

# Partner Testimonial



## Silhouette Chef's

Silhouette Chef's, is Europe's leading specialist in creating and delivering daily personalized lifestyle dietary meals fresh to your doorstep.

As a personalized programme we had much demand for a high quality personal trainer who could improve our clients fitness. We had been working with a number of personal trainers and found that not only did they not get the desired results but they were not always very professional either. When we came across Claud, through a personal reference, we knew we had found the best individual to head our team of London-wide personal trainers.

Claud has proven he can get the desired results whilst working closely together with us to ensure our customers receive the best service whilst they are receiving the best food.

When working with Claud, we assess each client and work on a fitness basis so that the days the person trains, they receive ample energy levels for their training session and they burn the right amount of calories to reach their targets in best possible time.

Claud has achieved great results with our clients and is always extremely professional and courteous whilst still getting the most out of each training session. Our clients always return for personal training with him and are full of praise for his services

Silhouette Chefs designs your daily meal requirements for you and delivers 5 meals a day straight to your door taking away the hassle of shopping, cooking and cleaning up. It is easy to live healthy and lose weight when someone does all the hard work for you.

The programme could not be easier for you! Each morning you will receive a delivery of 3 meals and 2 snacks. These gourmet meals and healthy snacks, prepared according to the Zone program to promote lean body mass, weight loss, decreased carbohydrate cravings, lower blood sugar levels, increased energy levels and improved mental clarity, will be delivered right to your door step.

For more information please feel free to contact us on 0207 394 8899 or at [www.silhouettechefs.com](http://www.silhouettechefs.com)