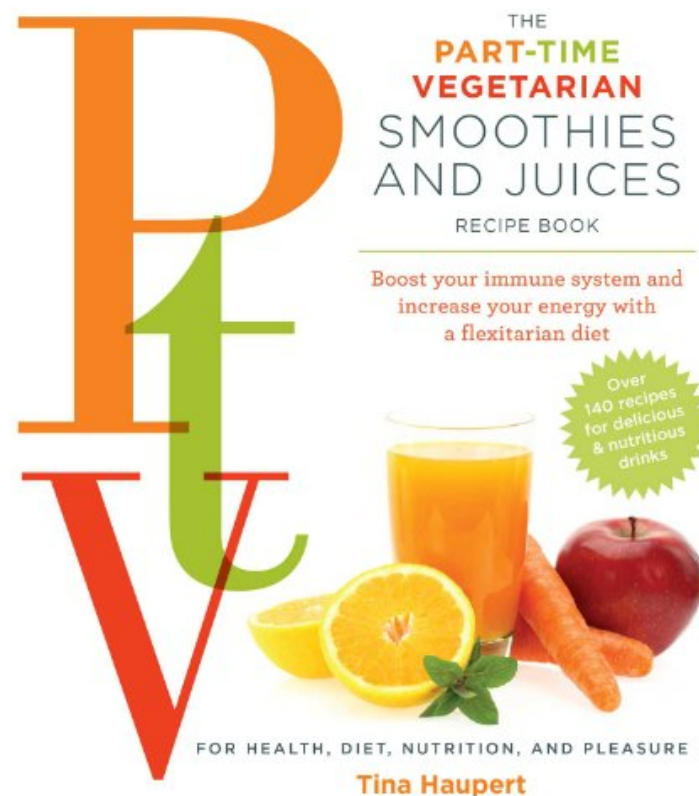


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The Part Time Vegetarian (PTV) Smoothies and Juices: Boost Your Immune System and Increase Your Energy With a Flexitarian Diet

Tina Hauptert

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Tina Hauptert : The Part Time Vegetarian (PTV) Smoothies and Juices: Boost Your Immune System and Increase Your Energy With a Flexitarian Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Part Time Vegetarian (PTV) Smoothies and Juices: Boost Your Immune System and Increase Your Energy With a Flexitarian Diet:

1 of 1 people found the following review helpful. Recipes that work with my food budgetBy Karen DyerLove the fact that it separates the smoothie recipe from the Juice recipes, not to mention recommendations by time of day/activity.The recipe are very basic and simple, and even though I prefer smoothies to juicing, I could easily substitute for instance carrot juice (by Bolthouse) to mix with apple juice, etc. and blend all the other softer ingredients in my regular Oster blender!1 of 2 people found the following review helpful. Five StarsBy Kristie E. HazelReceived exact product and received it very quickly! Thanks3 of 10 people found the following review helpful. fun, and just a riot to readBy RitaI've been following this blogger for years and find her to be honest, fun, and just a riot to read. She shares her life with the world, along with some great recipes. This book was beautifully done and I like the recipes.

Easy and fresh.

Incorporating more fruits and veggies into your diet has never been easier! Beloved blogger Tina Hupert offers an array of delicious and wholesome smoothie and juice recipes in *The Part-Time Vegetarian*, making a “flexitarian” lifestyle accessible to everyone. In the wake of breakthrough studies on the benefits of plant-based diets, more and more people are embracing semi-vegetarianism—a “flexitarian” lifestyle—and preparing smoothies and juices that pack a punch of nutrition to achieve maximum health benefits without committing to full-time vegetarianism or veganism. *The Part-Time Vegetarian (PTV) Smoothies and Juices* by popular lifestyle blogger, brand ambassador, and cookbook author Tina Hupert contains over 140 recipes offering a convenient, delicious and nutritious way to consume more produce. Incorporating healthy ingredients with the full rainbow of fruits and vegetables, and with full color photographs to accompany each recipe, Hupert provides something for everyone—from energizing smoothies to green juices, from high-protein workout smoothies to tasty fruit juice blends.

About the Author Like most brides-to-be, Tina Hupert wanted to look her best on her wedding day. After using an online calorie and exercise tracker and reading food blogs to shape up, Tina was inspired to start her own blog *Carrots ‘N’ Cake*. Since then, Tina’s lifestyle blog has become one of the most visited on the Internet. Now she continues to be super passionate about keeping a balance—having fun, staying fit, and watching her weight—all without stressing over it. While Tina tries to pack the most nutrients possible into each meal, she has a number of favorites that are not necessarily healthy, but she indulges in anyway. If eaten in moderation, Tina believes that the “bad” foods can be part of a well-balanced healthy diet. Tina is a weekly contributor to *Health.com* as well as an ambassador for various brands including *The Laughing Cow*, *Silk*, and *Reebok*. She is also the author of *Carrots ‘N’ Cake: Healthy Living One Carrot and Cupcake at a Time*. In her book, Tina shows readers how they can drop the pounds—and keep them off—by adopting eating habits that are healthy, balanced, and above all, livable. Tina’s work has been published and quoted in numerous publications including: *The Boston Globe*, *Boston Magazine*, *Health*, *Woman’s Day*, *Shape*, *Fitness*, *Glamour*, *People*, and *InStyle*. Tina lives in Weymouth, Massachusetts with her husband, Mal, and adorable pug, Murphy. When she is not spending time with her family and friends (or blogging), you can find her at CrossFit or running. Tina also enjoys baking, dining out, and traveling.