

Vegetarian
In
Progress

Recipes:

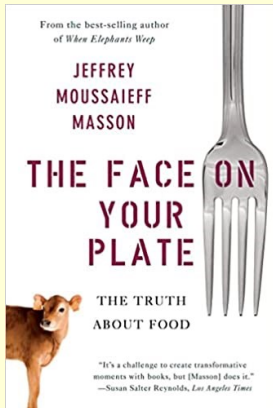
[Pinterest - Meatless](#)

[Monday](#)

Book:

[The Face on your Plate](#)

[Jeffrey Moussaieff Masson](#)



**MAKE 2023 THE YEAR
YOU
REFLECT AND ACT ON...
WHY LOVE ONE BUT
EAT THE OTHER!**



Compassionate Carnivores

VIP Monthly Newsletter

December 2022

“Think occasionally of the suffering of which you spare yourself the sight.”

Albert Schweitzer

COMPASSIONATE CARNIVORES CHALLENGE

In 2023, GIVE UP ONE ANIMAL EACH MONTH - *YOU WON'T MISS IT...*

[Animalclock.org](#)

- Chickens suffer the most by the sheer numbers, 924,650 per hour, or 8.1 billion slaughtered annually in the US.
- Pigs are slaughtered at the rate of 14,150 per hour, or 124 million slaughtered annually in the US.
- Cows are slaughtered at the rate of 4,100 per hour, or 36 million slaughtered annually in the US.

Think about how many chickens must be killed to equal the amount of meat from one cow. So, hands down, more chicken suffer just by the numbers killed.

This year I challenge you to think about it, to not look the other way, but to do your part to significantly reduce and/or eliminate meat from your diet. See the chicken, pig and cow on the table for what they are...sentient, intelligent beings who suffered through life and death to get to your table.

Attempt a cruelty-free lifestyle

Refuse to support animal suffering with your purchases

What You Can Do:

Choose one animal to eliminate completely for one month. Then select another the next month. You'll see how easy it is to avoid meat. Do this in addition to one day without meat for your 2023 Compassionate Carnivores challenge.

Please remember to buy only *pasture-raised eggs* & to pass this email your mailing list. Thank you! Lois

www.compassionate-carnivores.org

[VIP Veggie In Progress](#)

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