



238 Dunda Street
London, Ontario
N6A 1H3

October 19, 2016

To whom it may concern,

As a Certified Holistic Health Coach and founder of BPM fitness, healthy eating is an integral part of my life. While coaching clients towards overall wellness through fitness and nutrition, it's been a pleasure working with Chef Ross. I would like to highlight the dedication Trevor has demonstrated in past dinners, events and cooking videos we've collaborated on. When faced with a strict list of dietary restrictions – tailored to both health and athletic performance – Trevor excels! He faces challenges with creativity, always finding ways to amplifying flavor in the most nutritionally dense meals.

With this chef in the kitchen I never worry about what I'm putting into my body! Organic, Gluten-free, dairy-free and packed with goodness; Trevor's understanding and comprehension of healthy cooking has clearly grown into a passion. I'd recommend his services to everyone looking not only for a delicious meal but nourishing as well. Even on the road, Trevor & I maintain communication about new and innovative ways he can cook healthier while meeting client's dietary needs. If you have any further questions please do not hesitate to reach out.

Regards,

A handwritten signature in black ink, appearing to read 'Eddy'.

Eddy Tony Phimprachanh
Certified Holistic Health Coach (IIN)
Founder, Authentic Valley & BPM Fitness

Contact Information

Email: eddy@bpmfitness.ca

Phone: 519-871-4470