KYLE JABRI JOHNSON

WELLNESS PERSONAL CHEF | PRIVATE CULINARY SPECIALIST

Los Angeles, CA | (562) 292-3377 | info@chefkylej.com | chefkylej.com

PROFESSIONAL PROFILE

Wellness-focused Executive and Private Chef with 10+ years of experience creating individualized, nutrient-dense cuisine for professional athletes and luxury residential wellness programs. Skilled in offseason performance meal planning, body-composition support, recovery-focused cuisine, dietary accommodation, and globally inspired, restaurant-quality preparation. Combines premium ingredient sourcing and refined presentation with kitchen leadership, food safety, inventory management, and attentive private service.

CORE COMPETENCIES

Personalized Wellness Menus • Athlete Offseason Nutrition • Macro-Conscious Meal Planning • Recovery & Anti-Inflammatory Cuisine • Plant-Based & Dietary Adaptation • French & German Bistro Techniques • From-Scratch Cooking • Organic Sourcing • Food Safety • Inventory & Procurement • Staff Leadership • Cost Control

PROFESSIONAL EXPERIENCE

EXECUTIVE CHEF | Red Door Life | Bel Air, CA | Jan 2022–Present

- Lead wellness-focused culinary operations for a luxury residential recovery program, tailoring menus to individual dietary requirements, personal preferences, and wellness objectives.
- Create and prepare refined, nutrient-dense meals; coordinate with wellness professionals on client-specific nutrition and recovery plans.
- Supervise kitchen personnel and manage seasonal purchasing, vendor relationships, inventory, sanitation, food budgets, and waste reduction.

PRIVATE CHEF, PROFESSIONAL ATHLETES | Confidential NFL Clients | 2015–2025

- Planned and managed individualized offseason diets aligned with each athlete's training demands and evolving goals, including lean muscle gain, weight management, conditioning, and performance readiness.
- Developed macro-conscious menus and meal schedules emphasizing nutrient-dense ingredients, adequate fueling, hydration, and post-training recovery.
- Adapted food choices and preparation approaches to support athletes' stated priorities around healing, inflammation management, stamina, endurance, and respiratory wellness.
- Managed premium ingredient sourcing, portion planning, and discreet private culinary service around training and travel schedules.

CO-CULINARY DIVISION CHIEF | Camden Residences | Santa Monica, CA | Jan 2020–Jan 2022

- Directed personalized menu development and culinary operations for a luxury residential wellness program serving residents with diverse dietary needs.
- Collaborated with clinical and wellness staff while overseeing procurement, food safety, food costs, and waste reduction.

CHEF DE PARTIE | 4th & Olive, Franco-German Bistro & Wine Bar | Long Beach, CA | 2017–Jan 2019

- Executed scratch-made Alsatian-inspired bistro dishes with attention to classical French techniques, seasonal produce, precise cooking, and refined presentation.
- Managed station mise en place, prep, service timing, plating consistency, sanitation, and coordination with the chef and other stations during dinner and brunch service.
- Supported production of regional preparations including braised dishes, house-made accompaniments, preserved vegetables, and seasonal vegetable plates.

ADDITIONAL EXPERIENCE

Sous Chef & Event Cook | Primal Alchemy Catering | Long Beach, CA | Mar 2024–Present

Health Activities Coordinator | Long Beach Polytechnic High School | Sep 2014–Sep 2015

CERTIFICATION & RECOGNITION

ServSafe Certified • Featured Chef, Feeding Tomorrow (2024) • CBS2 Inside SoCal (2021) • Civil Talks LB (2021)