
BIOSPAN
Your nutrition, cooked for you.

INSIDE THIS BROCHURE

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A guide to BioCheffing, from the food on your plate to the support behind your nutrition.

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WHY BIOSPAN EXISTS

The food our ancestors ate is now a modern-day luxury.

Organic plants, pasture-raised animals and wild food once connected us to the places we lived. Today, finding clean food takes effort, even with more choice than ever.

Illustrative photography

WHY BIOSPAN EXISTS

We wanted to make maximised nutrition accessible.

Founded in 2020, Biospan began at the height of the pandemic. Health science had never been more advanced, yet supermarkets, restaurants and even hospitals were serving ultra-processed food.

We started with a different question: how could we make maximised nutrition as easy as possible? A diet designed around your body, made from clean, organic whole foods, without spending your life preparing it.

That question led to BioCheffing. A service for people who want more from their health, and more time to live their lives.



MAXIMISED NUTRITION

Personalised nutrition. Clean, organic whole foods.

A diet designed around you, made from ingredients chosen for their quality. Together, maximised nutrition.

Illustrative photography

WHAT IS BIOCHEFFING

This is BioCheffing.

BioCheffing is personalised nutrition with clean, organic ingredients, made by private chefs trained in nutrition.

01

Your nutrition

Your goals, dietary requirements and tastes guide the menu. Your BioChef can follow an existing plan or cook a programme developed with Biospan.

02

Your ingredients

Your chef shops for clean, organic whole foods and prepares your meals from scratch.

03

Your BioChef

A chef experienced in nutrition, matched to your household, plans, shops and cooks in your kitchen.



YOUR GOALS

More energy for the life you want to live.

Meals you look forward to, with less time spent planning and cooking. More time for your work and the people you love.

Illustrative photography

YOUR GOALS

What you want from your nutrition.

Clients come to Biospan with different goals. Your starting point may be a specific target, a health requirement or simply wanting to feel better.

01 Wellbeing

02 Weight loss

03 Longevity

04 Muscle gain

05 Physical performance

06 Health condition

07 Fertility

Your goals guide the conversation. Your tastes, allergies and household needs shape the food.



HOW IT WORKS

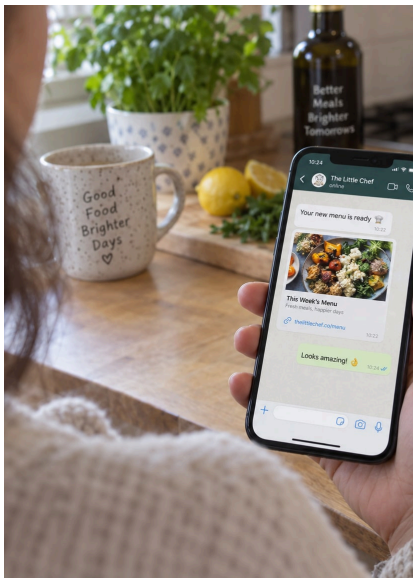
Your BioChef takes care of the cooking.

From planning your menu to leaving meals ready, your BioChef handles the cooking.

Illustrative photography

HOW IT WORKS

Your week, from menu to meal.







01

Review your weekly menu

Review the week's dishes and request changes before your chef shops. Your requirements and household guide the menu.

02

Your chef shops and cooks

Your chef buys the ingredients, cooks in your kitchen and leaves it clean.

03

Your meals are ready to eat

Meals are portioned and labelled, with heating instructions. Share your feedback with your chef.

Illustrative photography



THE MENUS

Food you look forward to eating.

Your favourite dishes, new flavours and seasonal ingredients. Menus designed around your tastes and the way you want to eat.

THE MENUS

Your menu, built around you.

Your BioChef plans meals around your tastes, dietary requirements and household. From familiar favourites to new dishes, your menu reflects what you enjoy eating and what you need from your food.

Your preferences come first.

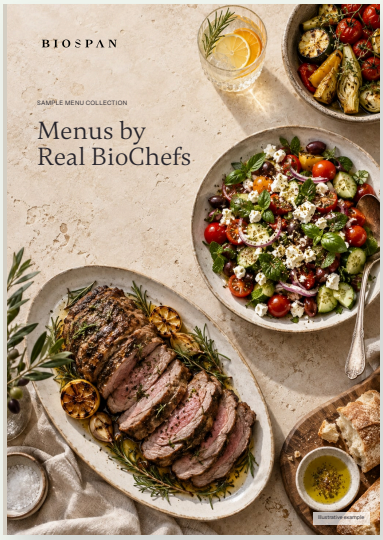
Favourite cuisines, allergies, ingredients you avoid and the meals you want ready.

Variety, with familiar favourites.

Explore new dishes and seasonal ingredients alongside the meals you already enjoy.

Food for your household.

Different portions and preferences can be included in the same menu.



See what our BioChefs cook.

Explore real dishes from our chefs' menus, including breakfasts, lunches, dinners, sharing dishes, snacks, drinks and desserts.

Explore the sample menus ↗



THE INGREDIENTS

Clean, organic whole foods.

Your BioChef cooks from scratch with ingredients chosen for their quality. The Biospan Whole Food Approach guides what goes into your meals.

Illustrative photography

THE INGREDIENTS

The Biospan Whole Food Approach

Eight principles guide how your food is chosen and prepared.

01

Whole foods

Real ingredients, cooked from scratch rather than ultra-processed food.

02

Organic

Organic, regenerative or biodynamic ingredients guide the shopping.

03

Seasonal and local

Seasonal ingredients and local produce where possible.

04

Natural fats

Olive oil, ghee and tallow, chosen for the dish and your requirements.

05

Nose-to-tail

Prime cuts, offal and broths can bring variety to your food.

06

Prepared for digestion

Soaking, fermenting and sprouting where they suit the ingredients.

07

Diversity

A varied selection of plants and animal foods within your dietary needs.

08

Rhythm over rigidity

Menus that work with your routine and the seasons.

Where your BioChef shops

We provide your BioChef with sourcing guidance on where to shop, including organic farmers, farm shops, butchers and fishmongers. We are also rolling out our own supplier list.



YOUR BIOCHEF

A chef who understands your nutrition.

Every BioChef is experienced in nutrition. Some are nutritionists. We match your chef to your requirements and household.

Illustrative photography

MEET THE BIOCHEFS

Matched to your food, your needs and your household.

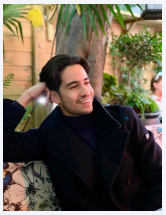
Biospan matches your BioChef to your dietary requirements, cooking preferences, location and schedule. These are a few of the chefs in our network.



Hope

London

BSc Nutrition · Macro targets



Yure

London

Nutritionist · Sports science



Julia

London · Nutritional therapist

Mediterranean · Seasonal



Perry

Nevada

Michelin background · TV chef

14,000+

Chefs in our network

9

Countries cooked in

53,000+

Personalised meals cooked

Selected and matched

Interviewed, trial-cooked and background-checked. Your requirements and chef availability guide the match.

Nutrition expertise

Our nutritionists handle intake and chef onboarding. Across the team, they hold BANT, CNHC and ANP registrations.



PART-TIME BIOCHEF

A BioChef, one to three times a week.

A freshly cooked meal and food prepared for the days ahead. Your BioChef shops, cooks and leaves the kitchen clean.

Illustrative photography

PART-TIME BIOCHEF

Your weekly cooking, handled by your BioChef.

Most clients have a BioChef once or twice a week for lunches and dinners, Monday to Friday. Choose one to three visits around your household. For freshly cooked family dinners five evenings a week, ask about our separately quoted dinner service.

Two visits through the working week (Example)

	Mon	Tue	Wed	Thu	Fri
Your chef	Chef visits	—	—	Chef visits	—
Your food	Fresh meal + preparation	Prepared meals	Prepared meals	Fresh meal + preparation	Prepared meals

A fresh meal on cooking days

Enjoy lunch or dinner while your chef is there, alongside food prepared for later.

Food ready between visits

Portioned meals, breakfasts, soups, snacks and shakes, with storage and reheating instructions.

Planned around your household

Your menu, portions and the amount of food you need guide the visits. Storage and freezing instructions depend on each dish.



FULL-TIME BIOCHEF

Your own BioChef, five to six days a week.

Clean, organic food cooked to your personalised nutrition, five to six days a week, so the household can switch off.

Illustrative photography

FULL-TIME BIOCHEF

Your BioChef works around your household's day.

Your chef is in your home five to six days a week, preparing meals around your family, guests and routine.

Five days with your BioChef (Example)

	Mon	Tue	Wed	Thu	Fri
Your chef	Chef at home	Chef at home	Chef at home	Chef at home	Chef at home

MORNING

Breakfast & food to go

Fresh breakfast and meals packed for work or school.

AFTERNOON

Lunch & preparation

Snacks, shakes and food prepared for later.

EVENING

Dinner at home

Food cooked for your household and planned guests.

One household, different requirements

Your chef adapts meals and portions for adults, children and guests. Broths, ferments and food to take out can also form part of the role.

Your chef can travel with you

Include travel abroad or time at another residence in your arrangements, so your food can follow you.

More time for every ingredient

Our Full-Time service gives your chef the most time to source exceptional ingredients and make your food from scratch.



YOUR EXISTING PLAN

If you have a plan, your BioChef cooks it.

Your calories, macros and specific dietary requirements, cooked into meals you enjoy. Bring a plan from your nutritionist, doctor or trainer; your BioChef follows it in your kitchen.

YOUR EXISTING PLAN

Your instructions become the food on your plate.

Your nutritionist, doctor or trainer provides the plan. Biospan receives the requirements directly and your BioChef cooks to them.

01

Your calories, macros and dietary requirements

Share your calorie and protein, carbohydrate and fat targets, alongside any specific diet or ingredient exclusions.

02

Adapt your menu

Your BioChef selects dishes, ingredients and preparation methods that follow your plan.

03

Meals portioned to your targets

Your menu is adapted and your meals are portioned to your calorie, macro and dietary requirements.

04

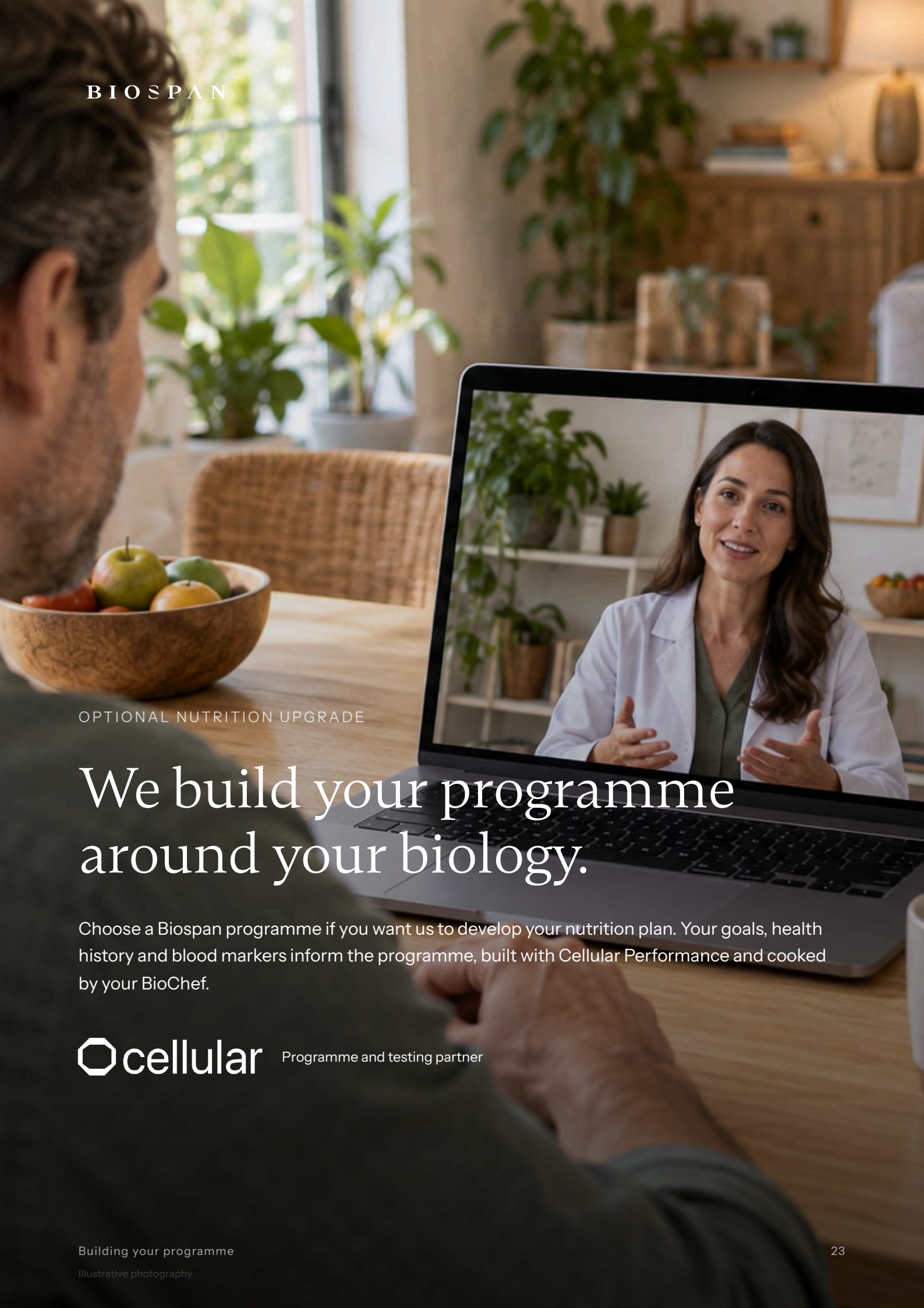
Apply updates

When your practitioner changes the plan, your BioChef receives the new instructions and adjusts your menus and portions.

A simple example

For a dairy-free requirement, a yoghurt dressing can become a lemon and olive-oil dressing. Your chef follows the specific plan rather than making dietary assumptions.

Illustrative adaptation. Medical and dietary requirements are individual.



OPTIONAL NUTRITION UPGRADE

We build your programme around your biology.

Choose a Biospan programme if you want us to develop your nutrition plan. Your goals, health history and blood markers inform the programme, built with Cellular Performance and cooked by your BioChef.

cellular Programme and testing partner

Illustrative photography

BUILDING YOUR PROGRAMME

Your programme, from assessment to updated meals.

01

Your assessment and consultation

Share your starting point and discuss the nutrition support you need, including the practical demands of your life.

02

Test your blood and biomarkers

Blood and biomarker results inform programme development.

03

Your BioChef cooks your programme

Your BioChef uses the plan to create menus, portions and meals.

04

Track your progress and results

Progress and results help guide how the programme develops.

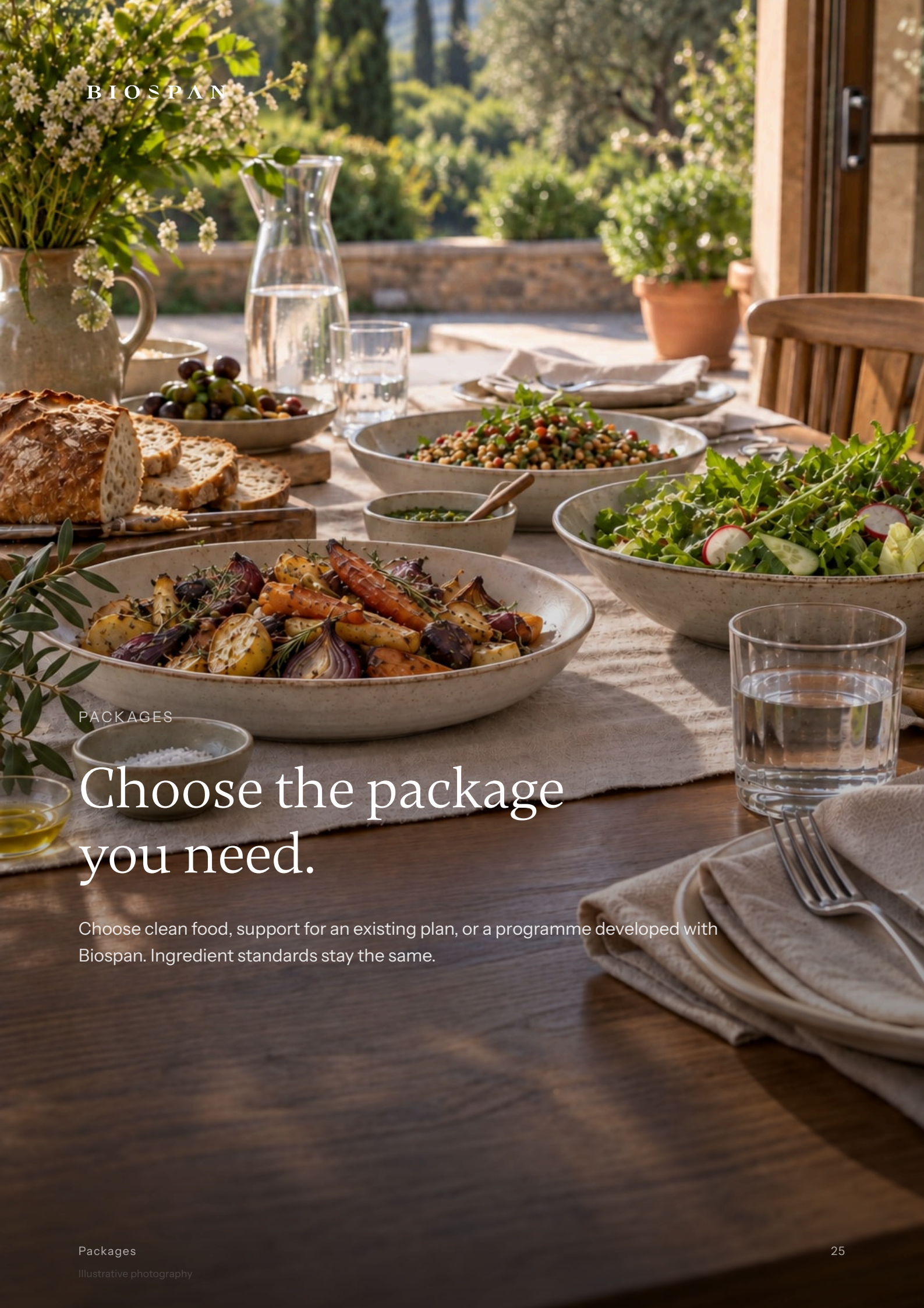
05

Review your results and update your plan

Results are reviewed at 6 and 12 weeks, with the protocol adjusted and your chef updated. The baseline panel is re-tested each cycle.

cellular Programme and testing partner

LEARN MORE ABOUT YOUR PROGRAMME ↗



PACKAGES

Choose the package you need.

Choose clean food, support for an existing plan, or a programme developed with Biospan. Ingredient standards stay the same.

Illustrative photography

YOUR NUTRITION

Compare your packages.

Included support	Starter Clean Food	Core Existing Programme	Core Pro Biospan Programme
The food			
Vetted, matched BioChef	▯	▯	▯
Meal prep + hot meals	▯	▯	▯
Weekly menu planning + sourcing	▯	▯	▯
Biospan organic food standards	▯	▯	▯
Executing your programme			
Specific diets, cooked properly	—	▯	▯
Cooks to your existing plan	—	▯	▯
Macros + calories portioned to target	—	▯	▯
Practitioner + personal trainer liaison	—	▯	▯
Designing your programme			
Nutrition consultation	—	—	▯
Blood and biomarker testing	—	—	▯
Programme built from your goals	—	—	▯
Tracking + 6/12-week reviews	—	—	▯



PRICING · UNITED KINGDOM

Your BioChef in the United Kingdom.

Part-Time BioChef prices per month. Your package pricing is based on your requirements.

VAT included · Groceries billed separately at cost

Visits per week	Starter Clean Food	Core Existing Programme	Core Pro Biospan Programme
One	£1,762–£1,979 Up to 16 servings per week	£1,941–£2,266 Up to 12 servings per week	£3,162–£3,487 Up to 12 servings per week
Two	£2,759–£3,279 Up to 32 servings per week	£2,916–£3,782 Up to 24 servings per week	£4,137–£5,003 Up to 24 servings per week
Three	£3,799–£4,579 Up to 48 servings per week	£3,999–£5,299 Up to 36 servings per week	£5,220–£6,520 Up to 36 servings per week

Full-Time BioChef

£80,500–£138,000

per year

Optional Biospan Programme · annual add-on

Add £14,652 to the annual chef price.

One serving is one meal for one person. Serving figures are weekly maximums; your tailored quote confirms output.

Pricing reference · September 2026. Your tailored quote confirms your pricing.



PRICING · UNITED STATES

Your BioChef in the United States.

Part-Time BioChef prices per month. Your package pricing is based on your requirements.

Applicable sales tax may be added · Groceries billed separately at cost

Visits per week	Starter Clean Food	Core Existing Programme	Core Pro Biospan Programme
One	$3,349–$3,782 Up to 16 servings per week	$3,570–$4,220 Up to 12 servings per week	$5,320–$5,970 Up to 12 servings per week
Two	$5,516–$6,382 Up to 32 servings per week	$6,170–$7,470 Up to 24 servings per week	$7,920–$9,220 Up to 24 servings per week
Three	$7,899–$9,199 Up to 48 servings per week	$8,770–$10,720 Up to 36 servings per week	$10,520–$12,470 Up to 36 servings per week

Full-Time BioChef

$138,000–$184,000

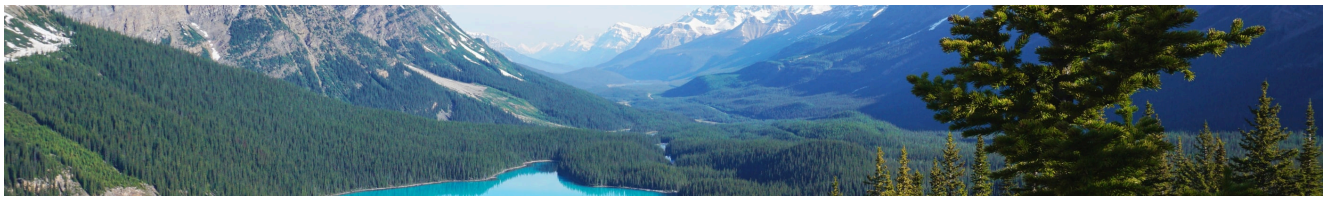
per year

Optional Biospan Programme · annual add-on

Add $21,000 to the annual chef price.

One serving is one meal for one person. Serving figures are weekly maximums; your tailored quote confirms output.

Pricing reference · September 2026. Your tailored quote confirms your pricing.



PRICING · CANADA

Your BioChef in Canada.

Part-Time BioChef prices per month. Your package pricing is based on your requirements.

Applicable sales tax may be added · Groceries billed separately at cost

Visits per week	Starter Clean Food	Core Existing Programme	Core Pro Biospan Programme
One	C$3,570–C$4,003 Up to 16 servings per week	C$3,720–C$4,370 Up to 12 servings per week	C$5,900–C$6,550 Up to 12 servings per week
Two	C$5,737–C$6,603 Up to 32 servings per week	C$6,320–C$7,620 Up to 24 servings per week	C$8,500–C$9,800 Up to 24 servings per week
Three	C$8,120–C$9,420 Up to 48 servings per week	C$8,920–C$10,870 Up to 36 servings per week	C$11,100–C$13,050 Up to 36 servings per week

Full-Time BioChef

C$103,500–C$161,000

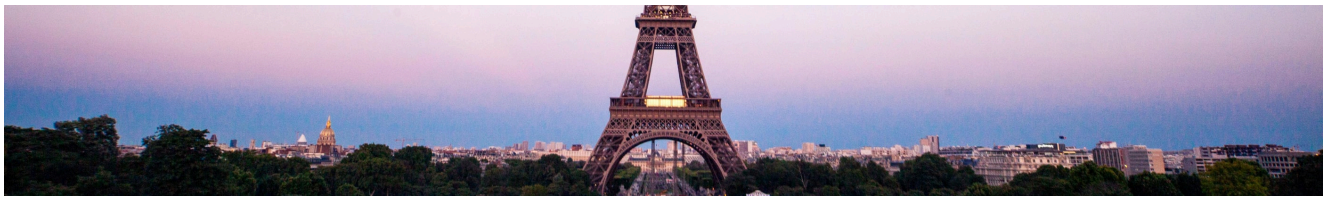
per year

Optional Biospan Programme · annual add-on

Add C$26,160 to the annual chef price.

One serving is one meal for one person. Serving figures are weekly maximums; your tailored quote confirms output.

Pricing reference · September 2026. Your tailored quote confirms your pricing.



PRICING · EUROPEAN UNION

Your BioChef in the European Union.

Part-Time BioChef prices per month. Your package pricing is based on your requirements.

Applicable sales tax is added · Groceries billed separately at cost

Visits per week	Starter Clean Food	Core Existing Programme	Core Pro Biospan Programme
One	€1,546–€2,196 Up to 16 servings per week	€1,724–€2,396 Up to 12 servings per week	€2,945–€3,617 Up to 12 servings per week
Two	€2,412–€3,712 Up to 32 servings per week	€2,699–€4,042 Up to 24 servings per week	€3,920–€5,263 Up to 24 servings per week
Three	€3,279–€5,229 Up to 48 servings per week	€3,674–€5,689 Up to 36 servings per week	€4,895–€6,910 Up to 36 servings per week

Full-Time BioChef

€80,500–€138,000

per year

Optional Biospan Programme · annual add-on

Add €14,652 to the annual chef price.

One serving is one meal for one person. Serving figures are weekly maximums; your tailored quote confirms output.

Pricing reference · September 2026. Your tailored quote confirms your pricing.

OUR CLIENTS

What our clients say.

On having food ready, supporting performance and making nutrition part of everyday life.

"There's a high chance of skipping meals or not eating things that are good for my nutrition if it's not super quick and accessible. That's been really important to me."

Steven Bartlett
Diary of a CEO · Dragon's Den

"Biospan passes with flying colours by producing elite high quality meals."

AnEsonGib
Professional athlete & celebrity

"Helping me to have the tastiest, yet nutritious daily meals that coincide with my daily schedule."

Solly Solomou
CEO and founder, LadBible Group

"They meticulously calculate calories and macros, ensuring he stays on track while still enjoying his favourite meals."

Amelia Rose
PA to UHNW family

Individual client experiences. Read testimonials ↗

PRACTICAL ARRANGEMENTS

Before you start.

Your proposal and chef contract set out the arrangements for your service.

Chef trials	Part-Time clients can trial their chef for one visit. Full-Time clients can have unlimited trials, each paid at the candidate's agreed day rate.
Replacement	If the match is not right, we replace your chef. Full-Time includes an annual replacement guarantee if something goes wrong.
Your contract	You sign your contract directly with your chef before starting. Background checks are completed first.
Minimum term	Part-Time has a three-month minimum, then rolls monthly. There is no minimum commitment for serious health conditions.
Pausing	You can pause with one week's notice.
Your kitchen	Discuss your kitchen and equipment before the first visit so your chef can prepare.
Meal delivery	We recommend a chef in your home for the most personal service. If kitchen space is limited, meal delivery may be arranged on request, subject to availability.



GETTING STARTED

Meet your BioChef. Begin your service.

A conversation about your food, a chef matched to your household, and your first meals prepared.

Illustrative photography

GETTING STARTED

Three steps to your first meal.

01

Find My BioChef

Share your requirements and discuss your food, household and schedule. We send your proposal after the call.

02

Your intake and chef match

Complete your food preferences and nutrition call. We match your BioChef and arrange an introduction or trial.

03

Start your service

Confirm your arrangements. Your BioChef receives your requirements and prepares your first meals.



Getting started with Part-Time takes 5 to 10 working days on average, including onboarding, nutrition calls, background checks and aligning your service. Full-Time timing depends on the search, trials and your chef's availability.

FIND MY BIOCHEF ↗

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US +1 929 249 5444

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