

Vegetarian
In
Progress

*This Month's
SPECIALS*

Recipes:

1. [Forks Over Knives](#)
2. [SELF Magazine](#)

Movie:

[Forks Over Knives](#)

Never doubt that a
small group of
thoughtful, commit-
ted citizens can
change the world:
Indeed, it is the only
thing that ever has.
Margaret Mead



The greatness and
moral progress of a
nation can be judged
by the way its ani-
mals are treated.
Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

November 2013

Dare I challenge you to consider making your Thanksgiving plate without Turkey on it this year?

Dear VIPs,

Try to make your plate this year without turkey on it and see if you miss it. If you do, then pile it on. My guess is that you will not miss it a bit.

As you plan your meal, consider some of these wonderful plant based dishes for your table.

[Berry Salad](#)

[Sweet Potato Bisque](#)

[Mixed Winter Vegetables with Spicy Poppy Seed Sauce](#)

[Plant Based Shepherd's Pie](#)

[Pumpkin Bread Pudding](#)

[Vanilla Bean Whip](#)

Wishing you a Compassionate Thanksgiving celebration!



Please remember to buy only cage-free eggs & to pass this email to your mailing list.
Thank you! Lois

www.compassionate-carnivores.org

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