

Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

Recipes:

[One Green Planet](#)

Book:

[Meatless:](#)

[200 + Very Best  
Vegetarian Recipes](#)

Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed, it is the only thing that ever has.  
*Margaret Mead*  
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The greatness and moral progress of a nation can be judged by the way its animals are treated.  
*Mahatma Gandhi*  
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# Compassionate Carnivores

VIP Monthly Newsletter

November 2017

## Where's the "bird"? You won't miss it!

Try a Cruelty-Free Thanksgiving This Year & Lose the Turkey.

When we purchase meat, we can't determine what animal it comes from. But the turkey on the table..well, that's clearly a bird without its head.

As we gather round the table to give thanks, let's do so this year without the headless bird. A bird that was raised to be slaughtered in order to sit as a symbol of love and family.

If you lose the turkey, there's a huge chance that you won't miss it. Execute your own pardon and try a cruelty-free Thanksgiving this year.

[Autumn Wheat Berry Salad](#)

[Sweet Potato Bisque](#)

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

[Plant Based Shepherd's Pie](#)

[Pumpkin Bread Pudding](#)



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](http://www.compassionate-carnivores.org)

[VIP Veggie In Progress](#)

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