



# **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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Incorporating more fruits and veggies into your diet has never been easier! Beloved blogger Tina Hauptert 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 Hauptert 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, Hauptert provides something for everyone—from energizing smoothies to green juices, from high-protein workout smoothies to tasty fruit juice blends.

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