



Celebrity Chef Aliya LeeKong Takes over the Culinary Program at RealEats

Delivering Locally-Sourced, Healthy, Delicious, Low-Calorie, Chef-Prepared Meals that are Ready to Eat in about 6-minutes

GENEVA, NEW YORK, USA, January 8, 2019 /EINPresswire.com/ -- [RealEats](#) solves the dinner dilemma by making eating healthy and delicious, fresh food every day, easy. RealEats is the first meal delivery service to offer fully-cooked, never frozen, chef-developed dishes from locally-sourced ingredients. New Head of Culinary Celebrity Chef [Aliya LeeKong](#) has created a menu of calorie-controlled, Superfood-packed dishes that are vacuum-packed and ready-to-eat after just six minutes in a pot of boiling water.

"I'm so excited to be taking over the culinary program at RealEats because I'm able to develop delicious recipes from whole foods that are actually healthy for our customers. I've always kept my own home kitchen stocked with vacuum-sealed, all-natural meals so that my family has a refrigerator packed with healthy options—and now I'm able to do it at scale working with local farmers to grow the produce and ingredients I need to make super flavorful, good-for-you, real food." Chef Aliya LeeKong said.

"It was crucial for us to find a chef who is not only a brilliant cook, but fully aligned with our values. Aliya's recipes are globally-influenced, nutritionally sound and absolutely delicious," RealEats Founder Dan Wise said.

RealEats offers so much more than a meal kit. RealEats is a local Farmer, Personal Chef and Nutritionist—sourcing, cooking and watching out for you. All the meals are calorie-controlled and packed with ingredients that are not only healthy and all-natural but healing. Chef Aliya has worked with the RealEats Nutrition Team to deliver dishes that are packed with anti-inflammatory ingredients and goodness.

From Braised Lamb Shanks with Butternut Squash, Apples and Caramelized Onion Couscous to Grilled Miso Salmon with Sesame Brown Rice and Roasted Bok Choy to High Protein Penne with Maitake Mushrooms, Pickled Cherry Peppers and Egyptian Dukkah, Chef Aliya's dishes are spiced with flavors from around the world and created from ingredients sourced 100 miles or less from her Geneva kitchens.

Aliya's recipes have been developed to be healthy and whole. All the dishes are less than 30% of total carbohydrates and at least 30% protein. Calories are controlled to 600 or fewer and added sugars max out at 5 grams, although most of her dishes have none.

Aliya's recipes are cooked in the RealEats Geneva kitchens, cooled and vacuum-sealed –ready for shipping and reheating in a pot of boiling water. It's fast and simple, and all in the bag.

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About RealEats RealEats solves the dinner dilemma and makes eating healthy and delicious fresh food every day, easy. Unlike meal-kits that require an hour or more to prepare and cook, RealEats delivers fully-cooked, never frozen, chef-developed dishes from locally-sourced

ingredients. Head of Culinary Chef Aliya Leekong has created a menu of calorie-controlled, Superfood-packed dishes that are vacuum-packed and ready-to-eat after just six minutes in a pot of boiling water.

About Aliya LeeKong is a Chef, Cookbook Author, Television Personality and Mother with a passion for bringing global health-conscious foods into everyday cooking and eating. Aliya earned degrees from both Brown University and Columbia University before training at the International Culinary Center. She then traveled to different countries to learn food traditions, and worked in diverse restaurants around New York City including Jean Georges, Per Se, and Junoon before writing her first cookbook, Exotic Table - Flavors, Inspiration, and Recipes from Around the World – to Your Kitchen (named “Best of the Best” by Food & Wine magazine in 2014). Aliya has been a guest chef on NBC’s Today Show, a judge on both Beat Bobby Flay, and Worst Cooks in America: Celebrity Edition, a culinary expert on MSNBC’s Morning Joe, and has been widely covered in publications like Food & Wine, Vogue India, Shape, Eater, and Food Republic. Aliya lives in Brooklyn, NY with her husband and daughter.

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