

# Ling Wollenschlaeger

## Founder and Owner, Pittsburgh Fresh

By Reese Randall/Contributing Editor

► **Describe Pittsburgh Fresh.**

We are a Paleo meal delivery service offering a convenient way to eat healthy and delicious, non-processed food. Our customers don't need to handle meal preparation or unnecessary trips to the market, because we do it all for you.

► **What is a healthy Paleo meal?**

A Paleo meal is a low-carb, high protein meal. Each of our Pittsburgh Fresh Paleo meals contains all fresh ingredients, including an 8-oz. serving of protein—and the rest is vegetables. We don't use processed sugar or pre-packaged food.

► **What's good for us to eat in between our Pittsburgh Fresh meals?**

The biggest thing is to cut out processed foods, anything packaged in a box or items found in the freezer aisle. Plus, try to stay clear of sugar.

► **Where can we find Pittsburgh Fresh?**

We cater Pittsburgh Fresh and prepare between 500-800 meals/week. We are growing into fitness studios and drop off our products at Naturally Soergel in Wexford. In addition to locals, we serve people who travel to Pittsburgh who still want to eat healthy. We drop off at hotels such as the Marriot City Center and The Renaissance Pittsburgh Hotel. For a full list of our locations it's best to visit our website. Our Specialty Gourmet Catering is geared toward a lot of corporate lunches, graduation parties and more traditional catering.

► **Did you always know being a chef was what you wanted to do?**

No, I had no idea I would have a business like this. I grew up in China and moved here during high school. However, as a child my family wouldn't freeze anything. Everyday my mother would go to the market to buy fresh ingredients. That experience combined with my time working in corporate America and observing my co-workers eating for convenience inspired me to start Pittsburgh Fresh. It was at this point I knew this was what I wanted to do.

► **What was your journey to get here?**

I graduated from Penn State in 2005 with a major in economics and a minor in international business, which led me to a corporate job. When I decided to change my career path I attended the Culinary Art Program at the Art Institute of Pittsburgh at night. When I graduated, I became a personal chef. I prepared meals for Jenn Murzyn, owner of CrossFit Athletics Pittsburgh from whom she learned the Paleo diet. From there things progressed and I opened Pittsburgh Fresh in 2013. By 2015 I added our catering company—and that's when I quit my job. To make it even more challenging, I was pregnant the whole time I started Pittsburgh Fresh.

► **What's your goal with the company?**

I want to teach my daughter's, Ava and Cora to eat healthy. Not only for my family, but also for everyone. With every meal I give the option of carbs a customer can select. We put all fresh ingredients and make it ourselves in our kitchen located in Brookline.



► **Do you serve any local celebrities?**

Yes, we've served a few Steelers during their off-season.

► **What's a hot menu item for spring?**

Chicken bruschetta with spaghetti squash, diced tomatoes and balsamic vinegar.

► **Name a dish under 500 calories that has over-the-top taste?**

We change our menu frequently, but our turkey in vodka sauce with coconut milk and crushed tomato with basil would be a definite option.



Ling Wollenschlaeger, founder and owner of Pittsburgh Fresh.



► **What do you suggest for a Pittsburgh Fresh dinner party at home?**

Herb marinated pork tenderloin with salt, pepper and olive oil—roasted and sliced and served for the main entrée, with a side of roasted brussels sprouts with honey roasted Dijon mustard. To finish it off, I would include spaghetti squash or a baked sweet potato casserole—it's like mashed potatoes, but healthier.

► **Share a helpful cooking tip.**

If you're looking for a good replacement for dairy, coconut milk is great alternative.

► **I love my... [fill in the blank].**

Pittsburgh Fresh team! They include my chefs, as well as my packaging, marketing and office teams—they are the best!

► **What's your biggest reward?**

When I see our customers really enjoying their meal—it makes me feel good.