

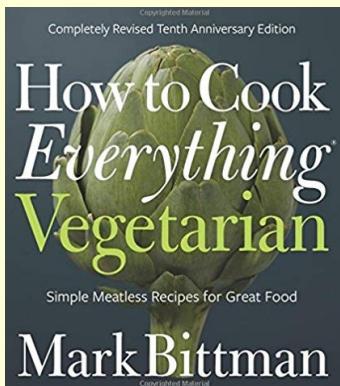
# Vegetarian In Progress

## Recipes:

[BON APPÉTIT](#)  
[101 Vegetarian](#)  
[Recipes](#)

## Book:

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



Mark Bittman

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**YOU** must be the  
change you wish  
to see in the  
world.

— Mahatma Gandhi

# Compassionate Carnivores

V I P M o n t h l y N e w s l e t t e r

D e c e m b e r 2 0 2 5

## HAVE YOU THOUGHT ABOUT EATING LESS MEAT?

### MAKE 2026 THE YEAR THAT YOU MAKE IT HAPPEN!

You love animals & you are not okay with how they suffer to get to the plate.  
Be honest with yourself about why you continue to eat them. Is it because?.....

You don't think about it

You don't want to think about it

You don't have the will power

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

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

You'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, you will be taking a huge step  
forward for doing your part to reduce animal suffering.

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

**Please commit and pledge for a kinder 2026!**

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

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

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