

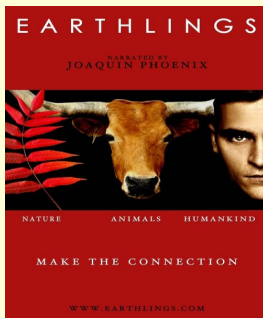
Vegetarian In Progress

Recipes:



Vegweb.com

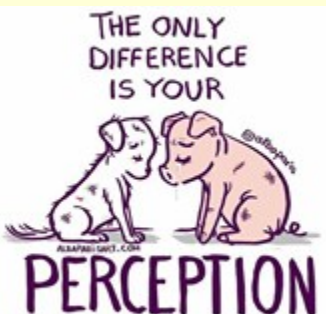
Video:



Earthlings:

This 2005 documentary narrated by famed actor Joaquin Phoenix explores our relationship with non-human animals, including those used in food production.

Time for a Paradigm Shift?



Compassionate Carnivores

VIP Monthly Newsletter

January 2023

IS IT TIME TO UPGRADE YOUR TITLE?

BELIEVE IN THE POWER OF ONE . . . CHANGE STARTS WITH YOU

(listed in the order of cruelty free)

Vegan You do not eat animals or animal products

Sentient Vegan You do not eat animals or animal products, with the exception of products from animals who do not suffer as a result of your choice. Examples are eggs from hens who are home raised and do not go to slaughter when they no longer produce, clams, oysters, mussels (they do not have a nervous system to feel pain).

Vegetarian You do not eat animals, you do eat animal products

Flexitarian Vegetarian with the occasional inclusion of animals

Pescatarian You eat only fish, no meat, you do eat animal products

Reductarian The practice of eating less red meat, poultry and seafood, as well as less dairy and fewer eggs (A new title that's the rage)

VIP-Vegetarian in Progress A first step toward vegetarian, one or more days/week without eating animals

*Fight factory farming and take a stand against animal cruelty
by leaving animals off your plate.*

Click here for your guide to a healthy & compassionate veggie lifestyle.

Why be Vegetarian? A better question is: "Why NOT be vegetarian?"

I'm sure you'd want to: improve your health, reduce your environmental footprint and greatly lessen the suffering of animals. So, what's stopping you?"

Make the choice to go meatless.

Click here.. Choose Veg ... to start today !!

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

www.facebook.com/compassionate-carnivores.org

