

Vegetarian In Progress

This Month's Specials:

Recipes:

WhyVeg.com

Book:

[How to Cook Every-
thing Vegetarian](#)

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Compassionate Carnivores

VIP Monthly Newsletter

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ASKING FOR YOUR COMMITMENT

I ask that you commit to being conscious of the sentient being at the end of your fork and to commit to thinking about the day (or days) you consciously do not eat meat.

If you do love animals, or if you are not okay with how they suffer, be honest about why you continue to eat them.

Your response will likely fall into one of these answers:

I don't think about it

I don't want to think about it

Animals don't feel pain or experience fear

I don't have the will power

I want to stop eating animals but don't know how to start

I intend to stop eating animals but I don't get to it

I've tried but have failed before

Once you have your honest answer, make a plan to get past that barrier.

Start the first step of your cruelty-free journey by pledging to do your part using one or more of these plans:

Plan 1 – Give up meat on a certain day each week. This will bring a consciousness to planning your meals.

Plan 2 – Give up meat & dairy products on a second day each week.

Plan 3 – Give up one animal every three months. No pigs Jan-March, no cows April-June, etc.

If you combine plans one, two and three, the total will equate to a huge step forward to doing your part to reduce animal cruelty.

It's as easy as 1, 2, 3...!

Please take a minute to watch the cartoon-style video, [*The Meatrix I*](#), about the realities of factory farming (as opposed to family farming). It's very easy to watch, even for children.

Please commit and pledge for a kinder 2019...!

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

www.compassionate-carnivores.org

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