



## Healthy Habits are Here to Stay with Eatology's Delicious French-Inspired Cuisine

*Eatology supports you through Quitter's Day, setting you up for a successful 2022*



*Left: Tuna Proven Cale; Right: Shrimp, Thai Style*

**January, 2022** - Setting goals is easy, sticking to them is hard. Research shows that <sup>1</sup> most people adhere to their new year's resolutions for just one month before giving up (cough cough, International Quitter's Day). A quick fix for commitment? Find habits you like. With [Eatology](https://www.eatology.com), enjoying healthy living has never been easier. This 2022, the premier meal planner service brings French flair to your new year's resolutions, ensuring all your wellness goals "persévérer."

If you think of healthy eating and French food as mutually exclusive, Eatology will prove you wrong. The Hong Kong based company offers a range of wholesome and delicious freshly cooked meals delivered direct to your office or home. With meals prepared by a trifecta of French and Japanese chefs, Eatology allows you to savor delectable dishes from around the world without breaking the calorie bank. Their meal plans are tailor-made to fit your dietary preferences and health and fitness goals, saving you valuable time that would otherwise be spent on food shopping, meal prepping, and calorie counting.

<sup>1</sup> <https://www.mdpi.com/1660-4601/18/6/3084>



At the helm of the kitchen, Culinary Director Chef Vincent Leroux focuses on selecting fresh, organic and healthy ingredients to create dishes of the utmost integrity, bringing his culinary expertise from Michelin-starred restaurants in France, as well as The St. Regis Hong Kong. Chef Vincent's signature dishes include Black Truffle Turkey Blanquette, Marble Cod Confit in dill oil, and Japanese Tsukune and Shrimp, Thai style. In December, Eatology also welcomed Florian Muller as Executive Chef and Matsunaga Toshiaki as Head Chef, who boasts previous experience at Michelin-starred restaurants.

*"We are delighted to welcome Chef Florian and Matsunaga to the kitchen, together with whom we will deliver French gourmet classics with a lighter touch, alongside Asian and Mediterranean cuisines and meals for varied dietary preferences," said Eatology founders Guillaume Kaminer and Christophe Daures. "Eatology continues to prepare delicious and nutritious meals for Hong Kongers, disrupting preconceived notions that healthy food is boring or bland. New dishes incorporated into our 2022 meal plans include veal marengo, blanket garnish turkey, as well as our house-made smoked salmon. All are guaranteed to be craveworthy options for Eatology's bon vivants."*

Eatology customers booking between now and 28 February 2022 will receive HK\$150 off meal plans using the code NEWYEAR2022 at [www.eatologyasia.com](http://www.eatologyasia.com). Eatology will also offer one full-day of free meals to the first 20 customers who sign up for its One Week Meal Plan Package by applying code PERSIST22 at checkout.

### **Pick a Plan or Tailor-Make your Own**

Hong Kongers can tailor-make their own meal plans simply by choosing the number of meals they want each day, selecting their daily calorie or macro targets, and sharing their dietary preferences and health and fitness goals. Eatology's on hand nutritionists are available to help any customers unsure about which plans to choose.

*"There is no such thing as a one size fits all solution for one's health needs. That's why we provide an array of options customized to our client's individual needs and personal goals. Whether you seek to lose weight, manage pre-existing health conditions, or build muscle, our comprehensive diet assessment plan will provide you with the exact foods you need to kickstart your goals for the New Year," said Debbie Ho, Nutritionist at Eatology.*



## **ENDS**

### **ABOUT EATOLOGY**

Eatology is a premium meal planner service founded in 2015 by Guillaume Kaminer and Christophe Daures. Eatology offers science-backed meal plans that are practical, sustainable, and work in tandem with customers' lifestyles to help them achieve their health goals. Eatology works with a wide array of specialists, from certified dieticians to award winning chefs in order to provide premium, tailor-made meal programs and deliver delicious, healthy food to the door. Ranked as the best healthy food delivery service in Hong Kong, Eatology creates gourmet recipes composed of wholesome, nutrient-dense ingredients to help you to reach your goals.

Website: [www.eatologyasia.com](http://www.eatologyasia.com)

Instagram: [@Eatologyhk](https://www.instagram.com/Eatologyhk)

Facebook: [EatologyHK](https://www.facebook.com/EatologyHK)