of.

## 🏠 SERVICE OPTIONS

Enjoy the luxury and convenience of having your own personal chef cooking you tailored meals and either hand placing them into your fridge or serving them to you.

Our menus are created to provide not only a variety of cuisines but also a range of higher, medium, and lower carbohydrate meals to reflect your different training outputs each day.

### Meal Prep

Your chef will attend once a week to prepare all your meals for you.

Our meals remain delicious in your fridge for up to 5 days & can be frozen

**from £150 / week**

for 10+ meals including ingredients

#### Features

- Tailored Meals ✓
- Periodised Nutrition ✓
- Drop Off Option ✓
- Daily Visits Available ✗
- Table Service ✗

### Meal Prep +

Enjoy multiple weekly visits from your chef for the freshest service.

Have your chef attend as many times as you need each week

**from £280 / week**

for 12+ meals including ingredients

#### Features

- Tailored Meals ✓
- Periodised Nutrition ✓
- Drop Off Option ✓
- Daily Visits Available ✓
- Table Service ✗

### Private Chef

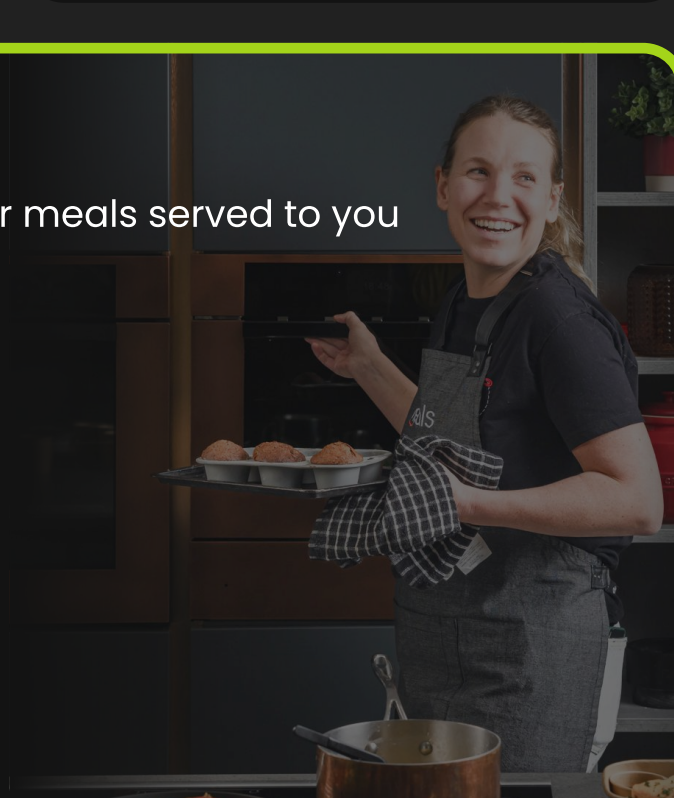
Daily visits from your chef with your meals served to you

**from £160 / day**

for 2+ meals including ingredients

#### Features

- Tailored Meals ✓
- Periodised Nutrition ✓
- Drop Off Option ✗
- Daily Visits Available ✓
- Table Service ✓



## GET STARTED

🌐 [www.meals.co.uk](http://www.meals.co.uk)

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📞 020 33 713 988

**meals**

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