



Breana Lai Killeen is a recipe developer, culinary nutritionist, and marketing specialist with 15+ years of experience creating editorial and digital content for top brands. She has written and edited over 2500 recipes, blogs, and articles for publications and websites such as EatingWell Magazine, EatingWell.com, Allrecipes, and Souper Products LLC.

Breana has a master's degree in public health from the University of North Carolina at Chapel Hill, is a graduate of Le Cordon Bleu London, a Wine Spirit & Education Trust trained sommelier and is a registered dietitian. Breana loves teaching people how to cook, especially if it involves using up all the bits and pieces left in the veggie drawer to make something seemingly impressive for her twins. When she's not cooking or chasing toddlers, you can find her out on her farm in Vermont wrangling 150 chickens, 8 cows, 2 dogs and her tractor-loving husband.