



Pure & Simple: A Natural Food Way of Life

Pascale Naessens

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In *Pure and Simple*, Pascale Naessens shares her method for staying happy, healthy, and slim, with more than 60 recipes. She recommends a lifestyle that embraces only natural, unprocessed foods, but she is not advocating for a diet dominated by restrictions. Instead she celebrates delicious meals, pleasure, and health. Her approach has only one rule—no carbohydrates with protein. So, you can eat anything you want, but not together. She works with a basic series of food combinations: meat or fish + vegetables; carbohydrates + vegetables; or dairy + vegetables. And her mouthwatering recipes for appetizers, mains, and desserts make adopting this eating style entirely uncomplicated. You don't need to count calories or restrict portion sizes. If you are overweight, you will lose the extra pounds. You will cook delicious food simply and easily. You can drink wine. You will be satisfied. And you will enjoy your food with relish.

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