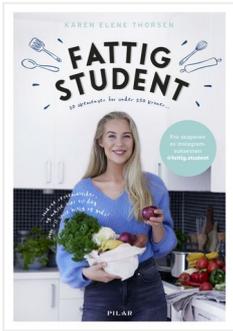


# Stilton Literary Agency



## Poor student

Original title: Fattig Student  
Publisher: Pilar Forlag 2019  
Non-Fiction / Cookbook/Lifestyle

**A perfect book for the smart young reader who has a heart for tasty and healthy food, who cares about the environment and smart consumption.**

Karen Elene Thorsen started an Insta-account called FATTIG STUDENT (Poor Student). She realized she was hopeless with economic planning, spending all her money on shopping and fun and having to survive on a low budget diet. This inspired her to crack the code: How to eat healthy, good food and still saving money. On her Insta-account she started sharing shopping lists, recipes and weekly menus. The account grew quickly, as did her passion for learning more about healthy food and nutrition. In this fun and very useful cook book you find 20 of the best weekly menus from the super popular insta account @fattig.student. The book also offers shopping list for basic grocery shopping, smart tips on how to avoid throwing away food and how to both save money and eat well.

\* The book targets single households in the greater cities. For instance in Oslo; half of the households are single households.

\* The book appeals to young readers, since the philosophy of the book is related to sustainability and environmental issues.

\* Norwegian homes (5 million people) threw away 200.000 tons of food in 2018.

Probably it is the same pattern in all Western countries.

**Number ONE best seller in Norway, all categories included.**

### Foreign rights

Strawberry Publishing, Sweden  
Strawberry Publishing, Denmark  
Gummerus, Finland

## Karen Elene Thorsen

Karen Elene Thorsen (b.1998) is the successful writer behind the book *Poor Student* which has sold more than **80.000 copies** in Norway alone. The book went straight to number one on the best seller list in Norway and was also to be seen on the scandinavian bestseller lists. She serves her 220.000 Insta-followers with new, smart advices. She is passionate about varied and healthy food. ***Serve to for the price of one***, is her second book.

### Other titles

Serve two for the price of one (2024)  
Poor Student. A guide to help you make it on your own (2021)