



## Low Carb Cookbook with 4 Ingredients 2

Pascale Naessens

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- The second volume from Gourmand Award winner Pascale Naessens
- This book examines the ketogenic diet and the similarities with her cooking

Nutritionist Pascale Naessens is a forerunner, trendsetter and success author in the culinary field. In 2019 she won the Gourmand Award "Best in the World" and *Low Carb Cookbook with 4 Ingredients* ISBN 9789401461481 was the best-selling book in Belgium in 2018. In this second volume she presents more than 70 new tasty and inspiring low-carb dishes according to her well-known method. She also examines the ketogenic diet and the similarities with her proposed way of eating.

Belgian culinary and lifestyle personality **Pascale Naessens** is known for her delicious, easy, beautiful and healthy recipes. She has sold more than 2 million copies of her books. In 2018, 2016, 2015 and 2014 she was the #1 bestselling author in Belgium in all genres and themes. She has since become a leading voice for pure and healthy eating. A number of her books have already been translated into French, English, German and Chinese. She's also an acclaimed ceramic artist whose collection of kitchen tableware titled *Pure* by Pascale Naessens for Serax has enjoyed considerable international success. Housewives and top restaurants serve their food on plates and dishes designed by Pascale Naessens. 'But I don't have enough time' no longer has to be an excuse for not making healthy, delicious meals. As bestselling author, she has become a leading voice for healthy, low-carb eating. More info [www.purepascale.com](http://www.purepascale.com)

